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+
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From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

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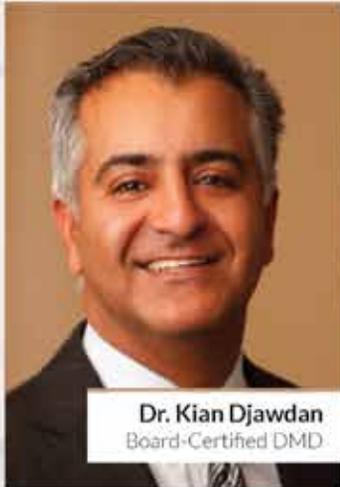
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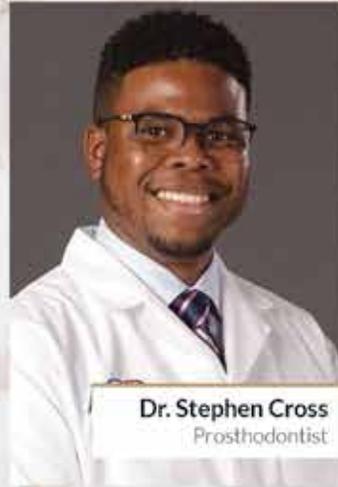
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On the Cover: Learn something new, insightful, or critical in our annual Education Issue. Design by August Schwartz. Contact *What's Up? Central Maryland* online at whatsupmag.com.
 ♻️ Please recycle this magazine.

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maryland

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From the editor



me. They ingrained an understanding that to achieve our goals—whether they be weight-loss, strong finances, learning something new, or improving our communities—we must exercise dedication, discipline, and, yes, risk taking.

This is all to say, welcome to 2022! Are you ready to be great? We see this year being one in which we and our publications will be taking a few risks, constantly learning, and working hard to not only create a better product...but to foster community building. Over the course of the year, we'll examine some of the controversial issues affecting us (this month, see "Unpacking the Mystery of Critical Race Theory"); we'll offer insights and service pieces to help you make critical decisions (see "The Perfect Fit" and "Your Financial Checklist for 2022"); we'll have enlightening pieces about our natural surroundings and influence (see "Our Scenic & Historic Rivers: A Nature, History, and Culture Article Series"); and we'll always include the many events, entertainers, businesses, and personalities that are integral to our communities.

You'll also notice that the magazine in your hands is brand new—either a complete surprise in your mailbox or a surprisingly new look (for those that formerly received *What's Up? West County*). Yes, we've rebranded this publication *What's Up? Central Maryland* to better reflect and synthesize our distribution and coverage.

You'll see a lot packed into this issue. And it's my hope that it does, indeed, reflect your interests and what's important to the community—and if the content within elicits praise or concern, please reach out to me directly by email. You can find contact information for myself, and our entire staff, at: Whatsupmag.com/meet-thestaff. We look forward to hearing your thoughts.

James Houck,
Editorial Director



Cheers to a new year, new endeavors, and great ambitions!

Twenty-four years ago, I was a freshman in college playing Division III lacrosse. And in early January, when students returned to campus from our holiday break, the student-athletes would jump right back into training and preparations for the spring seasons ahead. For me, that meant two-a-day practices, seven days a week. Mornings we'd wake at 6:30 a.m., meet at the track by 7 a.m. (you better not be late), and start every sunrise with a three-mile jog into town followed by another hour of sprint work back at the track. Afternoons were dedicated to field work, sticks in hand. Coach gave each player our practice attire; shirts, shorts, and such. And the shirts we received featured an inspirational quote of sorts that if nothing else, we'd see repeatedly as we jogged in-step and in-line, day in and day out. Those quotes were intended to inspire us, and I think in some way they did their job.

Today, in the depths of my dresser, at the very bottom of a stack of ragged t-shirts that I've held onto way too long (and now serve as my yard work attire), lies *the* shirt from spring semester 1998. It bears the quote:

"Don't be afraid to give up the good for the great."

Perhaps I'm reminded of this because as the calendar turns to a new year, my waistline tells me that it's time to whip myself back into shape—the holiday break is over bud. And those two-a-days—especially the frigid January mornings running to complete exhaustion—are memories that, in some twist of masochism, actually inspire



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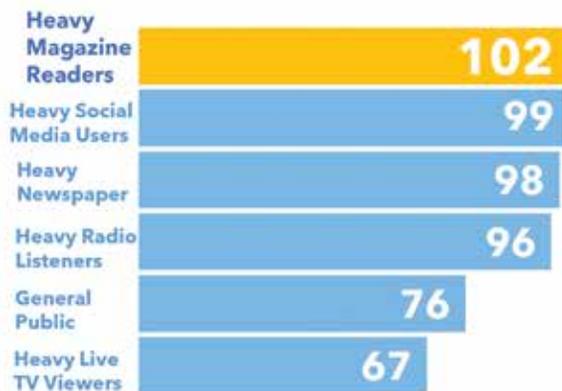
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 (for TV 2+ hours on weekday/3+ on weekend)
 Source: **Engagement Labs** July 2020 - June 2021

General Public

76 brand conversations per week on average



WHAT'S UP? MEDIA

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Winter Bead & Jewelry Show

At the Howard County Fairgrounds in West Friendship, the Baltimore Bead Society is hosting the 2022 Winter Bead & Jewelry Show. The show will take place January 15th and 16th and will feature a wide variety of vendors and become the place for beading artists to gather. Engage in classes and spend the day with other creative artists as well as shopping your favorite beads at a discounted show price. Find more information at Baltimorebead.org.



MONSTER JAM →

Monster Jam comes roaring back to Royal Farms Arena in Baltimore this January. Tickets are available for at Royalfarmsarena.com for shows on January 7th at 7 p.m., January 8th at 1 p.m. and 7 p.m., and on January 9th at 1 p.m. Monster Jam is one of the most action-packed motorsports experiences for families in the world, featuring monster truck racing, crushing cars, vehicles flying through the air, free-styling, and wheelie competitions.



MOVIES ON THE POTOMAC

January 2nd is the last Movie on the Potomac for the winter. The movie will start at 2 p.m. on the Plaza's Big Screen at the National Harbor.

Pack chairs, snacks, and blankets to see *It's a Wonderful Life* on the big screen. For more information, visit Nationalharbor.com/events.



34TH ANNUAL DR. MARTIN LUTHER KING, JR. AWARDS DINNER

On January 14th, The Martin Luther King Jr. Committee of Maryland is hosting the 34th Annual Dr. Martin Luther King, Jr. Awards Dinner. The dinner will begin at 6 p.m. at The Westin Baltimore Washington Airport in Linthicum Heights. The Awards Dinner will be the largest celebration of the birthday of Dr. Martin Luther King, Jr. in Anne Arundel County. Find more information at Mlkjrmd.org.

Dancing with the Stars LIVE 2022

Your favorite professional dancers are coming to MGM National Harbor on January 8th from 8 to 11 p.m. with the Dancing with the Stars - LIVE Tour 2022!

The dancers from the iconic television series will include Brandon Armstrong, Alan Bersten, Artem Chigvintsev, Sasha Farber, Daniella Karagach, Pasha Pashkov, Gleb Savchenko, Emma Slater, Britt Stewart, and more.

Fans will see them dance the Cha Cha, Foxtrot, Salsa, Tango, and everything in between. Order tickets now on Ticketmaster.com.



↑ Opera... from a Sistah's Point of View

The Coalition for African Americans in Performing Arts (CAAPA) presents Opera...from a Sistah's Point of View on January 22nd at 4 p.m. at the Center for Performing Arts at Prince George's Community College in Largo. Angela Brown, a trailblazer on a mission to bring opera to everyone, will be putting on this solo show to dispel the common myths of opera and break down stereo types from her own sassy perspective. Find tickets at Pgcc.edu.



↑ What's Up? Media Bridal Expo

Get everything checked off your wedding to-do list at our one-stop shop from 1 to 4 p.m. on January 23rd at Soaring Timbers in Annapolis. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding and brides will also receive a complimentary swag bag! Sample delicious desserts while visiting with wedding pros, get inspired at the fashion show, have fun in the photo booth, and enjoy live demos and exclusive wedding savings. Find more information and tickets at Whatsupmag.com.



↑ 2022 SUPER PLUNGE

The Polar Bear Plunge benefitting Special Olympics Maryland is coming back this February and to kick the festivities off, the Super Plunge begins at 9 a.m. on January 28th at Sandy Point State Park in Annapolis (and virtually). During the duration of this event, participants will take the plunge into the Chesapeake Bay once per hour for 24 straight hours. Can you brave 24 chilly dips in 24 hours? Complete event details at Plungemd.com.

WHAT TO Give Guide

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A favorite of bourbon connoisseurs and casual whiskey fans alike, this classic owes its distinctive warm spice and subtle smoke flavor to level 3 charred oak barrels. Smooth and warm; pleasantly woody with accents of spice, smoke, and nutmeg. Mention this gift guide and receive \$5 off per bottle with the purchase of two or more bottles. Cheers!

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On Exhibit

Now that we are in the grip of cold weather season, what are you doing to keep your days full and exciting? It is never too late to learn something new. We are beyond lucky to live in a region dotted with beautiful towns, and near Washington, D.C., Baltimore, and the Eastern Shore, all of which are filled with museums showcasing everything from bay life to art to African American heritage to city culture itself.

Spend this January taking day trips to your favorite local museums and adventure off to some new ones to see temporary exhibits ongoing now. Be sure to check the museum's website before visiting, for the most up-to-date visitor and COVID-related information.

Banneker-Douglass Museum, Annapolis

Freedom Bound: Runaways of the Chesapeake - Open Through March 1st, 2022

This powerful exhibit tells nine stories of resistance to bondage and servitude in the Chesapeake Region from the Colonial Period to the American Civil War (1728–1864). The Banneker-Douglass Museum invites visitors to consider what resistance and freedom look like in the present day.

Mitchell Gallery, St. John's College, Annapolis

Floating Beauty: Women in the Art of Ukiyo-E - Through February 25th, 2022

This exhibition of 25 woodblock prints in the ukiyo-e style examines historical perspectives on women and their depiction in art during Japan's Edo period (1615–1858).

Annapolis Maritime Museum, Annapolis

↑ *McNasby's Oyster Company: An Eastport Landmark - Virtual Exhibit*

Founded in 1886 by William McNasby Sr., the McNasby Oyster Company began as a single storefront on Compromise Street. The business continued to grow until

it became necessary to expand to a packing plant on 723 Second Street in the community of Eastport, the same historic structure where the Annapolis Maritime Museum stands today. The McNasby

Oyster Co. left a lasting impression upon Eastport, and a legacy that the Annapolis Maritime Museum continues to uphold in telling the stories of the local watermen.

Arnie Gay: The Father of Annapolis' Modern Sailing Industry - Virtual Exhibit

Discover how Arnie Gay, a hardworking dedicated sailor, transformed the Annapolis waterfront into the Sailing Capital of America. Follow Gay's story from sailing into Annapolis harbor aboard *Delilah* through his work with the Annapolis Yacht Club and the many changes Gay inspired in our modern waterfront.

Ward Museum of Waterfowl Art, Salisbury

Pivot! - Through February 13th, 2022 During the COVID-19 pandemic new methods of teaching, shopping, dating, and creating art became the byproducts of necessity.

The world was forced to adapt. Artists, along with the rest of the world, had to pivot. *Pivot!*—a new exhibit in the Ward Museum's Welcome Gallery—will feature the work of established local artists whose subject matter and media were approached through the lens of a “new normal,” since the pandemic began.

Chesapeake Bay Maritime Museum, St. Michaels

18th National Exhibition of the American Society of Marine Arts - Through February 27th, 2022

On the heels of the American Society of Marine Artists' 40th anniversary, the ASMA biennial exhibition is a juried selection of paintings, drawings, sculptures, scrimshaw, and hand-pulled prints submitted by members.

The ASMA 18th National Exhibition will include work by many of the most prominent contemporary marine artists working in the nation today.

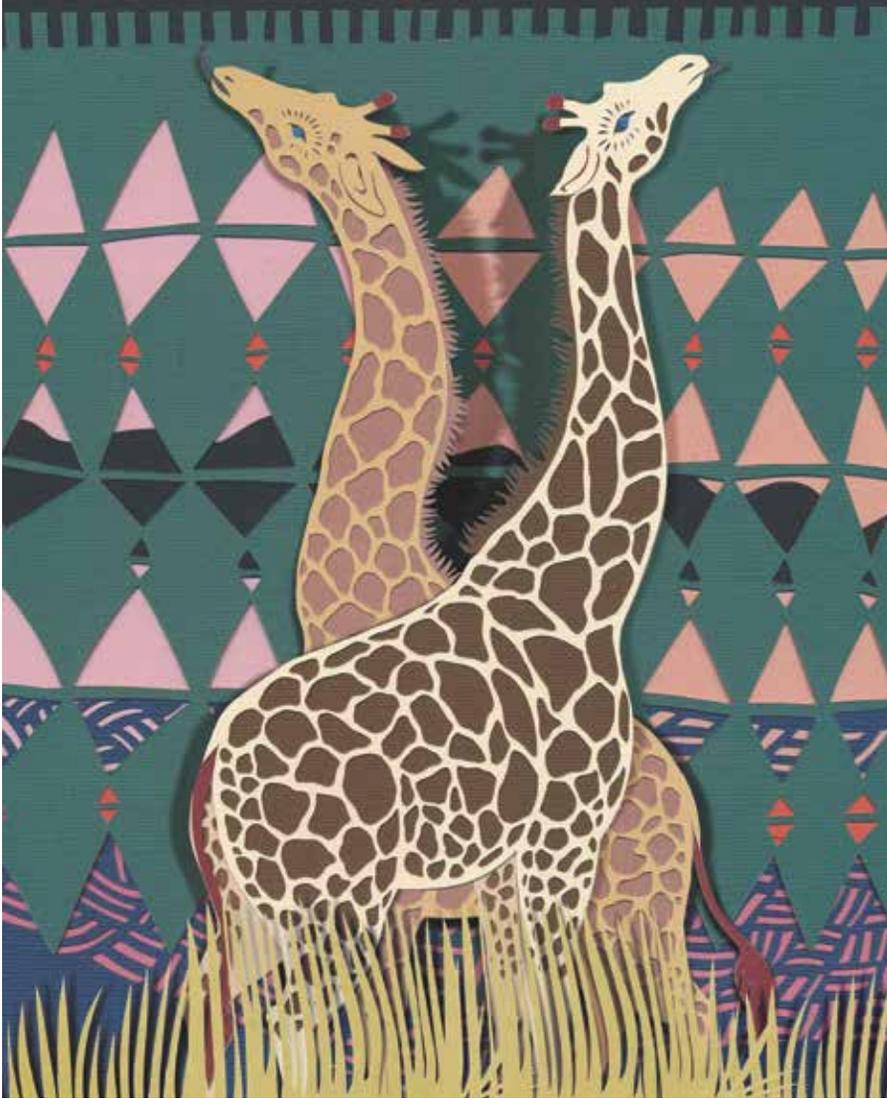
Academy Art Museum, Easton

↓ *Werner Drewes Retrospective - Through March 2nd, 2022*

Werner Drewes (American, born Germany, 1899–1985) was a painter and printmaker who helped shape the role of abstraction in printmaking.

The exhibition charts Drewes' career from the Bauhaus to the United States around World War II, as well as his diverse artistic interests: ubiquitous American landscapes, such as skyscrapers and wheat processing plants; intimate self-portraits as the artist battles cancer and later recovers; and close studies of colorful abstract forms illustrate the rich creative world of a pivotal artist in American modernism.





↑ **Zoe Friedman: *Sentient Forest* - Through August 31st, 2022** Drawing on her recent experience of becoming a mother, artist Zoe Friedman has created an immersive and layered universe of flora and fauna that explores the exuberant yet mysterious forces of life. Combining drawing, illustration, hand-cut paper, digital illustration and bespoke lighting elements, Friedman’s process mirrors the simultaneous joy and complexity of existence and invites the viewer to reflect on birth and growth.

American Visionary Art Museum, Baltimore

A Visionary Spirit for Invention - Through May 23rd, 2022 “A Visionary Spirit for Invention” is a bespoke art exhibition selected from works within the permanent collection of The American Visionary Art Museum (AVAM) and assembled out of a great shared respect and affection between the State of Maryland and the EU, bolstered from a tour of AVAM by all twenty-seven EU Ambassadors to the US, that occurred in December 2019.

Baltimore Museum of Art, Baltimore

The Rembrandt Effect - Through April 10th, 2022 Rembrandt van Rijn (1606–1669, Netherlands) is universally acknowledged as one of history’s greatest etchers, uniquely manipulating the etching needle and ink to create contemplative and affecting prints that have engaged viewers across centuries. His influence on the history of Western printmaking is foundational. This exhibition debuts in the new Nancy Dorman and Stanley Mazaroff Center for the Study of Prints, Drawings and Photographs, connecting extraordinary works by the Dutch master and European and American graphic artists of the 19th and 20th centuries in their potential to convey the interior and exterior worlds through print. ➔

Smithsonian National Museum of Natural History, Washington, D.C.

Genome: *Unlocking Life’s Code* - Through Summer 2022 Discover how our expanding knowledge of genomes informs everything from personalized medicine to how we think about our human ancestors. This exhibit was developed by the Smithsonian National Museum of Natural History in partnership with the National Human Genome Research Institute, part of the National Institutes of Health.

Smithsonian National Portrait Gallery, Washington, D.C.

One Life: *Will Rogers - Virtual Exhibit* The humorist and entertainer Will Rogers (1879–1935) was born to a prominent Cherokee family on a ranch in Indian Territory, near present-day Oologah, Oklahoma. A prolific political commentator whose comedic wit crossed social divides, his career spanned vaudeville, silent films, “talkies,” radio, and newspaper. Rogers was also a great intellect, who authored six books, appeared in seventy-one films, wrote four thousand syndicated newspaper columns, and hosted a popular Sunday evening radio program. The precursor to Mickey Rooney, or today’s Stephen Colbert, Rogers voiced a perspective with broad appeal to the masses in the first half of the twentieth century.





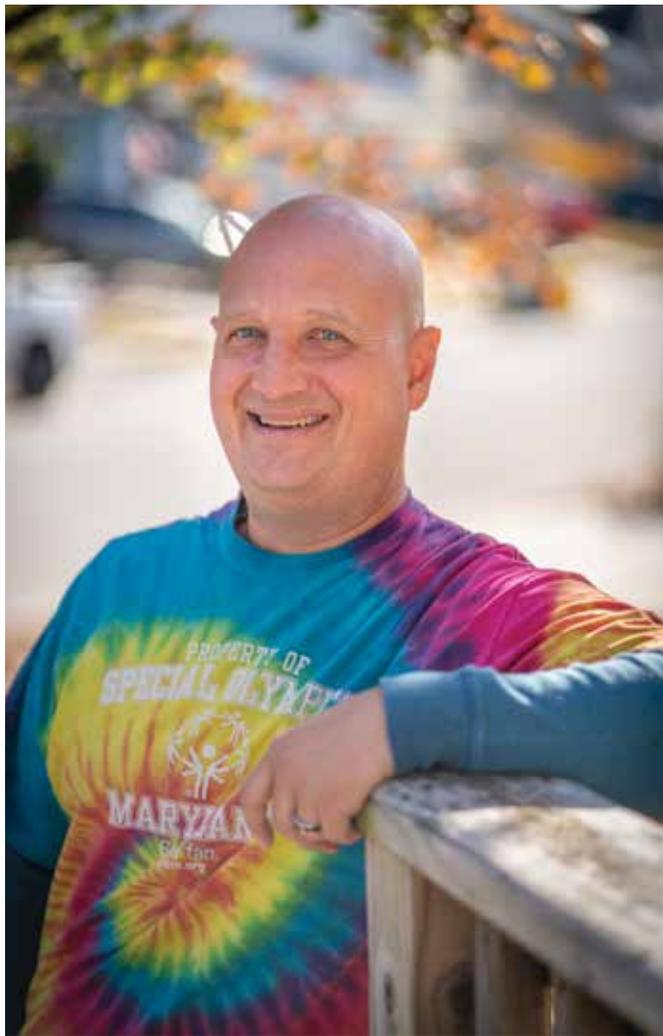
TOWNE SOCIAL

Laughlin Family Foundation Golf Tournament

On September 15th, the Laughlin Family Foundation hosted its first ever charity golf tournament and raised over \$90,000 at the all-day event held at Crofton Country Club. Proceeds from the tournament help fund initiatives to advance care, research, and education for rare cancers. Over 110 golfers joined Craig Laughlin, his NBC Sports Washington colleagues Joe Beninati, Alan May, and Al Koken, Caps radio announcer John Walton, Washington Wizards radio announcer Dave Johnson, and Caps alum Paul Mulvey. Current Washington Capitals Garnet Hathaway and Nick Dowd also came to show their support.

Photography courtesy by Ben Sumner, Capitals Outsider, and courtesy Laughlin Family Foundation





TOWNE SALUTE

Jonathan Fosdal

Special Olympics Maryland

By Tom Worgo

In September 2021, when Jonathan Fosdal was volunteering at a Special Olympics Maryland golf event in Queenstown, he broke down in tears. It happened as he watched a young athlete with Down Syndrome compete.

"It just hit me," Fosdal recalls. "I got really, really emotional. I had to step back and take a few deep breaths."

The connection he made was both beautiful and very painful. It reminded him why he's been such a devoted volunteer to Special Olympics Maryland over the past decade. Eleven years ago, his youngest daughter, Leah, who also had Down Syndrome, passed away at 10 months old.



HELPING THE ATHLETES IS MEANINGFUL TO ME IN SO MANY WAYS. IT HELPS ME DEAL WITH THE PAIN. IT GIVES ME A PURPOSE KNOWING THAT I AM HAVING A POSITIVE IMPACT ON OTHER PEOPLE'S LIVES."

"She was turning out to be an amazing little girl, full of giggles and just fun to be around," Fosdal says. "Even before she passed away, I was envisioning getting her involved in various sports and how great it would be to spend that time with her and watch her grow. I still hold onto the memories of what Special Olympics would have meant to her."

The 46-year-old Fosdal, seems to volunteer for nearly every sporting event that Special Olympics Maryland organizes. He thoroughly enjoys spending time with the athletes, and he says it also does him a world of good.

"Being around these athletes is therapeutic," the Pasadena resident explains. "It helps me feel connected to my daughter even though she is gone. It helps me remember her and keep her memory alive. Helping the athletes is meaningful to me in so many ways. It helps me deal with the pain. It gives me a purpose knowing that I am having a positive impact on other people's lives."

Special Olympics Maryland officials certainly appreciate the time and dedication he's given to the organization. Fosdal will do whatever is asked. "Jonathan is what we look for in a volunteer," says Special Olympics Maryland Director of Volunteers Sam Boyd. "He brings a lot of positive energy. If Jonathan is at an event, I know it's going to happen. He is very excited to talk to other volunteers and athletes."

Special Olympics Maryland Director of Media Kira Northrop says Fosdal's dedication is above and beyond. He's participated in the Polar Bear Plunge and skiing events in Western Maryland. "He will travel all over the state for competitions or events," she says. "It's not only a chance to support his daughter, but to

support all the athletes."

Special Olympics Maryland holds a kayaking event at Washington College in Chestertown. He has attended it five times and it's his favorite event since he himself is an avid kayaker. The organization relies on his kayaking expertise in a hands-on way, since safety is paramount.

"We are out there to provide a safety net in case someone tips over and starts freaking out," Fosdal says. "I have been able to be there a couple of times when that's happened. It's one thing to be there and be helping out, but when you can have an effect and an impact on that athlete, it's something else entirely."

Fosdal also has an affinity for Special Olympics Maryland's annual Polar Bear Plunge (this year's Plungefest takes place February 3rd–5th at Sandy Point State Park). He's worked as a volunteer and has taken the plunge about a dozen times. He enjoys handling any number of tasks.

"I have sold tickets for the drinks," he says. "I've spearheaded the management of the beach access for when they are doing the plunges. I just end up wherever they put me."

It was only a couple of months after his daughter's death, late in 2019, that he took his first plunge. "He brings the memory of his daughter to every event, whether he steps onto a field or is on the water," Boyd says. "He lives life through that."

Do you have a volunteer to nominate? Send What's Up? an email to editor@whatsupmag.com.



↑ Recent Ribbon Cuttings!

Congratulations to this fleet of local businesses, who've recently cut the ribbon on new locations. They include: ValueDry's new office location in Odenton (valuedrywaterproofing.com); Chesapeake Urology's new Annapolis office (chesapeakeurology.com); Peepers Family Eye-care's renovation and expansion of their Gambrills location (peeperseye.com); and Liff, Walsh & Simmons' new Eagle Title location in Severna Park (eagletitlellc.com).

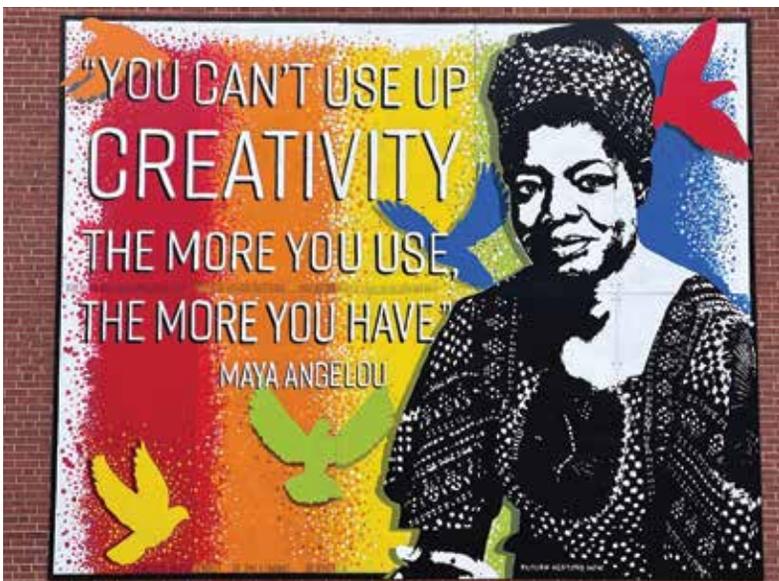
HOCKEY PARTNERSHIP BENEFITS YOUTH

The Maryland Black Bears ice hockey organization (maryland-blackbears.com) has partnered with the Ryan Brooks Harrison Foundation (rbhfoundation.org), a charity organization whose mission is to provide live sporting event tickets to area youth and to support youth participation in athletics. The two organizations are thrilled to be working with the Baltimore Jr. Banners to distribute tickets to their players for these games. The Baltimore Jr. Banners and Baltimore Banners are the ice hockey teams managed by The Tender Bridge, based out of the Mimi Di Pietro Skating Center in Patterson Park, East Baltimore. The Tender Bridge ensures all Banners and Jr. Banners programming is free for players, including the costs of equipment, travel, and ice time. The majority of the Banners players are from the Ellwood Park neighborhood of Baltimore City.



↑ Anonymous Donation for Hope For All

Hope For All, an Anne Arundel County nonprofit serving those in need with furniture, housewares, and clothing, was the recipient of a \$56,000 anonymous donation of a delivery truck, which was recently wrapped in the organization's graphics and logo. Congratulations. hopeforall.us.



NEW MURAL UNVEILED

Chesapeake Arts Center (CAC) recently unveiled its first large-scale mural on the exterior wall of the Center's Studio 194 theater. The mural was designed by the artist Oliver James with assistance by an all-female roster of artists from Future History Now. Brooklyn Park Middle School students from CAC's after school Teen Club helped paint the mural. The striking piece of artwork depicts noted author and civil rights activist Maya Angelou and the quote "You can't use up creativity. The more you use, the more you have." Visit chesapeakearts.org for more information.

Do you have community or business news to publicize? Send What's Up? an email at editor@whatsupmag.com.



TOWNE ATHLETE

Amadi Higgins

St. Vincent Pallotti High School
Lacrosse, Soccer, Track

By Tom Worgo

St. Vincent Pallotti High School senior Amadi Higgins has compiled a long list of glittery lacrosse accomplishments. Higgins has earned a scholarship to the University of Richmond and scored an astonishing 112 goals during her junior season. On top of that, she plays for a high-level club team, Uproar Lacrosse, which competes against squads from the entire East Coast.

On top of that, Higgins' participation with the Nations United Women's Elite Lacrosse Team last year may be her most meaningful experience. She participated in high-profile showcases and tournaments



IT MEANS A LOT TO ME BECAUSE THERE WEREN'T A LOT OF OTHER GIRLS LIKE ME PLAYING LACROSSE WHEN I WAS GROWING UP."

in Lake Placid, New York, and Maryland with other minority players. The goal is to show lacrosse diversity. These events featured teams from 17 states, including Florida and California.

"It means a lot to me because there weren't a lot of other girls like me playing lacrosse when I was growing up," Higgins says. "I never got to see a lot of black people like me. I always played on predominantly white teams."

Bonding with other black players in a primarily white sport was important to her. The Bowie resident cherished her time with these other lacrosse standouts.

"It was like sisterhood," Higgins says. "We got together and stayed in hotels together. We learned and talked about more than lacrosse. It brought us closer together. I would see them at tournaments, but I would never talk to them."

Colleges coveted the 5-foot-3 Higgins because of her speed, accurate shot, and leadership skills. She served as co-captain for Pallotti last spring.

Connecticut, Florida, High Point, Towson, and Jacksonville State all offered scholarships to Higgins, who carries a 3.86 grade-point average. The 17-year-old felt Richmond was a great fit both academically and athletically. "When I was around the team, I felt the chemistry and the love," Higgins explains. "That's where I wanted to spend the next four years of my life. I love the program they are building, and I want to be part of it. I want to major in business and pre-law. They have amazing programs there."

You can say the same thing about her goal-scoring ability. Higgins totaled 94 goals and 33 assists as a freshman and two years later had 112 goals for the Panthers, who compete in the Interscholastic Athletic Association of Maryland C Conference. Unfortunately, the pandemic wiped out her sophomore year.

"She shoots the ball about 65 miles per hour," Pallotti Girls Lacrosse Coach Mark Mozier says. "Most high school goalies can't pick that up. She could really score in the A Conference."

Higgins, who has played lacrosse for 11 years, had many memorable performances in 2021. The attacker notched 11 goals in games against Key School, Mount Carmel, and St. Timothy's. Then Higgins recorded a season-high 12 versus Chapelgate of Howard County in late April in a 22-2 thrashing.

"It felt surreal," Higgins says of her junior season goal total. "I am always gunning for the goal. Before each game, I set goals and I really aim to reach those. This season, I am looking to score more goals."

Higgins also stood out in soccer, starting on the varsity squad for three seasons at midfield. She ran varsity indoor track as a freshman, too.

"We had more than 40 students at school for her (National Letter of Intent) signing day," Pallotti Women's Athletic Director Lee Ann Elman says. "I told the kids, 'She tosses the myth out the window that coaches only want recruits to play one sport.' She plays several and was recruited by Division I schools because she kept her grades up for four years. She is a great role model."

Do you have a local athlete to nominate? Send What's Up? an email to editor@whatsupmag.com.



TOWNE INTERVIEW

Montrezl Harrell

Star Center for the Washington Wizards

By Tom Worgo

Photography courtesy Washington Wizards

Washington Wizards center Montrezl Harrell has so many tennis shoes that if he wore a different pair every day, it would take eight to 14 years to wear them all. Harrell estimates he has an astounding 3,000 to 5,000 pairs. Some of those were made from his own custom designs. He uses as many as 200 during a season and was thrilled when the NBA changed its rules for the 2018–19 season, allowing players to wear any color shoes.



I THINK I HAVE CHANGED THE CULTURE SOME. IT'S THE WAY I APPROACH THE GAME AND COME IN AND PLAY. I NEVER TAKE PLAYS OFF. I COME IN OFF THE BENCH WITH A LOT OF ENERGY. I JUST COME IN AND WORK MY TAIL OFF AND LEAVE IT ALL ON THE FLOOR. THOSE ARE THE THINGS THAT PEOPLE RESPECT THE MOST ABOUT ME."

Seven years ago, shoes weren't the biggest concern for Harrell. He just wanted to make the NBA, coming out of the University of Louisville, where he won an NCAA championship. Harrell, who is in his seventh season, had a bit of an uphill battle to make it. The Houston Rockets drafted him in the second round in 2015 and he spent time in the NBA's development league before settling in with Houston.

Two years later, the 6-foot-7, 240-pound Harrell's career started to take off when he was traded to the Los Angeles Clippers, where he played for three seasons. His highlight with the Clippers came in 2020 when the NBA named him its Sixth Man of the Year, an award given since to the league's best performing player for his team coming off the bench as a substitute.

He spent the following season with the Lakers before being traded to Washington this past summer in a four-player blockbuster deal that included future Hall of Famer Russell Westbrook.

Harrell has made \$35.5 million in his career, including 9.7 million this season.

We talked to Harrell about his vast shoe collection, the way

he plays the game, Wizards' rookie coach Wes Unseld, Jr., and winning a NCAA national championship.

Can you talk about your shoe collection and when it started?

I started it during my freshman year of college. I love it, and I am blessed to be in this game and be able to call it a job. It's a luxury. It's a real passion of mine. I have fun with it, and it has brought me a lot of joy. It's not something I do for the fame or outside limelight. I am in the process of opening my own sneaker store in North Carolina.

Why do you collect all those shoes?

The reason I collect them is that everything goes into the shoes. Your craft, jump shot, and footwork. I like the challenge of going to find them, authenticate them, making sure they are real, and the story behind the shoes. I like the people I meet throughout the process of finding the shoes. That's all the things I love about it.

Do you collect the shoes of famous players?

As far as signatures on shoes, I have a pair of Dwyane Wade shoes from his last year in the league that he did sign for me. It's one of my biggest memorabilia pieces. I have

older retro shoes from Gary Payton, Shawn Kemp, and Shaq. I am a true collector.

You create your own shoe styles. Where do you get your ideas?

It's whatever I am feeling. I don't really start with any concepts as far style. It's more about what I feel and what feels good to me. I feel that way about styles in general. I don't really go after what somebody else has on. I am my own person. It's more of a feel thing and how it looks on *you*.

Do you have other businesses you are involved in?

Basketball is going to end sometime. I am involved in real estate. I have a daycare center. I am thinking about getting a chain of daycares as well. I am in the process of doing a management company with my agent to help guys who come out of high school and want to play basketball overseas or guys who are going into the NBA and are not used to the lifestyle. I am also in the process of opening a rec center as well.

You could train there for basketball or football and it will have a turf field.

You have been traded three times. Has that been difficult?

Not really. I understand the business. I knew what it was like after my first trade. Being traded to Washington was one of the best things for me. I'm able to play a lot and be on the floor. Last year was tough for the Lakers. We had a lot of centers—my position.

How would you describe your style of play?

I think I have changed the culture some. It's the way I approach the game and come in and play. I never take plays off. I come in off the bench with a lot of energy. I just come in and work my tail off and leave it all on the floor. Those are the things that people respect the most about me.

The NBA's Sixth Man of The Year is something you are well known for. What did it mean to you?

It was a huge honor and a surprise. It was something I talked about with my grandmother before she passed. I think it filled the void for the things we talked about because she wasn't able to see me play. I thought it was a blessing and a special award.

Do the Wizards have the potential to make the playoffs on a yearly basis?

