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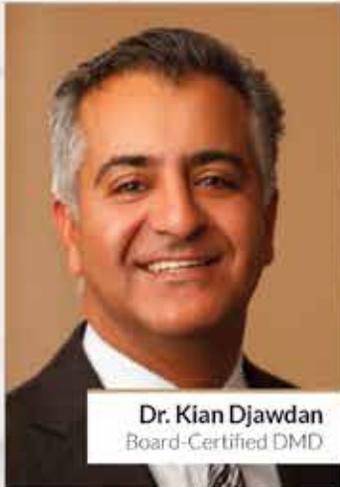
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**On the Cover:** We celebrate our communities through philanthropy. Design by August Schwartz. Contact *What's Up?* Central Maryland online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

# May contents



20

## Home & Design

**58 Home Garden: Decisions, Decisions** How to organize your outdoor spaces for guests *By Janice F. Booth*

**63 An Epic Find in Epping Forest** Unique features tucked in a unique home within a unique community *By Lisa J. Gotto*

## Features

**20 See Somebody, Help Somebody** Mental Health First Aid has become a top priority among first responders and non-profits, who now provide training to the public *By Lisa Hillman*

**27 Leading Lawyers 2022-2023** After months of professional surveying and vetting, this year's class of Leading Lawyers is revealed

**33 Leading Legal Professionals** A special advertorial section introducing readers to exceptional firms and attorneys practicing in the region

**41 Making Our World a Better Place** A discussion of the importance of philanthropy within our communities and best practices to fulfill charitable missions *By Gary Jabson*

**47 Spruce Up!** If you're looking for the best, local home professionals to help you get your home in tip-top shape, or if you're looking for a new home altogether, our 2022 Home Resource Guide has the answers

**55 Gift Guide** A special advertiser collection of Mother's Day gifts



58



74

## Dining

**73 Readers Review Contest** Your dining reviews can win you free dinners!

**74 Savor the Chesapeake** Restaurant news and culinary trends from the Chesapeake Bay region *By Megan Kotelchuck*

**76 Readers Restaurant Guide** More than 125 regional restaurants listed



41



60

## Health & Beauty

*By Dylan Roche*

- 68 Fresh Take: Tomatoes**
- 69 Lashes for Days**
- 70 Fitness Tips: Leg Day**
- 71 Summer Style**

WHAT'S UP? CENTRAL  
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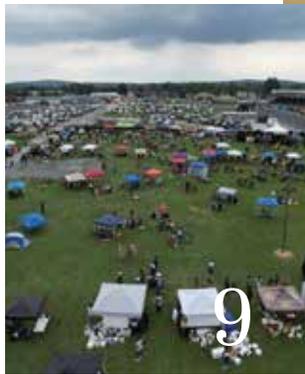
Best of Central Maryland 2022  
Summer & Waterfront Dining Guide  
Next Generation of Environmental Leaders  
Primary Election Preview

# May contents

## In Every Issue

**7 From the Publisher** Veronica Tovey shares her thoughts on What's Up? Media's 25th anniversary

**9 Out on the Towne** Special celebrations and activities to enjoy this month *By Megan Kotelchuck*



**14 Towne Salute** Meet Karen Stiltner with London's Legacy *By Tom Worgo*

**16 Towne Spotlight** Local business and community news *By James Houck*

**18 Towne Athlete** Meet Zaria Ragler of Arundel High School *By Tom Worgo*

**80 Where's Wilma?** Find the What's Up? Media mascot and win

## e-contents



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# From the publisher



Even after all these years,

YOU CAN TELL FROM THIS

new picture of me

THAT I STILL LOVE BEING PART OF

What's Up? Media!

I've aged a little over 25 years, but then, who hasn't? I don't feel any older than in 1997 and my belief is that being so closely connected with our wonderful communities has kept me feeling younger.

People often ask why I started What's Up? I moved here in 1990 and became involved with different organizations, but what I didn't find was a complete sense of community that encompassed all our best parts. I hoped I could create a publication that spoke to all of us and included everyone in what was going on around us...that's where our name came from, *What's Up?*

Throughout the years, the world and our communities certainly have changed, yet our mission stays the same. Gathering our communities together through our publications. We hope you see us as a unifying force and a good place to find out about great events as well as important issues requiring our understanding and input.

Another question often asked is, how do we find enough to write about month after month and year after year? To that I answer—the absolutely wonderful people who have helped us throughout the years! Our readers are quite active in giving us their thoughts. And without your input we wouldn't know as many stories. Also, our employees, writers, and photographers are local and so every person has their own special information and interests. Without you, our readers, we would not have succeeded and that extends to our excellent advertisers. Together, everyone becomes a team.

For the next 25 years (at least), What's Up? Media will strive to continue informing and encouraging what's good in our communities and for us, individually, I hope we all grow and prosper in health, happiness, and wellbeing. Most importantly—that we may live in peace!