We are headed in that direction and trying to change the culture in Washington. We haven't done anything yet. They have had a lot of teams and years where they have been bad. That's the past. We are trying to get

Washington back to a place where it's respected and commonly thought of as a good team. I am glad to be part of this process.

Can you talk about the impact rookie head coach Wes Unseld, Jr., has made on the team?

His dad was the staple of the Washington franchise. Wes Jr. is homegrown and got his start with the Wizards. He is really making things work and we clearly know our roles. He understands what it will take for us to be successful. Hats off to him. It's his first year as a head coach and he is doing an exceptional job. He really listens to feedback from the players. He is definitely not one of these coaches that says, "It's my way or the highway."

How would you describe your relationship with him?

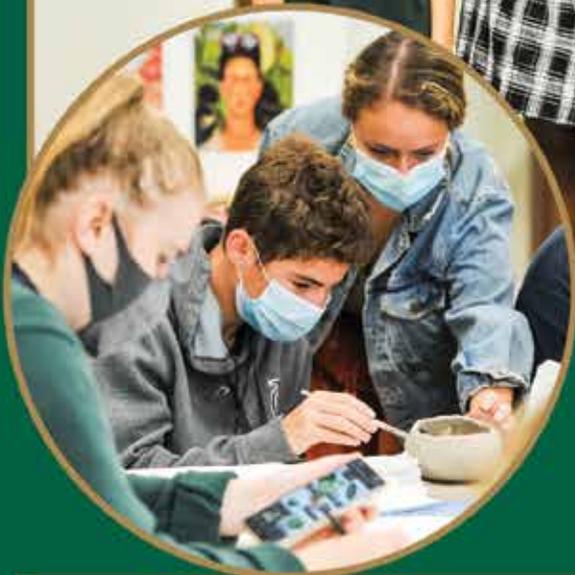
I have a great relationship with him. I am looked at as one of those older guys, a leader in the locker room. He is a very open coach to me. You can go in and talk to him about anything, whether it's about basketball or something else. It's not just about your basketball relationship. It's also a relationship away from the game. You can't ask for a better coach than that.

Tell us what it felt like winning the national championship at Louisville under Rick Pitino?

The feeling is indescribable. It will always be sentimental to me. I'm pursuing that feeling in the NBA. It was a special year and a special run for us. It was such a special time in my athletic career. It will be a memory I always cherish, and I still talk to a lot of the guys from that team.



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ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Heather Schulte	K-5	241	10-15
ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Mary Jane Murphy and Heather Schulte	6-8	219	10-15
ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Dr. Cheryl Washington	9-12	377	18-25
BOOK OF LIFE ACADEMY* <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Rebecca Lemus	K2-5	115	12
CALVARY CENTER SCHOOL <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/ccs-about</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Claire Zarrilli	PreK	75	12-15
CHESAPEAKE MONTESSORI SCHOOL <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sectarian	Robert Wirts	18 months-8	135	24
CHESTERTON ACADEMY OF ANNAPOLIS <i>31 Rowe Blvd, Annapolis 410-855-3216; chestertonacademyofannapolis.org</i>	Chesterton Academy of Annapolis is raising up joyful leaders and saints, educated in the classical tradition and the truths of the Catholic faith. Our rigorous, integrated curriculum unlocks student's potential and prepares them to succeed in college and professional life, and to excel in service of family, of country, and of Christ our Lord.	2018	Non-Sectarian	Lisa Williams	9th-12th	29	10
THE HARBOUR SCHOOL AT ANNAPOLIS <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sectarian	Linda J. Jacobs	1-12	189	8-10
INDIAN CREEK SCHOOL <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a co-educational college-preparatory school for students in grades Pre-K3 through grade 12, located on a beautiful 114-acre wooded campus, just minutes north of Annapolis. Indian Creek School provides a challenging academic education, with priorities on creating a sense of belonging for all students and opportunities to excel both in and out of the classroom.	1973	Non-Sectarian	Booth Kyle	PreK 3-Grade 12	526	16
THE KEY SCHOOL <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads.	1958	Non-Sectarian	Matthew Nespole	Key-Wee (2.5 years)-12	660	16-18
MONTESSORI INTERNATIONAL CHILDREN'S HOUSE <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sectarian	Elizabeth Whitaker	18 months-6th grade	150	12-25
NAVAL ACADEMY PRIMARY SCHOOL <i>74 Greenbury Point Road, Annapolis 410-757-3090; napschool.org</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike.	1949	Non-Sectarian	Robyn M. Green	PreK-5	250	15
ROCKBRIDGE ACADEMY <i>680 Evergreen Road, Crownsville (K-12) 410-923-1171; rockbridge.org</i>	Celebrating over 25 years as a classical Christian school, Rockbridge Academy is ready to welcome K-12 students into a transformative learning community, where children grow to be the compassionate, thinking leaders of the next generation. Come tour our new campus!	1995	Christian	Roy Griffith	K-12	359	13
ST. ANNE'S SCHOOL OF ANNAPOLIS <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; stannesschool.org</i>	Our progressive curriculum is grounded research. We are committed to a holistic education that celebrates each child's uniqueness in an authentic diverse and inclusive community of students. Our families share our vision of delivering a challenging, high-quality academic, social, and emotional program.	1992	Episcopal	Andrea Weiss	Twos-8th grade	320	14
SAINTS CONSTANTINE AND HELEN PRESCHOOL <i>2747 Riva Road, Annapolis 410-573-2078; sscschool.org</i>	Our mission is to provide a safe and loving Christian environment where children can grow and develop while being introduced to the Hellenic culture and tradition.	2015	Greek Orthodox	Emily Soeffing	Preschool	37 per day	12-Oct

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	11:1	\$13,470 (K5) and 14,220 (1st-5th)/ year	Call for Information	Coed	Yes	Yes	35%	Yes	0	0	Spanish	4	2	0	N/A
	11:1	\$16,740/year	Call for Information	Coed	Yes	Yes	35%	Yes	0	0	Spanish, ASL	6	4	5	N/A
	10:1	\$21,270/year	Call for Information	Coed	Yes	Yes	40%	Yes	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours per year (encouraged, not required)
	6:1	\$5,000–6,000/year	Call for Information	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
	6:1	\$240–600/month	Call for Information	Coed	No	No	N/A	No	0	0	N/A	Music	N/A	0	N/A
	Varies	\$19,960	January 23rd, 2022	Coed	No	No	N/A	Yes	0	0	Spanish	Art and music	Multiple	0	72 hours per year (grades 7 and 8)
	6:1	\$9,900/year	Call for Information	Coed	Yes	Yes	9%	Yes	0	0	Latin and Spanish	Art, Choir, Drama, Debate	Ballroom Dance and Pro Life	Soccer, Track and Field, Ultimate Frisbee	N/A
	2:1	\$41,726/year	Call for Information	Coed	No	Dress code	27%	No	0	0	N/A	Studio art and performing arts	5	4	75 hours for seniors
	7:1	\$15,200–\$28,300/year	February 8th and daily tours by appointment	Coed	Yes	Yes	26%	Yes	21	0	Spanish, Latin, Arabic, Japanese	27+	20+	14	75 hours community service
	6:1	\$9,085–\$31,050/year	Call for Information	Coed	Yes	No	37%	Yes	6 AP; 14 Ad- vanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
	Varies; 4:1 to 15:1	\$10,000–12,500/year	Call for Information	Coed	No	No	25%	Yes	0	0	Spanish	Music	Varies by year	0	N/A
	9:1 (PreK); 16:1 (K–5th)	\$5,100–11,340/year	Call for Appointment	Coed	No	Yes	12%	Yes	0	0	French	Music and Fine Arts	16	0	N/A
	6:1	\$7,100–16,380/year	January 21st, 7 p.m. and February 21st, 9 a.m.	Coed	Yes	Yes	29%	Yes	Honors level (Upper)	0	Latin, Spanish	25	23	6	Daily service duties and mentoring opportunities
	9:1	\$4,080–22,100/year	Call for Information	Coed	Yes	Yes	33%	Yes (Pre-school–grade 8)	0	0	Spanish	7	11	6	10 hours (grade 8)
	10:1	Half day program \$175–\$390 a week (2–5 days); Full day program \$320–\$765 a week (2–5 days)	Call for Information	Coed	No	Yes	N/A	No	0	0	Greek	Music Classes on Tuesdays	No	No	No



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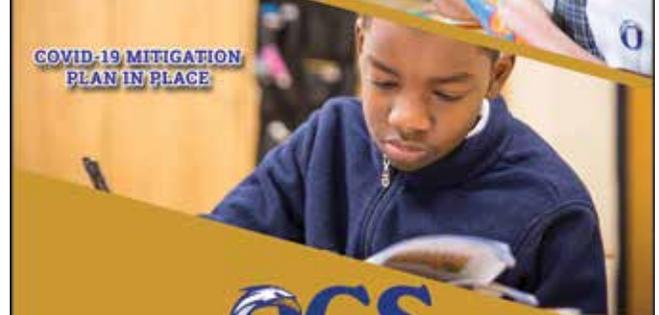
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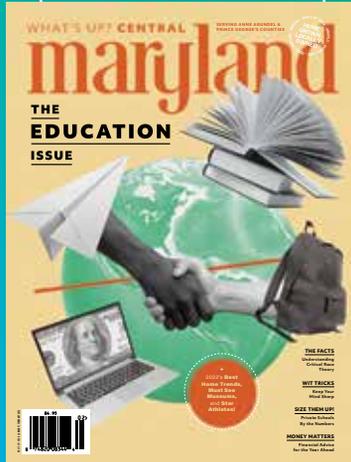
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An independent school in Severna Park, MD serving students from Preschool - Grade 8.

410.647.7055 | smartinsmd.org



PRIVATE SCHOOL

*Most recent statistics provided

DESCRIPTION

SEVERNA PARK/ PASADENA

ST. MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS
1120 Spa Road, Annapolis
410-269-1955; stmartinsonline.org

Saint Martin's Lutheran School provides private, Christian education in a safe, secure and inclusive environment with a focus on small class sizes.

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

1963

Lutheran

Patrick Kiley

PreK 3-8

140

13

ST. MARGARET'S DAY SCHOOL
1605 Pleasant Plains Road, Annapolis
410-757-2333; stmargaretsdayschool.org

St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children and is Green Certified through MAEOE

1995

Episcopal

Tricia McVeigh

2 years-K

130

12-20

ST. MARY'S ELEMENTARY SCHOOL*
111 Duke of Gloucester Street, Annapolis
410-263-2869; stmarysannapolis.org

Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.

1862

Catholic

Rebecca Zimmerman

PreK-8

800

28

ST. MARY'S HIGH SCHOOL*
113 Duke of Gloucester Street, Annapolis
410-263-3294; stmarysadmissions.org

Located next to the elementary school, St. Mary's High is a college preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.

1946

Catholic

Mindi Imes

9-12

507

20

EDGEWATER

DIVINE MERCY ACADEMY
8513 St Jane Drive, Pasadena
410-705-0778; divinemercy.md

Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kingergarten through Eighth Grade.

2019

Catholic

Ali Ghaffari

K-8

90

15

SEVERN SCHOOL-CHESAPEAKE CAMPUS (LOWER)
1185 Baltimore Annapolis Boulevard, Arnold
410-647-7700; severnschool.com

At Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

1914

Non-Sectarian

Douglas Lagarde

Pre-school-5

253

14

SEVERN SCHOOL-TEEL CAMPUS (UPPER)
201 Water Street, Severna Park
410-647-7700; severnschool.org

At Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

1914

Non-Sectarian

Douglas Lagarde

6-12

628

14

ST. JOHN THE EVANGELIST SCHOOL
669 Ritchie Highway, Severna Park
410-647-2283; stjohnspschool.org

Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade.

1959

Catholic

Casey Buckstaff

PreK-8

520

25

ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL
375-A Benfield Road, Severna Park
410-647-7055; stmartinsmd.org

St. Martin's is an independent school with a STEAM-based curriculum, encouraging students to discover their potential while learning with confidence, compassion and character. The school is located on an 8-acre campus, and offers three high school level courses as well as a wide variety of extracurricular programs for all ages.

1957

Episcopal

Charlie Sachs, Interim

Preschool 3s-8

293

16

GAMBRILLS/ODENTON

ST. ANDREW'S DAY SCHOOL
4B Wallace Manor Road, Edgewater
410-266-0952; standrewsum.org

Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs.

1985

United Methodist

Mark Wagner

PreK-8

216

15

THE SUMMIT SCHOOL
664 East Central Avenue, Edgewater
410-798-0005; thesummitschool.org

The Summit School serves students with dyslexia and other learning differences by employing a multi-sensory teaching approach.

1989

Non-Sectarian

Dr. Joan Mele-McCarthy

1-8

105

Varies

ODENTON CHRISTIAN SCHOOL*
8410 Piney Orchard Parkway, Odenton
410-305-2380; ocs.odentonbaptist.org

Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives.

1977

Baptist

Pastor John Lacombe

K3-12

181

14

SCHOOL OF THE INCARNATION
2601 Symphony Lane, Gambrills
410-519-2285; schooloftheincarnation.org

Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore.

2000

Catholic

Nancy Baker

PreK4-8

775

26

SEVERN/GLEN BURNIE/MILLERSVILLE

ELVATON CHRISTIAN ACADEMY
8422 Elvaton Road, Millersville
410-647-3224; elvatonacademy.com

Elvaton Christian Academy is a coeducational school located in Millersville.

1995

Christian

Pastor Dallas Bumgarner

PreK2-8

74

12

ARCHBISHOP SPALDING HIGH SCHOOL
8080 New Cut Road, Severn
410-969-9105; archbishopspalding.org

Spalding High School was founded by the Archdiocese of Baltimore. It is a college preparatory school that serves students in the greater Annapolis and Baltimore areas.

1966

Catholic

Kathleen K. Mahar

9-12

1,300

24

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
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	10:1	\$6,150-13,400/year	January 21st, March 25th	Coed	No	Yes	23%	Yes	0	0	Spanish	4	6	5	Yes (8th Grade)
	5:1	\$2,400-8,100/year	TBA	Coed	No	Optional	5%	Yes	0	0	Spanish	Music Together, ballet, Jump bunch	3-4	Soccer, Basketball, Cheer	N/A
	6:1 (PreK-K); 12:1 (grades 1-3); 15:1 (grades 4-5)	\$8,880/year (Catholic); \$10,206/year (Non-Catholic)	Call for Information	Coed	Kindergarten and middle school math	Yes	N/A	Yes	0	0	Spanish	5	Multiple	4 (MS)	Weekly service projects, community outreach, Saints in action
	14:1	\$15,306/year (Catholic); \$17,136/year (non-Catholic)	Call for Information	Coed	Yes	Yes	15%	Yes	16	0	Spanish, French, Latin	15	30	19	75 hours
	5:1	\$7,500/year	Call for Information	Coed	N/A	Yes	N/A	Yes	0	0	Latin	Art and Music	Dance and Self Defense	0	25 hours
	10:1	\$22,685/year; PS-K varies	Call for Information	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A
	10:1	\$29,260/year	Call for Information	Coed	Yes	Yes	17%	Yes	20	0	French, Spanish, Latin	35+	45+	46 teams	10 hours per year (grades 9-12)
	14:1	\$8,480/year	Call for Information	Coed	No	Yes	11%	Yes	0	0	Spanish	10	26	6	N/A
	9:1	\$3,500-13,500/year	Call for Appointment	Coed	No	Yes	12%	Yes	0	0	Spanish	6	20	5	Yearly class service
	6:1	\$9,395-\$13,675/year	Call for Information on Virtual Open Houses	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and art	Multiple (After School Enrichment Program)	4	N/A
	4:1	\$33,220/year	Visit our Website	Coed	No	Yes	25%	Yes	0	0	N/A	4	8	6	Yes
	9:1	\$6,695/year	Call for Information	Coed	Yes	Yes	N/A	No	0	0	Spanish	Multiple	Multiple	3	N/A
	16:1	\$8,200/year (Catholic); \$8,950/year (other faiths)	January 29th, 2022	Coed	Yes	Yes	24%	Yes	0	0	Spanish	Music	35+	9	15 hours (grade 8)
	12:1	\$1,575-6,000/year	Call for Information	Coed	Yes	Yes (K-8th)	40%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	15:1	\$17,950/year	Call for Information	Coed	Yes	Yes	N/A	Yes	26	IB Diploma School	Spanish, French, Latin	Music, Theatre, Visual Arts	30+	30+	60 hours of community service

PRIVATE SCHOOL

*Most recent statistics provided

DESCRIPTION

YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
1973	Christian	George Kirychuk, Administrator	K3 & K4 (Pre-school) K5 (Kindergarten) through 12th grade	366	15-18
1975	Baptist	Lou Rossi, Jr.	K3-12	273	Varies
1954	Catholic	Alexa L. Cox	Pre-K2-8	475	25
1950	Lutheran	John Maxwell	P2-8	325	17
1844	Non-Sectarian	Christopher J. Post	K-12	639	13
1845	Catholic	Charles S. Stembler	9-12	1,170	17
1967	Non-Sectarian	Jamey Hein and Heidi Merryman	Pre-school-12	324	14
1946	Catholic	Dr. Daniel J. McMahon	9-12	814	19
1959	Catholic	Dr. Lisa Grillo	9-12	587	19
1963	Episcopal	Michael S. Mullin	PreK-8	460+	15 (Pre); 20 (K-grade 4); 21 (grades 5-8)
1954	Non-Sectarian	Matt Walsh	Ages 2 through Grade 12	800	13
1852	Catholic	Sister Mary Raymond Thye, O.P.	9th-12th	483	16
1876	Catholic	Francisco Espinosa	9th-12th	854	20
1873	Catholic	Sister Patricia McCarron, SSND, PhD	6-12	800	19
1857	Catholic	Joseph Miller	PreK3-8	265	25

CALVARY BAPTIST CHURCH ACADEMY
407 Marley Station Road, Glen Burnie
410-768-5306 cbcaknights.org

GRANITE BAPTIST SCHOOL*
7823 Oakwood Road, Glen Burnie
410-761-1118; granitebaptistschool.org

MONSIGNOR SLADE CATHOLIC SCHOOL*
120 Dorseley Road, Glen Burnie
410-766-7130; msladeschool.com

ST. PAUL'S LUTHERAN SCHOOL
308 Oak Manor Drive, Glen Burnie
410-766-5790; stpaulsgb.org

THE BOYS' LATIN SCHOOL OF MARYLAND
822 West Lake Avenue, Baltimore
410-377-5192; boyslatinmd.com

CALVERT HALL COLLEGE HIGH SCHOOL
8102 LaSalle Road, Baltimore
410-825-4266; calverthall.com

THE CALVERTON SCHOOL*
300 Calverton School Road, Huntingtown
410-535-0216; calvertonschool.org

DEMATHA CATHOLIC HIGH SCHOOL*
4313 Madison Street, Hyattsville
240-764-2200; dematha.org

ELIZABETH SETON HIGH SCHOOL
5715 Emerson Street, Bladensburg
301-864-4532; setonhs.org

HOLY TRINITY EPISCOPAL DAY SCHOOL*
Primary School—13106 Annapolis Road, Bowie; 301-262-5355; htrinity.org The Daisy Lane School and High School Prep—11902 Daisy Lane, Glenn Dale 301-464-3215; htrinity.org

GLENELG COUNTRY SCHOOL
12793 Folly Quarter Road, Ellicott City
410-531-8600; glenelg.org

MOUNT DE SALES ACADEMY
700 Academy Road, Catonsville
410-744-8498; mountdesalesacademy.org

MOUNT ST. JOSEPH HIGH SCHOOL
4403 Frederick Avenue, Baltimore
410-644-3300; msjnet.edu

NOTRE DAME PREPARATORY SCHOOL
815 Hampton Lane, Towson
410-825-6202; notredameprep.com

ST. AUGUSTINE SCHOOL*
5990 Old Washington Road, Elkridge
410-796-3040; staug-md.org

Calvary Baptist Church Academy is a Christian school that has a good balance between teaching Christian principles and having a strong educational base (our students test 1-2 grades higher than national average)

Granite Baptist School was founded as a ministry of Granite Baptist Church, and is located near Route 100 and Route 2.

Monsignor Slade is part of the Archdiocese of Baltimore, and is located in northern Anne Arundel County on a 10.5-acre campus.

Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.

Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12 with boarding available for students in grades 9-12. At Boys' Latin, each and every one of our students is known—for who he is today, and all he will be tomorrow.

Calvert Hall College High School is an independent, all-boys Lasallian Catholic college preparatory school attracting students from more than 100 zip codes.

The Calverton School is an independent school that serves Pre-K3 to 12th-grade day students, as well as 9th-12th grade boarding students. Boarding is available for 5 and 7 days a week. Calverton offers the prestigious International Baccalaureate Diploma Program.

DeMatha High School is a college preparatory school for boys that focuses on educating them in the Trinitarian tradition and offers co-curricular programs.

Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.

Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarden and grades 5-8.

No matter when students start their journey at Glenelg Country School, they discover an abiding sense of self, a deep appreciation for community, and a shared understanding of purpose. Small classes, passionate teachers, and opportunities for growth keep our students engaged from age 2 through grade 12.

Mount de Sales Academy forms young women through a Catholic college preparatory education that nurtures the whole person and promotes academic excellence, lifelong learning, moral responsibility, service to others, and the dignity of the human person.

Mount Saint Joseph High School is a Catholic college preparatory school for boys sponsored by the Xaverian Brothers.

Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.

St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.

RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
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10:1 (Preschool), 15:1 (average K5-12th)	\$6,295 (K5-12th); \$175/week K3&K4	Call for Private Tours	Coed	Yes	Yes	50%	No	0	N/A	Spanish & American Sign Language	Drama, Speech, Arts classes	0	5	N/A
Varies	\$4,860 - \$6,112/year	Call for Information	Coed	Yes	Yes	N/A	No	0	0	N/A	Multiple	N/A	12; Little Braves (K5-6th)	N/A
Varies	Pre-K4-8: \$7,700/year (Catholic); \$8,638/year (Non-Catholic); Full-day Pre-K2: \$10,322 Full-day Pre-K3: \$8,962 Half-day Pre-K3: \$3,440 Half-day Pre-K4: \$3,970	Call for Information	Coed	Yes	Yes	37%	Yes	0	0	Spanish (grade 4-8)	10	14	5	12 hours
20:1	\$2,139-8,782/year	Call for Tour	Coed	Yes	Yes	25%	Yes	0	0	Spanish	4	5	5	N/A

7:1	\$22,800-\$32,800/year, boarding \$48,500	Visit boyslatinmd.com/visit	Boys	Yes	Dress code	30%	Yes	15	0	Latin, Spanish, French	15	35+	14	40 hours
11:1	\$17,575	Call for Information	Boys	Yes (HSPT)	Yes (9-12)	20%	Yes	27	0	Latin, French, German, Spanish	32	60+	40	Varies
7:1	\$7,000-35,000/year	Call for Information	Coed	Yes	Yes	41%	Yes	0	14	French, Spanish, German	Multiple	Multiple	10	Yes
12:1	\$19,750/year	Call for Information	Boys	Yes (HSPT)	Yes	N/A	Yes	22	0	French, Spanish, Latin, German, Mandarin Chinese	30	28	14	55 hours
14:1	\$16,750/year	Visit Our Website	Girls	Yes (HSPT)	Yes	81%	Yes	15	0	Spanish, French, Latin, ASL	17	31	23	Varies per year
Varies	\$11,525 (364 yrs old) \$12,725 (K) \$11,975 (Grades 1-4) \$13,705 (Grades 5-8)	Call for Personal Tours	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	6 (Grades 5-8)	15 hours/year (7.5 hours for single-parent families)
7:1	\$11,735-\$31,330	Call for information	Coed	Yes	Yes	52%	Yes	22	N/A	Chinese, French, Latin, Spanish	Yes	36	22	25 hours per year (grades 9-12)
10:4	\$15,850	November 6th, 2022	Girls	Yes	Yes	25%	Yes	13	0	Spanish, French, Latin	20	27	21	12-23 hours
10:1	\$16,750	Call for information	Boys	Yes	Yes	31%	Yes	20	0	Spanish, French, Italian, Latin	20	50+	17	60 hours
9:1	\$21,250/year	Call for information	Girls	Yes; ISEE (MS); HSPT (HS)	Yes	21%	Yes	24	0	Spanish, French, Chinese	Fine & digital art, chorus, orchestra, band, drama, digital media, and more	50+ (UP); 12+ (ML)	5	20 hours a year starting sophomore year
13:1	\$7,300/ year K-8th; \$4,380 Preschool 3 day Program; \$7,300 Preschool 5 day program	Call for information	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	4	N/A

PRIVATE SCHOOL

*Most recent statistics provided

CAROLINE COUNTY

DORCHESTER COUNTY

KENT COUNTY

QUEEN ANNE'S COUNTY

TALBOT COUNTY

ST. PHILIP NERI SCHOOL
6401 S. Orchard Road, Linthicum Heights
410-859-1212; st.philip-neri.org

ST. VINCENT PALLOTTI HIGH SCHOOL
113 St. Mary's Place, Laurel
301-725-3228; PallottiHS.org

OLDFIELDS SCHOOL*
1500 Glencoe Road, Sparks Glencoe
410-472-4800; oldfieldsschool.org

THE BENEDICTINE SCHOOL
14299 Benedictine Lane, Ridgely
410-634-2112; benschool.org

COUNTRYSIDE CHRISTIAN SCHOOL*
5333 Austin Road, Cambridge
410-228-0574

CHESTERTOWN CHRISTIAN ACADEMY
401 Morgnac Road, Chestertown
410-778-5855; chestertownchristian.org

KENT SCHOOL
6788 Wilkins Lane, Chestertown
410-778-4100; kentschool.org

RADCLIFFE CREEK SCHOOL*
201 Talbot Boulevard, Chestertown
410-778-8150; radcliffecreekschool.org

THE GUNSTON SCHOOL
911 Gunston Road, Centreville
410-758-0620; gunston.org

LIGHTHOUSE CHRISTIAN ACADEMY
931 Love Point Road, Stevensville
410-643-3034; lccademy.org

SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER*
201 Love Point Road, Stevensville
443-249-3368; sweetbayki.com

WYE RIVER UPPER SCHOOL
316 South Commerce Street, Centreville
410-758-2922; wyeriverupperschool.org

CHESAPEAKE CHRISTIAN SCHOOL
1009 N. Washington Street, Easton
410-822-7600; chESAPEAKEchristian.org

THE COUNTRY SCHOOL
716 Goldsborough Street, Easton
410-822-1935; countryschool.org

SAINTS PETER AND PAUL SCHOOL*
900 High Street, Easton (ES); 1212 S. Washington Street, Easton (HS); 410-822-2251 (ES); 410-822-2275 (HS); ssppeaston.org

DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.	1965	Catholic	Kate Daley	PreK-8	460	22
St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.	1921	Catholic	Jeffrey Palumbo	9-12	450	17
Oldfields is an all girls boarding school located on 140 acres of Maryland's horse country	1867	Non-Sectarian	David G Perfield	8-12	100	8
The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.	1959	Non-Sectarian	Julie Hickey	Ages 5-21	66	5-7
Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).	1974	Christian	Beverly Stephens Herbst	PreK-8	40	5
Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.	1979	Baptist	Thomas Hudson	K4-12	200	12
Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.	1967	Non-Sectarian	Nancy Mugele	PreK-8	155	12
Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.	1996	Non-Sectarian	Meg Bamford	K-8	73	5
The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience.	1911	Non-Sectarian	John A. Lewis, IV	9-12	234	10-12
Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.	2001	Christian	Kathleen Guerra	PreK-8	103	10
Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).	2015	Non-Sectarian	Brian Tyler	K-3rd; home instruction 1st-9th grade co-op	10	5
Wye River is an independent school that serves students with learning differences in a small, inclusive environment. Transportation is available at seven locations east and west of the Bay Bridge.	2002	Non-Sectarian	Stephanie Borges Folarin	9-12	50	7-8
Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.	1999	Christian	Deanna Phillips	K4-12	140	15
The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.	1934	Non-Sectarian	Jean Brune	PreK-8	278	15
Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore.	1955	Catholic	Sherrie Connolly (elementary school); James Nemeth (high school)	PreK3-12	322 (ES); 152 (HS)	14 (ES); 13 (HS)

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
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	24:3 (PreK); 22:1 (K-grade 8)	\$6,500/year	Call for information	Coed	Yes	Yes	30%	Yes	0	0	Spanish, Latin	school chorus, drama club Jr., school musical	10	2	20 hours per family
	12:1	\$16,975-18,000/year	Call for information	Coed	Yes (HSPT)	Yes	N/A	Yes	20+	0	Spanish, French, Mandarin	20+	20+	20+	80 hours over 4 years
	5:1	\$33,800	Call for information	Girls	Yes	No	32%	Yes	13	0	French, Mandarin, Spanish	20+	20+	12	80 hours required
	3:1	Varies depending on services required	Call for information	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	Multiple	0	N/A
	5:1	\$4,400/year	Call for information	Coed	No	Yes	N/A	Yes	0	0	Spanish, ASL	Musical and drama programs	N/A	0	N/A
	12:1	\$3,990 (K4-6th); \$4,990 (7th-12th)	Individual Tours provided daily	Coed	Yes (grades 3-12)	Yes	6%	Yes	Yes	Dual enrollment is available	Spanish	3	Varies year to year	Basketball, Volleyball, Soccer, Cheerleading.	10 hours per academic year (grades 9-12)
	7:1	\$7,000/year (PreK 3 and 4); \$16,200/year (K-grade 4); \$17,375/year (grades 5-8)	Call for Information	Coed	Evaluation	Dress code	14%	Yes	0	0	Spanish	3	1	9	N/A
	Ranges from 1:1 to 7:1; (typically 4:1)	\$28,700	Call for Information	Coed	No	Yes	N/A	Yes	0	0	N/A	8 (changes yearly)	6	2	N/A
	9:1	\$26,795/year	January 23rd, April 23rd, November and October Dates TBD	Coed	Yes	Dress code	18%	Yes	21+	0	Spanish	16	18	18	45 hours
	6:1	\$4,200-8,800/year	Call for Information	Coed	Yes	Yes	10%	Yes	0	0	Latin	2	4	2	N/A
	3:1	\$5,000-20,000/year (based on program)	Call for Information	Coed	Yes	No	N/A	Yes	0	0	N/A	0	0	0	N/A
	5:1	\$31,500/year	January 20th, 2022 April 21st, 2022 - 6:00-7:00 p.m.	Coed	No	Dress Code	10%	Yes	0	0	Spanish	8	4	6	70 hours
	15:1	\$5,000/year	Call for Information	Coed	Yes	Yes	20%	No	0	0	Spanish	4	0	6	100 hours
	9:1	PK \$10,275; K \$15,860; 1-8 \$18,390	Check Website	Coed	Yes	Yes	20%	Yes	0	0	Spanish	4	5	6	Not required, but part of curriculum
	13:1 (ES); 7:1 (HS)	\$6,500-\$8,805/year (PreK3-grade 8); \$15,750/year (grades 9-12)	Call for Information	Coed	Yes (HSPT)	Yes	7% (ES); 10% (HS)	Yes	11	0	Spanish, Latin	Art, Music, Choir, Band, Theatre	13 (ES); 32+ (HS)	8 (ES); 15 (HS)	80 hours over four years (grades 9-12)

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98%

of families surveyed recommend Key to friends & colleagues

32%

of families receive need-based financial aid

75%

of Upper School students play a sport

80%

of graduates received merit scholarships (not including financial aid 2019-2021)



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LEADERS IN EDUCATION



CAMPUS NOTES

Religious Affiliation:
Catholic

Grades:
9-12

2021-2022 Enrollment: 1300

2021 - 2022 Tuition:
\$17,950

ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn MD 21144 | 410.969.9105 | archbishopspalding.org

Founded by the Archdiocese of Baltimore in 1963 and originally staffed by the Sisters of Notre Dame de Namur, Archbishop Spalding has provided Catholic secondary education to families in the Archdiocese of Baltimore, Anne Arundel County and surrounding counties for over 55 years. Our Mission challenges our students to grow spiritually, academically and socially.

The hallmark of a Spalding education has always been academic excellence. Archbishop Spalding offers a comprehensive college preparatory curriculum that embraces the gifts and talents of every student. A diverse academic program is offered which includes Advanced Placement, Pathway to Engineering, International Baccalaureate, Honors and the Aquinas Program. No matter the course of study, a Spalding education nurtures the

aptitude and natural gifts of each student, and develops skills to meet the demands of college and beyond.

There is a way for every student to be involved at Spalding, with an offering of more than 40 clubs and organizations as well as more than 30 athletic teams. From Lacrosse and Basketball teams, Robotics and Key Club to Football and Field Hockey, students are able to engage, develop leadership skills and expand their interests.



24
Average
Class Size

16:1
Student to
teacher ratio



CAMPUS NOTES

Religious Affiliation:
Catholic
(Independent of
Archdiocese)

Grades: K-8

2020 - 2021 Enrollment: 91

Tuition:
\$8,500

DIVINE MERCY ACADEMY

8513 St. Jane Dr. Pasadena, MD 21122 | divinemercury.md | 410.705.0778

Founded in 2019 with four tutors and 19 students and having grown to 16 faculty and nearly 90 students, Divine Mercy Academy is the fastest growing school in the State! Our Mission is to partner with parents as the primary educators of their children to foster a love of learning, pursuit of truth, beauty and goodness, and set children on a path of virtue and holiness. DMA exists to make saints and scholars, but saints first. Our three distinctive features are 1) a classical liberal arts education, which uses the greatest works of Western Civilization to engage, highly educate, and inspire children to love learning. We meet each child where they are and walk alongside them as they become the best version of themselves. 2) A thoroughly Catholic identity formulated by a school day which consists of the Mass, Rosary, Angelus, and Chaplet daily in an environment that is joyfully Catholic. 3) Lastly, an education that is affordable, so all children, regardless of financial means, may have access to a world-class education.



13
Average
Class Size

5:1
Student to
teacher ratio



CAMPUS NOTES

Year Founded: 1963

Religious Affiliation:
Episcopal

Head of School:
Mr. Michael S. Mullin

Grades:
Preschool – Grade 8

Enrollment: 432

Tuition and Fees:
\$11,525 - \$13,705
\$1,200 - \$1,900

HOLY TRINITY: AN EPISCOPAL SCHOOL

13106 Annapolis Road, Bowie, MD 20720 | 11902 Daisy Lane, Glenn Dale, MD 20769 | 301-262-5355

Holy Trinity: An Episcopal School is ever faithful to its values of academic excellence, spiritual and moral formation, and inclusiveness as it educates over 430 students in Prince George's and surrounding counties. Holy Trinity is a Preschool through 8th grade independent school. Our expert faculty and staff seek to know and deeply understand students, so that students become their BEST YOU!

Students are encouraged to take thoughtful and bold chances in the classroom at Holy Trinity because this is where real learning takes place. Holy Trinity's distinctive integration of Music into the curriculum ignites a student's imagination, enhances problem-solving skills, instills self-discipline and patience, and furthers their ability to collaborate. Here, students learn more about more: STEM; Friendship; Episcopalian Values; Spanish; Outdoor Education. Some prioritize rigorous academics. Holy Trinity prioritizes rigorous balance. Holy Trinity strives to graduate better students, but more importantly, better people. At Holy Trinity, students study Kindness, master Compassion, research Character and excel in Selflessness. Holy Trinity students shine inside and outside the classroom of the best private and public high schools in the region. Our graduates leave Holy Trinity and become great leaders, scholars, student-athletes, musicians, and good citizens.



18
Average
Class Size

10:1
Student to
teacher ratio



CAMPUS NOTES

Grades:
Pre-K3 – 12

2021-2022
Enrollment: 535

2021 – 2022 Tuition:
\$15,200-\$28,300
*Flexible Tuition available

College acceptance
rate: 100%

100% of students
in the Class of 2022
have taken at least
one AP class

INDIAN CREEK SCHOOL

1130 Anne Chambers Way, Crownsville, MD 21032 | 410.923.3660

Indian Creek School provides an outstanding education built on strong relationships between students and teachers. Other hallmarks of the Indian Creek School experience include a thoughtful curriculum taught by an innovative faculty incorporating best practices in teaching and learning, as well as ample opportunities for extra-curricular involvement and a student-centered culture. Indian Creek students are able to see the world differently because they are part of a community characterized by diverse backgrounds, perspectives, and ideas. Students develop a broad base of knowledge and academic skills that lead them to think critically, to examine big questions, to solve complex problems, to collaborate, and to communicate effectively. Strong, trusting relationships between teachers, students, and parents create an environment where students of all ages have the confidence to take healthy risks and achieve great heights because they know that they are part of a community that supports them. Indian Creek students are known for their integrity, kindness, and empathetic leadership.



15
Average
Class Size

7:1
Student to
teacher ratio





CAMPUS NOTES

Year Founded: 1954

Religious Affiliation:
Catholic

Principal:
Mrs. Alexa Cox

Grades: Pre-K2 - 8th

Enrollment: 517

2021-2022

Tuition & fees:

Pre-K: \$3,440 - \$10,322*; full-day

Pre-K4 - Grade 8**:

\$7,790 - \$8,638

*Rates within this range start at tuition for part-time programs; **Multi-student discount available. Transfer Grants and Welcome Grants offered.

MONSIGNOR SLADE CATHOLIC SCHOOL

Educating and Inspiring Leaders Since 1954

120 Dorsey Rd., Glen Burnie, MD 21061 | msladeschool.com | admissions@msladeschool.com | 410-766-7130

Monsignor Slade inspires joyful learners to live and lead as disciples of Christ. Dedicated faculty guide students to flourish academically, spiritually, and personally by pursuing knowledge and a deeper understanding of Christian values and our faith.

In Slade's community, students are valued individually. Experienced, certified teachers encourage exploration and personal discovery readying our graduates to positively impact the world.

Our preschool program (Pre-K2 - Pre-K4)

- Encourages natural curiosity
- Provides tools, knowledge, and social-emotional-readiness required for Kindergarten

Our primary program (Kindergarten - Grade 2)

- Piques inquisitiveness; hones social and emotional skills; invites discovery of the world and faith
- Includes a thorough study of grammar, phonics, complex mathematics, arts-integration, STREAM coursework, cursive handwriting



24
Average
Class Size

16:1
Student to
teacher ratio

Our intermediate and middle school programs (Grades 3 - 8)

- Encourage active, personal pursuit of learning
- Develop knowledge, skills, and a desire for success in high school & beyond
- Include intensive grammar and writing, Algebra and pre-algebra, arts-integration and STREAM opportunities

Co- and extra-curricular

- Award-winning band and fine arts programs, clubs
- Competitive athletics leagues
- Middle school elective courses
- Summer enrichment

We invite you to experience all that Slade offers--evidenced by generations of successful graduates! Join us for recruitment events; register online or call 410-766-7130 today.



CAMPUS NOTES

Year Founded: 1977

Religious Affiliation:
Baptist

Head of School:
Brian M. Edmonds

Grades: K3-12th

Enrollment: 270

Tuition & fees:

\$6,400 - \$7,200

ODENTON CHRISTIAN SCHOOL

8410 Piney Orchard Parkway, Odenton MD 21113 | 410.305.2380 | ocs.odentonbaptist.org

Odenton Christian School serves grades K3 through 12th on a campus in Odenton, Maryland. We strive to honor and serve the Lord Jesus Christ by providing an opportunity for godly young people to obtain a high-quality education in a Christ centered and disciplined environment which is free from worldly behavior, and secular and/or humanist philosophy. Grounded in the Abeka curriculum, our students pursue a rigorous academic program while also developing artistically and athletically. Starting in Kindergarten, our students learn in a structured environment while also fostering their natural sense of play and curiosity. From daily Bible activities to academic lessons to ample active time, our students are empowered to learn.

Our experienced teachers guide our students in the Elementary School (grades 1 - 6) through a rigorous academic program that provides them with the foundational skills necessary to succeed at



14
Average
Class Size

12.8:1
Student to
teacher ratio

the Secondary level. Our Elementary students also participate in Fine Arts, a cornerstone of our school and a key to developing young minds. At the Secondary level (grades 7-12) students take a broad range of courses to ensure they are ready for the future that lies ahead. Specifically, we offer core courses and electives that will pique their educational interests and prepare them for whatever pursuits they may have, whether that be college, trade school, the military, or other sectors of the work force.





CAMPUS NOTES

Year Founded: 2002

Religious Affiliation:
Catholic

Principal:
Ms. Nancy Baker

Grades:
PreK4 - 8th

2021 - 2022 Enrollment: 775

2021 - 2022 Tuition:
\$5,336-\$8,950

Open Houses:
January 29, 2022,
8:30 - 11:00 AM

SCHOOL OF THE INCARNATION

2601 Symphony Lane, Gambrills, MD 21054 | 410.519.2285 | schooloftheincarnation.org

School of the Incarnation is a fully-accredited Catholic school that educates over 750 students in central Anne Arundel County on a beautiful 26-acre campus. School of the Incarnation is officially associated with the five Catholic parishes St. Joseph Catholic Church, Our Lady of the Fields, Holy Family Catholic Church, St. Elizabeth Ann Seton Catholic Church, Our Lady of Perpetual Help Catholic Church. The School of the Incarnation embraces an inter-parish community of children with differing gifts. Through collaboration amongst the faculty, parents, and other professionals, the School is dedicated to cultivating and promoting academic excellence in an environment immersed in Gospel values. This commitment is woven seamlessly into the academic program and student life. We seek to provide a distinctive educational experience to a diverse body of learners and to cultivate our students' ability to think globally and behave ethically.



26

Average
Class Size

16:1

Student to
teacher ratio



CAMPUS NOTES

Religious Affiliation:
Christian

Grades:
K-12

Churches Represented: 73

2021-2022 Tuition:
\$7,100-\$16,380

2022 Open Houses:
January 21 @ 7:00 pm
February 21 @ 9:00 am

ROCKBRIDGE ACADEMY

680 Evergreen Road, Crownsville, MD 21032 | 410-923-1171 | rockbridge.org

Rockbridge Academy is a classical Christian K-12 school serving the Annapolis/DC/Baltimore area since 1995. Our distinctively classical and unwaveringly Christian education prepares students to excel by all academic measures (college acceptances, SAT scores, the NMSQT, graduates in both liberal arts and STEM fields); however, at the heart of our program is a vision to nurture students to be lifelong Christ followers and compassionate, thinking leaders of the next generation.

Our dedicated faculty are foremost committed to Christ and work together from their fields of expertise to offer an integrated curricular approach through a Christian worldview. Classes are small, offering individual attention, and students are taught to engage with their subject matter through thoughtful dialogue and discussion.

13

Average
Class Size

8:1

Student to
teacher ratio

1302

Average
SAT Score

Join us at an open house event to tour our NEW campus. Come learn more about our partnership with parents, as we come alongside to offer an unparalleled education and prepare children, not just for college or a job, but to engage with the world in humility and grace.





CAMPUS NOTES

Year Founded: 1844

Religious Affiliation:
Non-sectarian

Headmaster:
Chris Post

Grades:
K-12, Boarding 9-12

2021 - 2022 Enrollment: 635

2021 - 2022 Day School Tuition:
\$22,800 - \$32,800

2021-2022 Boarding Tuition:
\$48,500

THE BOYS' LATIN SCHOOL OF MARYLAND

822 W Lake Ave, Baltimore, MD 21210 | 410.377.5192 | boyslatinmd.com

Founded in 1844, The Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12, with boarding available in grades 9-12. At Boys' Latin, each and every one of our students is known -- for who he is today, and all he will be tomorrow. Our K-12 family is small by design because nearly two centuries of all-boys education has taught us that a close community builds a foundation of confidence. Of compassion. Of curiosity. And of character.

During the past eighteen months, we learned something big: The true power of our small School. When the world changed, we were ready. We adapted and remained flexible to ensure that our boys were receiving a top-notch education and remained connected. Today, our boys engage in hands-on learning, participate in extracurricular activities, perform in shows, play musical instruments, compete in athletics, and so much more. Because even through the most complex of times, we always put the

needs of our students first – ensuring they continue to learn, grow and thrive.

This year, we welcomed our inaugural boarding class to Boys' Latin. Designed from the ground up, our boarding curriculum incorporates the latest innovations in both residential and all-boys education and mirrors our day program - small and exceptional. We have witnessed how quickly our boarding students have integrated into our community, and we can't wait to watch this program continue to grow. Go to boyslatinmd.com/boarding to learn more.



13
Average
Class Size

7:1
Student to
teacher ratio



CAMPUS NOTES

Year Founded: 1914

Grades: PreK - 12th

2021 - 2022 Tuition:
PreK 5 full days: \$18,495
Kindergarten: \$20,645
Grades 1-5: \$22,685
Grades 6-12: \$29,260

SEVERN SCHOOL

Lower School - 1185 Baltimore Annapolis Blvd, Arnold, MD, 410-647-7700
Middle/Upper School - 201 Water Street, Severna Park, MD, 410-647-7700
severnschool.com

At Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

Severn School challenges its students to pursue excellence in character, conduct, and scholarship, to marshal the courage to lead, and to contribute to the world around them. We believe this is best realized in a community where adults model these qualities, where a culture of belonging is fostered, and where each student is known and valued.



14
Average
Class Size

10:1
Student to
teacher ratio



DIVINE MERCY ACADEMY

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 Saturday, January 8, 2022
 Or
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 9:30am - 10:45am or
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READERS' PHOTO CONTEST



SUMMER FLASHBACK

Calling all shutterbugs! What's Up? Media wants to showcase your photography skills. It might be winter, but we're already reminiscing *and* looking forward to summer! Now's the perfect time to scroll through your photos and send us your *best summer shots* from summers past. We're looking for *local* (Chesapeake Bay & Delmarva region) fun in the sun, nature, kids, family, outdoor adventures, dining; whatever shouts summer to you!

Please submit your photo(s) at the online form found at:

Whatsupmag.com/photocontest

Entries will be accepted through **February 28th** and posted to an online gallery where you can vote for your favorites. Winners and chosen favorites (by you and our staff) will be showcased in the July 2022 issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*. And maybe even on the cover!





Your Financial Checklist for 2022

Spending, saving, investing, and tax tips for the year ahead

What a strange, stressful, unpredictable past couple of years we've had. Just as many people are adopting wellness habits that will continue to keep them feeling their best in a post-pandemic world, many people are also adopting healthier financial habits that will help them make the most of their money, avoid debt, and live prosperously no matter what surprises they face.

Whether you're a seasoned investor or you're just starting to set money aside in a savings account, there's always going to be that element of *what if?* What if the market takes a downward turn? What if I find myself in an expensive emergency? What if my income is a comfortable amount for the first time in memory?

Coming up with a savings and investing plan isn't a one-size-fits-all practice—instead, you need to create one that's uniquely suited to your resources and your goals. But there are certain parameters you should keep in mind if you're resolving to make the year ahead your most lucrative yet.

New Year, New Habits

If you're committed to making a money-related new year's resolution, let it be a combination of setting aside savings and paying down your debt. These two actions are crucial to good financial well-being, but far too few individuals adhere to them.

"Saving is critical," says Ann Alsina with CovingtonAlsina. "The average American can't meet an unexpected \$400 expense. Having savings on hand is both offense and defense. When life happens, your savings keeps things running."

But savings are about more than simply having money on hand to handle unexpected problems life throws your way. Having a little bit extra set aside will mean you have discretionary money you can put into financial opportunities that arise—thus, you're making better use of your money.

“Financial planning makes a big switch when you shift from accumulation to distribution—going from saving to spending,” Alsina says. “The way we invest is completely different. Our insurance needs change as well. When you’re younger, disability and life insurance play a big role. As we age, long-term care insurance and umbrella policies to protect our assets become a priority.”

How much should the average person have set aside? Leaders in the industry recommend having enough to cover three months’ of living expenses at the very least, though as much as six months’ worth is preferable. These savings can be cash in the bank, investments, or some combination thereof.

The other important move is to pay down your debt, particularly credit card debt. Because debt incurs interest, you are losing more money over the time you take to pay it off. Credit card debt is especially bad because, unlike assets that appreciate over time, such as your home or your car, this kind of debt doesn’t actually hold any value to you.

Once you’ve tackled saving money and paying off debt, you have a good start, according to Larissa Costello with Ad Astra Wealth Management. “Beyond that, always start with a financial plan,” she says. “Review the plan periodically. Do not lose sight of your goals.”

What to Expect from 2022

You wouldn’t be wrong to be a little pessimistic about the market in 2022. After all, effects from the COVID-19 pandemic continue to linger in nearly every industry, and the economy has been slow to recover.

You might have noticed that the prices of many goods increased over the course of the pandemic. With so many countries going into lockdown, along with any businesses based in them, output decreased and products became in short supply.

Unfortunately, demand for those products stayed the same—or, in some cases, increased. With smaller supply and greater demand, prices increase. And when there’s more money going after fewer goods, inflation results.

“People will pay a premium to get something now, rather than wait,” Alsina says. “We’re also starting to see wages increase as people have been reluctant to return to work after the shutdown.”

Although grocery stores are fully stocked with toilet paper and bread again, the effects of shutdowns continue. “Almost two years later, we are still dealing with the short supply and difficulty finding workers to fill the needs,” Costello explains. “History has taught us that prices rise much faster than they come down.”

These higher prices aren’t felt the same by everyone. Consumers with fixed incomes, such as retirees, or those with lower incomes feel the burden of expense much more than people with a greater discretionary spending budget. Somebody without a financial plan or without the ability to wait for a market rebound might have gotten rid of their assets early in the pandemic and lost money; however, others who kept their assets saw, as Costello puts it, “a serious increase in their investments in nearly every market.”

Despite this, experts see reason for optimism, even if it’s impossible to say for certain. Alsina notes that some economists are predicting a positive year for the market—a bit of a surprise given the rising concern of looming inflation.

The more important thing to consider is what you can afford to do in the longer term. If you invest in assets you can hold onto for long enough for them to appreciate, you’ll come out on top whether any one year is a bull market or a bear.

“Experience has taught us that, short term, the market will rise and fall,” Costello says. “Often without any real explanation. No matter how smart the analyst is, being able to predict with any consistency what the indexes will do short term is a fool’s game.”





Longer term, those who can wait out the volatility find they win. Hence the need for financial plans and emergency funds.”

For anyone looking to plan investments in 2022, Costello recommends they create a mix of assets that are appropriate for their unique needs. These will be determined by factors like age, risk tolerance, time frame, and liquidity needs.

“Trying to find that one investment that is going to blow the doors off is the surest way to lose money,” Costello says. The “meme stock” craze of 2021, ignited by the Reddit forum “r/wallstreetbets” and fueled by speculation around several select stocks, most notably GameStop and AMC, is a perfect example of high risk/reward that, ultimately, lost money for a large percentage of new investors. “Remember no one brags about the 10 investments that lost money, only the one that went up.”

Changes You Should Know About

If you’ve had some trouble following the tax changes and other legislation throughout 2020 and 2021, you’re not alone. But as you’re preparing your taxes for the April 15, 2022, deadline, there are still a few important notes you should keep in mind.

Most notably, there are still some taxpayers who are entitled to the third stimulus payment, which was issued in March 2021, but did not receive it. Michelle Crislip of Integrity Tax and Small Business Solutions explains that this is a 2021 stimulus payment and can be requested on your 2021 tax return. Additionally, business meals are 100 percent tax deductible this year, as opposed to years past when they were only 50 percent deductible.

Then there’s the child tax credit. “Taxpayers who are receiving the monthly advance on the child tax credit need to be aware that it is an advance of their 2021 child tax credit,” Crislip says.

“Anyone who has received the monthly payments will need to know the amount received when preparing their 2021 tax return. This is an advance of their child tax credit and will therefore reduce the amount still owed to them with the filing of their tax return. This may result in a smaller refund since they already received some of the credit.”

Making Your Checklist

If this info makes you feel more confident about your finances as you head into 2022 — great! Now the only thing left is to put together your to-do list. And while your to-do list won’t be exactly the same as somebody else’s, here are a few important items you should consider including:



REVIEW YOUR 2021 BANK STATEMENTS: This will help you assess where you’re losing money unnecessarily, such as overdraft charges, withdrawal fees, late payment charges, or interest. Evaluate how you can avoid certain fees—some charges might even be able to be waived by your bank.



REVIEW YOUR 2021 EXPENDITURES: In other words, where are you spending your money? When you take a critical look at your past expenditures, it can help you assess how much useless spending you’re engaging in and how you can apply that toward savings or investing so it can help you reach your financial goals in the long term.



PLAN YOUR 2022 EXPENDITURES: Saving is easier when you have a budget, and the first step to creating an annual budget is to figure out exactly what big spending you have to do. Additionally, this will help you figure out which of your expenditures have long-term value.



ANALYZE YOUR SAVINGS OPPORTUNITIES: If reviewing or planning your expenditures helps you realize you potentially have excess money to set aside, figure out which options are best for your needs. Some of it can go aside in a savings account, but you might want to put other dollars towards stocks, bonds, or mutual funds.



CONSIDER FUND DIVERSIFICATION: You know the expression “Don’t put all your eggs in one basket”? That applies here. When you have a diverse portfolio of investments, you minimize your risk of loss. If one investment turns out to be bad, you still have money in other investments (and you can afford to wait patiently to see whether the depreciated investment improves).



CONSULT THE RIGHT PROFESSIONALS: Not all financial professionals do the same thing, and you should see out the one that best fits your needs. A CPA, or certified personal accountant, works to help you minimize your tax liability. They are not the same as a financial planner, who helps provide guidance and advice on investment strategy.



UNPACKING

THE MYSTERY OF

Critical Race Theory

What exactly are the tenets of this social
theory and how has or hasn't it been
incorporated into our education systems?

BY YVETTE N. A. PAPPOE

In the last several months, critical race theory—a 40-something-year old academic theory that was once obscure and exclusive to legal academia—has made rounds on national news shows, school board and community meetings, and even around dinner tables across the country.

In a November 2021 survey of this publication's readership, we specifically asked three questions:

- Do you know what critical race theory is and if so, please explain?
- Do you believe it is being taught in our public-school systems?
- Do you agree, or not, with the basic tenets of the theory?

The responses were telling about the general public's perception of critical race theory. The range of responses can be found in the sidebar across from this page. →

THIS BEGS THE QUESTION: WHAT EXACTLY IS CRITICAL RACE THEORY?

Critical race theory (CRT) is an academic theoretical approach to studying law. It examines the relationship between law, race, and racism. Specifically, it is a practice or approach that provides language and a lens for examining racism at institutional and structural levels.

Underlying this is the premise that racism is endemic to American society and that racial supremacist ideals (particularly white supremacy) and practices should be dismantled. The theory was born after the Civil Rights Movement and began in legal studies in the 1970s, spearheaded by the late Derrick Bell, Harvard University's first Black tenured law professor, to address what he saw as shortcomings in understanding how discrimination and inequity are perpetuated in the law.



“IT IS NOT A STUDY OF INHERENT QUALITIES OF RACE. IT IS NOT SAYING THAT PEOPLE ARE RACIST BY NATURE OF THEIR GENETICS.”

Following Bell's lead, a group of legal scholars—Mari Matsuda, Charles R. Lawrence III, Richard Delgado, and Kimberlé Crenshaw—published a ground-breaking book on the theory, *Words That Wound: Critical Race Theory, Assaultive Speech, and the First Amendment*, in 1993, further cementing the concept.

CRT grew from Critical Legal Studies (CLS), which itself argued that the law was not objective or apolitical. CLS' objective is to understand the ways that law makes racial discrimination appear to be inevitable; that makes racial disparities appear *just to be there* rather than the product of policies, practices, of structures. CRT looks at the way in which law facilitates racism, the way in which racism is embedded in the law itself, and proposes solutions for eradicating racism in our society while acknowledging and challenging the law's role in creating both race and racism.

Foundational questions that underlie CRT and the law include: how does the law construct race?; how has the law protected racism and upheld racial hierarchies?; how does the law reproduce racial inequality?; and how can the law be used to dismantle race, racism, and racial inequality?

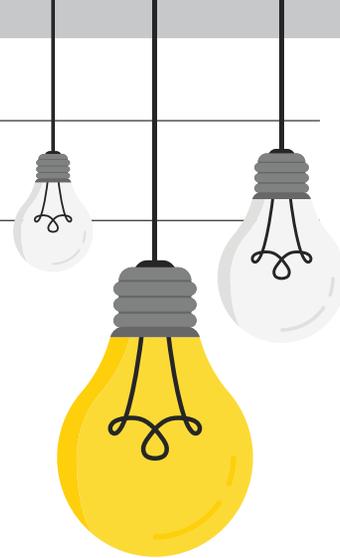
What CRT is *not*, is the idea that all white people are racist. CRT does not attribute racism to white people as individuals or even to entire groups of people. “It is not a study of inherent qualities of race. It is not saying that people are racist by nature of their genetics. It is not saying that there is even race by nature of genetics,” says one of the leading CRT scholars Kimberlé Crenshaw.

A July 2021 national opinion survey conducted by Reuters found that 57 percent of adults said they were not familiar with the term critical race theory. Those who said they were familiar with it answered follow-up questions that revealed otherwise. For instance, 22 percent of those who said they were familiar with critical race theory also think it is taught in most public high schools. It is *not*. Thirty-three percent believe it “says that white people are inherently bad or evil” or that “discriminating against white people is the only way to achieve equality.” It does *not*. Rather, CRT simply assumes racial supremacy is bad in all forms, regardless of how and where it appears, or who is exercising it. In other words, teaching young people about race and racism is not synonymous with teaching them critical race theory.

WHAT'S ALL THE FUSS ABOUT?

With that backdrop, it is difficult to conceptualize how this could possibly have become so controversial. To be sure, resistance to critical race theory is not novel. However, it has taken over headlines in recent times in the wake of the national protests and social justice movement that began in mid-2020. After the

Critical Race Theory, In Your Words



In a recent edition of our weekly Feedback Friday reader survey, we asked: (1) Do you know of Critical Race Theory?; (2) Do you believe it is being taught in our public-school systems?; and (3) Do you agree, or not, with the basic tenets of the theory?

Here's what you said:

The names of many of these movements and talking points are not clear. BLM, Defund, critical race theory. They leave much to the imagination and are not clear on exactly what they stand for. We need some simple slogans and wording so that people can understand what is fundamentally behind them. And I'm not completely clear in what any of them mean; and I've even researched. —**Lee Norwood, Severna Park**

Don't know who is teaching it, but certainly every American needs to be provided the data showing that one piece of racism and our failure to achieve social justice lies in the area on inequality under the very law that purports to be blind to appearance. The idea is right, but the application of blind justice is nonexistent. —**Carol Chisholm, St. Michaels**

Critical race theory is being taught, but I guess the educators don't want to call it that. For them, it is all about equity where the government wants to determine the outcome for selective "oppressed" groups, rather than equality where everyone has an equal opportunity to achieve success. In addition to their teachings about race, our students are asked to sexually identify as something and what pronoun they want to be used to describe them and to question their sexual identity. No wonder kids are confused. —**Julia Jones, Edgewater**

Personally, I believe objections to Critical Race Theory (CRT) is a continuation of beliefs by many that America's identity is eroding. What is puzzling is that any state's action to ban its teaching can only apply to public sector schools. Private schools may choose to include the theory in its curriculum. Moderate religious groups may discuss the theory. What do anti-CRT people think will happen when a private school student talks about CRT with a friend who attends public school? —**Michael Alexander, Annapolis**

CRT is an analytic concept taught in higher education, college, and graduate schools. It is not part of any public-school curriculum. The concept of CRT is that race has always played a part in the development of the American nation. From the obvious evils of slavery to Jim Crow and other overt policies to less visible things like restricting loans to non-white peoples and businesses, red-lining in urban and suburban development, and the restriction of voting rights and access across the country.

As a former university and public school history teacher, I made it a point to challenge the minds of my students to see issues and events in context but also to see the short and long term effects of said issues and events. Historically, there are many things that have more than one viewpoint, as when the U.S. Constitution states, "We the People," what does "people" mean?

Racial discrimination is not an issue of the past. The success of the Civil Rights movement was a major step towards equality but not the end. One need only look at recent events in streets all over the country to conclude that America is a work in progress, and we have a long way to

go. Discussing Critical Race Theory is a vital part of that process. —**John Ebley, Arnold**

As usual, a fairly straightforward exploratory subject has been blown out of proportion so far that the issue has become unrecognizable. What is, in my opinion, a legitimate effort to develop critical thinking skills regarding the state of race in this country is now a political cruise missile. I know from experience as a teacher that kids are eager to think deeply, but I also know from experience that parents do not generally want kids with critical thinking skills. Further, I know from social and personal experience that, simply put, the deck is stacked against my black friends and neighbors. It is only deniable if you don't spend reflective time with black people, and then get all your information about this issue from dumbed-down media, social or otherwise. —**Lawrence Wood, Williamsburg**

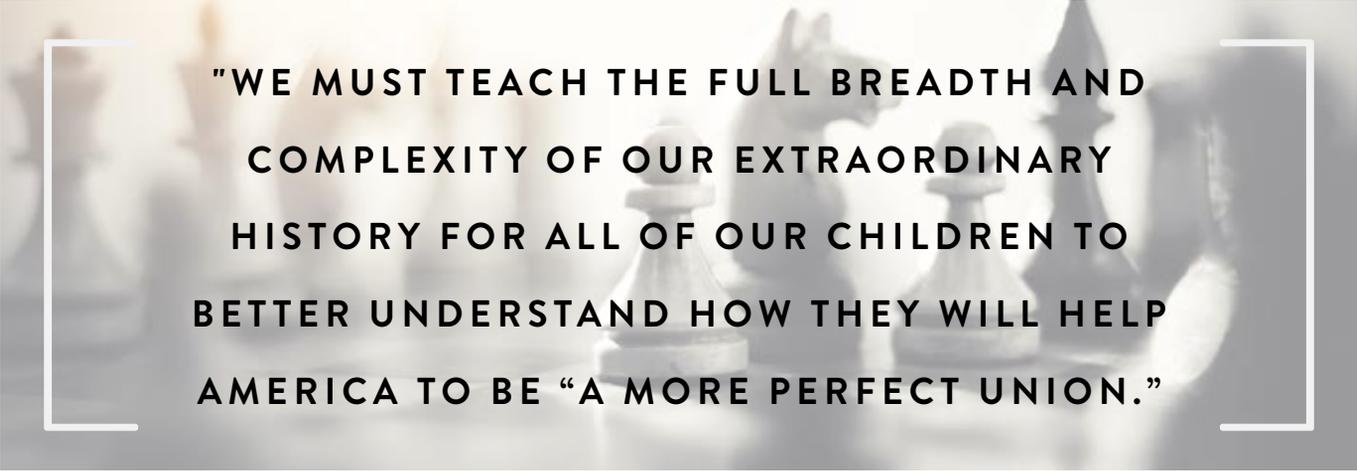
I do not know what Critical Race Theory teaches but I do believe it's important for students at the high school level to understand the background of race as a part of American history. —**Leslie Price, Annapolis**

The central tenet of CRT is that race was embedded into American society from the very beginning and that's it's still an issue today. I don't think it's being taught, but I think it should be—hey, the early settlers enslaved both indigenous persons as well as black Africans (but not whites), and even as recently as the 1930s redlining, a federal policy, kept blacks from becoming homeowners. Today, we see the voting rights of non-whites being threatened in a broad swath of states. Institutionalized racism has certainly contributed to the private individual racism

that we see and that the black, Latino, and Asian communities experience. Ignoring racism is no way to address the problems of racism. Just as kids can be taught at an early age to be racist, they can be taught not to be racist. —**Marc Knapp, Annapolis**

I don't believe I have heard of this and I'm kind of shocked because I do watch the 5 a.m. news to 7 a.m. and, again, I watch the 5 p.m. news until 6:30 p.m. I do not have a child in school and the last time my son was in school it was in 2008. Maybe that's why I haven't heard of it. I like to know things, know enough to make an educated decision on whether I support it or not. —**Lisa Linthicum, Brandywine**

My understanding is that CRT is a theory about the complicated origins and current remnants of institutional racism in this country. CRT seems to be a topic in some graduate and law school classes. Having taught in K-12 public schools for 30 years, I can say that CRT never came up and is not on any curriculum I ever saw. It is not taught. I think, given that laws discriminating against large segments of our population were on the books until the Civil Rights Era, it would be surprising if there weren't lingering issues with race in our country and that CRT seems a good way of trying to trace and study where/how it operates. —**Susan Buckingham, Chester**



"WE MUST TEACH THE FULL BREADTH AND COMPLEXITY OF OUR EXTRAORDINARY HISTORY FOR ALL OF OUR CHILDREN TO BETTER UNDERSTAND HOW THEY WILL HELP AMERICA TO BE "A MORE PERFECT UNION."

height of the protests, news outlets, particularly on television, began airing segments featuring conservative and liberal pundits that demonstrated a potent mix of opinion, hyperbole, and, in many cases misinformation, about critical race theory. Suddenly, critical race theory was being used as a blanket term to describe a very broad range of cultural constructs. Manhattan Institute senior fellow Christopher F. Rufo summarized the intent of the backlash against CRT in a tweet: "The goal is to have the public read something crazy in the newspaper and immediately think 'critical race theory.' We have decodified the term and will recodify it to annex the entire range of cultural constructions that are unpopular with Americans."

Suddenly, Americans on both sides of the political aisle were examining the intricacies of critical race theory and debating whether its tenets were weaving their way into the lexicon of public and private policy, government, and, of course, education systems.

The criticism of CRT was crystallized on September 22, 2020, when an Executive Order was enacted on Combating Race and Sex Stereotyping banned "divisive" and "un-American" workplace training that is "rooted in the pernicious and false belief that America is an irredeemably racist and sexist country." The order was said to have "abolished critical race theory from the federal government, the military, and all federal contractors."

RECENT CALLS TO "BAN" CRT IN CLASSROOMS

The September 22nd executive order has since been revoked. But that did not put the controversy surrounding CRT to rest. Indeed, quite the opposite occurred. In addition to CRT being the talk of the town, it has now become the subject of several legislative acts across the country. Per an analysis by Education Week, 27 states have proposed legislation to ban CRT in schools, and eight states have effectively "banned" CRT and related topics from being discussed in schools. As of August 2021, twelve states have passed legislation or enacted policies to "outlaw" CRT in schools. The legislations mostly ban the discussion, training, and/or orientation that the U.S. is inherently racist as well as any discussions about conscious and unconscious bias, privilege, discrimination, and oppression. These parameters also extend beyond race to include gender lectures and discussions.

This is not just happening on the state level. In the past few months, several members of Congress have introduced legislation that would: 1) reduce federal funding for schools that teach lessons based on the *New York Times'* controversial 1619 Project; 2) ban D.C. schools from teaching critical race theory; and 3) prohibit the teaching of CRT in military schools.

In Maryland, an Anne Arundel County councilman sought to introduce a similar anti-critical race theory bill, which failed in a 3-4 vote on October 18, 2021. Councilman Nathan Volke (R-Pasadena), author of the bill, believed the County must clearly define "discrimination" by law and cited critical race theory as an example of discrimination. "At times, ideas associated with critical race theory can be discriminatory and are not positive for the future of our county," Volke said when asked about the bill.

The language in the bill specifically characterized critical race theory as exacerbating and inflaming "divisions on the basis of sex, race, ethnicity, religion, color, national origin, or other criteria in ways contrary to the unity of the nation and the well-being of our citizens." Volke defended his position that the bill is not an 'anti-critical race theory bill' but rather a "non-discrimination measure" and sought to amend the bill to remove the phrase on the evening of the debate.

In addition to its definition of discrimination, the bill sought to restrict the use of county funds for discrimination as defined. Anne Arundel County Public Schools (AACPS) has said that critical race theory is not part of their curriculum. However, in March 2021, AACPS launched AACPS Unites, a reading initiative "that diversifies student literary experiences by reflecting and celebrating the diversity of the AACPS community." Had Volke's bill passed, AACPS Unites would violate the law, resulting in the school board losing funding.

WHERE IS CRT TAUGHT?

Whether CRT is being taught is the subject of contention that lies at the heart of the current national debate. The truth is, despite all the efforts to ban the teaching of CRT in K-12 education, critical race theory is *not* being taught in K-12 schools. Talbot County Superintendent Kelly L. Griffith put it plainly, "...critical race theory is not a curriculum, rather [it is] an academic umbrella of reflections and writings developed in higher education (colleges, universities, law schools, and graduate schools) since the mid-1970s."

Even though CRT is not a topic in most K-12 curricula, some legislators, elected officials, and their supporters, have referenced it in connection with any lesson or training that acknowledges racially oppressive practices. Randi Weingarten, the head of the American Federation of Teachers (AFT) called the movement against critical race theory a "culture campaign" that attempts to suppress the truth, "limit learning, and stoke fears about our public schools" at the July 6, 2021 AFT conference. Weingarten believes "culture warriors are labeling any discussion of race, racism, or discrimination as CRT to try to make it toxic."

“As a curriculum subject, critical race theory is largely within the purview of university law schools and *some* graduate programs. It’s a method of examination taught in law school and college that helps analyze whether systemic racism exists—and, in particular, whether it has an effect on law and public policy,” Weingarten says. For instance, a cursory search of the course catalogs of the 12 institutions within the University System of Maryland (USM) reveals that only one school (the university of Maryland school of law) offers a course entitled “Critical Race Theory.” The University of Baltimore offers a critical legal theory course as part of its pre-law program partnership with its law school (UB law school) and UMCP offers a course through its women’s studies program focused on feminist, queer, and critical theories.

SHOULD CRT BE TAUGHT EVERYWHERE?

Most, if not all, of the discussion centered on CRT boils down to a single question: should CRT be taught in classrooms? Talbot County Superintendent Griffith believes that “...while critical race theory is not a curriculum taught in Talbot County classrooms, students need to learn about race and racism. We cannot ignore race or racism in our teaching. We must teach the full breadth and complexity of our extraordinary history for all of our children to better understand how they will help America to be “a more perfect union” and to improve itself for the rights and benefit of all of its citizens.”

“CULTURE WARRIORS WANT TO DEPRIVE STUDENTS OF A ROBUST UNDERSTANDING OF OUR COMMON HISTORY.”