**Veronica Tovey,**  
President + Publisher



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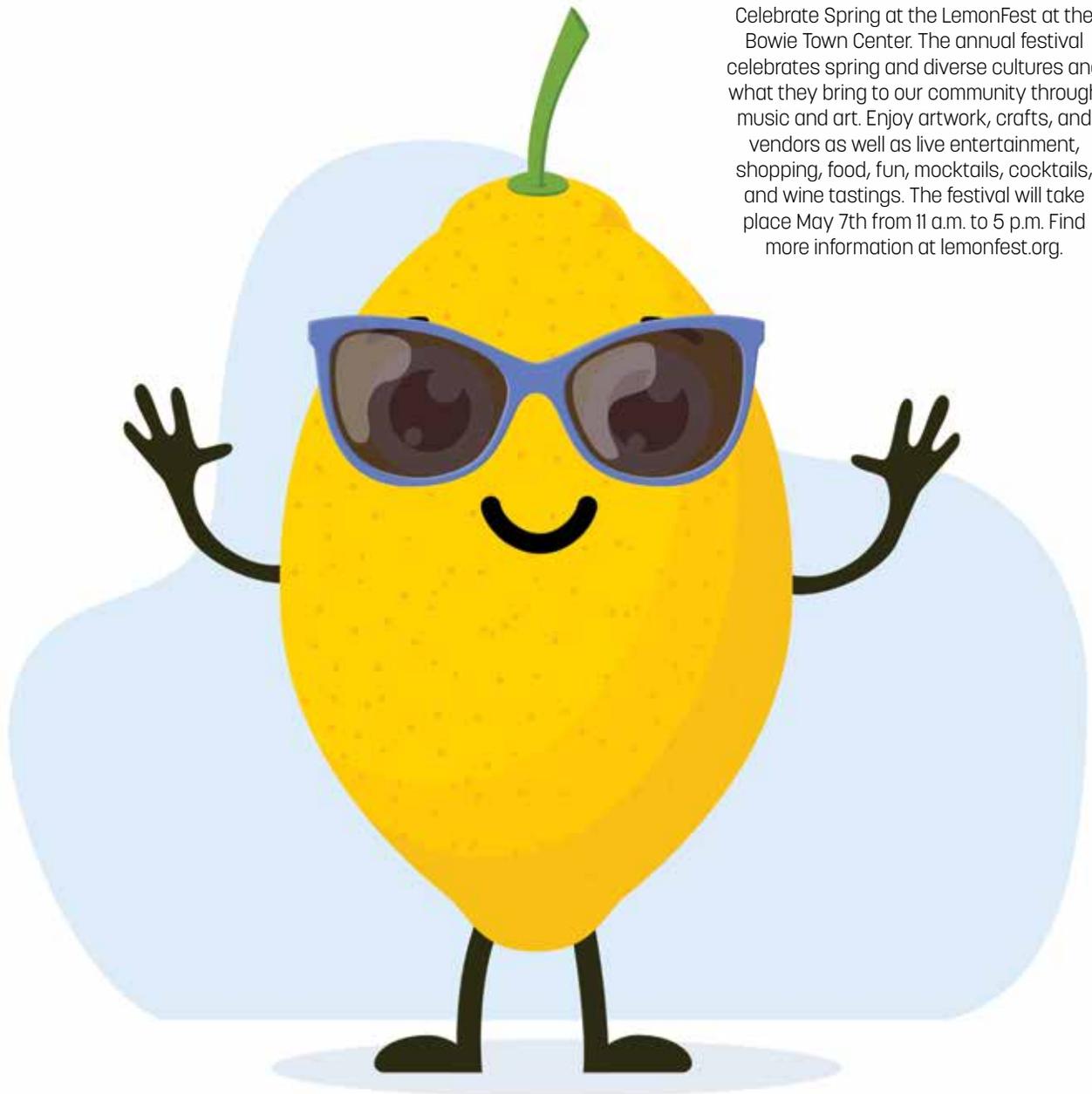


# *Out on the* **TownE**

9 EVENT PICKS | 14 SALUTE | 16 SPOTLIGHT | 18 ATHLETE

## **LemonFest**

Celebrate Spring at the LemonFest at the Bowie Town Center. The annual festival celebrates spring and diverse cultures and what they bring to our community through music and art. Enjoy artwork, crafts, and vendors as well as live entertainment, shopping, food, fun, mocktails, cocktails, and wine tastings. The festival will take place May 7th from 11 a.m. to 5 p.m. Find more information at [lemonfest.org](http://lemonfest.org).



## DERBY DAY AT MARYLAND THERAPEUTIC RIDING

On May 7th, celebrate the Kentucky Derby with the 13th Annual Derby Day at Maryland Therapeutic Riding in Crownsville. The day will include a live viewing of the Kentucky Derby, bourbon tasting, hat contest, live and silent auctions, dinner, drinks, and, of course, mint juleps! More information can be found at [horsesthatheal.org](http://horsesthatheal.org).



## ↑ Treasure the Chesapeake

Show your love for the Chesapeake Bay by joining the Chesapeake Bay Trust's Treasure the Chesapeake. The gala will be on May 5th from 6 to 9 p.m. at the Baltimore Museum of Industry. The night will include networking with community leaders, delicious dinner with oyster hour, open bar, and wine tasting, as well as a silent auction featuring dozens of local businesses. Find more information at [cbtrust.org](http://cbtrust.org).



## ↓ YWCA 100th Annual Soiree

Gather your fabulous 1920s attire and dance the night away at the YWCA Soiree. This year, the Annapolis YWCA will celebrate their 100th anniversary and are inviting you. The Soiree will be May 13th at 6:30 p.m. at The Westin Annapolis Hotel. More information can be found at [annapolisywca.org](http://annapolisywca.org).



## MARYLAND CRAFT BEER FESTIVAL

Join the Brewers Association of Maryland for the 2022 Maryland Craft Beer Festival. The festival is returning to the Carroll Creek Linear Park in Frederick on May 14th from 12 to 5 p.m. Entry to the event includes beer samples from dozens of Maryland breweries including a few that are not even open to the public yet. There will be over 200 unique beers which have all been brewed in Maryland. In addition to beer, there will be live music, a great selection of food, and plenty of craft vendors to enjoy. Purchase tickets and find more information about this rain or shine event at [mdcraftbeerfestival.com](http://mdcraftbeerfestival.com).



**↑ ANNIE**

Children's Theatre of Annapolis is performing Annie throughout May. The irrepressible comic strip heroine takes center stage in one of the world's best-loved musicals. With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City Orphanage that is run by the cruel, embittered Miss Hannigan. With the help of the other girls in the Orphanage, Annie escapes to the wondrous world of NYC. In adventure after fun-filled adventure, Annie foils Miss Hannigan's evil machinations...and even befriends President Franklin Delano Roosevelt! Find more information and buy tickets at [childrenstheatreofannapolis.org](http://childrenstheatreofannapolis.org).

**Tee Up For a Child Golf Tournament**

Anne Arundel County CASA is having their 21st Annual Tee Up For a Child Golf Tournament on May 2nd at the Crofton Country Club. CASA (Court Appointed Special Advocates) speaks up for children who have been abused or neglected in court, at school, and in the community. CASA volunteers have been trained to protect a child's safety and this golf tournament raises money to help that happen. Find more information at [aacasa.org](http://aacasa.org).

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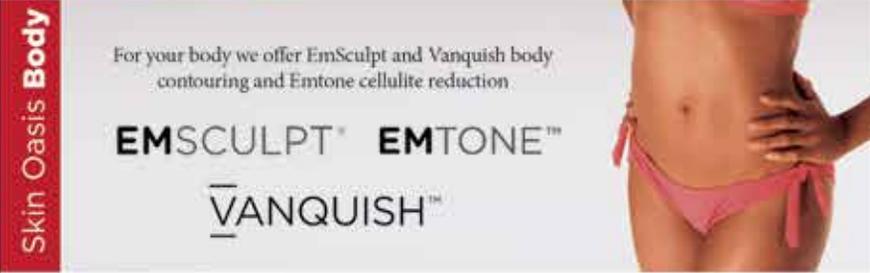
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## ↓ SPRING OPEN HOUSE AND PUBLIC ANNIVERSARY PARTY

Chesapeake Arts Center is having their 20th Anniversary Party and Spring Open House on May 14th at the Chesapeake Arts Center in Brooklyn Park. The free event will have open doors for all, with fun and creative activities for the whole family. Watch dance demonstrations, see artists throw pots on a wheel, create hands-on projects in the arts classroom, tour exhibits in the galleries, and so much more. Visit [chesapeakearts.org](http://chesapeakearts.org) for more information.



## ↑ The Boatyard Opening Day Rockfish Tournament

Big news! After a two-year hiatus, the much anticipated and celebrated Boatyard Opening Day Rockfish Tournament returns live and in-person on May 1st. This fundraising event—the first of Boatyard’s many successful charity events—is a catch-and-release fishing tournament, with a huge after-party on site at the Boatyard Bar & Grill in Eastport featuring live music, great food, libations, and awards. Full details, including how to register as a captain or simply attend the after-party, are at [boatyardbarandgrill.com](http://boatyardbarandgrill.com).



## DRAGONS IN THE DENA FESTIVAL

On May 21st, start your day at Kurtz’s Beach in Pasadena for the Annual “Dragon’s in the Dena” Festival to raise funds for a new flagpole at the Rt. 100 Veteran’s Memorial area. The event will be 8 a.m. to 3 p.m. and feature dragon boat races, water sports activities, and more.

Teams will compete in Dragon Boats who are led by a drummer, who is beating time to keep the paddlers in unison, and a helmsperson to guide the boat in this team building competition.

For more information, email [pasadenabusinessassociation1@verizon.net](mailto:pasadenabusinessassociation1@verizon.net).

## New Orchestra of Washington 10th Anniversary Concert

The New Orchestra of Washington’s artistic director Alejandro Hernandez-Valdez is conducting the special 10th Anniversary Concert. This concert will be dedicated to the most urgent issues of the next decade: Nature and the Environment. The performance will be May 26th at 7:30 p.m. at the Kennedy Center in Washington, D.C. Before the concert, there will be a special panel discussion with conductor Alejandro Hernandez-Valdez, narrator and conservationist David Rockefeller, Jr. and composer Joseph Turrin. Find more information at [kennedy-center.org](http://kennedy-center.org).

## ↑ FEST OF SPRING CARIBBEAN WINE FOOD & MUSIC FESTIVAL

From noon to 8 p.m. on May 14th, visit the Great Frederick Fairgrounds for the Fest of Spring Caribbean Wine Food & Music Festival. The festival is a celebration of various aspects of the Caribbean culture including cuisine, music, and art. There will be live performances of locally and internationally renowned artists such as Richie Stephens, Bryan Art, Lukie D from Lust, and many more entertainers. Find more information and buy tickets at [festofspring.org](http://festofspring.org).



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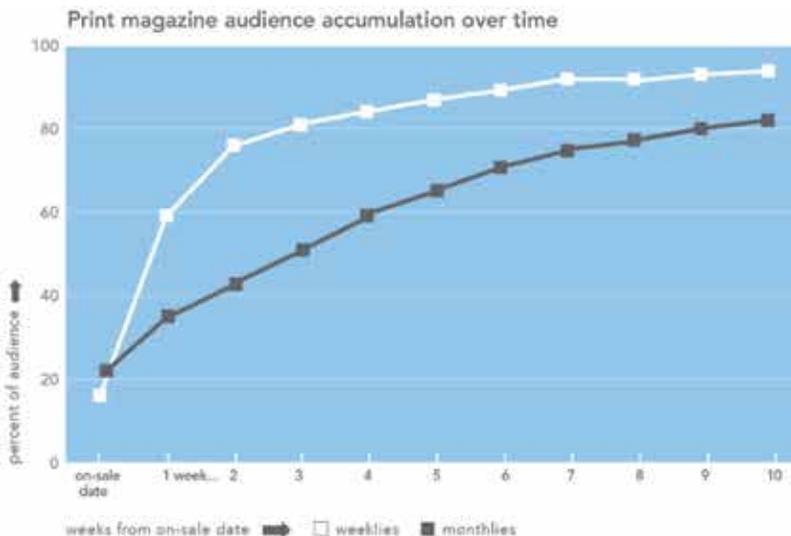


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Magazine readership continues to grow long after publication date



Note: The on-sale date is the actual date the print magazine appears on the newsstand or is likely to arrive in subscriber households. The on-sale date generally precedes the cover date.  
Source: GfK MRI 2000, Accumulation Study, MRI-Simmons, Fall 2019.

WHAT'S UP? MEDIA  
DIGITAL MARKETING EVENTS



Left: London's Legacy delivery. Right: Karen Stiltner center.

# Karen Stiltner

## London's Legacy

By Tom Worgo

**K**aren Stiltner and her family suffered not one, but two terrible tragedies within a year. Stiltner's three-month-old granddaughter, London, died January 25 in 2016 from Respiratory Syncytial Virus, a rare type of viral infection.

During that hospital stay, Stiltner's daughter, Amy, was given a blanket from the University of Maryland Children's Hospital. By coincidence, it happened to be made by the South River field hockey team—the same program she played for in high school.

"It was kind of a unique thing," Stiltner says of the pink blanket with dots on it. "Everyone loved it and when London passed, they wrapped her in it. They told us at the hospital, 'You will take it home, and have her smell.' It meant a whole lot to Amy."

That blanket inspired Stiltner and Amy to start the nonprofit, London's Legacy. It helped them with the grieving process. They started out by making blankets and soon thereafter Stiltner came up with the idea of putting together toiletry bags for families staying at the hospitals.

They gave the items in bunches to three pediatric hospitals, including the University of Maryland Children's Hospital in Baltimore, Greater Baltimore Medical Center in Towson, and Baltimore Washington Medical Center in Glen Burnie, where families had children in the intensive care unit and wanted to stay with them for prolonged periods of time.

Tragically, just as they were getting the nonprofit started, Amy died of a heart attack on January 15, 2017—just 10 days shy of her daughter's death. "She died of a broken heart we say," says Stiltner, co-founder

and executive director of London's Legacy. "But she did make a few blankets before she died."

After her daughter's passing, Stiltner, a Pasadena resident, had all the more reason to keep the foundation going. Making the blankets was so vital to Stiltner and the memory of her daughter and granddaughter that the 64-year-old threw all her energy into the project almost immediately after the second of her two staggering losses.

"We actually did have a blanket-making party the next day," Stiltner says, referring to the day after Amy's funeral.

London's Legacy has donated more than 1,000 blankets and about 600 toiletry bags since 2017. A friend and next-door neighbor, Colleen Hylton, got caught up in the spirit of the organization's launch from the outset. She serves as a board member.