Weingarten believes the restrictions on teaching sought by this movement against critical race theory would harm students. “These culture warriors want to deprive students of a robust understanding of our common history...This will put students at a disadvantage in life by knocking a big hole in their understanding of our country and the world.”

The answer to the overall question depends on whether one believes K–12 students need “to know our [country’s] history and to consider its layers, its contradictions, and its complexities,” as Griffith does.

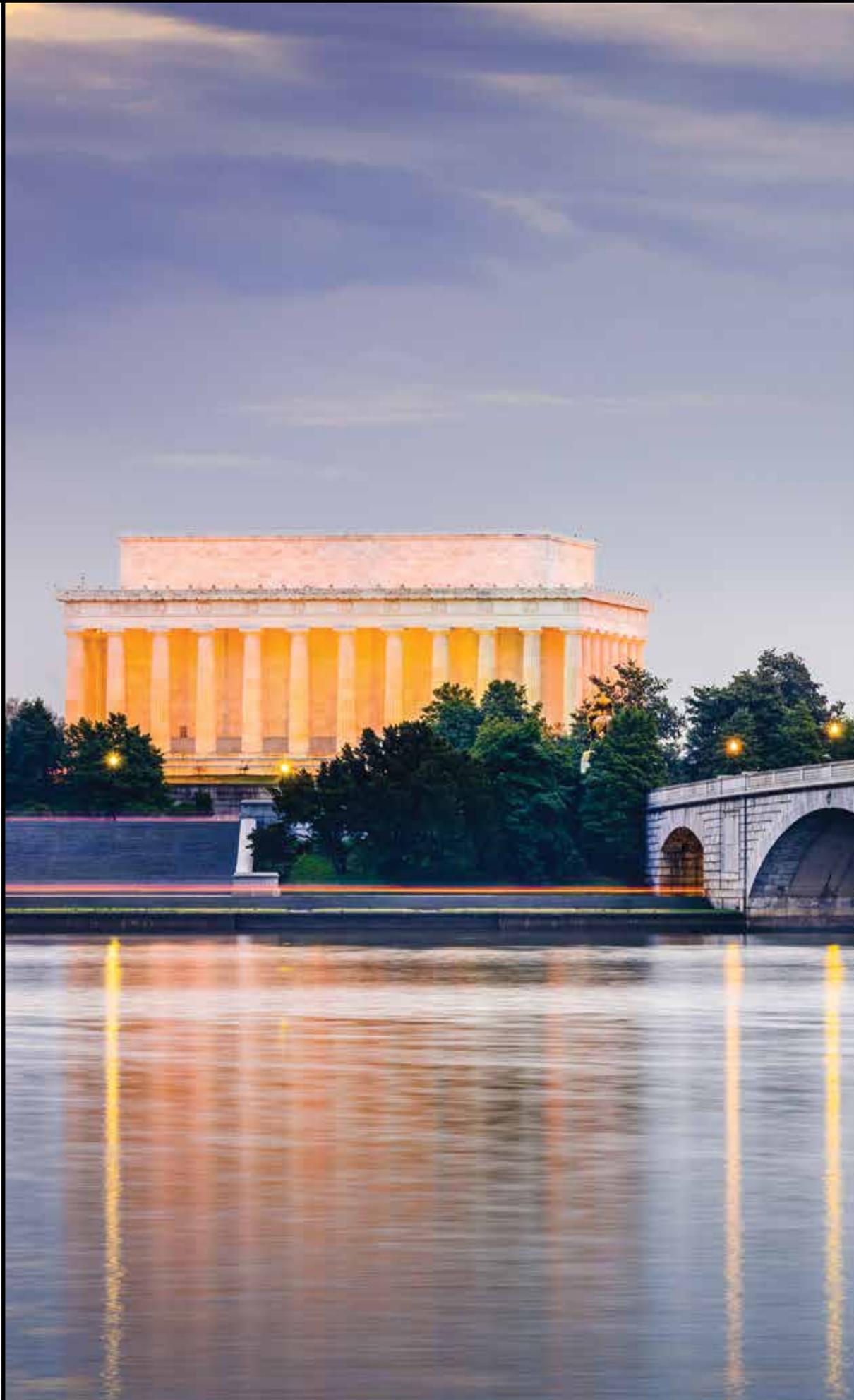


Yvette N. A. Pappoe is Visiting Assistant Professor of Law at the University of Maryland Francis King Carey School of Law and teaches a Spring semester course on Critical Race Theory—the first of its kind in the 205-year history of the school.

Editor’s Note: Multiple requests for general commentary on the subject to more than 20 members serving on the Anne Arundel, Queen Anne’s, and Talbot County school boards went unanswered for this article.

POTOMAC, OUR NATION'S RIVER

BY ELLEN MOYER



SKYLINE ON THE POTOMAC
RIVER IN D.C. WITH THE
LINCOLN MEMORIAL,
WASHINGTON MEMORIAL,
AND ARLINGTON
MEMORIAL BRIDGE.



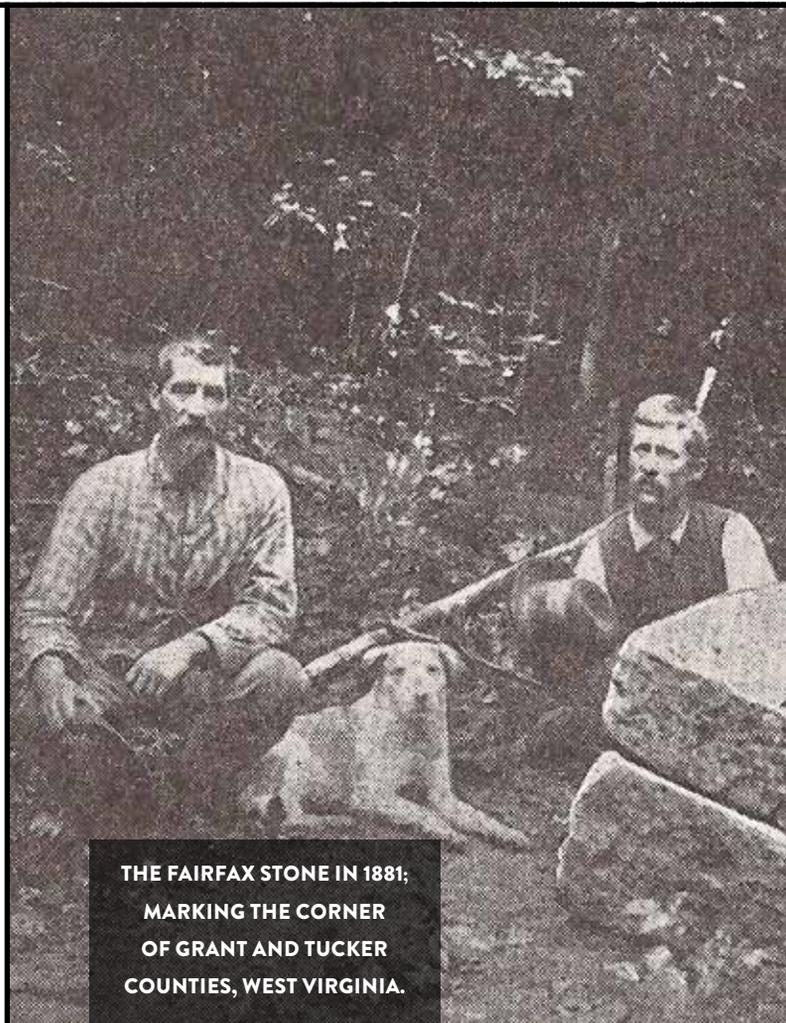
Nicknamed Our Nation’s River, the Potomac is the richest of all rivers in the legends and history of America. Along its banks, the leaders of a new nation were raised. Stirred by cries to “go west young man, go west,” the river was the waterway to answer that calling. It was also a major obstacle to be crossed and journeyed to meet the conflicts that shaped the founding of our new nation. The French and Indian War, Brown’s War, the Civil War, the Oyster Wars, the War of 1812, the pathway west, and the pathway east carrying the resources of a rich land... indeed, the Potomac River is steeped and unparalleled in American history. It has stories to tell.

Surveyed by Peter Jefferson, father of Thomas, to settle a boundary dispute by Lord Fairfax in 1746, the discovered source of the Potomac arises from a spring in West Virginia near the Maryland state line. Its source is marked by a boundary marker called the Fairfax Stone and is now a park. Rising from underground, the tiny spring moves across the Appalachian Mountains and the Piedmont Plateau 405 miles to finally meet the Chesapeake Bay in a mouth 11 miles wide near Point Lookout in Maryland.

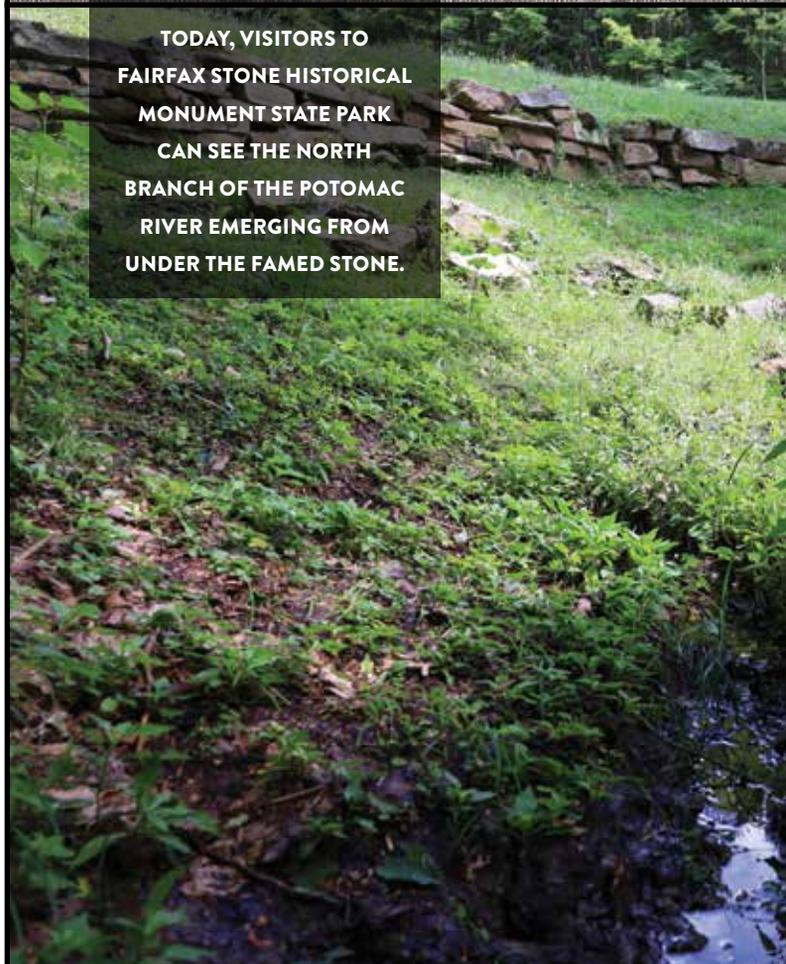
It is Maryland’s second longest river (Susquehanna is first) and the Nation’s 21st largest in terms of drainage area at 14,700 square miles. It is probably 3.5 million years old, carving its way through the mountains and depositing sand into the Atlantic Ocean shelf. Today, five million people live within its watershed.

The Algonquin and Piscataway Indians fished it, hunted it, and lived along the river long before Captain John Smith famously explored it in 1608 looking for the way west to the Pacific Ocean. Smith went 115 miles up the river until he was blocked by the force of falling water tumbling over rock debris—the last glacial remnants we now call Great Falls. He went no farther and neither did anyone else for 100 years.

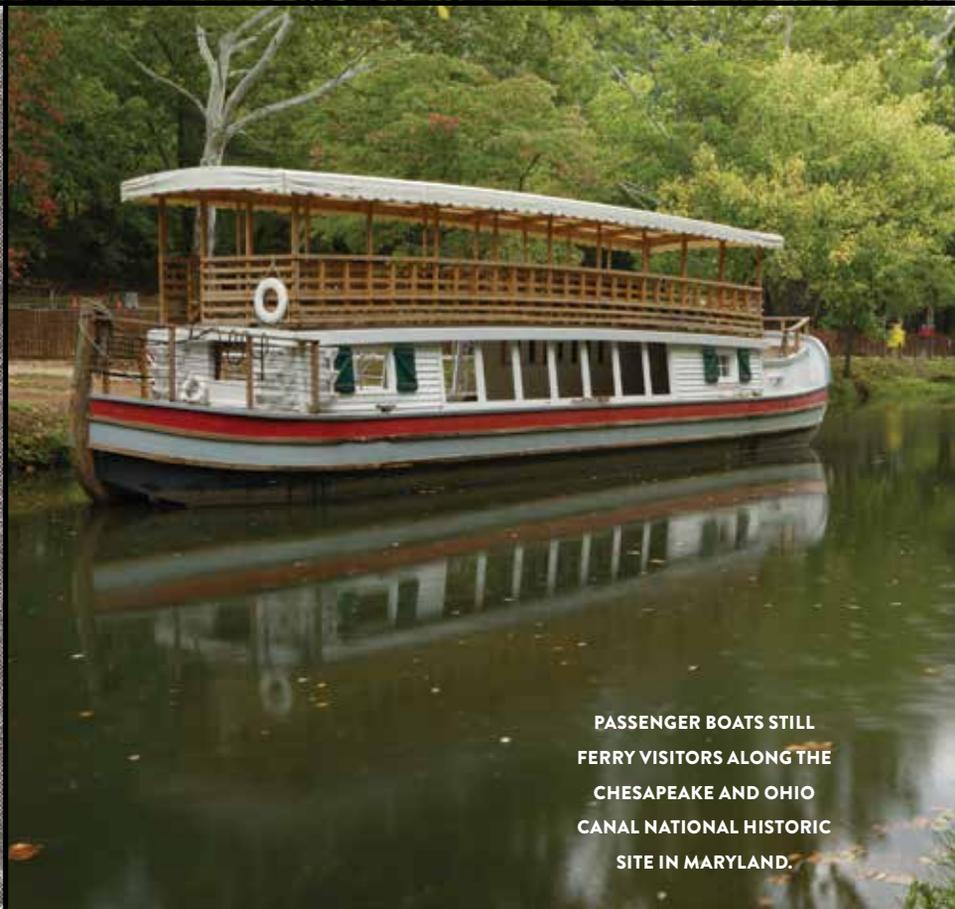
Separating the colonies of Virginia and Maryland, the tidewater area became the center for grand tobacco plantations that enriched England. All along the Potomac—from Virginia’s northern neck to Maryland at St. Mary’s City—the Washington, Lee, Carter, Monroe, Fitzhugh, Mason, Taylor, Calvert, and Brent families prospered. Never in all of America has one place fostered so many leaders, lawyers, philosophers, heroes, and presidents as the tidewater area of the Potomac. It is the cradle of our republic, raising men and women skilled with horse and agriculture, men and women of strength, courage, and wisdom, and sociability in learning the political ways of rational and respectful relationships. Survival depended on it. The Hatfields and McCoys didn’t belong in tidewater Potomac.



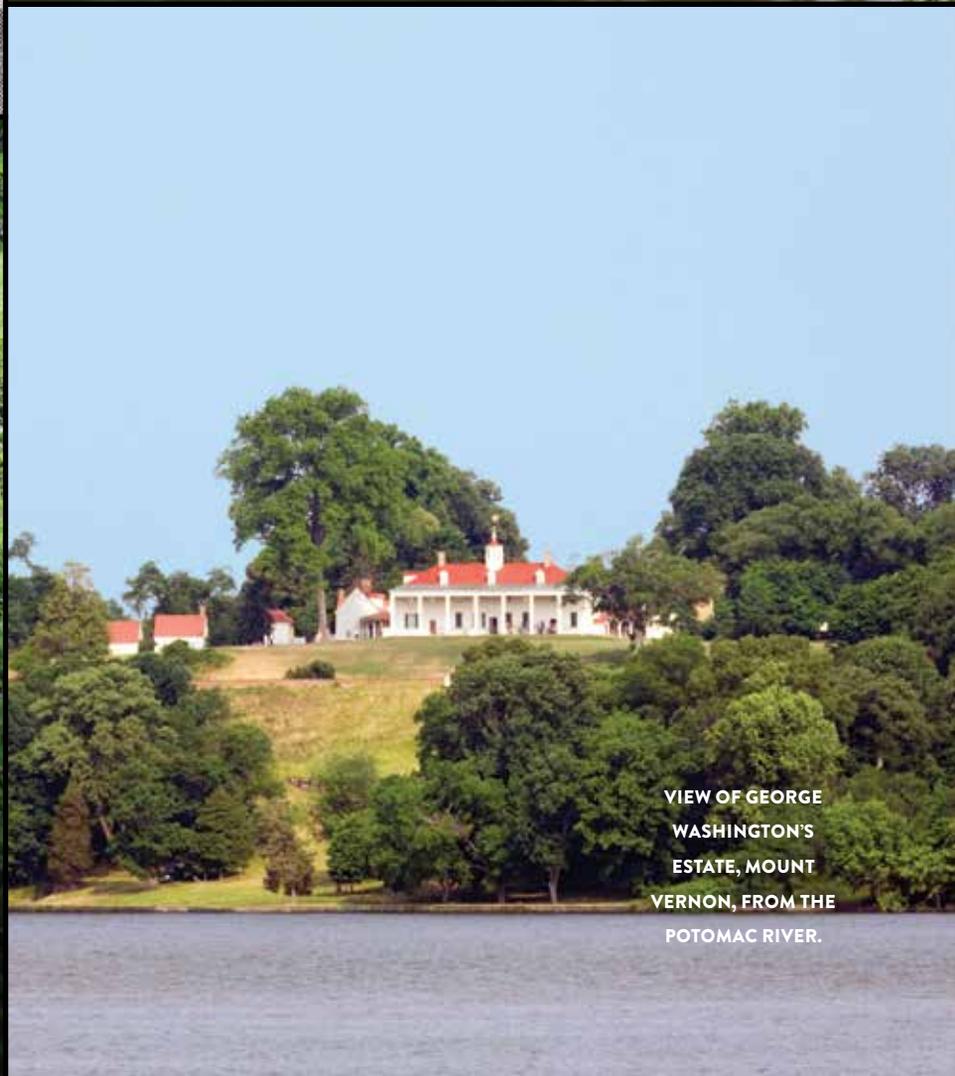
THE FAIRFAX STONE IN 1881; MARKING THE CORNER OF GRANT AND TUCKER COUNTIES, WEST VIRGINIA.



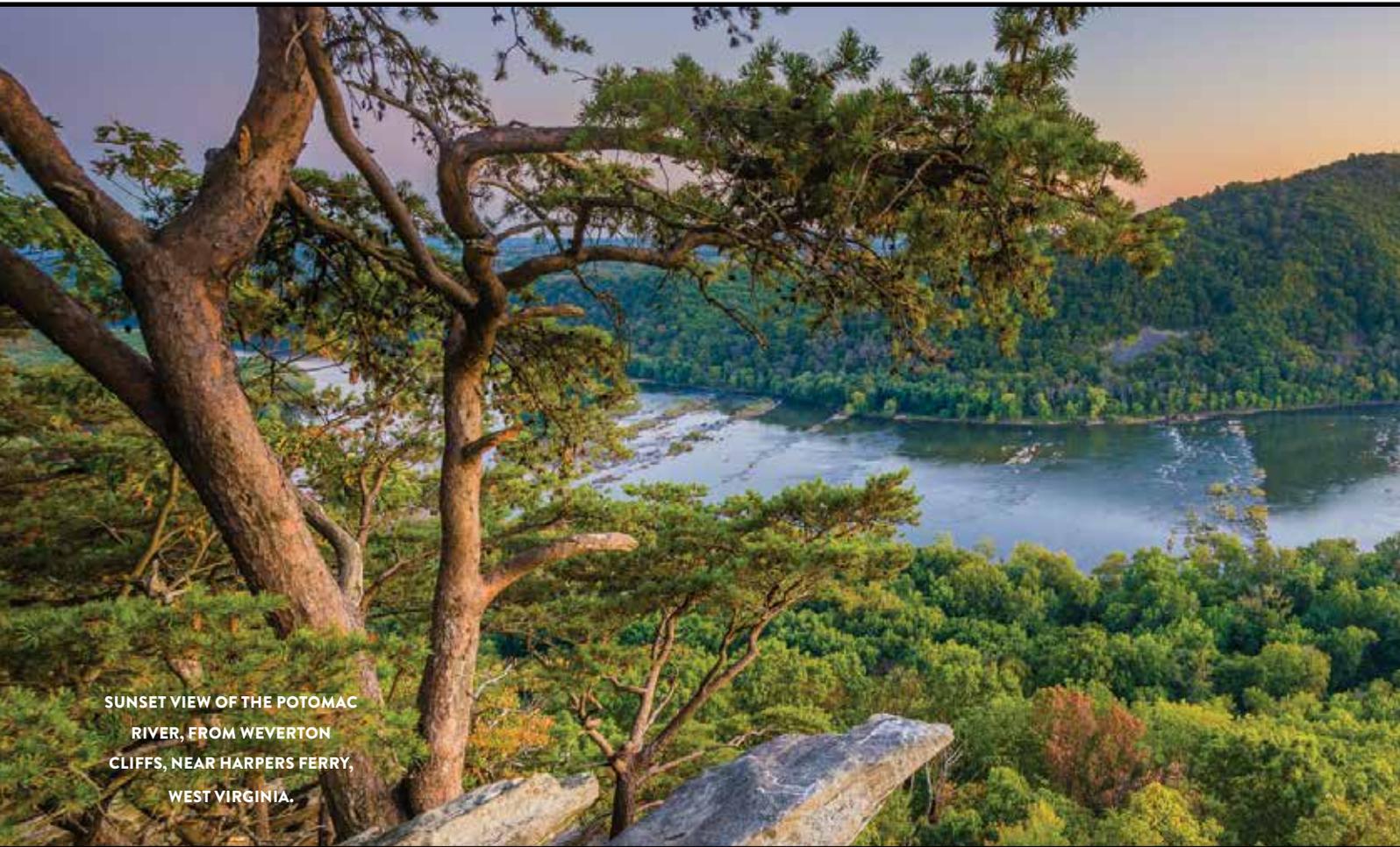
TODAY, VISITORS TO FAIRFAX STONE HISTORICAL MONUMENT STATE PARK CAN SEE THE NORTH BRANCH OF THE POTOMAC RIVER EMERGING FROM UNDER THE FAMED STONE.



PASSENGER BOATS STILL
FERRY VISITORS ALONG THE
CHESAPEAKE AND OHIO
CANAL NATIONAL HISTORIC
SITE IN MARYLAND.



VIEW OF GEORGE
WASHINGTON'S
ESTATE, MOUNT
VERNON, FROM THE
POTOMAC RIVER.



SUNSET VIEW OF THE POTOMAC RIVER, FROM WEVERTON CLIFFS, NEAR HARPERS FERRY, WEST VIRGINIA.



THE GREAT FALLS OF THE POTOMAC ARE GLACIAL REMNANTS THAT CREATE A DRAMATIC BARRIER TO UP-RIVER TRAVEL.



As the land became exhausted, because tobacco was not kind to the soil, the acquisition of more land for farms and plantations ensured the continuation of wealth. Eventually, eyes turned to the land behind the falls. George Washington was one of the first to venture west. He marveled at the land and saw the river as the highway to the Ohio River and even further west. Washington never gave up his vision and pushed for a canal around the falls toward Cumberland that began in 1787.

Above the falls the land was different. Thomas Jefferson—when viewing its vastness at Harpers Ferry—would write “the passage of the Potomac through the Blue Ridge is perhaps one of the most stupendous scenes in nature.” Traveling west to Berkeley Springs as he often did with his brother Lawrence, George Washington would describe the river below him from the ridge (along present-day Route 9) as a wild wilderness of beauty.

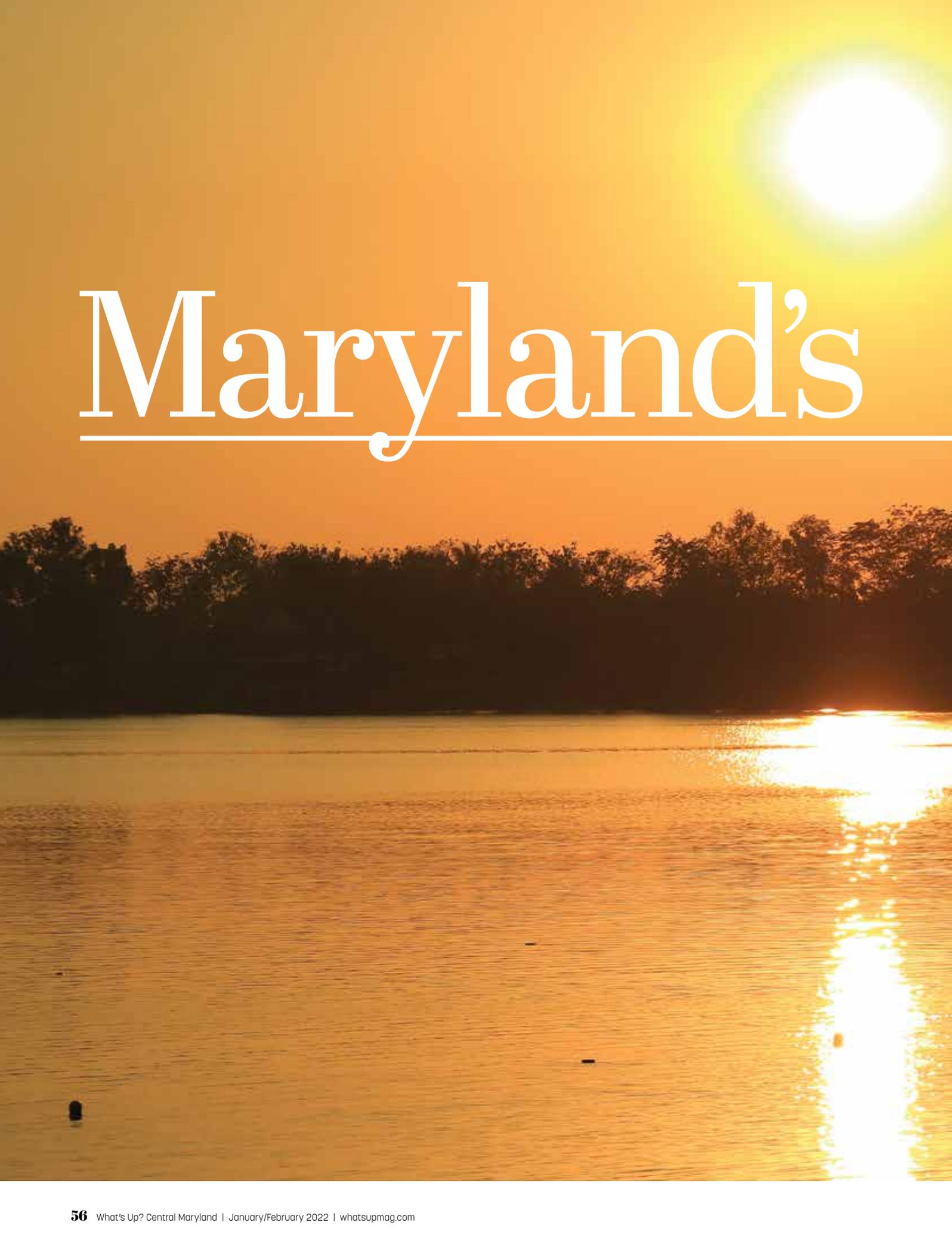
Though the C&O Canal would follow along the river, with barge traffic heading west and east, the river still maintained spaces of rugged quietude. Today, the canal is a 180-mile National Park and pathway for hiking, biking, and horse riding. The view described by Washington has hardly changed in 200 years.

West of the falls, the land of valleys and ridges was crisscrossed by streams and rivers (now kayak routes for weekend leisure excursions) that joined the Potomac waterway on its journey south and east. Wheat and corn would be grown in the fertile valleys by new German immigrants sponsored by families of the tidewater. Streams provided waterpower for grist mills to grind the flour that made biscuits for new pubs and restaurants in the new farming town centers, such as Hagerstown, Frederick, and the booming new port city of Baltimore.

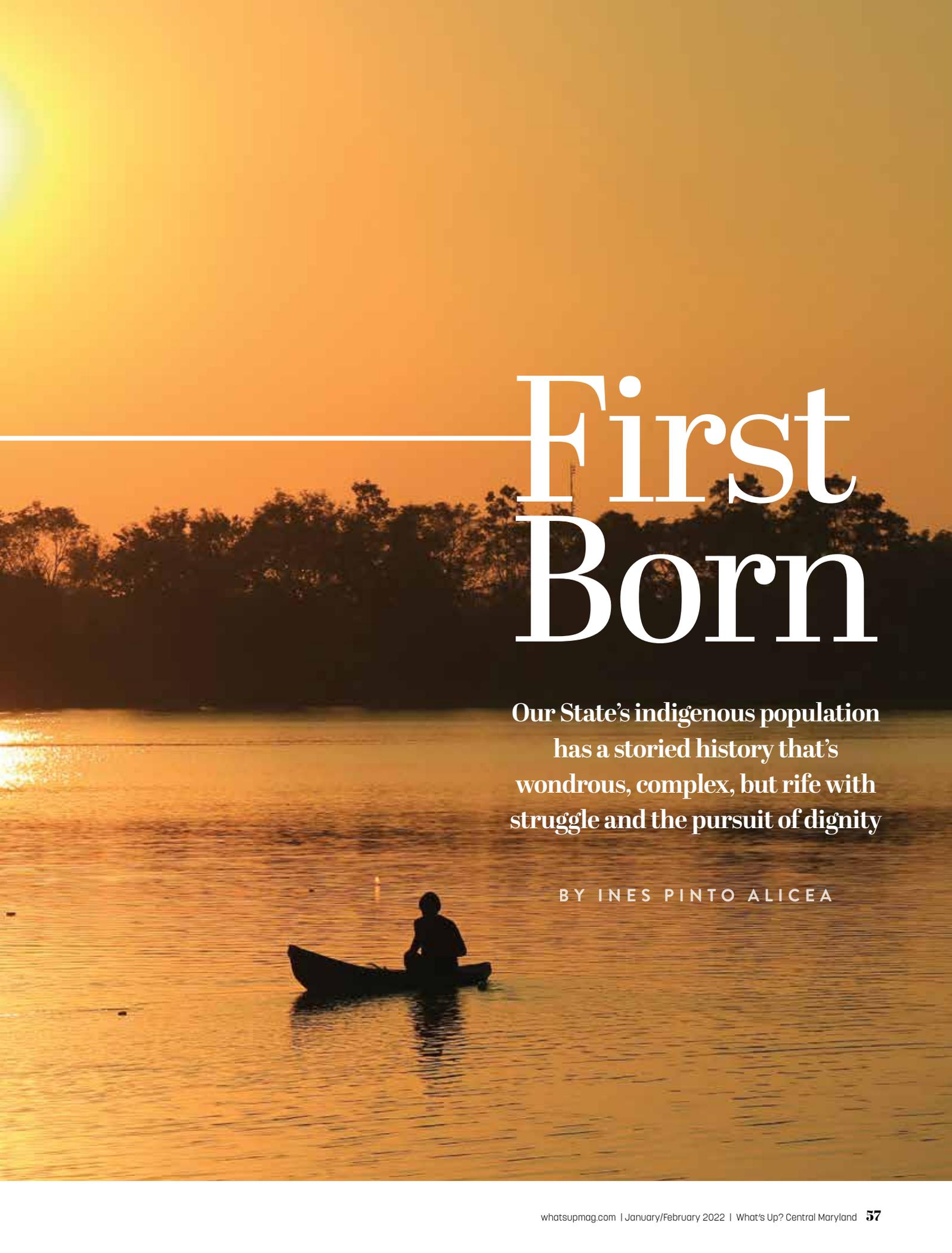
It was in this area where the ravages of the Civil War took the lives of so many sons of the south and north. Today, visitors can explore the battlefields of the many skirmishes that mark the farmlands, from Shepherdstown through Antietam, and feel the tragedy of lives lost.

The heart of the Potomac is not the tidewater or the farmlands of wheat or the rocky quarry areas and coal mines farther west. They are all parts of America in Miniature. The river’s soul is the Nation’s capital city Washington, D.C. It is not an industrial city. It is as Senator Justin Morrill exhorted it to be in 1866, “a seat of government. In design it must be worthy of our nation.”

Tidal basins and cherry trees. Monuments, museums, architectural delights. The Capital Dome, the Mall, leisure boating centers, and visitors from across the globe look out upon the very river that flows past Mt. Vernon, George Washington’s home—reminding us that the Potomac region was and continues to be unequalled as a school for leadership.



Maryland's

A person is silhouetted in a small canoe on a calm body of water during a golden sunset. The sun is low on the horizon, creating a warm, orange glow across the sky and reflecting on the water's surface. A line of trees is visible in the background, also silhouetted against the bright sky. The overall mood is peaceful and contemplative.

First Born

Our State's indigenous population has a storied history that's wondrous, complex, but rife with struggle and the pursuit of dignity

BY INES PINTO ALICEA

“We have struggled for hundreds of years to maintain our identity, our culture, and to properly care for our families,”

says Natalie “Standing on the Rock” Proctor with passion and firmness. The elected tribal chair of the Cedarville Band of the Piscataway Conoy Tribe says indigenous people have inhabited Maryland for at least 24,000 years, which explains their “strong connection to this land and our role as its caretakers.” Proctor says colonization took a huge toll on the population “with millions of acres of land and our resources taken.”

Today, Proctor advocates and encourages people wanting to support Maryland’s tribes and indigenous people to donate private lands and assist lobbying efforts for the return of government-seized land as part of the tribe’s Landback Project.

“The Landback Project does not ask anyone to sacrifice anything or do without,” Proctor states. “These efforts would help to ensure that Maryland’s clans, bands, tribes, and other organizations would finally prosper and grow in our own homeland.”

The Piscataway Conoy Tribe, which has its cultural center in Waldorf, is one of three tribes officially recognized by the state of Maryland. The other two tribes are the Accohannock Indian Tribe and the Piscataway Indian Nation. However, according to the Maryland Commission on Indian Affairs, nearly 60,000 people in the state identify as indigenous with most living around Baltimore and in Montgomery and Prince George’s Counties. The commission serves not only the three tribes officially recognized by the state, but also several other tribes, including: the Assateague Peoples Tribe, the Nause-Waiwash Band of Indians, the Pocomoke Indian Nation, and Youghiogheny River Band of Shawnee Indian. Tribes granted Maryland Indian Status qualify for certain federal, state, and nonprofit assistance to provide resources to tribal members and to be used toward cultural education.

Steps Etched in Time

Although the tribes in Maryland have vastly different histories, languages, cultural backgrounds, patterns of social organization, and religious beliefs, there are at least two things they share in common—a strong connection to the land and a mission to be stewards of the land.

Much of the American public mistakenly believes that indigenous history began when the Europeans arrived as settlers. But, archaeologists and historians say indigenous groups have lived in Maryland for 13,000 years or more, long before the Europeans arrived in Maryland in the 1630s. Much of the written history of Maryland’s indigenous populations is limited because the tribes only maintained oral histories. When Europeans arrived in Maryland, they wrote extensively about the indigenous people and their interactions with the settlers, defining the indigenous history solely from a European perspective. Development, farming practices, and sea-level rise have complicated efforts, making it difficult for archaeologists to gather and preserve many historic artifacts and to piece together a more in-depth picture of the lives, contributions, and history of the indigenous people of Maryland. But, scholars from different educational backgrounds continue to explore their history and write about it.