"We know what these people with babies in the hospital endure and are going through," Hylton says. "If we can do something that can make a difference, then we are going to do it."

Hylton calls Stiltner a role model, inspiration, and somebody who is always there to help comfort the families of sick children or anyone in need.

"Karen is just an amazing, amazing woman," Hylton explains. "What happened on the 15th of January (Amy's death)...she just wasn't going to let London's Legacy go. She lost her grandbaby and she lost her daughter and she said, 'I will do it.' You can call it a mission."

Before creating London's Legacy, Stiltner spent years doing volunteer work with several organizations, including Catholic Charities, Big Sisters, Little Sisters of The Greater Chesapeake, and a charity race to raise money for the Johns Hopkins Children's Center, among other things. It comes as no surprise then that the Maryland Banker's Association honored Stiltner's charity work with a Lifetime Achievement Award. She worked 45 years for M&T Bank and retired in 2020 as vice president senior relationship manager.

"I tried to do most things with kids," Stiltner says. "I loved working with children. Out of my 45 years at the bank, I probably did it [volunteering] for 30 years."

Learn more about the charity at [londonlegacy.org](http://londonlegacy.org).

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

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# THE EMPLOYEE RETENTION CREDIT (ERC)

Similar to PPP, the Employee Retention Credit is a form of Covid relief that was passed to help businesses and keep workers employed. We have noticed that many companies who qualify do not know they qualify. The credit comes in the form of a cash refund and is in the amount of up to \$26,000 per employee. Businesses can qualify by passing either test: 1. partial suspension of operations during 2020 and 2021 (capacity restrictions, spacing restrictions and other government restrictions allow businesses to qualify) or 2. a revenue decline test for 2020 and 2021.

### **Did you know you can still claim the Employee Retention Credit (ERC), going all the way back to Q1 2020? Even if you got a PPP Loan!?**

The business community has been painfully impacted by the pandemic, and businesses in Virginia, and beyond, have been able to claim the ERC to help maintain their payrolls and navigate the uncertainty. Even if your revenue didn't drop, you may have experienced a partial suspension in operations that would make you eligible. Join our speakers to discuss ERC and eligibility for the credit, and how businesses frequently meet the criteria.

#### PANELISTS



**Rebecca Sheppard, Esq.,** Director, Frost Law

Rebecca provides tax solutions for individuals and businesses including limited liability companies, partnerships, and corporations. She is well versed in the intricacies of individual and corporate income tax, motor fuel tax, business license revocation, tax relief and collection issues, appeals, and state and local tax matters.



**J. Peter Haukebo, Esq.,** Director, Frost Law

Peter's practice focuses on the areas of tax controversy and planning and business transaction matters. He's been representing individuals and businesses including corporations, partnerships, and limited liability companies since 2012. Peter's background includes licensing, mergers and acquisitions, wills and trusts, estate planning, corporate governance, and settling/resolving tax disputes between clients and collections agencies such as the IRS.

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## ↑ Chrysalis House Expansion Project Underway

Chrysalis House, a nonprofit provider of substance use and mental health treatment for women, has begun construction on its Campus Expansion Project. After more than two years of planning and raising resources, this important project is becoming a reality. Working with Hamel Builders and its subcontractors, excavation has started for the new Treatment Wing, generously underwritten by the Harry & Jeanette Weinberg Foundation. Work has also begun on the expanded Child Development Center. The project will include an additional 20 beds, enabling Chrysalis House to serve more women in need of treatment and their at-risk children. Visit [chrysalishouses.org](http://chrysalishouses.org) to learn more about their work and this project.



## ARC CENTRAL CHESAPEAKE PROMOTES FROM WITHIN

The Arc Central Chesapeake (The Arc) recently announced the promotion of Catie Comer to Vice President of Development.

In this new role, Catie will lead the fund-raising strategy for The Arc and its subsidiaries by partnering with stakeholders and communities to raise awareness of the transformational work The Arc does and foster partnerships to generate resources to support our continued growth. “Over the last seven years, Catie has been instrumental in the expansion of The Arc’s development programs from expanding our Family Fund through annual giving to raising over \$100,000 for our last two annual golf tournaments,” says Jonathon Rondeau, President & CEO of The Arc. “Catie will also use her experience and knowledge to launch and manage our upcoming \$8 million capital campaign, Expanding What’s Possible.”

## NEW PARTNER AT LIFF, WALSH & SIMMONS ↓

Liff, Walsh & Simmons, a full-service business law firm, recently announced the promotion of Jon McGowan to the position of Partner with the firm. Jon is a member of the Business Law, Commercial Finance, and Estates & Trusts practice groups. His business practice focuses on assisting clients in the areas of mergers and acquisitions, corporate finance and securities, and general corporate matters. “On behalf of my partners at Liff, Walsh & Simmons, it is with great pleasure that I announce Jon’s promotion to Partner,” says Jay Walsh, managing partner of Liff, Walsh & Simmons. “I applaud his devotion to becoming an exceptional attorney, particularly his tenacity.” Learn more about the firm at [liffwalsh.com](http://liffwalsh.com).



## On the Green, Inc. Celebrates Silver Anniversary

On the Green, Inc.—a full-service lawn care and pest control company with central offices in Gambrills, Maryland—is celebrating its 25th anniversary this year. The company incorporated in 1997 and has developed into an industry expert on lawn care, working closely with the University of Maryland and the latest scientific developments in field of lawn care and pest prevention. Congratulations on 25 years! To learn more, visit [onthegreeninc.com](http://onthegreeninc.com).

## ↑ DOCTOR JOINS DERMATOLOGY PRACTICE

The Center for Dermatology & Skin Care of Maryland would like to introduce Dr. Lacartia Best, the newest member of the practice. Dr. Best received her doctor of medicine from Georgetown University and completed her dermatology residency at the University of Pittsburgh. She is board certified with over twenty years of experience practicing in the Baltimore-Washington area treating a broad range of dermatologic conditions. She has specialized experience with various aesthetic procedures, including Botox, Dysport, fillers, and laser treatments. Learn more at [dermofmd.com](http://dermofmd.com).

Do you have community or business news to publicize? Send What’s Up? an email at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).



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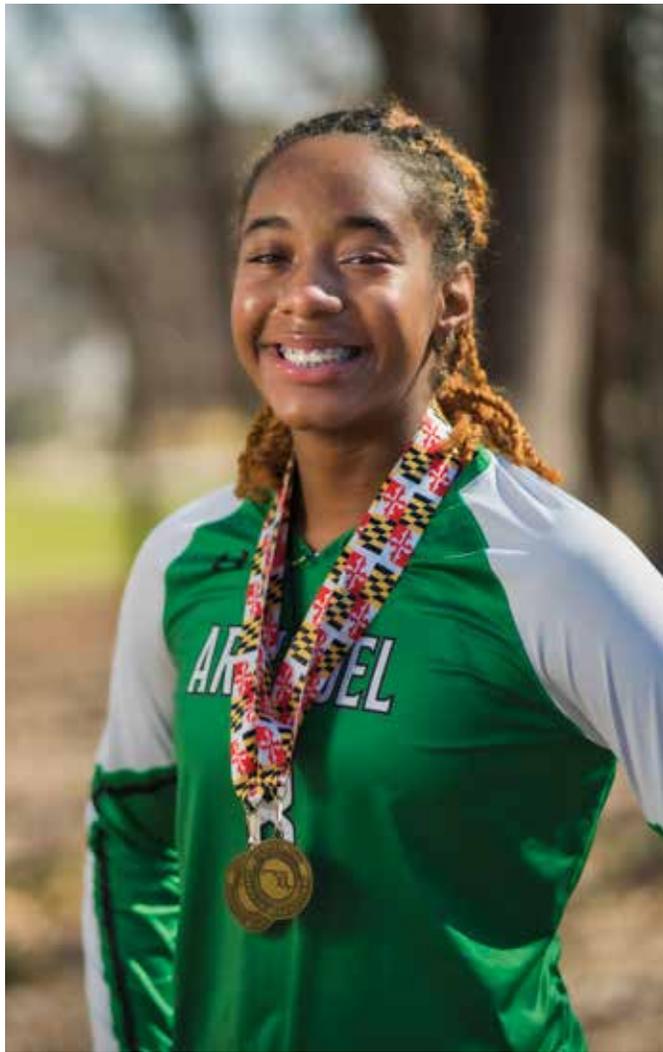


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TOWNE ATHLETE

# Zaria Ragler

Arundel High School Volleyball

By Tom Worgo

**A**rundel High volleyball standout Zaria Ragler's senior season got off to sort of a rough start. Ragler put too much pressure on herself, and as a result, her mental game suffered. Simply put, she tried to play perfect volleyball. If she hit a ball out of bounds or into the net, she would go into a funk and not talk to her coaches or teammates. This went on for a whole month.



**MY SENIOR YEAR, I KNEW IT WAS MY LAST TIME EVER PLAYING WITH ARUNDEL, SO I HAD TO FINISH STRONG. I AM SO GRATEFUL. ALL THE GIRLS THIS YEAR ON THE TEAM WERE REALLY AMAZING."**

"I tried not to make mistakes or mess up," Ragler explains. "But every time I made a mistake, I was too hard on myself for it." After some advice from her coaches about relaxing and not overthinking things in practices and games, Ragler returned to her old form.

The 6-foot-1 Ragler, a middle hitter, finished the season with a flourish, guiding the Wildcats to a Class 4A state championship and a 19-1 record. Her list of achievements in 2021 jump of the page with the highlight being her named Maryland Gatorade Player of the Year.

"I felt like I learned a lot about myself my senior year," says Ragler, who will play volleyball on a scholarship at nationally-ranked Ohio State University. "I just wasn't as aggressive as I would usually be. It was weird. I just wasn't myself."

Her senior year turned out better than expected. *The Baltimore Sun* named her its High School Volleyball Player of the Year, she earned *Washington Post* First Team All-Metro honors and posted some eye-popping statistics. The Gambrills resident led the team in kills (227), blocks (77), and totaled 69 digs and 49 aces.

"Watching her play in big matches and control the net is pretty impressive," Arundel Volleyball Coach Ashley

Yuscavage says. Ragler set a school record with 77 blocks for a single season. That's saying something considering Yuscavage has sent about 30 players on to compete in college across the past 15 years.

Blocking is Ragler's favorite thing to do on the court. It gives her an emotional rush. Ragler finished second all-time in school history in career blocks with 151 in two seasons. She played club volleyball her junior season when the pandemic wiped out the 2020 season. By comparison, it took 6-foot-1 Mackenzie Meehan, who now plays middle blocker for Division Southeast Missouri State University, four seasons to compile the Arundel school record of 160.

"When the ball hits straight down on the other side of the court, it's an amazing feeling," Ragler says.

Ragler's best high school accomplishment was winning a second state championship. She helped Arundel to a victory over Leonardtown with nine kills and seven blocks and totaled 18 kills and three blocks in a semifinal conquest of Sherwood. It turned out to be the Wildcats' second championship in three years and Ragler also started on that team as a sophomore.

"My sophomore year was a good feeling because it was my first time winning states,"

Ragler recalls. “My senior year, I knew it was my last time ever playing with Arundel, so I had to finish strong. I am so grateful. All the girls this year on the team were really amazing.”

Yuscavage says the 18-year-old Ragler is a rare player. “What makes Zaria so appealing is that she does everything well,” the coach says. “A lot of players just have one really big strength. She is a smart hitter and an effective server. At one point, we moved her to outside (hitter). It’s a huge mental shift, and she played well. I think it speaks to the type of athlete she is.”

Ragler started playing volleyball six years ago when she joined the Maryland Juniors Volleyball Club. After two years, she switched to the Metro Volleyball Club of Washington, D.C, which has a national reputation. That move was crucial in her development.

Ragler was part of an open 18-and-under team that placed fifth in the country

last year in the Girls Junior National Championship tournament in Las Vegas. In all, she’s traveled to 23 states for the Metro Volleyball Club.

That type of exposure attracted a flurry of interest from colleges early in high school for Ragler. She verbally committed to Ohio State in October of her sophomore year. Ragler also says she received scholarship offers from Towson, Seattle, and Wake Forest Universities as well as Old Miss and North Florida.

“She is playing the best teams in the country with us,” Metro Coach Silvia Johnson says. “It has gotten her ready to play in college.”

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

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*By Lisa Hillman*

*Mental Health First Aid has become a top priority among first responders and nonprofits, who now provide training to the public*

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If a family member threatens to harm himself, would you know what to do?

What if a colleague shows signs of depression?

Or a teenager has a panic attack?

Over the past two years, the pandemic has wreaked havoc with our nation's mental health. According to published data (*The State of Mental Health in America*), Maryland ranks ninth best overall in the prevalence of mental illness and access to care.

This may be little comfort to anyone suffering from a mental illness—and even less to first responders who confront mental health issues every day. How do these professionals serve the public and maintain their own mental health?