“The Archives is currently working with a team of students to create an index of sorts of all the variety of spellings referring to indigenous peoples that appear in the colony’s (and state’s) earliest records,” says deputy state archivist Elaine Rice Bachmann of the Maryland State Archives. “This will enable researchers to more accurately find and interpret early records, which tend to spell tribal names phonetically, or in a variety of ways, that make it difficult to make historical and interpretive connections.”

Historians and archaeologists say the writings of the Europeans who arrived in the 1630s indicate Anne Arundel and Talbot Counties (with respective populations today of 5,347 and 213 indigenous people) were largely the seasonal sites for indigenous populations, not permanent villages, because of regular raids from the north by the Susquehannocks, who were given guns by Dutch and Swedish traders. Their arrival was not welcome as the indigenous communities had struggled with several of the driest decades in seven centuries. Competition with the English newcomers for scarce resources possibly lead to “migration, warfare, and population loss due to famine,” say authors Jean B. Russo and J. Elliott Russo, in their book *Planting an Empire: The Early Chesapeake in British North America*.

“Archaeologists have found evidence of their presence, but not of long-term residence,” says colonial Chesapeake historian Jean Russo. “Archaeological evidence gathered from (indigenous) skeletons, such as early ages at death and loss of teeth or bone, reveals significant malnourishment among groups inhabiting the region at the beginning of the 17th century.”

Mark Leone, a professor of anthropology at the University of Maryland, says several indigenous groups grew crops around the Chesapeake Bay and set up temporary camps in different spots around



the bay so when they faced a lean season in terms of food, they moved around to fish, hunt deer, or capture geese and ducks. Since there was no vinegar or refrigeration, the indigenous communities used salt and smoke to preserve meats and seafood. Leone says the colonists often traded with them for their food products.

“They were who people traded with during tough times and there was no food,” Leone says of the indigenous groups

However, the way the indigenous used the land seasonally for cultivation, hunting, or foraging was not understood by settlers who wanted to establish homesteads and own titles to that same land.

“English colonists pursued a European ideal of land use—permanent, private ownership by individuals—that inevitably brought them into conflict with the indigenous populations,” the Russos say. “The indigenous understandings of land ownership were more fluid, with an emphasis on communal and productive relationships with the environment. They

possessed land while they were using it, but land that had been vacated (left fallow to regain fertility, for example, or abandoned to follow the shifting habitat of deer) could be reoccupied in the future. Renewed use of land, not fences placed to mark territory, served to indicate ownership for the indigenous.”

Sites In and Around Annapolis

Archaeologists have identified two small sites important in the history of the indigenous populations present in Annapolis before settlers arrived. They are located off Spa Creek near Rowe Boulevard and the U.S. Naval Academy, says Leone.

Further south in Anne Arundel County is a major archaeological site on the Patuxent River. Al Luckenbach, retired Anne Arundel County archaeologist, led a groundbreaking excavation beginning in 2009 at Pig Point on Jug Bay. Though some other similar sites have been found by others, archaeologists say those were not properly excavated, making Lucken-

In January 2012, then-Maryland Governor Martin O'Malley recognized the Piscataway Indian Nation and The Piscataway Conoy Tribe in an official ceremony. Natalie “Standing on the Rock” Proctor, current elected tribal chair of the Cedarville Band of the tribe, stands at far left with other tribe elders. Photo courtesy Maryland Governor’s Office.

bach's findings more important in the understanding of Maryland's indigenous history. Luckenbach's excavation led to the discovery of thousands of items dating back 9,300 years ago and a sacred burial pit containing teeth, smashed skulls, crushed pottery, broken pipes, spearheads, and other items.

"They had a unique ceremony of the dead," he says. "No one had seen that before and we didn't know what they were thinking. We were shocked. Were they smashing their ancestors or their enemies? We don't know. We've got a certain amount of data, but we're still unclear."

Luckenbach says there is archaeological evidence of different indigenous groups living in the region for more than 13,000 years. The major problem indigenous groups faced in Anne Arundel County prior to the Europeans arriving was fighting with other indigenous groups. When Europeans arrived in Anne Arundel County, it almost appeared to be like "no man's land" because the indigenous tribes here did not have guns and the tribes that did have guns pushed them further south, he says.

"But they never left the county," he says. "They just moved around Anne Arundel. The Chesapeake was a wonderland because there was enough food to feed a large population."

East of the Bay

The arrival of the Europeans in Maryland was significant to the history of the indigenous groups because it marked the beginning of a series of broken promises by the newcomers. According to the book *Eastern Shore Indians of Virginia and Maryland*, authors Helen C. Rountree and Thomas E. Davidson said the indigenous people of Maryland's Eastern Shore first met Englishmen as explorers and then

as traders. The English particularly wanted beaver pelts and food and the indigenous groups sought the woven cloth, weapons, and tools the settlers offered.

Between the 1620s and the 1640s only a handful of English colonists lived on the Eastern Shore because they were restricted to a small area near the end of the peninsula. Initially, relations were relatively peaceful because the English had experience dealing with the local Accomacs though some conflicts arose over trade disputes and small-scale raids of English plantations by the indigenous. The tribes were increasingly alarmed that the European encroachment caused them to lose corn-growing lands and "their ability to feed themselves." The European settlers also often cut timber without permission on indigenous land, reducing their capacity to support the indigenous population. By 1642, Maryland's colonial government declared war on several tribes because some Englishmen were attacked on Kent Island.

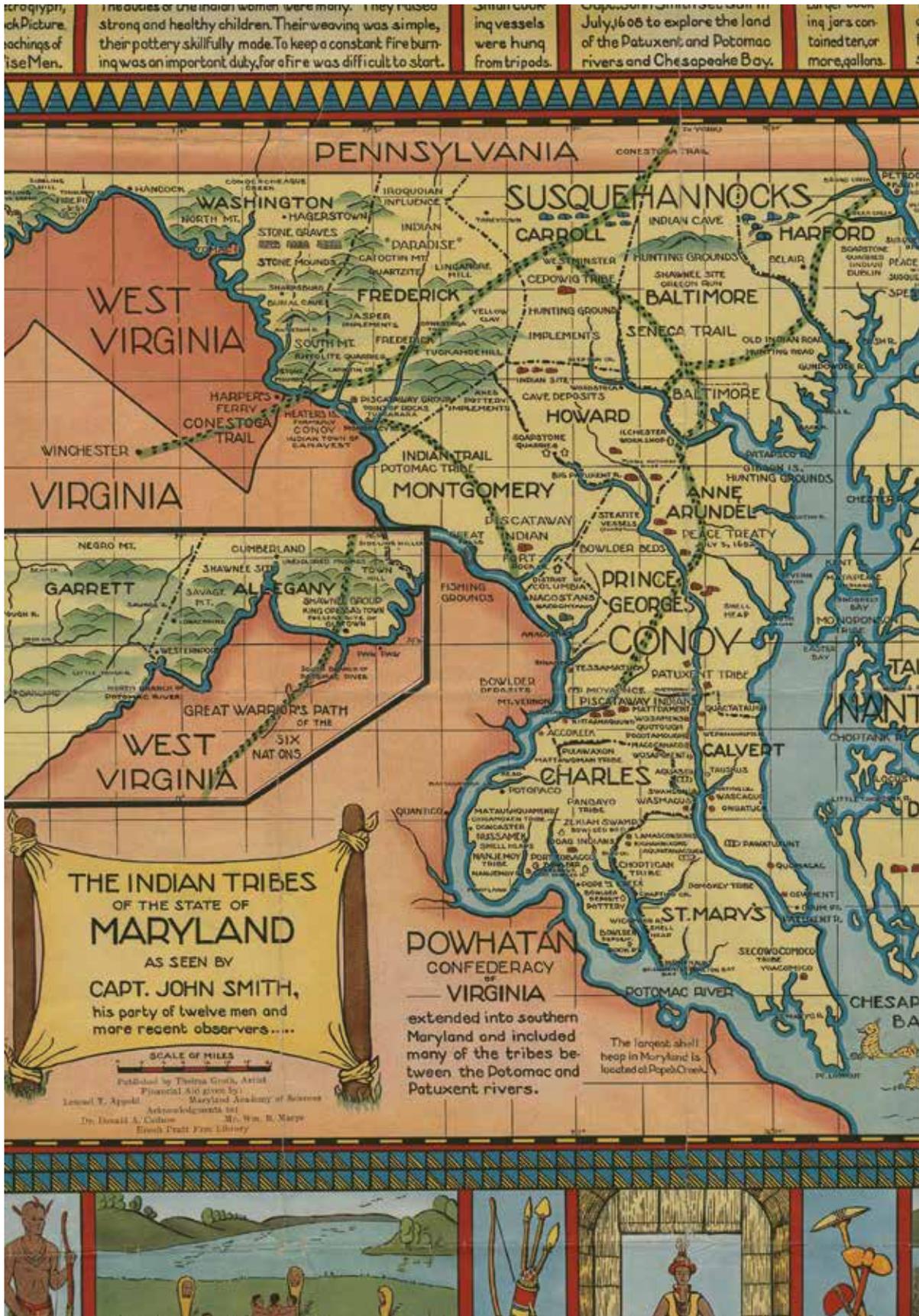
"The English had a great deal of difficulty understanding that all Chesapeake Bay (indigenous) were not alike, and these (indigenous) had no unified government in the European sense of the term," writes Rountree and Davidson. "The English authorities probably did not realize that the Susquehannocks and the Nanticokes were almost as alien to each other as each tribe was to the English."

In the 1650s the Susquehannocks had control of much of the Eastern Shore, fighting the English and other tribes, but by 1660, the lower Eastern shore was thrown open to settlement by the newcomers. The English would only recognize titles to land granted by their own authorities in Maryland, the authors say. The Choptank Indians initially were the only group to "own their land" because they paid an annual fee to the government and later signed a treaty with Maryland, establishing one of the first reservations on the Eastern Shore, based near Cambridge. But, by 1721, the government of Maryland watered down the agreement with the Choptanks, allowing them to occupy and use the land, but not really own it.

Other tribes that tried to secure the land with agreements were rebuffed. As the English sought to settle throughout the Chesapeake Bay for its resources, the indigenous tribes were repeatedly displaced further north up the Pocomoke River in Somerset County. Eventually, the Maryland government signed a proclamation in 1678 with the Nanticokes, the Pocomokes, and Assateagues that did not give them legal title to their town lands but warned English settlers to not encroach on specific tracts of land. Despite numerous treaties between the government of Maryland and the different indigenous groups, the terms, fully dictated by Maryland officials, did little to ensure the rights and interests of indigenous were protected.

This portion of a 1775 map created for Robert Sayer in London depicts Kent Island, Province of Maryland, including Queenstown (to the east) and Annapolis (west across the Chesapeake Bay). The Catholic community around Queenstown, established in the 1640s, was the first on Maryland's eastern shore and eventually led to open settlement by the English throughout the region.





A map created in 1935 and held in the University of Maryland's University Libraries digital collection titled "The Indian Tribes of the State of Maryland as Seen by Capt. John Smith" depicts territories, sites, and geographical markers present in the 1600s during the arrival of the Europeans to Maryland.



The excavation of Pig Point, located within Jug Bay Wetlands Sanctuary (pictured here) in Anne Arundel County, led to the discovery of thousands of items dating back 9,300 years ago and a sacred burial pit containing teeth, smashed skulls, crushed pottery, broken pipes, spearheads, and other items. Image creative commons license.

Records indicate indigenous people lived on the Eastern Shore through much of the 18th century. The county governments of the Eastern Shore did not keep records of the individual members of the tribes because they were not allowed to vote in elections, could not instigate court cases against the European settlers and did not pay taxes if they lived on a reservation. Also, very few indigenous names were recorded in Christian church parish registers even though some tribe members joined the churches and tithed. It is likely that tribal members who joined the churches adopted English names. The leadership of some tribes in Maryland encouraged members to assimilate and marry the Europeans to protect themselves and save the bloodline.

Some indigenous tribe members belonged to the major tribes but chose to live off the reservations and “had found places for themselves in English society. Others were remnants of displaced tribes who had been forced off their traditional lands as a result of English expansion,” writes Rountree and Davidson. But many members of different tribes in Maryland eventually migrated to Pennsylvania to lands that the Iroquois had conquered from the Susquehannocks. The Iroquois sought to populate the territory with other indigenous groups who

were willing to accept Iroquois authority. By the early nineteenth century, little effort was made by the local and state governments of Maryland to ensure that the culture, history, and identity of its indigenous people were protected.

“By the early nineteenth century on the Maryland Eastern Shore, even the awareness that there were still Indians present, and that not all people classified as free blacks were of African descent, seems to have faded from the minds of the white inhabitants of the region,” Rountree and Davidson say.

Preserving Their Legacy

Today, many of the tribes work to keep their cultures and ways of life alive by selling crafts, holding powwows, and teaching the young their languages, but some express concern about the future of the indigenous population in Maryland.

“Most of the tribal members are fifty years and older, and grew up living off the land and water, and learned traditional skills and technology,” explains the Accohannock Indian Tribe. “Today, only a few descendants of the tribe are able to continue the traditional occupations (watermen, hunters, and farmers) of their ancestors. Most members work in small family businesses or at local minimum wage jobs.”

The Accohannock tribal office is located in Marion Station, Maryland, just north of Crisfield. The tribe oversees and maintains Bending Water Park in Somerset County and hosts an annual “Healing of All Nations” powwow at the park. During the rest of the year, members of the tribe, who said in a press release that they helped the state’s European settlers learn how to live off the land, travel to powwows in neighboring states and sell crafts.

For Proctor, it is important for her tribe’s future to have ownership of some of the land her tribe’s ancestors worked on for thousands of years. For other tribes, an important first step toward healing a painful and contentious relationship is to have the state of Maryland recognize their existence.

“Today, even as government and public organizations seek to preserve the history of Indigenous peoples and support future generations, challenges persist,” states the Chesapeake Bay Program, which leads and directs all efforts on restoring the bay. “In the Chesapeake Bay watershed, it is crucial that we honor the history of Indigenous peoples and celebrate their culture as we do all members of the region.”

Editor’s Note: *Multiple requests were made to interview a representative from the Maryland Commission on Indian Affairs, but unfortunately the office was unresponsive.*

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THE EASTERN SHORE'S
FACE OF TECHNOLOGY

JASON LEE

Jason's Computer Services

9231 Centreville Rd
Easton, MD
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office@jcscmp.net
www.jcscmp.net

Some say that technology runs through Jason's veins. Jason Lee founded Jason's Computer Services in 1999 when he saw a particular need for specialized technology services on the Eastern Shore. A childhood Leukemia Survivor first diagnosed late 1984, he was sick for most of his childhood life, in and out of hospitals for almost 3 years. Jason eventually ended up at Children's Hospital in Milwaukee, Wisconsin, where his life would change forever with the ultimate gift of life.

With a less-than-1% chance to live from AML Leukemia, Jason needed an unrelated bone marrow transplant and, luckily, a female donor was found. The operation was a success and completed in late-1987. Jason has been cancer free for 33 years and is the longest living recipient of an unrelated bone marrow transplant with a still-living donor.

For the past 20 years, he has led his area in IT leadership and excellence. Ever since Jason was a young age, he loved anything technology, including computers, video games, cell phones, and networking. Jason is incredibly involved in his local community, its children's futures & local events.

FACES OF THE CHESAPEAKE

What's Up? Media would like to creatively introduce you to exceptional locals throughout the Chesapeake

Bay region who are considered experts in their vocations and industries. Within the following pages, you'll meet, face-to-face so to speak, individuals and companies who take pride in offering our readers professional, personal, and courteous service. You'll learn their stories, their callings, and about their businesses. Introducing the Faces of the Chesapeake!

WHAT'S UP? MEDIA

IN ORDER OF APPEARANCE

Jason Lee—Jason's Computer Services
David Orso—Compass Realty
The DD McCracken Home Team—Coldwell Banker Realty
Chuck Mangold Jr.—Benson & Mangold Real Estate
Jason's Computer Services
Brad Kappel—TTR Sotheby's International Realty
Katherine Davis—Long & Foster Annapolis Fine Homes
Christina Janosik Palmer Group—Keller Williams Flagship of Maryland
The Fichtner Services Team
Scarborough Capital Management
Tate & Cami Russack—RLC Lawyers & Consultants
Irma Toce & Rachel Smith—Londonderry On The Tred Avon
Easton Dermatology Associates
Trey Rider—TTR Sotheby's International Realty
Andie Ross ESQ.—The Law Office of Andrea Ross
Wye Trust
Brant Nielsen—Nielsen Development Group
O'Donnell Vein & Laser
Nanny Trippe—The Trippe Gallery
Diane & Crew—Taylor Properties
Chesapeake Bay Beach Club
Elizabeth Bennett CFP, MBA—Chesapeake Financial Planning & Tax Services, LLC
Eric Bush MD, RPH, MBA—Hospice of the Chesapeake
Dr. Katina Byrd Miles—Skin Oasis Dermatology
Anne Arundel Gastroenterology Associates
The Jaklitsch Law Group
Fiona Newell Weeks—Dwelling and Design
Paul Mueller, Jr.—Mueller Homes
The Arc Central Chesapeake Region
Labbe Family Orthodontics
For All Seasons
Chef Rik Squillari—Harvest Thyme Tavern
Liz Bazzell—Haven Ministries
Paula Sweterlitsch—Indian Creek School
Radcliffe Creek School
Stacy Shaener—Severn School
Pete Leshner—Chesapeake Bay Maritime Museum
ProMD Health
Arundel Lodge
Eric Yff—Bay Stoves
James J. King—Titan Hospitality Group
All Star Pain Management & Regenerative Medicine
Tom, Alyssa & Suds Morris—Chesapeake Car Wash
Scott Schuetter—Century 21 New Millennium
Prostatis Financial Advisors Group
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Chaney Homes
Scott Finlay, DDS & Michelle Perez, DDS—Annapolis Smiles
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FACES OF THE CHESAPEAKE 2021



**THE FACE OF REAL
ESTATE THE RIGHT WAY**

DAVID ORSO

Compass Realty

David Orso is known as the “local boy turned Realtor”. David discovered his passion for real estate about 20 years ago when he began investing in real estate properties. As a life-long resident of the Annapolis area, David is extremely knowledgeable about the Annapolis, Severna Park and Arnold real estate markets. David leads a small team of experts which has been ranked #1 in Anne Arundel County, regardless of brokerage, for total sales volume for seven years in a row, 2013, 2014, 2015, 2016, 2017, 2018, 2019 and 2020. David is continually voted as one of the top ten agents in America by the Real Estate Institute of America, is consistently recognized by his peers as a thought leader and innovator in the field and is a well-known speaker and author on the topic of residential real estate.

Within the past 36 months, David has sold over \$300 million in real estate in Anne Arundel County. On average, his listings sell within 57 days and for at least 95 percent of the original list price. David built his business on several key principles: systematic attention to detail, excellence in marketing, and skilled negotiations. His success in life and business demonstrates his innate ability to build and nurture relationships and provide exceptional service to his clients with world-class professionalism. David has a vision to elevate the standard of excellence in the residential real estate industry through his 82-point home selling system.

Having grown up in this area, David values the importance of involvement in community. David has volunteered in many leadership roles including Chair of the Community Center, the Board of Directors at Chartwell Country Club, Board of Directors of the Building Traditions Society – Anne Arundel Medical Center and Board of Directors, Anne Arundel Community College. David obtained his undergraduate degree from the University of Dayton with a major in Psychology. He earned his MBA from Loyola College of Baltimore with a concentration in Strategic Marketing. David continued his academic endeavors at Harvard University Law School in the esteemed Program on Negotiation.

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FACES OF THE CHESAPEAKE 2021



THE FACE OF MID SHORE REAL ESTATE

CHUCK MANGOLD JR.

Benson & Mangold Real Estate

Chuck has been a leading Mid Shore Agent in all price ranges for over twenty years. Chuck joined Benson & Mangold in 2001 after a 13-year career in the retail automobile business. As a 5-star Zillow Premier Agent, he prides himself on being in all things Eastern Shore Real Estate, including inland, waterfront, and commercial properties in Talbot, Queen Anne's, Caroline and Dorchester Counties.

Chuck is eager to lend his expertise to his clients to help facilitate a seamless purchase or sale. When choosing a real estate agent, knowledge, experience, and customer service are of the utmost importance. Chuck brings these and much more to the table. He goes above and beyond to market your property using targeted digital media campaigns, print advertising, high-end photography and 3D virtual tours. His relationships with a vast network of agents and clients helps put your property front and center, as well as quick access to a wide array of inventory to find your dream home. Chuck is armed with a full-time staff, solely dedicated to administrative and marketing support leaving Chuck free to market your home or find your dream home. No matter what stage of the home buying or selling process you are in, Chuck and his team have the resources, and expertise to assist.

Chuck is a strong supporter of his community. He serves on the Board of Directors for several organizations, including the Academy Art Museum. He has also served as a past board member of Habitat Choptank, The Country School, the Talbot County Chamber of Commerce, and The Mid Shore Board of Realtors.

Chuck, his wife of over twenty years, Lauren, & their three sons Charlie, Robbie, & Peter reside in Easton. Chuck enjoys spending time with his family, boating and fishing.

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FACES OF THE CHESAPEAKE 2021



THE EASTERN SHORE'S FACES
OF TECHNOLOGY

JASON'S COMPUTER SERVICES

9231 Centreville Rd, Easton, MD | 410-820-9467 | office@jcscomp.net | www.jcscomp.net



Technology is more important now than ever before. How does technology play a role in your life? Do you wish you made different tech choices along the way? Perhaps to have invested in higher-speed internet service, a better router, or a faster laptop? This year has been a test for us, making consumers think about the future and what role technology will play in it. This is where the role of a Managed Service Provider (MSP) comes into the picture.

Choosing the right MSP can be a difficult decision. Managed Service Providers are a type of company that handles your IT needs, from small to large. Whether you are a small business, three-person law firm, for example, or as large as an ACE Hardware Store with 25 computers and two servers, Jason's Computer Services is the clear MSP choice. With a combined 45 years of experience, the company can solve any problem presented to it.

In addition to being a full-service MSP, Jason's has a full service "showroom" that showcases over 500 brand new computers, including laptops and desktops, including Apple, Dell, HP, and Lenovo. Jason's currently does work for over 90 local businesses on the Shore and over 5,000 residential accounts yearly. Is your current MSP the right choice? On average, we convert three accounts per month that are not satisfied with their current MSP provider. Maybe you're overpaying and do not even know it. Call for a business consultation today. Jason holds a Computer Science Degree from Chesapeake College, including MCSE, MCP, CCNA, A+, and Net + Certificates. Jason's staff also holds specialized certifications. While some might look at cancer as a big setback in life and living with the complications that come as a long term detriment, Jason saw his second chance at life as an opportunity to build a successful business. Jason's Computer Service understands the demands of technology in today's world. It is clear to see why Jason is the Eastern Shore's Face of Technology.



FACES OF THE CHESAPEAKE 2021



THE FACE OF WATERFRONT REAL ESTATE

BRAD KAPPEL

TTR Sotheby's International Realty

Brad Kappel is the #1 Waterfront Agent in Maryland with over \$120 million in waterfront property sales in 2021. Brad's extensive knowledge of luxury homes and waterfront properties in the Annapolis area is second to none. Brad has been serving residents of Anne Arundel County and the Eastern Shore for fifteen years in real estate, home construction, and renovation. Brad's unique experience allows him to offer authentic insight into each property's current condition, value and potential.

Brad is grateful for the clients, colleagues, friends, and family who supported his success throughout his career and contributed to his record-breaking sales in 2021. Brad adheres to the philosophy that "clients deserve nothing short of excellence." From the initial meeting, to navigating important decisions and the final settlement transaction, Brad works diligently to ensure 100% customer satisfaction.

As a third-generation Annapolitan raised on the waters of the Chesapeake Bay, Brad understands the subtle nuances and practical considerations of waterfront living. Brad not only sells the waterfront lifestyle, he lives it! Brad is a proud member of the Eastport Yacht Club and is passionate about spending time with his family, paddle boarding, fishing, boating and preserving the rivers.

For buyers and sellers alike, Brad combines unparalleled local knowledge with the global power of the iconic Sotheby's brand.

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FACES OF THE CHESAPEAKE 2021



**THE FACE OF ANNAPOLIS
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KATHERINE DAVIS

Managing Broker

Long & Foster Annapolis Fine Homes



The Annapolis Fine Homes office of Long & Foster | Christie's International Real Estate is conveniently located on Main Street in downtown Annapolis. The office is led by managing broker and vice president, Katherine Davis.

Katherine, a lifelong resident of Annapolis, brings over 35 years of real estate experience to the more than 65 knowledgeable and successful agents in the Annapolis Fine Homes office. Under her leadership, the award-winning office has the highest per agent productivity among Long & Foster's nearly 200 offices spanning from New Jersey to North Carolina – with agents in the office closing an average of more than \$10 M per year.

Specializing in waterfront and historic properties in Annapolis and Eastport, the agents in the Annapolis Fine Homes office are known for providing best-in-class customer service to their valued clients. By leveraging their vast network of over 10,000 Long & Foster agents in the mid-Atlantic and Northeast regions as well as Christie's International Real Estate's global network, they successfully guide their buyers and sellers on their journeys home.

So far this year, the experienced agents in the Annapolis Fine Homes office have helped nearly 900 families find a home. In addition, the office gives back to the community by supporting the Anne Arundel County Food Bank and Family Resource Center.

Long & Foster is the leading brokerage firm in Anne Arundel County. As a Berkshire Hathaway affiliate, Long & Foster has unequalled financial strength and stability, plus an integrated network of services with decades of experience and a people-first approach.

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Hello there...I am Christina Janosik Palmer, a career Realtor and Associate Broker, with 30 years of real estate expertise specializing unparalleled marketing and unprecedented customer service.

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Christina Palmer, Associate Broker
Team Leader, The Christina Janosik Palmer Group
Graduate, Realtor Institute
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FACES OF THE CHESAPEAKE 2021



**THE FACES OF
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THE FICHTNER SERVICES TEAM

Tom & Christine Fichtner

Fichtner Services Central, Inc. | 1872 Betson Ave | Odenton, MD 21113 | 410-519-1900
www.fichtnerservices.com



When starting his company 27 years ago, Tom Fichtner tried to come up with an elaborate and creative logo, but kept coming back to the umbrella, a known symbol of shelter and protection from the storm. Fichtner Services has been serving the Annapolis and surrounding communities with roofing, siding, windows and other exterior home protection needs ever since. With its red and black colored umbrella logo, you'll see their trucks and job signs - all over town.

Tom Fichtner gives all the credit for 27 years of success to his talented, experienced and dedicated group of co-workers. He believes strongly in each of his employee's craftsmanship. Tom says that he has learned over the years that craftsmanship is acquired through experience and skill. His amazing installers showed him that it also requires taking pride in the work you are doing, caring about your customer and their home, and caring about the company, its reputation and co-workers. From Fichtner's office staff, to managers, estimators and installers, everyone strives to do their best to live up to the reputation of excellence that they have built.

Over the years Fichtner has become known as the best and most knowledgeable exterior improvement company in the area - the company you can call to handle all of your exterior needs with the utmost in quality, value and expertise. As a testament to their commitment to excellence and continuing education they have earned the distinctions of being a GAF Master Elite shingle contractor, James Hardie Elite Preferred siding contractor, Marvin Authorized Replacement Window Contractor and Firestone Red Shield contractor. If you are considering an exterior remodel, call the best - Fichtner Services.



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Gregory Ostrowski, CFP®, CRPC®, Jay Sprinkel, CRPC®, Ryan Ansted, CRPC®,
Shawn J. Walker, CFP®, CRPC®, Ian Arrowsmith, CMFC®, CRPC®

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RLC Lawyers & Consultants

301 4th Street, Suite A-2, Annapolis, MD 21403
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410-505-4150 | russacklaw.com

RLC's attorneys Tate and Cami Russack have been helping Marylanders from Offices on the Eastern Shore in Easton and in Annapolis since 2000.

RLC's experienced and respected Bankruptcy & Debt Relief practice can help you with personal or business negotiations, restructuring and when necessary, all the Protection in Bankruptcy.

We know that Your finances are unique. We take the time to listen and understand your situation to offer the right solution to achieve your goals. All of us at RLC always return calls promptly so you have the right answer.

With RLC, You have a true advocate to assist you in keeping a sound financial footing. And, we help your Business succeed. Whether it's a new company, a large purchase, contracts, negotiation or restructuring debt, RLC has the expertise to help you.

You can depend on great people, effective solutions & great communication at RLC. Give Tate or Cami a call 410-505-4150.



**THE FACES OF RETIREMENT
ON THE EASTERN SHORE**

IRMA TOCE & RACHEL SMITH

Londonderry on the Tred Avon

700 Port Street, Suite 148
Easton, MD 21601
410-820-8732 or 800-752-8732

CEO, Irma Toce, and Director of Sales and Marketing, Rachel Smith, have been part of the Londonderry Team for more than six years.

Londonderry is an independent living cooperative for adults 62+ located on the banks of the Tred Avon River in historic Easton, Maryland. Irma, Rachel, and the Londonderry Team believe that a vibrant and active lifestyle, coupled with a strong sense of community, is the key to happy and healthy aging. Most residents experience a significant improvement in their overall wellness and quality-of-life after moving to Londonderry.

Irma has been a standout leader in the senior housing field for more than 35 years, and Rachel has extensive experience working in senior housing sales and marketing. Irma, Rachel, and the entire team look forward to welcoming new residents to Londonderry on The Tred Avon.



THE FACES OF HEALTHY SKIN

EASTON DERMATOLOGY ASSOCIATES

403 Marvel Court 106 Milford St., Suite 501B
Easton, MD Salisbury, MD

Phone (appointments): 410-819-8867
www.eastondermatology.com

Led by board certified dermatologists Dr. Michael Del Torto and Dr. Donald Stranahan, Jr., the team at Easton Dermatology Associates specialize in diagnosing skin disorders and providing the best treatments available to improve the health and appearance of your skin.

They stay on the cutting edge of their specialty, which includes using the most advanced medications and procedures to treat the medical, surgical, and cosmetic needs of your skin, hair, and nails.

They have received numerous awards and recognitions including the Top Docs, *Best of Eastern Shore Magazine*, *What's Up? Magazine's* Top Dermatologist Award and the Talbot County Chamber of Commerce Outstanding Large Business of the Year Award.

Both offices are accepting new patients. Book your appointment today!



FACES OF THE CHESAPEAKE 2021



THE FACE OF
EASTERN SHORE REAL ESTATE

TREY RIDER

TTR | Sotheby's International Realty

443.786.0235
trey.rider@sothebysrealty.com
treyrider.com



Trey Rider is a leader in luxury real estate on Maryland's Eastern Shore. As a vice president at TTR Sotheby's, Trey offers his clients exclusive knowledge and insight into all aspects of waterfront homebuying and selling derived from almost 20 years of real estate and finance experience. From considerations such as Shoreline Revetment to Critical Area requirements, Trey navigates the nuances of waterfront real estate with ease and expertise.

An Eastern Shore native, Trey's no stranger to waterfront living himself. He grew up on the water and resides waterfront with his wife and two kids in Easton. Most of his free time is spent on the river—he holds his Captain's license, is an avid boater and fisherman, and is a member of the Chesapeake Bay Yacht Club.

Just as luxury is synonymous with Sotheby's, waterfront real estate is synonymous with Trey Rider. Visit treyrider.ttrsir.com to view Trey's luxury portfolio.



THE FACE OF BANKRUPTCY LAW
ON THE EASTERN SHORE

ANDIE ROSS ESQ.

The Law Office of Andrea Ross

800-758-9265
129 N. West Street, Suite 1
Easton, MD 21601
AndieRossLaw.com | Andie@AndieRossLaw.com

Bankruptcy attorney Andie Ross has dedicated her practice to providing tailored solutions to individuals and businesses throughout the region. The people that retain her to get out of debt and start a new life are more than just clients – they are her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie welcomes all inquiries and provides a free and confidential consultation to review Bankruptcy, Debt Consolidation, and Debt Settlement options. She represents debtors and creditors of all sizes and is currently representing the interests of 65 churches in the Boy Scouts of America Bankruptcy case in the District of Delaware. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, U.S. Congress, and Super Lawyers. The greatest accolade, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy Law" on the Eastern Shore are her 112 five-star reviews on AVVO.

We are a debt relief agency. We help people file for bankruptcy under the Bankruptcy Code.



FACES OF THE CHESAPEAKE 2021



THE FACE OF WEALTH MANAGEMENT

WYE TRUST

Lora Davis, Tom Saxon, Tammie Schnable, Lori Smith, Talli Oxnam, Chris Parks
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410.763.8543

Neil Zurowski (*not pictured*)
1101 Maiden Choice Lane | Baltimore, MD 21229
800.309.8124

www.wyetrust.com

Wealth management, corporate trustee and custodian administration are all services that Wye Trust offers through Shore United Bank with a professional, customer-focused approach tailored to each client's individual needs.

We offer actively managed investments and progressive strategies by partnering with a limited number of established portfolio managers, connecting each client with a tailored solution to best serve their needs. Our specialized relationships expand our wealth management expertise to a significant team while continuing our commitment to local control and excellent service.

Our approach is to care for our clients in all stages of their wealth management journey. We offer comprehensive financial strategies and exceptional service tailored to meet individual and business needs. Together, our team of experienced Financial Advisors and Certified Financial Planners are dedicated to helping our clients navigate toward their financial goals.

We care about our clients and our communities. We appreciate our relationships and provide exceptional service with empathy and transparency.

Wealth Management and Trust services are offered through Wye Trust, a division of Shore United Bank. Shore United Bank and Wye Trust are not registered broker-dealers.

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THE FACE OF
BUILDING DREAMS

BRANT NIELSEN

Nielsen Development Group

833-634-6683
165 Conduit St., Annapolis, MD 21401
www.NDG.Solutions

While most contractors view revenue as the only benchmark for growth, Brant Nielsen is focused on building a strong bench.

2021 has been a banner, brand building year for Nielsen Development Group with record revenue growth.

"We're at the point where we can pick and achieve any revenue target we choose," says Founder Brant Nielsen. "but for us, profit is an outcome, not a goal. What matters most is finding the right people."

Slow to claim personal credit, Nielsen attribute's NDG's success to the team he's building, along with a culture of integrity, transparency and a relentless focus on customer service. "We're not in the construction business, we're in the customer service business," he says. And the stats back him up. An impressive 98% of new customers are referred by previously satisfied NDG clients.

With success like this, you'd think that Brant deserves to feel satisfied. Although he's incredibly grateful for the trust his clients show him, he's busy working to make his new customers equally satisfied.