This article explores how Anne Arundel County Police, Fire, emergency medical personnel, and hospital frontline staff work to protect themselves and their colleagues from harm during a mental health crisis. It also offers something you can do to help them—and yourself.

*(Note: The author expresses gratitude to these professionals who shared openly about the trauma and challenges they and their colleagues routinely face.)*



# The Classroom

*On a brisk, winter Saturday, 11 people gather in an Annapolis-area classroom. They come from government, local nonprofits, and small communities. Men and women, mostly in their 30s and 40s, are here to learn about a relatively new concept—"mental health first aid."*

*The attendees come with some knowledge. If a family member or colleague cut a finger or suffered a fall, they would know what to do. But how do you apply "first aid" to situations where someone is having a mental health emergency?*

Hosted by the Anne Arundel County Community Foundation, the workshop is one of several offered yearlong through Mental Health First Aid USA of Maryland (MHFA), a nonprofit based on an organization originally founded in Australia in 2001. In 2008, Maryland and Missouri became the first states to adopt the program.

Severna Park resident Anne Hamel is Master MHFA Trainer with the Mental Health Association of Maryland. A self-described "recovering attorney," Hamel was a corporate litigator when the last of her three children finished high school. What to do next?

"It became clear I was to help with mental health," she says. "This is what I was called to do."

Mental Health First Aid teaches individuals, businesses, professionals, and community groups the skills necessary to respond to individuals experiencing a mental health or substance use crisis. Attendees learn how to recognize symptoms of mental health problems, how to provide initial help, and support the person until appropriate care is available or the crisis resolves.

There are two types of training: one for adults and one for adults assisting youth. A third program—thanks in part to a grant from Lady Gaga's foundation Born This Way—will teach teens to recognize problems in their peers.

"Too often," says Hamel, "when we don't know what to do, we don't do anything at all."

And that's not tolerable in a society where the pandemic has increased mental health and substance use problems. Hamel believes now is an opportune time to promote first aid for mental health because "nothing in the history of humanity has raised the public's awareness of mental health challenges more than this pandemic."

Since the program's inception in Maryland, more than 47,000 people have been trained in 3,700 sessions. Nearly 1,000 have been trained as instructors.

Among the first to certify as an instructor was Marguerite Keane Gibbons. A clinical social worker for more than 30 years, Gibbons is a counselor at Archbishop Spalding Senior High School and an adjunct professor in Anne Arundel Community College's parent center. She has taught hundreds of classes, including local workshops.



*The instructor sets the tone. The goal for the day is to help attendees learn how to prevent harm, promote recovery, and perhaps save a life. "It's like knowing CPR," Gibbons says. She echoes Hamel, "In the absence of not knowing what to do, we tend to do nothing."*

*The class learns a basic mnemonic: ALGEE  
Action A: Assess for risk of suicide or harm.  
Action L: Listen nonjudgmentally.  
Action G: Give reassurance and information.  
Action E: Encourage appropriate professional help.  
Action E: Encourage self-help and other support strategies.*

Gibbons says, "People remember the steps of ALGEE. To assess, listen, give, and encourage. They are more willing to ask, 'Are you ok?'" Adds Hamel, "This curriculum changes lives. It combats stigma. It opens the parallels between physical and mental health."

A longitudinal study supports their findings. The National Council for Behavioral Health, which operates Mental Health First Aid in the United States, conducted a review of individuals after three and six months following their training. The results found (1) that individuals have greater mental health literacy, (2) are able to identify and combat stigma, (3) and have greater confidence and willingness to assist someone having a mental health challenge. Lastly, they report better mental-health well-being for themselves.

Hamel and Gibbons stress that the course is open to everyone. Their goal? "To have everybody take it."

*The class ends as snow flurries fall across Annapolis. Each participant receives a certificate acknowledging the bearer has been "trained to provide initial help to people experiencing problems such as depression, anxiety disorder, psychosis, and substance use disorders."*

*"This curriculum changes lives. It combats stigma. It opens the parallels between physical and mental health."*

# Anne Arundel County Police: When Peer Support Matters

In 2018, Anne Arundel County Police Lt. Steven Thomas was named one of the top 100 Mental Health First Aid instructors in the country. A leader with Anne Arundel County's Crisis Intervention Team, Thomas is proud that AA County is one of the first major police departments in the state to train all members in Mental Health First Aid. The course is basically the same as that offered to the public, but modified as a public safety version. Thomas credits this training with a 21 percent drop in the use of force. He has conducted scores of classes for police and sheriff departments across Maryland, including a specialized, three-day training for groups and individuals with the U.S. Capitol Police following the January 6, 2021, insurrection

In addition to the basic course, 191 officers have received training as members of the Crisis Intervention Team. All volunteer for this duty. Thomas says he wants "police who have a passion to want to help."

And help they do. Police often assist with mental health concerns that the public rarely sees. For example, officers trained in crisis intervention respond to Safe Station calls, the county's unique program where anyone with a substance use problem can show up at a fire or police station and receive help.

But what the public rarely considers is the impact the profession has on the officers' own mental health. The image of a police officer with a badge and a gun, tall and tough, able to assist in any crisis, runs counter to having a mental health struggle. The "blue line" never falters, right? In fact, a conversation about training in mental health for the public quickly turns to what police need for their own mental health.

"After all," notes Thomas, "we're human. How we react to a situation is based on our human experience and world view."

In 2015, Thomas began a "peer support" program based upon the teachings of the International Critical Incident Stress Foundation (ICISF). Founded in the 1980s by two Marylanders, Dr. George Everly and Dr. Jeff Mitchell, ICISF provides training to individuals who are part of a crisis management team. It fosters peer-to-peer support to help individuals process challenges they may face following an event.

Thomas uses the expression "when our worlds collide" to convey how an officer may react to an incident where he relates personally. It happens often. An officer responds to a SIDS baby (Sudden Infant Death Syndrome) and his mind flashes to his own infant at home. An older person dies, and the officer thinks of his elderly parent.

As soon as possible after these events, officers hold a "debriefing," a formally-led review of the incident which typically happens within a day or two afterwards and includes everyone who was part of it. Leaders acknowledge that an unfounded fear of having a gun or car taken away may make an officer reluctant to seek help. A "macho" culture can forestall admitting need for support.

"We watch out for our officers in traumatic situations," Thomas says. "We don't want them bringing that trauma home to the spouse or family."

Or worse. According to national reports, suicide is a major factor in police deaths. Often under-reported, there is even an organization that tracks suicide among first-responders. Founded in 2015, Blue H.E.L.P. seeks to reduce mental health stigma and urges help for post-traumatic stress among police, fire, emergency medical personnel, and 911 tele-communicators.