FACES OF THE CHESAPEAKE 2021



THE FACES OF CONFIDENCE

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ANNAPOLIS
O'Donnell Vein & Laser
166 Defense Hwy, Suite 101
Annapolis Maryland 21401
877-461-1564
www.odonnellveinandlaser.com

EASTON
O'Donnell Vein & Laser
499 Idlewild Avenue, Suite 101
Easton Maryland 21601
877-461-1564

Kelly O'Donnell, M.D., a Maryland native, is proud to provide her medical and cosmetic patients with the confidence that they are receiving the absolute best care possible. Dr. O'Donnell is a board-certified vein specialist with offices to serve both the Western and Eastern Shore in Annapolis and Easton, MD. Credentials include:

- Medical Degree – UMD School of Medicine
- Internship General Surgery – University Hospitals of Cleveland
- Residency in Anesthesiology & Critical Care – Johns Hopkins Hospital
- Registered Vascular Technologist (RVT)
- Registered Physician of Vascular Interpretation (RPVI)
- Board Certified – Venous Disease – American Board of Venous and Lymphatic Medicine

Complementing Dr. O'Donnell's care and passion for helping patients includes her incredible cosmetics team! Ali Weiss, Aesthetic NP – graduated with her Master's of Science in Nursing from The Catholic University of America and has over 8+ years of cosmetic experience. Laura Ruppel, L.E – graduated top of her class from Chesapeake School of Aesthetics after an undergrad in art and design from the Fashion Institute of Technology and Towson University. Eden Flynn, BSN, RN – graduated from Anne Arundel Community College and is currently completing her Bachelor's of Science in Nursing at UMD.



**THE FACE OF A
FINE ART GALLERIST**

NANNY TRIPPE

The Trippe Gallery

23 N Harrison Street
Easton, MD
410-310-8727
thetrippegallery.com

What began in 2010 as the collaboration of two artist friends, fine art photographer Nanny Trippe and watercolorist Don Hilderbrandt, has evolved into Easton's liveliest fine art gallery, a favorite with locals as well as visitors. Occupying its current address on Harrison Street in the heart of historic Easton, the Trippe Gallery, now solely owned and operated by Nanny Trippe is beginning its ninth year.

Nanny Trippe is a many generation native of Talbot County with roots that date back to the 1600's. Her love of photography began at an early age and she began taking classes in darkroom techniques in high school at St. Timothy's School in Baltimore, followed by Denison University, Richmond College in London and a BA in Art History from Washington College with a minor in studio art.

Her love of all genres of art are evident in her gallery which exhibits oil and watercolor paintings by award winning Plein Air artists, national and local artists, sculptors, printmakers and her own fine art photographs, all inclusive of representational and contemporary art. There is artwork for all levels of collecting from the beginning collector to the seasoned. The gallery will provide art curation and hanging in your home as well. Each month features a new exhibit based on presenting the work of a specific artist or a collective show based on a common theme. The gallery is spacious and filled with natural light for excellent viewing.



FACES OF THE CHESAPEAKE 2021



**THE FACES OF THOSE
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175 Admiral Cochrane Dr #112A
Annapolis, MD 21401
www.DianeAndCrew.com



Diane & Crew of Taylor Properties understands that buying or selling a home is more than just a transaction: it's a significant financial and emotional investment. That's why our team of real estate professionals is dedicated to providing exceptional, valuable, personalized service to all of our clients. We take great pride in the relationships we build and always work relentlessly on our client's behalf to help them achieve their real estate goals.

Our philosophy is simple: clients come first. We pledge to be in constant communication with our clients, keeping them fully informed throughout the entire buying or selling process. We believe that if you're not left with an amazing experience, we haven't done our job. We don't measure success through achievements or awards, but through the satisfaction of our clients.



THE FACE OF HOSPITALITY

CHESAPEAKE BAY BEACH CLUB

500 Marina Club Rd
Stevensville, MD
410-604-1933
www.baybeachclub.com

The Chesapeake Bay Beach Club has been a leader in the Wedding, Special Event, and Hospitality industry for over 20 years. Their commitment to excellence in service, food and beverage, and their exquisite property have won countless awards along the way. Over the years, the Chesapeake Bay Beach has grown to include waterfront event venues, flexible conference venues, a luxury boutique hotel, signature farm-to-table restaurant, wellness-focused full-service spa and salon, and marketplace offering locally-sourced small bites and luxury retail.

Through the years, one detail has remained the same: their staff. The Beach Club has created a family-like atmosphere for its almost 200 devoted employees. Everything that they do and every event is treated with unparalleled levels of service and dedication.

Experience luxury on the Eastern Shore at the Chesapeake Bay Beach Club, located just over the Chesapeake Bay Bridge.



THE FACE OF WEALTH & RETIREMENT PLANNING

ELIZABETH BENNETT

CFP®, MBA

Chesapeake Financial Planning & Tax Services, LLC

410-974-0410
71 Old Mill Bottom Road North #201
Annapolis, MD 21409
admin@chesapeake-financial.com
www.chesapeake-financial.com

Elizabeth is a CERTIFIED FINANCIAL PLANNER® and a fiduciary working in her clients' best interest.

Elizabeth approaches working with her clients in a consultative partnership. Educating as well as listening to her clients is vital. Beginning with a financial plan, she is able to understand the client and their current situation and help them put a plan in place to achieve their goals. She also incorporates and includes her clients' other advisors, such as estate planning attorneys and CPAs, when necessary. Money and investing are very empowering. Recommending what is in the best interest of each client is a top priority. Elizabeth's vision for her practice is to continue to provide her clients with peace of mind knowing that they have a plan in place. In today's digital age, she is able to help her clients no matter if they are local or across the country. She brings passion to what she does every day.

"A goal without a plan is just a wish." - Antonine de Saint-Exupery.

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THE FACE OF COURAGE

**ERIC
BUSH**

MD, RPH, MBA

CHIEF MEDICAL OFFICER

Hospice of the Chesapeake

410-987-2003

www.hospicechesapeake.org

Leadership during a pandemic is critical to the success of any healthcare organization. Leadership during a time of growth and expansion is equally as important. Dr. Eric Bush has led our clinical teams during both a pandemic and a period of tremendous growth with extraordinary medical expertise, endless compassion, and thoughtful guidance, while keeping a laser focus on caring for everyone in our community living with advanced illness and loss.

While our team is simultaneously caring for more than 600 hospice patients and close to 1,000 supportive care patients per day, Dr. Bush also continues to keep a watchful eye on our “bed-side” clinical team members to ensure they are not facing overwhelming burnout and that they are caring for themselves and families during a pandemic.

Best described as leading by example, Dr. Bush received the 2021 Leadership Excellence Award from LeadingAge Maryland. As a critical part of your hometown not-for-profit hospice organization, which has served this region for 42 years, Dr. Bush exemplifies our organization’s value of COURAGE by putting your care and our community first.



FACES OF THE CHESAPEAKE 2021



THE FACE OF SKIN CARE
FOR ALL AGES

DR. KATINA BYRD MILES

Skin Oasis Dermatology

2401 Brandermill Blvd #240
Gambrills, MD
410-402-5207
www.skinoasisderm.com

Dr. Katina Byrd Miles is the founder of Skin Oasis Dermatology located in Gambrills, MD. She is a board certified dermatologist who provides medical, surgical, and cosmetic care for the entire family. Her specialties include the treatment of hair loss and the detection of skin cancer.

Dr. Miles is a Marylander. She attended Eleanor Roosevelt High School and Towson University. For her medical training, she completed her internal medicine year at University of Maryland at Baltimore, and her dermatologic training at Washington Hospital Center Georgetown University Combined Program. She has multiple academic accolades. She is a published author in a medical textbook and journals focusing on the detection and treatment of skin cancer. She is an associate professor at Ross University Medical School. Dr. Miles serves as a mentor to high school, college, medical school students and to residents. Dr. Miles believes firmly about educating patients about how to keep their skin healthy.



**THE FACES OF
GASTROENTEROLOGY**

**ANNE
ARUNDEL
GASTROENTEROLOGY
ASSOCIATES**

410-224-2116 • aagastro.com
 820 Bestgate Road, Annapolis, MD 21401
 8109 Ritchie Hwy, Suite 102, Pasadena, MD 21122
 4175 N. Hanson Court, Suite 304, Bowie, MD 20716
 1215 Annapolis Rd. suite 201 Odenton MD 21113
 130 Love Point Road, Suite 106, Stevensville, MD 21666
 7855 Walker Drive, Suite 100, Greenbelt, MD 20770

Anne Arundel Gastroenterology Associates provides expert care for disorders of the digestive tract including colon and rectal disease, ulcers, stomach disorders, Crohn's disease, colitis, irritable bowel syndrome, and liver and pancreatic disease. Our board-certified, fellowship-trained gastroenterologists are committed to providing you the treatment you need which will get you back to your best health.

Colon cancer is the third most common cancer diagnosed in the United States for both men and women. Colonoscopy is the only test that detects and prevents colon cancer. At Anne Arundel Gastroenterology Associates, our 9 board certified physicians perform over 13,000 colonoscopies each year. AAGA gastroenterologists detect precancerous polyps in 42.5% of screening colonoscopies compared to the national standard of 25%. For patients with risk factors such as a personal history of colon polyps, colon cancer, or family history of colon cancer, colonoscopy remains the gold standard in screening for colon cancer. Without risk factors, the American Society for Gastrointestinal Endoscopy recommends colon cancer screening starting at age 50.

AAGA physicians have been consistently voted the top gastroenterologists in Anne Arundel County over the past several years by our patients and peers.



FACES OF THE CHESAPEAKE 2021



**THE FACE OF
PERSONAL INJURY LAW**

THE BIG DOGS FROM THE SMALL FIRM

The Jaklitsch Law Group

The Jaklitsch Law Group
Annapolis / Upper Marlboro
PH: 410-268-2801 | 855-Big-Dog1
BigDogLaw.com

Selecting a lawyer when you've been hurt in a car crash is a crucial decision. The Jaklitsch Law Group has three award-winning lawyers who lead a dedicated staff of experienced professionals, working as a team to get top compensation for people who have been injured.

Named "Best Personal Injury Trial Law Firm - USA" by Global Business Insight magazine and voted by readers of The Daily Record as both Maryland's Best Personal Injury Firm and Best Civil Litigation firm, call The Jaklitsch Law Group if you've been injured. All three attorneys, Rick Jaklitsch, Christine Murphy and Bob Farley were recently recognized by "Best Lawyers in America."

No wonder they're called "the Big Dogs from the Small Firm."



THE FACE OF INTERIOR DESIGN

FIONA NEWELL WEEKS

Dwelling & Design

13 Goldsborough St | Easton, MD 21601
410-822-2211
www.dwellinganddesign.com

Fiona Newell Weeks is celebrated for her fearless use of color.

She is drawn to pairing gentle, watercolored tones with sophisticated, juicy punches from nature's palette, like sky blue, fresh tangerine, and lemon yellow. Her clients run the gamut, from modernist city dwellers to country-estate traditionalists.

Inherent in Fiona is the gift to see the finished product before the design process begins. "I can see the end result easily," explains Fiona. "I thrive on the challenge of completely reinventing a space by adding new life with color and texture and even architectural detail."

Since 2008, Fiona has owned and operated Dwelling & Design, a home furnishings boutique in historic downtown Easton, Maryland. Take a casual stroll down Goldsborough Street and you'll instantly be drawn to the colorful vignettes featured in the windows and unique showroom space. The store maintains a loyal following, with clients making regular treks to the Eastern Shore from Annapolis, DC and VA, Rehoboth, Philadelphia and New York.

Fiona's designs have appeared in the likes of Home & Design, Southern Accents, House Beautiful, and Traditional Home.



**THE FACE OF LUXURY
CUSTOM HOMES**

PAUL MUELLER, JR.

Mueller Homes

Annapolis Design District
202 Legion Ave, Suite 4
Annapolis, MD 21401
410.549.4444

Paul Mueller, Jr. believes that building a luxury custom home is all about the experience! He reflects, "Your home is a reflection of your lifestyle, your family, and perhaps even your success. We are honored to serve as a trusted partner to create this once-in-a-lifetime experience."

Paul Mueller, Jr. and the team at Mueller Homes have been serving the most discerning clientele for over 30 years. The team is most notably recognized for their solid foundation of core values, exceptional quality, and handcrafted custom details.

Mueller has been recognized, locally and nationally, as a leader in the industry. The firm has received awards from industry associations, been featured in luxury magazines, and even published a book on the subject, entitled "Designing & Building Your Dream Home: How to Create an Experience You'll Love to Remember," which is available on Amazon. This publication describes their unique approach to working collaboratively with architects and interior designers to enhance the customer journey.

To learn more about Mueller Homes or to schedule a design consultation, visit www.MuellerHomes.com



THE FACES OF COMMUNITY

THE ARC

Central Chesapeake Region

Headquarters & Program Operations
 1332 Donald Avenue
 Severn, MD 21144
 410-269-1883
www.thearcccr.org

The Arc Central Chesapeake Region (The Arc), serving Anne Arundel County and Maryland's Eastern Shore, believes in putting people first, focusing on equity, and increasing access to services and opportunities. As an organization advocating for people with intellectual and developmental disabilities (I/DD), we build community through meaningful connections, address the diverse needs of those we support, and encourage self-determination so they can reach their goals.

People with intellectual and developmental disabilities are members of our communities who have a fundamental right to be active participants in the social and economic fabric of the community where they live. The Arc's programs and support services do more than just assist people with I/DD with day-to-day tasks. We create opportunities for people to live, work, and be their authentic selves.

As we look toward the future, The Arc continues to create a growing number of inclusive opportunities for people with I/DD within their communities. When everyone is provided access to resources that support their aspirations, we become a more supportive and inclusive community, while celebrating our diverse but collective strength.



FACES OF THE CHESAPEAKE 2021



**THE FACE OF CREATING
A LIFETIME OF SMILES**

LABBE FAMILY ORTHODONTICS

SMILE! That's what it's all about at Labbe Family Orthodontics! At LFO the entire practice is committed to providing excellent orthodontic care at the right time, for the right reason, with integrity and honesty. Dr. Stephen Labbe and his amazing team of orthodontists, including Dr. Laura St. Bernard, Dr. Robert Laraway and Dr. Natalie Miller, are dedicated to the art of orthodontics. They pride themselves on staying in tune with the latest developments in this ever-changing field and utilizing cutting-edge technology to deliver unsurpassable results.

In addition, LFO is a Diamond Tier Invisalign Provider, a distinguished honor for providers with advanced experience. Therefore, the LFO team has the capability to treat even the more difficult cases in both teens and adults.

But if you are wondering what the best thing at LFO is, look no further than the incredible staff. This team of kind, caring and talented individuals works hard to make every person who comes through the doors feel like family. They seem to always be wearing a smile and consistently go above and beyond to deliver outstanding customer service.

With four locations to serve you, complimentary consultations and a variety of payment options to fit most any budget, Labbe Family Orthodontics is a superb choice for your family's orthodontic needs. Call them at 410-267-7300 today!

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410-267-7300
www.labbefamilyortho.com



THE FACES OF RESILIENCE

(Bottom right, clockwise): Beth Anne Langrell, President / CEO; Ivy Garcia, Director of Latino Outreach and Educational Programs; Lesa Lee, Chief Clinical Officer; Kristy Miranda, Director of Victim Services.

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Forallseasonsinc.org

Mental Health challenges, sexual assault, abuse, and trauma are a reality for many people in our community. Not everyone wants to discuss these topics, yet we all hope they are being addressed. Today, over 85 For All Seasons staff members are the Faces of Resilience, providing the highest quality mental health and victim services to children, adults, and families across the Eastern Shore Region. Our team of specialists offers therapy, psychiatry, and victim services in both English and Spanish. We accept all insurances and serve all clients regardless of one's ability to pay. Our mental health and sexual assault crisis hotlines are available 24-hours, 365 days a year. The decision to seek mental health support is an empowering step toward healing, and the results can be life-changing. For All Seasons proudly supports our resilient community members on their journey to wellness.



FACES OF THE CHESAPEAKE 2021



THE FACE OF WORLD-CLASS
CUISINE & SPIRITS

CHEF RIK SQUILLARI

Harvest Thyme Tavern

1251 W Central Ave.
Davidsonville, MD
443-203-6846
www.harvestthymetavern.com

Nestled in the Davidsonville countryside is Harvest Thyme Tavern, owned by Chef Rik and Pam Squillari. A third-generation American chef and descendant of Italian immigrants, Rik grew up in a family of chefs and restaurateurs. He attended the Culinary Institute of America, where he met his wife, Pam, whose passion for baking bread and pastry can be traced to the long line of Eastern European bakers in her family. In 2017, they decided to create something of their own, and the idea for Harvest Thyme Tavern was born.

Together, they curate their menu seasonally, bringing their guests the freshest, all-natural ingredients available. Wine is the other half of Chef Rik's passion. He's notorious for his extensive wine list, and chances are you'll spot him making the rounds to say hello or suggesting a wine pairing.

The Squillaris attribute the bulk of their success to their talented and charismatic staff, many of whom have been with them from the beginning. It's the Harvest Thyme crew who make your dining experience delicious and memorable. Mangia!



**THE FACE OF HAVEN MINISTRIES
OUR DAILY THREAD THRIFT STORE**

**LIZ
BAZZELL**

Haven Ministries

Our Daily Thread Thrift Store
1521 Postal Road
Chester, MD 21619
Store phone number: 410-353-0455

Our Daily Thread Thrift Store Provides Hope

Haven Ministries Our Daily Thread Thrift Store in Chester offers Shore residents and visitors resale shopping where shoppers can pay it forward to those in need. The store provides quality name-brand clothing and household goods at deeply discounted prices. Purchases benefit the agency's outreach programs in Queen Anne's County, including its housing assistance program, resource center, food pantries, street outreach, and seasonal shelter.

Store Manager Liz Bazzell, who has been with Haven Ministries for nine years, comments, "I love that our nonprofit is a group of local churches working together to help a community in need. We take extra care in displaying our store merchandise so that each shopper we serve can experience joy. Whether our customers are living on limited incomes or not, we want them to leave Our Daily Thread feeling hopeful and having a better day than when they arrived."

Love shapes the ministry, love transforms people, and hope prevails at Haven Ministries. Haven Ministries operates a seasonal Homeless Shelter, a Resource Center and Food Pantry in Queenstown, Our Daily Thread Thrift Store in Chester, Hope Warehouse in Queenstown, and a Food Pantry Truck in Sudlersville.



THE FACE OF MUSIC EDUCATION

PAULA SWETERLITSCH

Indian Creek School Instrumental Music Teacher

1130 Anne Chambers Way
Crownsville, MD
410-849-5151
www.indiancreekschool.org

Instrumental Music teacher Paula Sweterlitsch describes her role as “guiding students while their inspiration leads the way.” However, there is so much more to the magic she creates with her students.

At Indian Creek, Ms. Sweterlitsch teaches instrumental music to students in grades 3-12, leading strings classes, brass ensembles, concert band, and a variety of student-driven spin-off groups, including a jazz/blues ensemble, pep band, and even a *Dave-Matthews-Band*-inspired acoustic group.

“I love when kids come in, jazzed about something that they were doing in their last class, and their excitement sparks an idea about how we can try the activity with music. Anything is possible.” This enthusiasm creates a vibrant environment, leading to some truly great moments. Recently, an accomplished high-school drummer joined her fifth-grade strings class and started to play along. The energetic beat thrilled and inspired the younger students.

Ms. Sweterlitsch loves teaching at ICS because the arts are inherent in the fabric of the community. Outside of school, she fuels her passion by playing with touring artists at the Kennedy Center and other venues.



**THE FACE OF
EMPOWERING STUDENTS**

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Celebrating 26 Years of Excellence!

201 Talbot Blvd Suite A
Chestertown, MD
410-778-8150
www.radcliffecreekschool.org

Radcliffe Creek School, located in Chestertown, MD has empowered children for twenty-six years. The school's mission is to "empower children in a dynamic environment that celebrates unique learning." Meg Bamford, Head of School since 2018, believes students are empowered with a personalized education that optimizes their potential by teaching them self-advocacy, resiliency, and independence.

Ben Joiner, Malorie Martinez, Catherine Bushby, Debbie Cohee-Wright, Gretchen Coppage and Kevin Gilchrest have taught at Radcliffe Creek School for over 20 years each. Together, along with other RCS teachers, they have played an integral role in positively changing the course of every past and present student's life. At Radcliffe, a child may receive instruction well above their grade level in the areas in which they excel. However, if a student struggles in an area, such as reading, they receive high-quality, personalized instruction via programs like Orton Gillingham. Radcliffe's small class sizes allows students take a proactive role in their learning process and provides them with multi-sensory instruction. Students who graduate from Radcliffe Creek School are empowered with confidence in themselves and equipped with the tools and skills to be successful! To learn more, reach out to info@radcliffecreekschool.org!



THE FACE OF DISCOVERY

STACY SHAENER

Severn School,
Lower School Math Specialist

201 Water St.
Severna Park, MD 21146
410-647-7700
www.severnschool.com

Success in math involves much more than just working with numbers. It's about developing a growth mindset and the confidence to tackle challenges when they inevitably arise. Lower School math specialist Ms. Stacy Shaener teaches kindergarten through 5th-grade students the skills they need to take ownership of their learning with creativity and joy. With a focus on real-world problem-solving, her students discover the many ways that math shapes our daily lives. Her classrooms buzz with energy as students eagerly share their thinking, help each other overcome challenges, and develop new ways of looking at the world.

"Helping students identify in themselves what they do well is so important. And we have to be really specific with students about what their strengths are. When I give feedback in class, it's never just 'Great job.' I choose specific things from their work to help model this thinking for them, 'I like how you were able to break up those numbers' or 'I like how you added on to Stacy's idea.'"

Ms. Shaener believes that building a supportive community around math helps students reach their fullest potential. She teaches summer camps, leads teacher and parent workshops, and finds professional development opportunities to keep her curriculum fresh. Working with educators like math innovators Greg Tang, Jo Boaler, and Sue O'Connell, she models the same collaboration and positive enthusiasm she hopes to instill in her students. At Severn School and in our local community, Ms. Shaener is changing attitudes about math one smile at a time.



**THE FACE OF
CHESAPEAKE HISTORY**

PETE LESHER

Chesapeake Bay Maritime Museum

213 N Talbot St
St Michaels, MD 21663
410-745-2916
www.cbmm.org

As Chief Curator of the Chesapeake Bay Maritime Museum in St. Michaels, Md., Pete Lesher finds himself immersed in the history, environment, and culture of the watershed each and every day.

Lesher has been a member of CBMM's staff for more than 30 years and leads in all aspects of interpretation—from the preservation and stewardship of more than 80,000 irreplaceable objects in its collection to the direction of exciting new exhibitions and programming, ensuring that what CBMM presents aligns with its mission.

A true authority on the history of the region and its inhabitants, he was also featured in a recent film presented by CBMM, *The Long Shore*, that addresses not just what the waterfront museum does, but why as well. See the full film at cbmm.org/TheLongShore.

Plan your visit to CBMM's 18-acre waterfront campus today to see Lesher's work as you enjoy wide-open spaces and interpretive educational exhibitions.



FACES OF THE CHESAPEAKE 2021



THE FACE OF
COSMETIC INJECTIONS

ProMD HEALTH

166 Defense Highway
Suite 302
Annapolis, MD
443-333-4940
www.promdhealth.com

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. Gavrilu and his team of innovative professionals all pride themselves in the most advanced skills and techniques to help their patients Look and Feel great. ProMD Health specializes in cutting edge and in demand procedures including Botox, dermal fillers, laser treatments, PDO thread lift, hormone replacement therapy, facial rejuvenation, vaginal rejuvenation, and body contouring.

They tout some of the most advanced devices such as HydraFacial, Viveve, and Sciton Halo. ProMD Health uses its complete suite of treatments to cater to each patient's unique needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



THE FACE OF HOPE RE-IMAGINED

ARUNDEL LODGE

2600 Solomons Island Rd
Annapolis, MD
443-433-5900
www.arundellodge.org

The challenges of the pandemic have affected every aspect of our lives. We have experienced loss and struggled with our feelings of safety and security. Our mental health needs attention and care.

Arundel Lodge provides services for mental health and substance use disorders. Our programs for adults, children, families, Veterans, and the deaf population offer a full range of services from outpatient therapy to our day or residential programs. We have a health home for preventive care and behavioral health issues. We have specialists to support independent living and employment.

We are here for you. You are important. Let us help you on your journey.



PREMIUM GAS LOGS



THE FACE OF LUXURY
HEAT SOURCES

ERIC YFF

Bay Stoves

3157 Solomons Island Rd
Edgewater, MD 21037
410-956-7101
www.baystoves.com

Lifetime Maryland resident, Eric Yff started his career in home improvement at age 25 when he opened Yff Construction, Inc. For many years, his company worked as a subcontractor for Bay Stoves, providing all of their fireplace installations and service work. In 2014, Eric bought Bay Stoves and now runs both the retail and service aspects of the business.

As a National Fireplace Institute (NFI) certified technician with 30+ years of experience, Eric defines what it means to be a professional in the fireplace industry. Not only is he trustworthy and reliable, but he is well versed in all safety standards and county codes.

Bay Stoves has developed into the leading provider in luxury fireplaces, and offers numerous models of wood, gas, electric, and pellet stoves. Their showroom in Edgewater displays various possibilities to upgrade your existing fireplace, or add a new one to your home. Whether your style is sleek and contemporary or timeless and traditional Bay Stoves has the product for you.



**THE FACE OF AN
INDUSTRY TITAN**

JAMES J. KING

Founder & CEO
Titan Hospitality Group

2126 Espey Court, Suite D
Crofton, MD 21114
410-721-5416
www.titanhospitality.com

James King, Founder and CEO of Titan Hospitality Group which owns and operates The Blackwall Hitch (Annapolis, MD & Alexandria, VA), The Blackwall Barn & Lodge (Gambrills, MD), and Smashing Grapes Kitchen & Wine Bar (Annapolis, MD & Gambrills, MD) has emerged as a true Titan of the restaurant industry.

The former State Delegate who is still frequently spotted in the halls of the State House advising current elected officials on small business matters has fostered powerful relationships with key decision makers on both sides of the aisle. As President of the Maryland Restaurant Coalition, King led the successful fight to keep restaurants open during the pandemic, keeping thousands of county residents employed.

Beginning with his work ethic and his unwavering dedication to establishing a positive workplace culture, King has reinvented the team mentality and created a roadmap for success for fellow restaurateurs to follow!



**THE FACES OF
REGENERATIVE MEDICINE**

DR. ZVEZDOMIR ZAMFIROV
DR. NICHOLAS MATA

All Star Pain Management &
Regenerative Medicine

ANNAPOLIS OFFICE
166 Defense Hwy, Suite 300
Annapolis, MD 21401

GLEN BURNIE OFFICE
1600 Crain Hwy S., Suite 207
Glen Burnie, MD 21061

BOWIE OFFICE - OPENING SOON
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Bowie, MD 20716

443-808-1808
allstarpainmanagement.com

Founded in 2017 with the mission of providing a comprehensive approach to pain relief, All Star Pain Management and Regenerative Medicine has established itself as a leader in regenerative medicine in the Annapolis area.

Our cutting-edge procedures not only focus on your chronic pain symptoms but also target the underlying orthopedic condition that causes them. We pride ourselves on our ability to treat pain and injuries to the spine, joints, muscles, ligaments, and tendons.

Our founder, Dr. Zamfirov (Dr. Zed), has extensive experience in regenerative medicine and has built a successful practice with the goal of helping you obtain relief from your arthritis, neck and back pain, sports injuries, or chronic pain due to an orthopedic condition. Our innovative approach offers a wide variety of treatment options that are customized to your individual needs and provide life-changing results.

A native of Ohio, Dr. Nicholas Mata provides specialized, holistic, multidisciplinary medical care for a wide range of musculoskeletal and painful conditions. He is skilled in a variety of nonsurgical interventional treatments for the spine, nerves, and joints and can provide options for neuromodulation technologies for pain.

Dr. Mata received a B.S. degree with honors from The Ohio State University and an M.D. degree from Wright State University. He then completed his residency in Physical Medicine and Rehabilitation at Case Western Reserve University's MetroHealth Medical Center, where he was selected as Chief Resident. In addition, Dr. Mata also subspecialized in a Pain Medicine fellowship at Case Western Reserve University.



**THE FACES OF
CLEAN CARS**

**TOM, ALYSSA
& SUDS
MORRIS**

Chesapeake Car Wash

111 Defense Highway
Annapolis, MD 21401
410-224-0175
www.chesapeakecarwash.com

Chesapeake Car Wash and Detail Center, conveniently located near Annapolis Mall, is a state-of-the-art facility that specializes in cleaning your vehicle with their exterior, full service, and detailing service options.

Tom Morris, started Chesapeake Car Wash in 2016. With a background in hockey as a coach and working for professional teams, he is an expert in teamwork and has unmatched determination. This determination has been the spark in Chesapeake ever since, and the reason Tom is living his dream of owning a car wash. His daughter, Alyssa, made it a 'family' business when she decided to join the team after graduating college in 2017. She continues to play a pivotal role in the car wash's success as her and her Dad continue to grow, innovate, and deliver Chesapeake's promise to provide customers with excellent service and spotless cars.

Alyssa's dog, cleverly named Suds, is the customer service specialist and can be sighted at Chesapeake providing customers with a smile. The Chesapeake team is continuously searching and implementing the most advanced technology/features available in the car wash industry.



THE FACE OF PERSONAL AND PROFESSIONAL REAL ESTATE

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CENTURY 21 New Millennium

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Annapolis, MD
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410-900-7668 (Mobile)
www.scottschuetter.com



Personal and Professional ~ I have always focused on people, not houses. It was clear to me from the beginning, that it doesn't matter if a home is 200,000 or 6 million, it is a huge deal for EVERY client. My wife and I joke all the time about it, but I truly feel that I am a psychologist in disguise. Every transaction, whether buying or selling, involves a series of complex personal decisions layered with emotions, finances and stress. My military background and training taught me to be calm in any and all circumstances. Those skills have been finely tuned daily in real estate. When things are most chaotic, it is even more important to be the calm and guiding voice. Buying or selling a house is not the same as calling in an air strike in Fallujah, but to my clients, it may feel like it.

People need to know that their advocate is going to be there for them, has their best interests in mind, and will guide them through one of their most important life decisions. Marketing trends, advertising, community connections, staging a home, market expertise, etc. is obviously a huge part of my business, but in the end it all comes back to people.



**THE FACE OF
FINANCIAL FREEDOM**

PROSTATIS FINANCIAL ADVISORS GROUP

7580 Buckingham Boulevard, Suite 180
Hanover, MD 21076
410-863-1040
www.prostatisfinancial.com

Our approach at Prostatist Financial Advisors Group is simple: We provide accountable retirement, tax and estate planning, which we pair with clear and constant personal contact with each of our clients. Our team believes in diversification, along with developing sensible, conservative long-term asset allocation strategies.

We work side-by-side with clients to build complete financial plans, giving them peace of mind as they transition toward retirement.

If you're experiencing a financial transition, you need to move forward with confidence and a team that shares your values and understands your goals. Our goal at Prostatist Financial Advisors Group is to help our clients implement an investment strategy that allows them to maintain their lifestyle throughout retirement, providing an income they will never outlive.

Whether you are thinking about retiring or already in retirement, you need a sound plan to ensure the safety of your investments.



FACES OF THE CHESAPEAKE 2021



THE FACE OF WATERFRONT
RETIREMENT LIVING

MANY ONE
BEDROOMS
APARTMENTS
TO CHOOSE
FROM

PARKER & PATTY WILLIAMSON

BayWoods of Annapolis

7101 Bay Front Drive
Annapolis, MD 21403
443-837-1208
baywoodsofannapolis.com 🏠

Meet the Williamsons:

Patty and Parker, North Carolina natives, ventured into the Annapolis area via their sailboat named "Second Wind." While keeping their sailboat a few doors down at Bert Jabin's Yacht Yard, Patty and Parker discovered BayWoods of Annapolis and were immediately taken by the luxurious waterfront retirement community right on the Chesapeake Bay. BayWoods proved to be close to their sailboat and all of the world class charm that is associated with the surrounding Annapolis area. This is an active lifestyle in a pet friendly continuing care community with equity ownership.

"BayWoods became the perfect launch for our retirement adventure," states Parker. "We discovered luxurious, yet affordable accommodations and amenities, access to excellent medical care, local Annapolis entertainment all within easy access to Washington and Baltimore." "I enjoy walking our dog Briny at Quiet Waters Park across the street," states Patty, who also is an active volunteer in the greater Annapolis community with Hospice of the Chesapeake. This is an active lifestyle filled with adventures every day, all in a pet friendly continuing care retirement community with equity ownership.



Jennifer Chaney, CSP, GRI, MBA
Broker- Owner- Designer



Tricia Wilson, GRI



Joelle Dolch



Janice O'Donnell, GRI



Jeanne Kent



Carol Delayo



Karoline Kent



Jennifer Wittmer



Dawn Sweeney

THE FACE OF SOLD

CHANEY HOMES

List- Stage- SELL
443-249-SOLD
www.ChaneyHomes.com
Jennifer Chaney, CSP, GRI, MBA
Broker of Record- Designer- Owner



Chaney Homes was founded upon the notion 'image sells'. Broker- Owner, Jennifer Chaney, carved the niche within the marketplace whereby 'staging' fuels their clients' strong, fast sales.

At first a singular-agent brokerage, Jennifer quickly gained market dominance just a year after launch of Chaney Homes. Each year earning exponential growth, and strong returns for clientele.

Fast forward eight years- Chaney Homes now has 9 hand-selected Realtors, a full-time, fully staffed staging department, and over 5,000 square feet of high-end furnishings personally selected by Chaney to propel their listings to the top of buyer's wish-lists!

Pretty sells. Buyers want what is attractive to the eye. Staging 'creates the scene' for as lucrative a sale as possible. Chaney's talented crew fully transforms each listing- in just one day. An 'all-included' service reserved exclusively for Chaney Homes clients.

List-Stage-SELL with Chaney Homes, Voted '2021's Best Residential Real Estate Brokerage', What's Up Eastern Shore magazine.



FACES OF THE CHESAPEAKE 2021



THE FACES OF
COMPREHENSIVE DENTISTRY

SCOTT FINLAY, DDS & MICHELLE PEREZ, DDS

Annapolis Smiles

1460 Ritchie Highway, Suite 203
Arnold, MD 21012

New Patients: 410-989-7132

Current Patients: 410-757-6681

www.annapolissmiles.com

For more than 33 years, Annapolis Smiles has been providing the highest level of dental care for individuals and families in the greater Annapolis area. Dr. Finlay's office offers comprehensive services for children and adults, from routine maintenance and preventive care, to dental implants and reconstructive procedures.

After receiving her doctorate from University of Maryland, Dr. Perez joined the Annapolis-area dental practice in 2021. With a comprehensive approach, Dr. Perez aims to integrate multiple disciplines into individualized treatment plans for patients with complex needs. Her experience in oral surgery provides her with not only the perspective of a general dentist, but also other treatments such as endodontics, periodontics, occlusion, and prosthodontics.

Dr. Finlay is one of only 75 dentists nationwide to be recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry. Dr. Finlay has written articles and is featured in books related to Functional Aesthetics and Dental Reconstruction. Annapolis Smiles has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five-star service and commitment to exceptional care. Call us today!