Thomas says, "We want the public to know that trauma is part of our lives and that officers experience it frequently. We see the worst of the worst, but we have a system in place to assist them at those times."



*"How we react to a situation is based on our human experience and world view."*

# Anne Arundel County Fire: Focusing on the Team



“In many ways it is easier for us,” says Trisha Wolford, Chief of the Anne Arundel County Fire Department, comparing mental health training to that of the police: “We are so used to teams. All our training is team-based. The firehouse is a family. We break bread together.”

Wolford admits that mental health is becoming a leading issue in fire service. Alcohol and substance abuse are on the rise. Marriages suffer and divorce is common.

“After all, we’re often the first ones on the scene. We see things most people don’t,” Wolford says.

Like police, all Anne Arundel County firefighters are trained in Mental Health First Aid. Since 2015, it has been standard training and is now part of Day Two at the Fire Academy. The department follows protocols set forth under Critical Incident Stress Management, or CISM, a highly-structured process for helping those involved with a traumatic event to share their emotions and receive further help if needed.

Battalion Chief Paul Doherty oversees the Peer Support Team and is very open about the need for mental health support. In 2016, he “softened” the CISM approach to focus on peer support. Peers receive special training and are embedded into all ranks, thus ensuring “if you are hurting you can go to anyone.”

A pediatric call or teen suicide can be especially scary. Also frightening are “May Day” calls, when one of their own is in trouble. As they describe it, firefighters enter a house that is pitch black. They only have so much air. They can’t breathe and then call out “May Day.” A 911 dispatcher picks up. In such cases it is not unusual for the firefighter to leave the job unless someone intervenes.

“Defusings” can help. A little less formal than a debriefing, it usually occurs right after the incident or, as Doherty explains, as soon as the crew can get back to the station from the hospital, restock equipment, clean up their gear, shower, eat, and sit down together. The department averages two to three per week. Defusings always follow a pediatric incident and conversation is always 100 percent confidential.

Says Doherty, “These sessions expose everything to everyone, so if someone is feeling guilt or self-blame when it’s not warranted, it helps. You can see the mood lighten.”

Doherty has conducted defusings for BWI, the Naval Academy, and Patuxent River Naval Air Station, where his team stayed a full month due to a suicide. Currently, 55 members serve on the team and 10 more are joining, including four who are communication operators.

He is especially sensitive to the 911 tele-communicators. “Most are civilians with no fire background. They haven’t experienced a fire or cardiac arrest or learned how to handle these situations.” To help, he has started bringing them into the defusings.

Like police, suicide with firefighters also is a major concern. Some 200 members of the department are also active military, a group with 17 suicides a day nationwide. Doherty says there have been 11 attempted suicides or suicide ideation in the past seven years. All eleven are still working, a not so small triumph thanks to the mental health first aid training.

“There’s no bonus for this kind of work,” Doherty notes. “We do it because we want to.”

*“We’re often the first ones on the scene. We see things most people don’t.”*

For frontline healthcare workers in Anne Arundel County's two hospitals, the challenge is similar. Not only do they need to learn how to care for patients coming into their emergency rooms with mental health problems, but also how to care for themselves.

Both Luminis Health Anne Arundel Medical Center (AAMC) and University of Maryland Baltimore Washington Medical Center (BWMC) have dedicated staff and facilities to care for behavioral health. In 2020, AAMC opened the McNew Family Medical Center, a 16-bed inpatient hospital along with outpatient services and a psychiatric day hospital. BWMC serves patients with mental health problems in its inpatient Behavioral Health Unit and across a network of outpatient services.

Cindy Radovic, AAMC's Clinical Director for Mental Health, oversees both the Emergency Department and inpatients in McNew. A 35-year veteran of the field, she underscores that "when staff see a patient in the ED they know they are seeing them at their worst. It can be very taxing and emotionally draining for staff."

Similar to their police and fire counterparts, ED staff are trained in non-violent crisis intervention training—what Radovic calls "de-escalation training that is based on compassionate, 'trauma-informed' care." They also conduct debriefings as soon after an incident as possible. A cup of coffee, a walk outside. "It doesn't sound like much," Radovic says, "but staff appreciate it." Nancy Gardner, Director of Behavior Health at BWMC, encourages staff to strive for "work/life balance." Peer support also is critical.

More than a decade ago, AAMC nursing staff developed C.O.P.E., a program that stands for compassion, outreach, peer, encouragement. COPE enlists employee-volunteers who are trained using Critical Incident Stress Management (CISM)—similar to police and fire—to offer individual or group debriefing services for fellow employees after stressful events.

Radovic finds it interesting that ED personnel seem to use services like COPE the least. "Staff who choose emergency medicine thrive on adrenaline...and that keeps them powered to do the difficult work they do."

Still, she emphasizes that there is much room for improvement in how staff care for each other. "We need to take care of staff equally as we take care of patients."



# Hospital Emergency Rooms: Caring for Both Patients and Staff

*"We need to take care of staff equally as we take care of patients."*

## A FINAL NOTE

Given the complexities of life today, it is no surprise to discover that first-responders in AA County—across their individual organizations—are all schooled in Mental Health First Aid. The county also can take pride in that many of Maryland's lead instructors are county residents.

What Mental Health First Aid teaches is open and available to everyone. Do we owe it to our first-responders, and to each other, to learn it, too?

"When you drill down, we are our brothers' keepers," Anne Hamel says. "There are never enough professional eyes on us. Providers can't always be looking. We are the noticers. We are trained to notice and hear. This is a community empowerment mission. Because when we don't have the tools, we look away."



## LEARN TO HELP

To learn more about Mental Health First Aid or to enroll in a class, contact [www.MHFAMaryland.org](http://www.MHFAMaryland.org)

### PHONE NUMBERS TO KEEP CLOSELY:

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# LEADING LAWYERS

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## *Anne Arundel County & Central Maryland*

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Last fall, we conducted our biennial **Leading Lawyers Peer Review Survey**, inviting all attorneys and judges who practice law throughout Anne Arundel County, Central Maryland, and the Eastern Shore to participate. We would like to thank the many area attorneys who took the time and effort to fill out the official ballot online.

**A true peer review survey is a rarity today**—most publications don't take the time and energy to conduct the survey and balloting inhouse, which makes these results all the more meaningful. These are not "editors' picks" or the result of limitless ballots from the general public. **These honors only come directly from other**

**attorneys and judges**—people who really know what it takes to be a good lawyer right here in Maryland. We are especially gratified because we believe this biennial poll provides **an invaluable service to our readers**.