THE FACE OF LOCAL
ANNAPOLIS REAL ESTATE

SARAH GREENLEE MORSE

TTR | Sotheby's International Realty

(M) 410.303.1522 (O) 410.280.5600
209 Main Street | Annapolis, MD 21401
www.SarahGMorse.com | SGMorse@TTRSIR.com



Sarah is a luxury home specialist and award-winning top sales producer with expertise in the local Annapolis market. As a resident of historic Annapolis, she is familiar with the nuances of downtown including Murray Hill and Eastport. Sarah also works extensively throughout Anne Arundel County with a particular focus on waterfront properties.

Sarah possesses a keen attention to detail, strong negotiation skills, and an unwavering commitment to achieve the very best outcome for her clients. Prior experience in marketing and sales, including Director of Admissions for St. John's College and sales roles at IBM, influences Sarah's approach to her real estate business. She is known for her clear and personable communication style, responsiveness, and results.

"We highly recommend Sarah for both buying and selling. Her integrity, responsiveness, and market knowledge made each transaction flow smoothly. Sarah has a number of strengths, a major one being her brilliant marketing strategy." Sharon L.

"I've referred several friends and neighbors to Sarah – she is the hardest working agent I know." Carol C.

"She knows the Annapolis market, which is constantly changing, better than anyone." Ryan E.



FACES OF THE CHESAPEAKE 2021



THE FACE OF DESSERTS

BLUE CRAB CUPCAKES

1580 Whitehall Road,
Annapolis, MD 21409
443-221-7246
bluecrabcupcakes.com

Blue Crab Cupcakes is a boutique bakery specializing in cupcakes, mini cupcakes, weddings, special occasion cakes, and macarons. The bakery is conveniently located off Route 50 in Annapolis Maryland.

It's an exciting visit to Blue Crab Cupcakes on Whitehall Rd. in Annapolis. Local Annapolitan and proprietor Carrie Olish leads her talented team of 20 dedicated employees. If you are in need of a custom cake for a special occasion, macarons to surprise a friend, or a cupcake to delight your own senses, Blue Crab Cupcakes is up for the task. Carrie and her team handle over 300 weddings per year. Blue Crab's treats are perfect for any special occasion including birthdays, weddings, anniversaries, or treat yourself and families. Blue Crab Cupcakes is always creating new flavors and textures. Come see the storefront to see what's baking.



THE FACE OF A
LUXURY NAIL AFFAIR

SAMANTHA GILMORE

PAINT Nail Bar

2077 Somerville Rd
Suite 156
Annapolis, MD
410-600-3928
www.paintnailbar.com

PAINT Nail Bar is a luxury, non-toxic nail bar conveniently located next to the Annapolis Towne Center. Our philosophy is simple: to provide a luxurious experience for every woman. Local Annapolitan and owner, Samantha Gilmore, has an extensive background in health and wellness and along with her team of talented nail artists, helps Annapolis "Look Better Painted".

At PAINT, we understand that we are not a "nail salon," although we do nails. We do not look, feel, or smell like a traditional nail salon. All of our lacquers are vegan and formaldehyde-free and we only use LED lamps for curing our water-based gel polishes. In addition, we believe that promoting the health and integrity of your natural nail is paramount. Our technicians embrace the PAINT Nail Bar brand standard of beautiful work done in a healthy and safe environment, regarding both products and protocols.

We also love acting as host to our clients' special events, whether they be fundraisers, birthday parties, bridal showers, baby sprinkles, or just a great time get together. We can even make all the arrangements for food, beverages, and décor if you wish. We guarantee one certainty: the environment will be lovely and vibrant, and the nail services will be second to none.



FACES OF THE CHESAPEAKE 2021



**THE FACE OF DEFENSE -
A FAMILY TRADITION™**

PETITBON ALARM COMPANY

2125 Baldwin Ave #10B
Crofton, MD
301-858-0820
www.petitbon.com

Richie Petitbon is the Owner and President of Petitbon Alarm Company, founded in 1991. Richie's son, Richie Petitbon III, Business Development Specialist, joined the team in 2020 after earning his masters at Alabama and Illinois.

Petitbon's principles were founded upon the Golden Rule, highlighted by no long-term contracts and the most elite service in the industry. The company's five-star reviews demonstrate commitment to service and excellence.

Every Petitbon team member is a licensed employee who lives in our community. Most have been on staff for over a decade, many for much longer!

The company's tagline "Defense – A Family Tradition™", is a nod to Richie's father, Richie Petitbon, Sr., whose name you may recognize as a former NFL player and one of the top defensive football coordinators of his time.

Richie often says "My dad designed defense for the Redskins, and we design defense for your home and business".



**THE FACE OF
FINANCIAL PLANNING**

**ANN C.
ALSINA** CFP®, CPWA®

CovingtonAlsina

410-457-7165
67 West Street | Suite 200
Annapolis, MD 21401
Info@CovingtonAlsina.com
www.CovingtonAlsina.com

Securities offered through LPL Financial. Member FINRA/SIPC. Investment advice offered through Great Valley Advisor Group, a Registered Investment Advisor. CovingtonAlsina and Great Valley Advisor Group are separate entities from LPL Financial.

"If you understand how money can work for and against you, you can make better decisions," said former Chairwoman of Dreamworks Animation, Mellody Hobson. "Financial literacy is not about wealth but about understanding money regardless of the amount." Ann C. Alsina couldn't agree more.

Ann founded CovingtonAlsina in 2012 to provide solid financial advice to strong, successful women. Since then, Ann's clientele has grown to include clients of all genders in a variety of financial positions.

"My goal is to overcome the confidence gap in investing and planning for the future," said Ann. As a Certified Private Wealth Advisor™ professional, Ann has the training, expertise, and, equally as important, the compassion to help people.

Whether it's her Second Saturday Workshop, Women, Wine & Wisdom, or her other seminars, Ann and her team at CovingtonAlsina want to provide access points to financial planning.

As independent professionals, CovingtonAlsina is free to select the product or brand which best fits a client's need. Working with a fiduciary mindset, they always seek to act in a client's best interest, fostering long-term relationships that extend for generations.



FACES OF THE CHESAPEAKE 2021



**THE FACE OF CHARITABLE
GIVING THROUGH REAL ESTATE**

JACK PAPALEONTI

Academy Realty, Inc.

801 Compass Way #3
Annapolis, MD 21401
410-263-9105
www.academyrealty.com



"It's easy to reach into your pocket and give some cash for a good cause, but I take the most pride in truly helping people do better and be better." It is no different when it comes to helping his clients realize their home ownership goals. It takes a wealth of knowledge and experience to successfully navigate today's real estate environment.

With Jack at the helm, Academy Realty has completed over 750 transactions throughout the years while supporting several great causes along the way. With support from his team of full-time professional Realtors and staff, Jack works hard to ensure seamless transactions for his clients while also maintaining a high level of commitment towards his philanthropic goals. Jack's commitments include Shop With A Cop through the Annapolis Optimist Club, President of the Annapolis High Sports Boosters Club and Parish Council Member at Ss. Constantine & Helen Greek Orthodox Church. Through his work and volunteer efforts, he helps to grow strong communities by being present and giving back. Watching others realize their own success is what keeps him smiling, "...the more you give, the more you get."



Michael J. Labellarte, M.D.



Sarah Reading, M.D.



Stephanie Streb, DNP, PMHNP



Julie Butchart, DNP, PMNHP



Theresa P. Shank, Ph.D.



Laura Frazier, Ph.D.



Samuel Greenberg, Psy.D.



Shannon Senefeld, Psy.D.



Christina Schendel, Ph.D.



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Are you struggling? Feeling overwhelmed? Experiencing increased anxiety, depression, demoralization and feelings of insecurity? Are your emotional reserves spent?

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FACES OF THE CHESAPEAKE 2021



THE FACES OF
INTEGRATED BEAUTY

LAUGHLIN PLASTIC SURGERY SKIN WELLNESS MD

Dr. Daniel Laughlin and Kelly Sutter, RN, CANS

127 Lubrano Dr., Suites 101 & 102
Annapolis, MD 21401
410-205-5629 | 410-224-2400
www.laughlinplasticsurgery.com
www.skinwellnessmd.com

Laughlin Plastic Surgery and Skin Wellness MD are continuing their collaboration, providing patients with top-quality skin care, injectables, laser treatments, and plastic surgery. Skin Wellness MD is proud to announce its new office in Annapolis, located at 127 Lubrano Drive, Suite 101, right down the hall from Laughlin Plastic Surgery. This partnership is a full-service destination for patients seeking visible results that enhance your natural beauty and leave you looking healthy and refreshed.

Daniel Laughlin, MD, is a Board Certified Plastic Surgeon who specializes in aesthetic plastic surgery. Dr. Laughlin brings more than two decades of experience, serving patients from in and around the Annapolis region. He holds memberships in the American Society of Plastic Surgeons, the American Society for Aesthetic Plastic Surgery, and the John Staige Davis Society of the Plastic Surgeons of Maryland.

Kelly Sutter, RN, CANS of Skin Wellness MD is a certified aesthetic nurse specialist and holds certification in laser physics and is also an expert in injectables including neurotoxins and dermal fillers. Kelly has extensive experience with cosmetic lasers including the Sciton BBL, ProFractional, HALO, and BBL Hero lasers. She is a member of The American Society of Lasers in Surgery and Medicine, as well as The International Society of Aesthetic and Plastic Surgery Nurses. Kelly is also proud to be a part of the Allergan Medical faculty and an AMI injectables instructor.



**THE FACES OF DENTAL
IMPLANTS & ORAL SURGERY**

ORAL SURGERY SPECIALISTS

Annapolis, Pasadena,
Kent Island, Waugh Chapel
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As Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers manage a wide variety of problems relating to the mouth, teeth, and facial regions. Drs. Walzer, Sullivan, Hlousek, Jones and Chambers practice a full scope of Oral and Maxillofacial surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery. This also includes techniques designed to rebuild bone structure with minimal surgical intervention and optimal patient comfort. They have focused their practice on creating beautiful smiles and restoring healthy function to the teeth and jaws!

Additionally as Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers are the only dental specialty licensed to provide intravenous (IV) general anesthesia in their state-of-the-art office setting. Their practice mission is to provide Excellent Care with Art, Science, and Technology, creating an Outstanding Experience with Compassion, Courtesy, and Respect for all.



**THE FACE OF REAL ESTATE
EXPERIENCE & SUCCESS**

LAURA CARNEY

TTR | Sotheby's International Realty

17 Goldsborough St
Easton, MD 21601
410-310-3307

laura.carney@sothebysrealty.com
lauracarney.com



Laura Carney's extensive knowledge of the Eastern Shore real estate market is second to none.

A Vice President of TTR Sotheby's International Realty and native of Talbot County, Laura has witnessed the many changes and growth over the last several decades. Her insight and in-depth understanding of the area is critical in guiding both buyers and sellers.

For over thirty years in the industry, Laura has worked not only on the shore, but also in the fast-paced markets of the DC metropolitan area. Laura's professionalism, unmatched ethical approach, and unwavering dedication to her clients' success, is what makes her one of the leading agents in Talbot County. Combining her local knowledge with TTR Sotheby's International Realty's global network and reach brings an incredible dynamic to the Eastern Shore.

Laura is active in the community, served as President of the Board of Talbot Humane, and enjoys her family, boating, golf, travel, and her many rescued pets.

Home & Design

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The Inside Story

2022 INTERIORS TREND REPORT

By Lisa J. Gotto

Now that 2021 is in the review mirror and we have a fresh slate of 12 months on the horizon, it's a good time for an at-home lifestyle check. Does your home-base aesthetic inspire and drive you? Do its functional aspects help create synergistic convenience and a sense of organic flow? If not, and you're considering an interior re-boot, here is the latest expert advice when it comes to fresh colors, furnishings, aspects that inspire, such as pattern and texture, use of the space that you have, and the special touches that make a house a home.



Color

In the fall of every year, color experts associated with paint manufacturers using data derived from Pantone Color Institute research and other influences including the fashion industry, determine which colors they feel will have the most influence in the home for the year to come.

Each manufacturer will announce a color of the year and a palette of additional colors developed to coordinate with it. This year, for instance, Sherwin-Williams touts Evergreen Fog as the color of the year. Described as a versatile and calming hue, Evergreen Fog is said to combine green with gray and just a hint of blue to create a chameleon-like shade that works so well across the décor spectrum.

Behr's interior color of the year is also a pleasing calming green called Breezeway. It, however, has substantially more white in its base creating a much creamier tone.

All manufacturers are still pulling inspiration from earthy, natural aspects of our world that play into a soothing narrative, one of comfort and tranquility.

Shades of gray that have been very popular as a solid base color over the last few seasons, will begin to take a less prominent role in the palettes going forward, according to industry experts. Perhaps, a somewhat subliminal nod that our "gray days" are now behind us?



Photo courtesy of Behr

Shape ➡

In particular, when we are discussing shape as it relates to home furnishings—here we go, round and round! This smoother, curvier look in furnishings actually started taking "shape" several seasons ago and has now reached macro-trend status. There is a softness and femininity seen in this trend, as well, that counterbalances strict lines in layout and design by using furnishings sans corners.

Rounding of the corners is specifically seen in large-scale pieces like sofas, but has also extended to tables, chairs, coffee tables, and smaller décor elements such as vases and candlesticks.



Photo courtesy of elledecor.com



Photo courtesy of trenddesignbook.com



Photo courtesy of ourgoodbrands.com

Inspirational Aspects

What remains of our days living through a pandemic, is the recognition and attention given to our immediate surroundings. Themes related to sustainability have us looking at our belongings critically to determine how purposeful they are and if they can remain so. The aspect of “re-sourcing” and investing in elements and objects that not only endure but that serve multiple purposes addresses environmental concerns, provides inspiration, and has consumers appreciating the ability to consume less without compromising quality of life. The concept of “mindful shopping” which avoids waste and limits impulse purchases, has consumers looking for more sustainable materials for their interior goods, as well. Materials such as cork, bamboo, and reclaimed wood will serve the dual purpose of looking stylish and retaining aesthetic value over time.

On the design side of things, much attention is turning to pattern again and the practice of mixing and matching several patterns toward achieving a desired effect. Pattern in wall coverings and fabrics within the living space has traditionally been a conservative discussion in the past, but experts agree conversations with clients have shifted from the discriminating use of small floral prints as an enhancement to bolder approaches with much larger floral constructs and other patterns that mimic elements occurring in nature.

The bolder use of geometrics and splashes of intense color will also be a part of those discussions this year, as will exactly where patterns within a room should be placed. In other words, you may not have ever thought of a ceiling as a canvas for a pattern, but designers are proving it's not all about the wall anymore.



Photo courtesy of deacillie.com

Photo courtesy of Indecortrends.com

Use of Space

It's still a thing. Our practice of working-from-home is one aspect of pandemic living that will endure and one that has taught us much about the four walls within which we reside. Both architects and interiors experts continue to be challenged by clients who want their living and even their less-communal spaces to do more than they have ever done before.

From carving out creative independent spaces within larger spaces, to creating spaces that flow from a utilitarian business day approach to evening entertainment area, pencils and imaginations have been sharpened and the results in living rooms, bedrooms, and ancillary spaces have been as visually interesting as they are practical.

In-home workspaces can be expected to be taken to the next level this year, as last year was more about addressing immediate needs by carving out extra space. This year that extra space gets elevated in terms of materials, textures, and enhanced functionality.

Homeowners who have recognized the staying power of this trend are ditching their room dividers and integrating better woods within their improvised spaces, more durable furnishings, and are ramping up aesthetics like windows and their associated views to provide more daily sources of inspiration within work areas.

This year, bedrooms will also reflect the need for multi-functionality while balancing the restorative aspects of the room. From rooms that serve as pseudo studio apartments to others that are capitalizing on the trending aspect of exploiting our spaces vertically, new approaches to our less than communal rooms will continue to take shape throughout 2022.



Photo by Tom Dixon

Decorative Elements

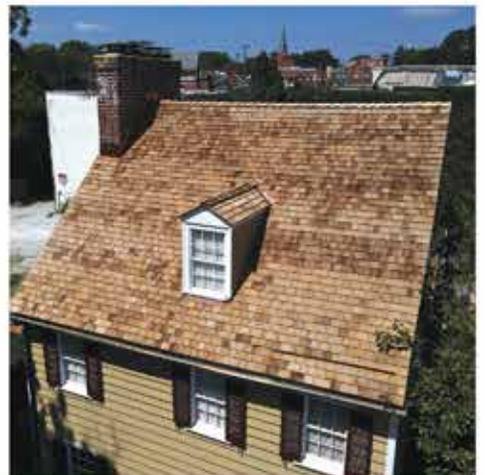
Smooth, shiny, and statement-making best describes the finishing and special touches that will adorn the walls, ceilings, and bookcases of our abodes in the year 2022. Those same curvy, rounded features that we'll see in the larger furnishings will spill over into the home's decorative elements.

Taking the shape of spheres, orbs, and globes, light fixtures will make bright statements. Large cylindrical vases will frame doorways and entry points, and even smaller elements like serving trays with more subtle, rounded corners will be appearing on everything from every-day coffee tables to table-tops in more formal scenarios, perhaps even providing the conveyance for those bubbly flutes of champagne that helped ring in the New Year! Cheers!



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“You’re Not Welcome Here”

RIDDING THE GARDEN OF INVASIVE SPECIES

By Janice F. Booth

With a new year before us, you may be organizing, clearing out the detritus that collects in closets, desk drawers, and cupboards. Let me suggest that while you’re in this frame of mind, it’s a good time to plan for some spring cleaning of unwanted and unnecessary stealthy invaders of your garden.

Look over your garden notes, your photos, and memories of last year’s garden. Where were the trouble spots? What got out-of-hand? Let me review with you some of the unwelcome or troublesome **invasive plants** that you’ll want to keep an eye on or eliminate all-together if they show up in your garden.

Here’s a review of the characteristics, the types, and the most familiar of these sneaky invaders.



Types

Maryland’s Department of Natural Resources (DNR) has come up with a WANTED List. You can print out your copy at Dnr.maryland.gov/wildlife/documents/invasive-plants.

The DNR identifies two designations of invasive plants:

TIER ONE: These are plants which may not be sold and should be eradicated. (Bamboo and amur honeysuckle are examples).
TIER TWO: Plants that may be sold but only with clear warnings to the buyers. They’re likely to grow out of control at the first opportunity. (Japanese wisteria and Scotch broom are examples).

Characteristics

Invasive plants can damage, even eliminate the healthy growth of other plants in your garden.

Here’s how to identify them:

Rapid growth and maturation

Prolific seed production

Successful seed dispersal, germination, and colonization. (I know; this sounds like something out of a low-budget Sci-Fi movie.)

Rampant vegetative spread. (That’s right; they are hardy plants and eager to spread-out in your flowerbeds... and beyond!)

Out-compete native plants, syphoning off the moisture, nutrients, and sunlight from nearby plants.



This troublesome vegetation sneaks into your garden as seed, root, runner, or rhizome (sturdy stems that travel just below the surface, from which new shoots spring up) and proceeds to have its way with your garden.

Familiar invaders

The DNR identifies familiar plants that we often see here in Maryland in open meadows, along stream banks, and even—dare I say it—in our own gardens. If you're harboring some of these in your garden...BEWARE. Note: invasive plants have evolved to survive, no matter what. One sneaky adaptation they have is to start slow, and over time pick up speed! For example, you may have a lovely clump of silver grass along a path for years, and then, one spring you look in amazement as that pretty clump emerges as a huge, indestructible mound of silver grass.



BAMBOO: great for privacy and fishing poles, but its rhizomes (sneaky horizontal roots) travel everywhere, and bamboo shoots will pop up from the rhizomes anywhere they please! Once they emerge, the new plants will send out their own rhizomes, and the bamboo becomes very difficult to control or eradicate.

GARLIC MUSTARD: this plant is toxic to butterfly larvae. Its delicate-looking leaves and tiny white flowers harbor roots that change the soil's chemistry, making it inhospitable for other plants for years and even permanently.

CHINESE SILVER GRASS: as I mentioned previously, this plant is seductive; it wants to be admired

with its slender leaves striped in pink and silver and its graceful, feathered stalks that bend and nod in the breeze. Before too long, its root mound will grow like the Blob in that sci-fi movie.

FIG BUTTERCUP OR LESSER CELANDINE: these shiny, heart-shaped leaves and bright yellow flowers might show up along your stream bank or boggy area. They're sweet, pretty plants, but their roots mat, and before long they choke out surrounding vegetation.

PALE YELLOW IRIS: you may have these delicate-looking iris in or near your pond. Beware: as you may already have learned, their sap can be irritating to your skin. (So, wear

long gloves if you pull them out.) In addition, they'll sicken any animal that tries to eat them.

AUTUMN OLIVE: this sneaky shrub can be any size and produces pretty, creamy-yellow flowers from February to June. (Tempting, I know, for those early months in the garden.) And the Autumn Olive gets its name for its pretty, red berries in fall. But, if you try thinning out the plants, you find there are thorns along the branches. It does not want to be disturbed!

JAPANESE BARBERRY: this shrub's thorny branches are a delicacy for birds, believe it or not. Birds eat this barberry's late-summer, red berries and its thorns. The barberry's small

leaves turn purple in the fall, making them a tempting addition to gardens. But, beware. They'll take over.

BRADFORD PEARS: yes, I know, at one time the State planted them along roadways. They're noted for their profuse, white spring blossoms and red leaves in the fall. But these soft-wood trees propagate seemingly by magic and will appear anywhere they like.

There are other, equally enticing and sneaky plants that may win your heart at first, but give you nightmares over time. If they're pretty and they seem to grow effortlessly, there's probably a reason. Invasive plants have evolved and adapted to stay alive in the garden or wild, with or without your permission.

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Statement-Making Style

By Lisa J. Gotto | Photos by Nima Mohammadi Photography

This nearly 8,000-square-foot contemporary home not only offers its new homeowners ample opportunity to live in grand style, it provides prime access to one of Annapolis' scenic waterways. Located on a cul-de-sac just steps from a marina on Aberdeen Creek, this luxurious home features an impressive façade and numerous custom windows throughout to bring in a substantial amount of natural light.

To say the main level is spacious is an understatement as the open plan living area expands to include an in-law suite with its own sitting room and a stacked stone wood-burning fireplace. There are never too many cooks in this 21- by 15-foot kitchen offering a wealth of prep space, an extended peninsula, six-burner gas range, and all stainless-steel appliances. A separate breakfast room and a spacious formal dining room are available for daily mealtimes and special occasions.

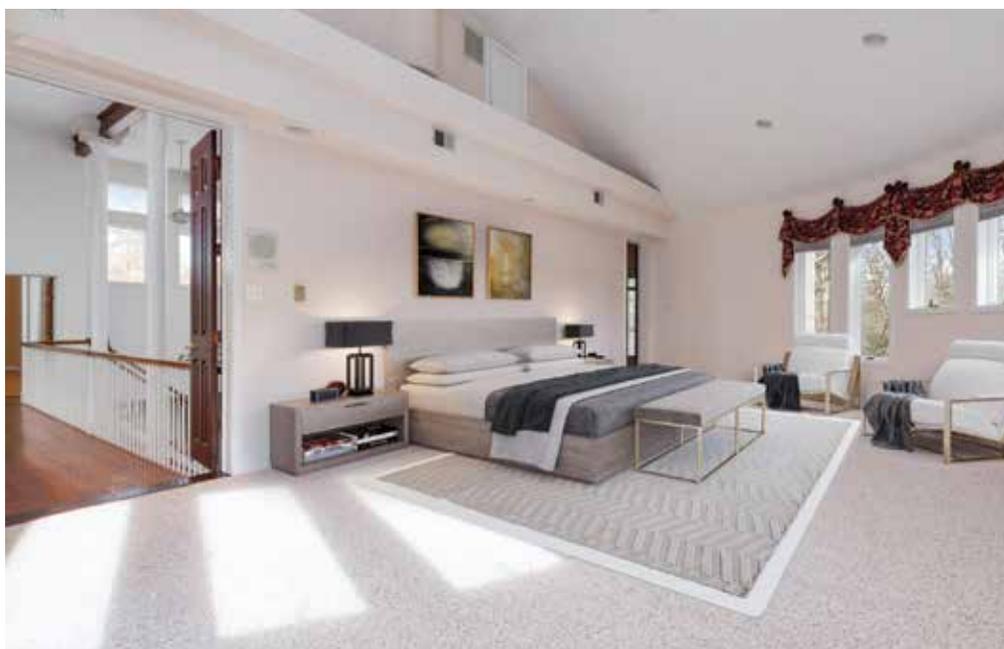
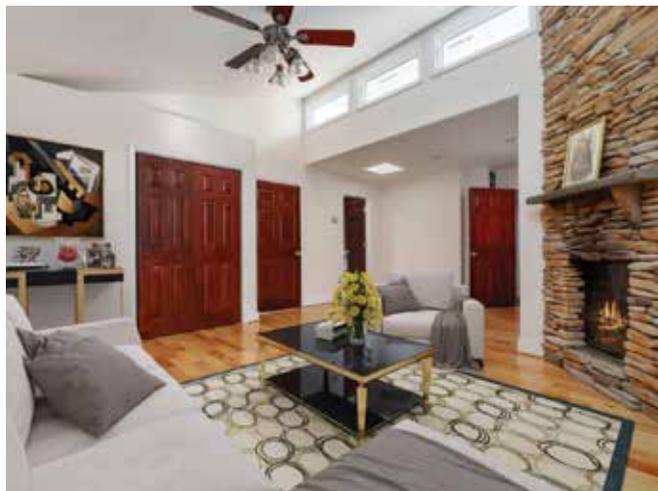
This level of the home is warmed with the look and feel of beautiful chestnut-toned hardwoods underfoot, a grand two-toned wooden staircase, and a stone-front, wood-burning fireplace. Two additional guest bedrooms and two baths are located on this level, along with a stunning semi-circular sunroom.



There are many exit points from this level to the home's extended wraparound upper deck area. Covered porch areas can be accessed from both the main and lower levels of the property, which boasts spacious family room, recreation, and utility spaces.

The primary bedroom suite is located on the second level and features a unique wall of windows wrapping around the circumference of the room. A generous, separate home office is also located on this level.

Outside, the home is graced with attractive mature landscaping and a large patio and entertaining area with an in-ground pool. Boating enthusiasts will appreciate the proximity to the community's marina and the availability of boat slips from which they can hop on board and navigate out to the waters of the South River and beyond.



Primary Structure Built: 1969
Sold For: \$1,300,000
Original List Price: \$1,330,000
Bedrooms: 5
Baths: 3 Full, 1 Half
Living Space: 7,944 Sq. Ft.
Lot Size: 0.69 acre

Listing Agent: Maria Giakoumakis; TTR Sotheby's International Real Estate; 209 Main St., Annapolis; m. 443-694-0772; o. 410-280-5600; mgiakoumakis@ttrsir.com; ttrsir.com	Buyer's Agent: Gil Poudrier; TTR Sotheby's International Real Estate; 209 Main St., Annapolis; m. 301-775-1439; o. 410-280-5600; gpoudrier@ttrsir.com; ttrsir.com
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In Town & Tony

By Lisa J. Gotto

This gorgeous 2,500-square-foot townhome, built in 1900 and located in the heart of downtown Annapolis, underwent a complete upgrade and remodel in 2018. The enviable open-plan living experience maintains much of property's historical character.

This character begins right at the front door, as you enter through a restored version of the home's original door and walk into an architecturally-detailed vestibule that has retained the charm of its original floor tiles. Another very early 20th century period entry door leads you into the heart of the home and its amazing newel post staircase.

It is evident that everything has been done to enhance the superb craftsmanship of the home. The roomy living room with its rich, two-tone hardwoods is highlighted with a central gas fireplace located in an attractive feature wall. This space-dividing, two-sided feature is just as eye-catching on the opposite side with its built-in shelving and exposed brick chimney. Attractive crown molding accents the entire open-plan living space.

The large dining area flows effortlessly into the cool-toned gourmet kitchen providing a great space for entertaining. The spacious kitchen retains an original fireplace façade now used as a nostalgic design element. Supple slabs of marble grace countertops and a central island, and any in-home chef would envy the room's collection of stainless-steel appliances including a six-burner gas range.

Ascend the character-enhancing main staircase to the second floor and you'll find a roomy primary bedroom and *en suite* bath with double basin vanity and exquisite finishes. The bedroom boasts a room-warming wall of shiplap, a cozy desk nook, and an attractive sliding barn door feature that separates the bedroom and bathroom. This floor also offers an additional two bedrooms with a shared bath. Large windows, original to the home, in all the bedrooms provide generous natural light throughout this level.

The home's third floor offers yet another gracious primary suite with a separate living or reading area, and a beautiful bathroom featuring a large, walk-in shower and soaking tub. Outdoors, a cozy, fenced-in courtyard at the back of the home provides space for seasonal grilling and chilling.

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Bedrooms: 4
Baths: 3 Full, 1 Half
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Fresh Take

ROOT VEGETABLES

By Dylan Roche

If you need an example of how amazing nature is, just take a look at root vegetables. This botanical category—which includes food like carrots, parsnips, beets, jicama, radishes, turnips, and potatoes—technically shouldn't be described as roots at all. They're actually bulbous growths that store nutrients for their plants during cold months. And they do well in cooler temperatures, so while many fruits and vegetables wither and die throughout winter, root vegetables continue to thrive.

Because they store nutrients the way they do, that means they're a great source of vitamins and minerals. Once they're harvested and taken out of the ground, they will still last for a long time thanks to their low water content—you can expect them to last up to three weeks when they're stored in a cool, dry place.

Is it any wonder that root vegetables were a dietary staple among humankind's early ancestors, who relied on root vegetables to sustain them throughout the winter when other vegetation was not available? The National Gardening Association says that root vegetables have been eaten by early civilizations on nearly every continent.

Root vegetables also make a great dietary staple because they're full of complex carbohydrates, which your body uses for sustained energy. Although some people, such as those with diabetes, may be watching their carbohydrate intake, root vegetables are usually a good choice because of their high fiber content, which will slow down their digestion. The Produce for a Better Health Foundation refers to them as "nutrition powerhouses" because of their fiber content and rich source of nutrients.



Consider what some of these roots have to offer:

Potatoes are full of potassium, which helps your body maintain fluid balance. Bananas may get a lot of credit for being full of potassium, but potatoes actually have twice as much. **Parsnips** have vitamin K, which is important for blood clotting. **Carrots** are renowned for being full of vitamin A, necessary for good eye health and a strong immune system. **Beets** deliver the antioxidant betaine for heart benefits, as well as iron, which you need to transport oxygen to all the cells in your body.

When you're selecting root vegetables, check for any bruising or any wrinkled, damaged spots on their skin. Ideally, their color should be bright and bold, which indicates a higher concentration of nutrients—so be sure to select carrots that are a deep orange or beets that are a vibrant purple.

Another important tip to keep in mind about root vegetables: By themselves, they are healthy, but common culinary practice is to prepare them in ways that lower their nutritive value by adding heavy creams, butter, sugar, and salt. (Think about turning a plain healthy potato into mashed potatoes or French fries.) Instead, if you need healthier options, here are a few creative suggestions for using root vegetables in your home cooking:



Carrot Pie

INGREDIENTS:

1 graham cracker pie crust (approximately 9 inches)
5 large carrots, peeled and chopped
2 tablespoons softened butter
1/2 cup sugar
1/2 cup brown sugar
2 tablespoons milled flax seeds
2 teaspoons cinnamon
1 teaspoon nutmeg
1/4 teaspoon allspice
1/4 teaspoon cloves
1/4 teaspoon ginger
1 teaspoon vanilla extract
1/2 teaspoon salt
1/2 cup half-and-half
1/2 cup vanilla almond milk
2 tablespoons flour

Preheat the oven to 350F. In a large saucepan, boil the carrot until soft and tender (approximately 30 minutes). Drain the carrots and return to the saucepan. Set the saucepan over low heat and allow the carrots to steam for five minutes, stirring continuously, to remove any excess moisture. Puree the carrots with the butter and almond milk in a food processor or blender. Empty the puree into a large mixing bowl. Combine flaxseed, half-and-half, spices, salt, vanilla, and flour. Pour the batter into the pie crust and bake for approximately 60 minutes. Remove from the heat and allow to cool. Chill in the fridge for approximately 1 hour before serving.



Beet Latkes

INGREDIENTS:

4 medium-sized beets, peeled and grated
2 large eggs
2 tablespoons whole-wheat flour
1 teaspoon salt
1 teaspoon black pepper
1/4 cup fresh chives
1/2 cup chopped dill
1/2 cup olive oil
1/2 cup sour cream or plain Greek yogurt
2 tablespoons grated horseradish
1 teaspoon lemon juice

Begin by beating the eggs and slowly adding in shredded beets. Stir in flour, salt, pepper, chives, and dill. Add the oil to a frying pan and bring to medium heat. Drop the beet mixture into the frying pan in small clumps (approximately 2 tablespoons). Allow to fry for 2 minutes, then flip and cook for another 2 minutes. Remove latkes from the heat and allow to drain on a paper towel. In a small bowl, combine sour cream, horseradish, and lemon juice. Serve alongside the warm latkes.

Root Vegetable Lasagna

INGREDIENTS:

1/2 cup diced carrots
 1/2 cup diced parsnips
 1/2 cup diced beets
 1/2 cup diced turnips
 1 large sweet potato
 2 cups chopped spinach
 1 teaspoon fresh rosemary, minced
 1/2 teaspoon dried oregano
 2 garlic cloves, minced
 1/2 cup olive oil
 1/2 lemon, zested and juiced
 1 cup loosely packed basil
 2 cups ricotta cheese
 2 cup cream cheese
 1/2 cup grated parmesan
 1/2 cup shredded mozzarella
 1 cup breadcrumbs
 Nonstick cooking spray

Preheat oven to 375F. Toss parsnips, carrots, beets, and turnips with rosemary, garlic, and olive oil. Season with salt and pepper to taste. Bake for 30 minutes. Remove the vegetables, but leave the oven heated. In a large bowl, combine ricotta cheese, cream cheese, parmesan cheese, and mozzarella with lemon juice, basil, shredded spinach, and breadcrumbs. Slice the sweet potato longways into about 12-15 ultra-thin pieces. Coat a casserole pan with nonstick cooking spray and place about half the sweet potato slices along the bottom of the pan. Spread half the cheese mixture across the top of the sweet potato slices. Top the cheese with half the roasted root vegetables. Add another layer of each. Finish off with a sprinkle of extra parmesan and breadcrumbs if desired. Cover the casserole dish and bake for 55 minutes. Remove the cover and continue to bake for another 15-20 minutes or until the top has browned.



Think Sharp

THE BEST MENTAL EXERCISES FOR KEEPING A STRONG MIND

By Dylan Roche

First, the good news—the rate of dementia cases in the United States is down by 24 percent, according to the National Aging in Place Council. The bad news? There is still no cure for Alzheimer's Disease—the most common form of dementia—and it's expected to affect another 84 million Americans by 2050.

The Alzheimer's Association recommends treating your brain the way you would other parts of your body. If you want to keep it strong as you advance into old age, you have to give it proper use. Keeping an active mind means your brain is constantly forming new connections—in other words, forming new synapses between the neurons in your brain—and building new brain cells.

Looking to give your brain a daily workout? That's great! Here are some activities that are effective in challenging your mind and protecting your cognitive health:

Crossword puzzles: It turns out these grids of blank squares that you have to fill in with answers from provided clues work your brain in multiple ways. When you know the answers to the clues, you're using your ability to recall information. When the clues have you stumped, but you're able to look at the letters you've filled in from other clues, you're using your skills of problem solving and deductive reasoning.

Sudoku: Sudoku gained prominence in the late '00s, and for good reason—this puzzle tests your problem-solving abilities. Sudoku involves a grid of nine boxes by nine boxes, encompassing nine

smaller three-by-three box grids. The challenge is in placing the numbers 1 through 9 in each row, column, and smaller three-by-three grid without repeating any of the numbers or leaving one out. Finishing a sudoku puzzle requires you to form a strategy and concentrate on following through with it.

Logic word problems: Logic word problems present a scenario with multiple factors involved—for example, maybe you have three puppies, three differently colored collars, and three favorite dog treats. Your challenge is then to figure out which puppy wears which colored collar and prefers which treat. You're given just enough clues to solve the

outcome using deductive reasoning and process of elimination.

Other activities: Even if you don't have a book of puzzles on hand, there are plenty of mental exercises you can engage in. Try doing math in your head or using a pencil and paper (just don't rely on a calculator). You can also make up a list of related items and see whether you can remember what was on the list an hour later. Even activities that require you to learn new facts and engage in new information are great for you—read, listen to podcasts, visit museums, or play a board game that requires some element of skill, such as Scrabble or Monopoly.



HEALTH & BEAUTY FITNESS

Fitness Tips

FITNESS TERMS DECODED

By Dylan Roche

Do you ever feel as if fitness enthusiasts just have their own language? You've made a new year's resolution to get in shape, but every time you bring up the topic of exercise, you feel as if people start referring to concepts and controversies you struggle to follow without context.

Don't worry—you're not alone. A 2019 study by market researcher OnePoll found that more than half of all Americans feel intimidated at the gym. That's not to say that "gym-timidation" is necessarily the reason so many people abandon their new year's resolutions. But knowing what the heck people are talking about can definitely give you a slight boost toward feeling more comfortable and confident the next time you plan a workout (or even figure out your long-term fitness goals).

Here are a few of the more common fitness terms you might have questions about →

Cardio: Short for cardiorespiratory or cardiovascular exercise, this refers to any exercise that elevates your heart rate as your body tries to deliver oxygen to all the working muscles in your body. Think running, cycling, elliptical, swimming, Zumba—you get the idea. It's also sometimes called aerobic exercise. The Physical Activity Guidelines for Americans put out by the U.S. Department of Health recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week to reap the health benefits of this type of exercise.

High-Intensity Interval Training (HIIT): This fitness trend has gained momentum over the years because of how quickly it can burn fat in a short amount of time. Exercisers doing HIIT go at their maximum intensity for short bursts (about 1 to 2 minutes) and intersperse this with periods of moderate intensity. This way of approaching a workout is extremely effective at burning calories but it can be stressful on the body and shouldn't be done more than two or three times a week with sufficient rest periods in between.

Bulking and cutting: People trying to build muscle will often go through cycles where they bulk up with as much mass as possible (including muscle as well as fat) through a combination of strength training and nutrition, then lose (or cut) fat from their physique while maintaining muscle. Any kind of weight gain requires a dietary caloric excess, but fitness experts at the American Council on Exercise emphasize that you don't necessarily need to gain fat in order to gain muscle. However, gaining muscle while maintaining or losing fat will be a much slower, more drawn-out process.

Toning: The National Academy of Sports Medicine differentiates between bulking (increasing muscle mass) and toning (achieving a defined look to muscles). Toned muscles mean your body looks firmer and leaner without necessarily looking bigger.

Reps and sets: Reps refers to repetitions, the number of times you do an exercise consecutively, and sets refer to a group of reps interspersed by short breaks. If you lift a weight 10 times, that's 10 reps; after a short break, you lift 10 more times—that's two sets of 10 reps. Lifting a heavier weight for fewer reps is ideal for building larger muscles, whereas lifting a lighter weight for a greater number of reps is good for building endurance.

Isolation exercise: An isolation exercise is one that works a single muscle, such as a biceps curl to work your biceps, a triceps rope pulldown to work your triceps, or crunches to work your abdomen. Isolation exercises are good for focusing on that one single muscle to make it stronger and larger.

Compound exercise: In contrast to isolation exercise, there's compound exercise. A compound exercise requires more than one muscle and sometimes an entire muscle group. These exercises are often more difficult to perform because they require engagement from your entire body. Pullups, deadlifts, and squats are all compound exercises.

Circuit training: Aerobic exercise doesn't have to be limited to activities like running and cycling. With circuit training, you undertake different exercises requiring different muscle groups in quick succession to raise your heart rate and achieve cardiovascular benefits. If you move from one strength training exercise to another so fast that you're out of breath and breaking a sweat, that's circuit training.

Mind-body training: Mind-body training encompasses exercises that require mental concentration in addition to your physical exertion. This practice teaches your mind to be in tune with your body. Most exercises require some level of focus—weightlifting, for example, demands proper form—but mind-body training puts as much emphasis on the mental aspect as it does on the physical. Popular mind-body workouts include yoga and Pilates.

Heartrate training: Sometimes it's hard to know whether you're really pushing yourself as hard as you possibly can without putting yourself at risk. That's why some endurance athletes rely on heartrate training. With heartrate training, you look at your beats per minute as a percentage of your maximum heartrate. To find your maximum heartrate, subtract your age from 220. The next time you exercise, measure your heartrate. If your beats per minute are at about 70 to 80 percent of your maximum heartrate, you are exercising vigorously, per the advice of the American Heart Association.



Could mRNA Be Used to Fight Cancer?

By Dylan Roche

The development of the COVID-19 vaccine was a game-changer and a lifesaver in this pandemic—and it turns out that its influence might extend to other diseases as well. That's because the COVID-19 vaccines by Pfizer and Moderna are the first widespread use of mRNA technology, which has been studied for decades in the field of oncology. Now that scientists have found a way to use mRNA to prevent the disease caused by the novel coronavirus SARS-CoV-2, studies are underway at places like Penn Medicine and Harvard Medical School to examine whether mRNA technology is effective and safe at treating conditions like melanoma, lung cancer, breast cancer, ovarian cancer, multiple sclerosis, and AIDS.

How do mRNA vaccines work and how are they different from traditional vaccines?

With a traditional vaccine, a small portion of a virus known as an antigen is shot into your body. There's not enough of the virus to actually make you sick—it's just enough to trigger your immune system to create the antibodies you need to prevent sickness. That way, if you're ever actually exposed to the real virus, your immune system knows what to do.

On the other hand, mRNA technology relies on what's known as messenger ribonucleic acid, or mRNA for

short. Think of mRNA as a genetic guidebook for all of your body's cells—it's what tells your body how to make the proteins necessary for functions like growth, energy production, and defense against disease.

For an mRNA vaccine, scientists create a strand of mRNA in a lab that can tell your cells how to create spike proteins that look like the coronavirus. Your immune system responds appropriately and now knows how to fend off a COVID-19 infection.

What does this mean for treating other diseases like cancer?

Good question. Scientists have spent years trying to develop other treatment options as an alternative to chemotherapy, which often makes patients nauseous and can harm other body cells in addition to the cancer cells it targets.

The hope now is that mRNA technology can be tailored to certain diseases so that the body knows how to fight them. However, these would be slightly different from mRNA vaccines for COVID-19, which are prophylactic—in other words, they're intended to prevent a disease, not treat it. In the case of mRNA to treat cancer, mRNA would be an intervention—a treatment for patients who are already sick. Currently, scientists are recruiting participants for phase 1 and phase 2 clinical trials to assess the efficacy and safety of therapeutic mRNA vaccines.

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Conveniently Delicious & Nutritious

By Tom Worgo
Photography by Stephen Buchanan

Owner Stacey Heywood offers a dare to people who have not tried Rutabaga Juicery & Eats. Taste one of the offerings of the café and you will likely come back. Heywood says many people easily get hooked this way. The business' retention rate of new customers is about 85 percent.

"I challenge everybody to come to Rutabaga for seven days and replace your morning coffee with a juice," she explains. "That's all the evidence you will need. It will taste delicious."

The café offers more than cold-pressed juices. Rutabaga's menu also features food bowls like Strawberry Nice Cream and Cacao Protein, and toasts such as Brownie Batter and Nut Butter Banana, as well as smoothies and espresso. All selections are plant-based and additive-free. The drive-through helps the business immensely.

"We want to create food that is delicious first, but also is whole food that is healthy by nature," says Heywood, who owns Rutabaga with her husband Jim.

The Annapolis café opened in 2015 and was successful enough that the Heywoods opened a second location in Crofton in 2018. The concept stems back quite a few years to the Adelaide Central Market while the Heywoods were living in South Australia. There, a customer could grab a meal made of fresh, local, and healthy ingredients. After moving to the Anne Arundel County, they realized that the area is a virtual health food desert dominated by chain and fast-food restaurants. That's why they opened Rutabaga.

We talked to Stacey about using plant-based food, weighing healthy food and taste, and customer favorites.

You use whole plant-based food. How?

Everything we offer is plant-based and comes from a whole ingredient basis. Our cashew milk is an example. It's not a store-bought cashew milk with fillers in it. We make it with cashews and water. We avoid processed food as much as possible. The ingredient list is clean.

Talk about cold pressure juices and the process?

We use raw juice. We have a big hydraulic press that slowly chews up food and crushes it under pounds of pressure. It extracts a large amount of nutrients and has a totally different texture. The juice has a very short shelf life and is very fresh. It's just an incredible, nutrient energy burst.

What goes into making smoothies?

Our smoothies are very different than you will get elsewhere. They taste like milkshakes. It's just whole-blended fruits and vegetables. We use super foods that are high in nutrients and vitamins. You are not paying for a bunch of water-blended stuff. You are getting pounds of produce in your drink. They are a substitute for light meals. They will sustain you for breakfast or lunch.



Rutabaga co-owner Jim Heywood (far right) with the café's staff.

RUTABAGA JUICERY & EATS 4 Ridgely Avenue, Annapolis, 410-267-0261 | 1131A MD Route 3 N, Gambrills, 410-970-2437 | rutabagajuicery.com



Rutabaga Local Smoky Shrooms Toast

What are customer favorites?

I would say the green protein is very popular. You are getting a huge amount of greens in it, but it tastes like ice cream or a delicious vanilla, cinnamon milkshake. And the drinks are delicious. Zest (with orange, grapefruit, lemon, ginger, turmeric, green apple, carrot) is a vitamin C hit and has a very exotic orange flavor.

Explain what the Rutabaga Reset is?

The Rutabaga Reset is a program composed of raw, whole-pressed juices that you drink throughout the day. You can do it for one day or three days. Some people who work with nutritionists do it longer. Essentially, you eliminate all your solid foods. You're just drinking juices. You eliminate things like alcohol, caffeine. The things that tend to stimulate, irritate, or inflame us more. You are giving your body a rest and a massive surge of nutrients.

How does the drive-through that you added in 2020 help business?

All our products are to go, so we are a fast and casual environment. We have our drive-through for that reason. For us, it's about making the food more accessible. We want to make Rutabaga the next drive-through. Why can't we be on every street corner? Why aren't our blends the things you are grabbing on your way to work? Or after a long day at work? It shouldn't be a processed, greasy cheeseburger when you can have something just as delicious and good for your body in a fast, healthy, and convenient way.

What type of customers do you attract?

Rutabaga is for everyone. We get customers from all walks of life. Mechanics come over and enjoy our toast and coffee. We have people coming in after a yoga session and moms coming in on their way to drop kids off at school. We also get people who are on nutritional journeys. People who have cancer or going through terminal illness or people trying to change their lifestyle. They are finding a convenience in the change that is required.

Explain your slogan: "Always Fresh, Always Whole, Always Humble."

We think food doesn't need to be complicated. We avoid the diet culture. Our objective is just to make delicious food. I come from a food and wine background. We are making our menu pretty darn good. The only way to know that is to taste it. We want it to be acceptable for everyone.

- 1 Slice toasted, quality whole grain bread
- 1/4 Cup mushroom & carrot fermented pickle (we love Oksana's Ferments)
- 1/4 Cup baba ganoush (we love Asmaar's Mediterranean or Rooted MD)
- 1 Tbsp hot pepper jelly
- Handful of microgreens or rocket

"This is such a delicious chilly-day recipe," Heywood says. "It's hearty, warming, and made from so many locally prepared, whole ingredients. Many of these can be found within our beautiful Anne Arundel County Farmers Markets. You can mix and match to your tastes too! Don't like smoky?"

Try a delicious red pepper hummus instead!" Simply toast the bread. Spread with baba ganoush and fermented mix. Top with a few small dollops of hot pepper jelly and a handful of delicious greens.



Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By **Kelsey Casselbury**

Hellos and Goodbyes

The Village at Waugh Chapel shopping center is welcoming two new eateries. **Eggspectation** is opening in the storefront left vacant by last year's closure of M&M Restaurant. The restaurant, which also has locations in Ellicott City and Owings Mills, offers luxe all-day breakfast (think French crepes and short ribs benedict), as well as an expansive lunch menu. **2402 Brandermill Boulevard, Gambrills | eggspectation.com**

Mod Pizza is also coming to Waugh Chapel. This fast-casual restaurant, which also has spots in Annapolis and Bowie, offers pizzas and salads made to order. **2612 Main Chapel Way, Gambrills | modpizza.com**

There are big changes on the Eastern side of the Bridge. Along with the closing of Annie's at the end of December, Hemingway's also closed at the end of the year and will transition into a new restaurant, Libbey's Coastal Kitchen and Cocktails. The establishment, along with the Bay Bridge Marina, was acquired last summer by new owners, who have plans to open Libbey's this spring. The new restaurant, which will be operated by Chesapeake Bay Beach Club, will focus on high-quality service, food, and beverage with a local, seasonal approach to the menu. **357 Pier One Road, Stevensville | libbeyscoastalkitchen.com**

On Your Plate: 2022 Food Trends

When you think back on 2021, perhaps you remember all the marvelous culinary concoctions that social media app TikTok brought us. Baked feta pasta! Pancake cereal! Sushi rice! Who knows what sort of new gastronomical creations this year will bring us, but the experts at Whole Foods Market have their guesses.

Here's what they say you can expect to see in 2022:



All About Yuzu. Tangerines are so last year. Yuzu, a similarly sized citrus fruit cultivated mostly in Asia, has started trending, with its tart flavor appearing in hard seltzers, salad dressings, and more.



Reducetarianism. You don't have to totally give up meat, dairy, and eggs to make an environmental impact. Plant-curious eaters are just reducing their consumption of animal products and, when they do eat them, making it count by choosing grass-fed meat and pasture-raised eggs.



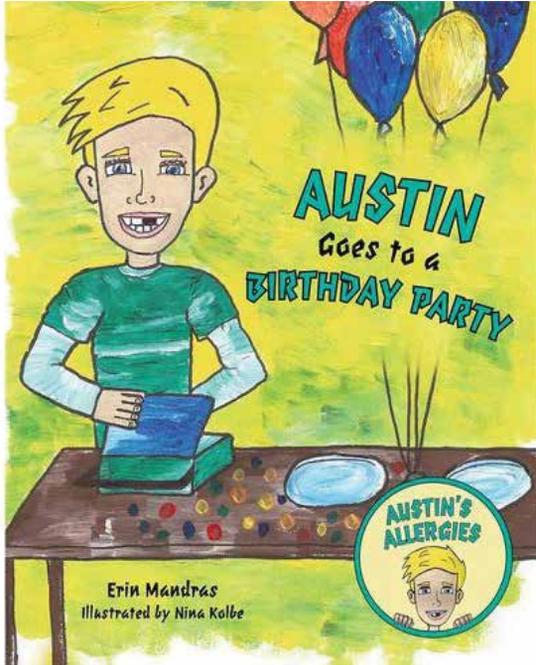
Hi to Hibiscus. Often used in teas, the sweet, tart flavor of hibiscus flowers (and its hot-pink hue) is making a debut in yogurts, fruit spreads, and flavored waters.



Here Comes the Sunflower. Sunflower seeds certainly aren't new, but they're coming to the forefront this year. You might see these protein-packed seeds in crackers, ice creams, and even creamy cheeses.



Functional Fizz. Sparkling water now has a lot more than just carbonation in it. People are looking for bubbly beverages that pull double-duty by offering up pre- and probiotics, vitamins and minerals, and more.



Giving Back

Miss Shirley's Cafe opened on West Street 10 years ago and quickly became an Annapolis mainstay. In celebration of its anniversary, the Cafe—which emphasizes food allergy education and awareness—donated copies of the children's book, *Austin Goes to a Birthday Party*, by Erin Madras, to 87 AACPS elementary schools. "We value education and advocacy about a topic so near and dear to our hearts in schools," says Brandy Buddemeyer, a managing member of Miss Shirley's. In

2018, the restaurant earned the Cornerstone of the Industry Award from the National Restaurant Association of Maryland for its work with Food Allergy Research & Education. **1 Park Place, Annapolis | missshirleys.com**

From the Bar: Sober-Curious?

It's January, and you know what that means: Everyone you know is trying to stay dry for at least the first 31 days of the year. You might be trying it out, too, and there's a term for that: sober-curious, first coined by author Ruby Warrington in her 2018 book. It means that you might be thinking about the role alcohol plays in your life and making the decision to cut back or skip it entirely for a period of time. Even industry experts are saying that buzz-less spirits are a trend coming up in 2022.

But what if you still want to brunch? Or you simply enjoy the taste of certain types of alcohol (say, gin?) Try out this recipe for a spirit-less morning tippie:

Buzz-less Breakfast Martini

Serves 1

2 ounces virgin gin
1/2 ounce lemon juice
2 1/2 teaspoons orange jam

Add all ingredients to a cocktail shaker with ice and shake. Strain over cubed ice into a martini glass.

Recipe and photo courtesy of Damrak Virgin Gin (www.damrakgin.com)



Have culinary news to share? Send an email to Kelsey Casselbury at kcasselbury@whatsupmag.com.

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2207 Defense Highway, Crofton; 410-721-0331; Allisonsrestaurant.com; American; lunch, dinner \$\$ 🍴 🍷 🌟

Ashling Kitchen & Bar

1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; lunch, dinner \$\$ 🍴 🍷

Blackwall Barn & Lodge

329 Gambrills Road, Gambrills; 410-317-2276; Barnandlodge.com; American; lunch, dinner, weekend brunch \$\$\$ 🍴 🍷 🌟 🎵

Blue Dolphin Seafood Bar & Grill

1166 Route 3 South, Ste. 201, Gambrills; 410-721-9081; Bluedolphingrill.com; Modern American, seafood; lunch, dinner \$\$\$ 🍴 🍷 🌟

Bonefish Grill

2381 Brandermill Boulevard, Gambrills; 410-451-5890; Bonefishgrill.com; Seafood; brunch, lunch, dinner \$\$ 🍴 🌟

Coal Fire

1402 South Main Chapel Way Ste. 110, Gambrills; 410-721-2625; Coalfireonline.com; Pizzas, sandwiches, salads; lunch, dinner \$\$ 🍴 🌟

The Crab Shack

1260 Crain Highway, Crofton; 443-302-2680; thecrabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

Crave Catering Co.

1510 Danewood Ct; Crofton; 443-302-9169; Cravecateringco.com; Catering 🍷

Di Meo's Pizzeria

1663 Crofton Center, Crofton; 410-874-4726; Pizzacrofton.com; Italian; lunch, lunch, dinner \$\$ 🍴

Fat Boys Crab House

1651 Route 3 North, Crofton; 443-292-4709; Fatboyscrofton.com; Seafood, American; lunch, dinner \$-\$\$ 🍴 🌟

Frank and Luke's N.Y. Pizza Kitchen

1153 MD-3, Crofton Md 21114; 443-292-8510, fandlpizza.com; italian, lunch and dinner \$\$, 🍴 🍷

Frisco Taphouse

2406 Brandermill Blvd, Gambrills; 443-292-4075; Friscotaphouse.com; American; lunch, dinner, weekend brunch \$ 🍴 🌟

Fuji Japanese Steakhouse

1406 S. Main Chapel Way, Gambrills; 410-721-6880; Jcfuji.com; Japanese; lunch, dinner \$\$ 🍴

Kodo Empire Garden

1166 MD-3 Suite 210, Gambrills; 410-721-5777; Empiregarden-gambrills.com; Japanese; lunch, dinner \$\$

Ledo Pizza

1286 MD-3, Crofton; 410-721-5200; Ledopizza.com; Italian; lunch, dinner \$ 🍴 🍷

Molloy's

1053 MD-3, Gambrills; 410-451-4222; Molloy-sirishpub.com; Irish, American, Seafood; lunch, dinner, weekend brunch \$ 🍴 🍷

Nonna Angela's

2225 Defense Highway, Crofton; 443-584-4038 Nonnaas.com; Italian; lunch, dinner \$-\$\$

Mi Casita Mexican Restaurant

1334 Defense Highway, Gambrills; 410-451-0025; Micasitainc.com; Mexican; lunch, dinner \$ 🍴 🍷

Mission BBQ

2503 Evergreen Road, Gambrills; 410-697-1002; Mission-bbq.com; American, barbecue; lunch, dinner \$ 🍴

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2510 Conway Road, Gambrills; 410-721-5654; Indian; lunch, dinner \$\$ 🍴 🌟 🍷

Nautilus Diner & Restaurant

1709 Transportation Drive, Crofton; 410-451-8515; American diner; breakfast, brunch, lunch, dinner \$ 🍴 🌟

Newk's Eatery

1360 Main Chapel Way, Gambrills; 443-302-2734; Newks.com; Sandwiches, soups, salads, pizza; lunch dinner \$ 🍴

Otani Japanese Cuisine

1153 Route 3 North, Gambrills; 410-721-7338; Otanijapanese-cuisine.com; Japanese, sushi; lunch, dinner \$\$ 🍴 🍷

Pherm Brewing Company

1041 MD Route 3; Gambrills; 443-302-2535; phermbrewing.com; Food trucks on Weekends

Querétaro

1406 S Main Chapel Way, Ste. 110, Gambrills; 410-721-1392; Queretaroinc.com; Mexican; lunch, dinner \$ 🍴 🌟

Renos Restaurant

1344 Defense Highway, Gambrills; 410-721-0575; American; breakfast, lunch; \$ 🍴

Royal Kabab Restaurant

738 Route 3, Gambrills; 410-697-3216; facebook.com/royalkabab-online; Indian; lunch, dinner \$ 🍴

Rutabaga Juicery

1131A MD-3 North; Gambrills; 410-970-2437; Rutabagajuicery.com; Juice and quick eats 🍷

Thai at Waugh Chapel

1406 S Main Chapel Way #102, Gambrills; 410-415-1004; Thaiat-waughchapel.com; Thai; lunch, dinner \$ 🍴 🌟

V N Noodle House

2299 Johns Hopkins Road, Gambrills; 410-721-6619; Vnnoodle-house.com; Vietnamese; lunch, dinner \$

Hanover

George Martin's Grillfire

7793 Arundel Mills Boulevard, Hanover; 410-799-2883; Georgemartinsgrillfire.com; Modern American; breakfast, lunch, dinner \$\$ 🍴 🌟 🍷

Little Spice Thai Restaurant

1350 Dorsey Road, Hanover; 410-859-0100 Littlespicethaicuisine.com; Thai; lunch, dinner \$\$ 🍴 🌟

Maiwand Kabob

7698 Dorchester Boulevard, Hanover; 443-755-0461; Maiwand-kabob.com; Afghan, kabobs; lunch, dinner \$\$ 🍴

Timbuktu Restaurant

1726 Dorsey Road, Hanover; 410-796-0733; Timbukturestaurant.com; Seafood; lunch, dinner \$\$ 🍴 🌟

Vivo Trattoria & Wine Bar

At the Hotel at Arundel Preserve; 7793 B Arundel Mills Blvd., Hanover; 410-799-7440; Vivotrattoria.com; Italian, pizza; lunch, dinner \$\$ 🍴 🌟

Millersville / Glen Burnie

Arturo's Trattoria

1660 Crain Highway South, Glen Burnie; 410-761-1500; Arturostrattoria.com; Italian; lunch, dinner \$\$\$ 🍴 🌟

Broken Oar Bar & Grill

864 Nabbs Creek Road, Glen Burnie; 443-818-9070; Brokenoarbarand-grill.com; American; lunch, dinner, Sunday brunch \$\$ 🍴 🌟 🎵

The Grill at Quarterfield Station

7704 D Quarterfield Road, Glen Burnie; 410-766-6446; Thegrill-atquarterfieldstation.com; American; breakfast, lunch, dinner, Sunday brunch \$-\$\$ 🍴 🌟

Hellas Restaurant and Lounge

8498 Veterans Highway, Millersville; Hellasrestaurantand-lounge.com; 410-987-0948; Greek, American, Seafood; lunch, dinner \$\$ 🍴 🌟 🍷

Ledo Pizza

8531 Veterans Highway, Millersville; 410-729-3333; Ledopizza.com; Italian; lunch, dinner \$ 🍴 🍷

Lee's Szechuan

672 Old Mill Road, Millersville; 410-987-6111; Leesszechuan.com; Chinese; lunch, dinner \$

Libations

8541 Veterans Highway, Millersville; 410-987-9800; Libationsmd.com; American; lunch, dinner, weekend brunch \$\$ 🍴 🌟 🎵

Mi Pueblo

7556 Ritchie Hwy, Glen Burnie; 410-590-1616; Mipueblo1.com; Mexican; Lunch, Dinner \$-\$\$, 🍴

Pappas Restaurant & Sports Bar

6713 Ritchie Highway, Glen Burnie; 410-766-3713; Pappasrestaurantglenburnie.com; American, seafood; lunch, dinner \$\$ 🍴 🌟

Tijuana Tacos VI

7703 Quarterfield Road, Glen Burnie; 410-766-0925; Mexican; breakfast, lunch, dinner \$

Willy's Kitchen

7271 Baltimore-Annapolis Boulevard, Glen Burnie; 410-761-8001; Willyskitchenandcatering.com; American; breakfast, lunch, dinner \$ 🍴

Odenton

Baltimore Coffee & Tea Company

1110 Town Center Boulevard, Odenton; 410-874-3573; Baltcoffee.com; American café, coffee and tea; breakfast; lunch \$ 🍴

Bangkok Kitchen

Thai Restaurant 1696 Annapolis Road, Odenton; 410-674-6812; thairestaurantmd.com; Thai; lunch, dinner \$

Buck Murphy's Bar & Grill

378 Mt Vernon Ave, Odenton; 410-674-700; American; dinner, weekend lunch \$ 🍴

Crab Galley

1351 Odenton Rd, Odenton; 410-923-2722; Crabgalley.com; Seafood; lunch, dinner \$ \$ 🍴

Grace Garden

1690 Annapolis Road, Odenton; gracegardenrestaurant.com; 410-672-3581; Gourmet Canton and Sichuan Chinese; lunch, dinner \$ \$ 🍴

Hong Kong Gourmet

1215 Annapolis Road # 109, Odenton; 410-672-3970; Hongkonggourmetmd.com; Chinese; lunch, dinner \$ 🍴

Hunan L'Rose

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Mamma Roma

Village Center Shopping Center, 8743 Piney Orchard Parkway #102-103, Odenton; 410-695-0247; Mammarmomas.com; Italian, catering; dinner \$ \$ 🍴 🏆 🍷

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8777 Piney Orchard Parkway, Odenton; 410-695-0666; American; breakfast, lunch, dinner \$ 🍴

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1210 Annapolis Road, Odenton; Perrys-restaurant.com; 410-674-4000; American, Greek; lunch, dinner \$ 🍴 🎸

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1103C Annapolis Rd, Odenton; Rinconito-mexicanoinc.com; 410-305-0882; Mexican; lunch, dinner \$ 🍴

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8376 Piney Orchard Parkway, Odenton; 410-674-4292; Rievesdeli.com; Deli, sandwiches; breakfast, lunch, dinner \$

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8389 Piney Orchard Parkway, Odenton; 410-674-2700; Romeospizzamd.com; Italian; lunch, dinner, catering \$ \$ 🍴

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1110 Town Center Blvd, Odenton; 240-556-0033; Ruthschris.com; Steak, seafood; lunch, dinner \$\$\$ 🍴 🍷

The Hideaway

1439 Odenton Road, Odenton; Hideawayodenton.com; 410-874-7300; Barbeque; brunch, lunch, dinner, catering \$ \$ 🍴 🏆 🍷

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Odenton Shopping Center, 1139 Annapolis Road, Odenton; 410-674-0160; Threebrotherspizza.com; Italian; lunch, dinner, catering \$ 🍴

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849 Baltimore Annapolis Boulevard, Severna Park; 410-647-8222; Cafe-bretton.com; French; dinner \$\$\$

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760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezzanotte.com; Italian; lunch, dinner \$ \$ 🍴 🍷 🎸

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2622 Severn Square Shopping Center, Severn; 410-551-5700; Giannispizzasevern.com; Italian; lunch, dinner \$ 🍷

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2608 Mountain Road, Pasadena; 410-437-3354; Sandwiches; lunch, dinner, \$

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554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$ 🍷 🍴

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580 Ritchie Highway, Severna Park; 410-793-5930; Parktavernsp.com; American; lunch, dinner \$\$ 🍷 🍴

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400 6th Street, Annapolis; 410-263-3454; blackwallhitch.com; Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$\$ 🍷 🍴 🍷 🍴

Broadneck Grill & Cantina
1364 Cape St Claire Road, Annapolis; 410-757-0002; 74 Central Avenue West, Edgewater; 410-956-3366; Broadneckgrill.com; Contemporary American and Mexican Cuisine; serve breakfast Saturday and Sunday; lunch, dinner \$\$ 📞 🍷 🍴 🍷

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3111 Solomons Island Road, Edgewater; 443-837-6279; the-crabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

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400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$ 🍷 🍴 🍷 🍴

G&M Restaurant & Lounge
804 N. Hammonds Ferry Road, Linthicum Heights; 410-636-1777; Gandmcabcakes.com; Seafood; lunch, dinner \$\$ 📞 🍷 🍴

Grump's Café
117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$\$ 🍷 🍴 🍷

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1251 West Central Ave, Davidsonville; 443-203-6846; Harvestthymetavern.com; American; lunch, happy hour, dinner 🍷 🍴

Herald Harbor Hideaway
400 Herald Harbor Road, Crownsville; 410-923-4433; Heraldharborhideaway.com; American; lunch, dinner \$ 🍷 🍴 🍷

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5471 Muddy Creek Rd, Churchton, 240-903-8100, jessejays.com, Latin, Lunch, dinner \$\$ 📞 🍷 🍴

La Sierra
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2412 Mountain Road, Pasadena; 410-437-8999; Listasgrill.com; American, steak, seafood; dinner \$\$ 📞 🍷 🍴

Lures Bar and Grille
1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$\$ 📞 🍷 🍴 🍷 🍴

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2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, dinner \$ 🍷 🍴

Milano Pizza
1021 Generals Highway, Crownsville; 410-923-0093; Milanopizzaofcrownsville.com; Italian, lunch, dinner \$ 🍷

Mother's Peninsula Grille
969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American; lunch, dinner \$\$ 🍷 🍴 🍷

Old Stein Inn
1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ 🍷 🍴 🍷 🍴

The Point Crab House & Grill
700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Seafood; lunch, dinner \$\$ 🍷 🍴 🍷 🍴

Rams Head Roadhouse
1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍷 🍴 🍷

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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Michele Gardiner of Severn, who won a \$50 gift certificate to a local business.

Mail entries to: Where's Wilma? Central Maryland, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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Entries must be received by January 31, 2022. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Central Maryland.

Absolute Design Studio.....	143
Archbishop Spalding High School.....	25, LIE
Baltimore Washington Medical Center.....	IBC
Beall Funeral Home.....	40
Berkshire Hathaway Homeservices Homesale Realty.....	2
Blackwall Barn & Lodge.....	BC
Bowie Siding & Roofing Inc.....	143
Crave Catering Co.....	157
David's Natural Market.....	150
Divine Mercy Academy.....	39, LIE
Djawdan Center for Implant and Restorative Dentistry.....	1
Dr. Heather Pacheco.....	11
Elite Starr Academy.....	25
Fichtner Services.....	135
Geneig Country School.....	24
Harvest Thyme Modern Kitchen & Tavern.....	150, GG
Holy Trinity: An Episcopal School.....	39, LIE
Hunan L'Rose.....	158
Indian Creek School (Upper Campus).....	20, LIE
Key School.....	32
Long & Foster-Crofton.....	139
Luminis Health AAMC.....	3
Mamma Roma.....	158
Maryland Pet Crematory.....	8
Monsignor Slade Catholic School.....	24, LIE
Montessori International Children's House.....	24
Mr. Handyman.....	136
Odenton Christian School.....	24, LIE
Odenton Masonic Lodge No. 209.....	159
O'Donnell Vein and Laser.....	IFC
Rockbridge Academy.....	LIE
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School of the Incarnation.....	LIE
Severn School.....	LIE
ShelfGenie.....	136
Skin Oasis Dermatology.....	5
St. Martin's In the Field Episcopal School.....	25
St. Vincent Pallotti High School.....	39
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Wild Birds Unlimited.....	8

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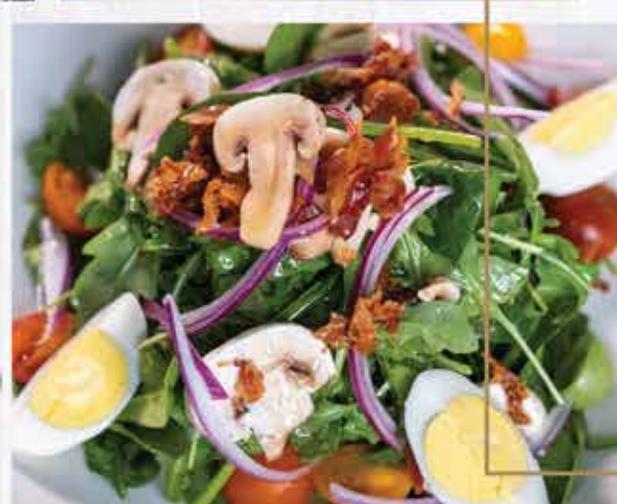
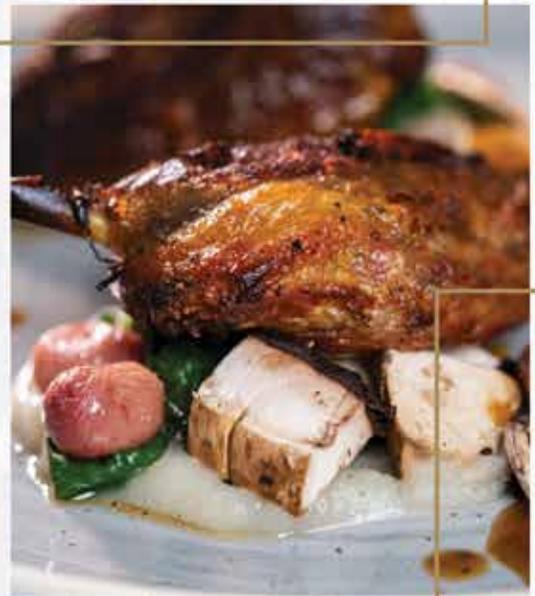
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