The following names, in 28 categories, represent the individuals who clearly received the most substantial amount of votes, not everyone who was nominated. **No attorney paid to be on this list.** Some categories list more names than others. This is as a result of the especially active voting in those categories. Congratulations to all Leading Lawyers named herein!—*James Houck, Editorial Director*

## Administrative Law/Liquor Laws/Hearings

---

### **Brian D. Lyman**

Hillman, Brown & Darrow, P.A.; 221 Duke of Gloucester Street; Annapolis, MD 21401; 410-263-3131; hbdlaw.com

### **James C. Praley, III**

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### **Steven A. Brown**

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## Appellate Law

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### **Cynthia E. Young**

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### **M. Evelyn Spurgin**

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## Bankruptcy Law

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### **Carolyn G. Krohn**

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### **Steven L. Goldberg**

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## Business Law

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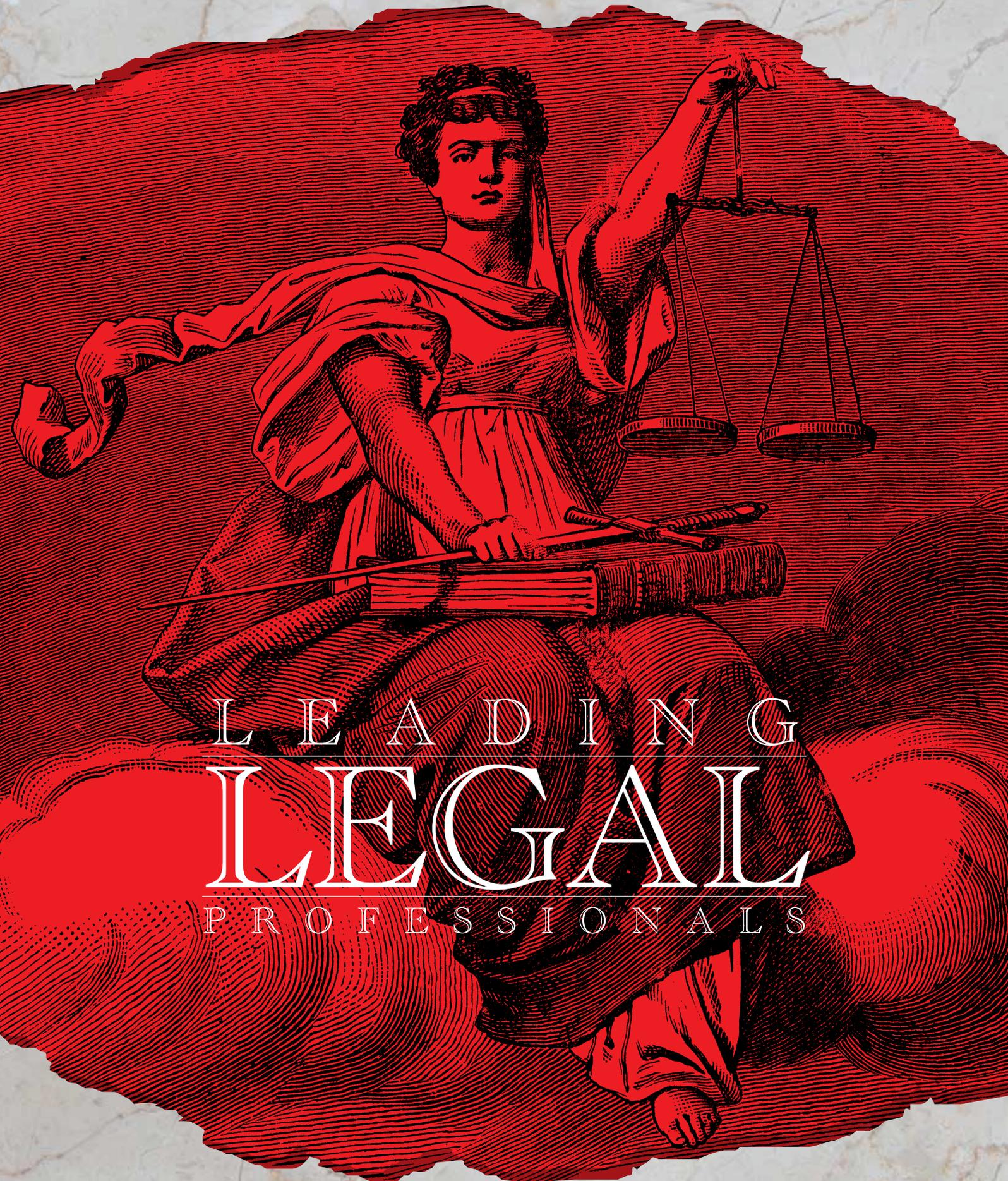
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# Franke Beckett LLC

For more than 35 years we have focused exclusively on the law of estates and trusts and of fiduciary relationships. Within this practice niche, we handle it all:

- Estate and Closely Held Business Planning.** We prepare wills, various types of trusts, powers of attorney, health care directives, and other estate planning documents. The documents can be simple or complex depending on specific family concerns and/or for tax planning. We also represent clients with family businesses in entity selection/creation and succession planning. We discuss with our clients various options and ways of achieving their goals, then tailor documents consistent with their objectives.
- Estate and Trust Litigation.** We are not a general litigation firm. We focus on will, trust, and other fiduciary litigation. This litigation includes disputes on the meaning of estate planning documents, arguments involving estate or trust administration, challenges based on lack of capacity or undue influence, and breaches of fiduciary duty within closely held businesses.
- Estate and Trust Administration.** We help clients with the process of winding up a decedent's financial affairs by implementing the individual's estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.

## Our Firm Culture and Why It Is Important to Clients

There are four defining attributes imbedded in the DNA of our firm:

(1) We are an estates and trusts firm. The law of estates and trusts

is largely a world unto itself with its own rules and practices. It requires a concentrated focus. (2) We keep a broad perspective while practicing in this defined practice space. We

“do it all” within that niche – estate and business planning, estate/trust administration, and fiduciary litigation. This creates a balance of a broad practice experience with a deep understanding of the law of a relatively specialized niche. (3)

We work as a team. We do not just give lip-service to intra-firm collaboration, we follow a business model to achieve it and make it a habit. Clients are clients of the whole firm – not just of one lawyer in the firm. (4) Our culture fosters a deep understanding of our practice focus.

The practice of law, like medicine, engineering, and other professions, is a learned profession. Our lawyers regularly write and teach courses for lawyers and judges. These activities keep the firm at the forefront of legal developments.

The firm consists of four partners: Fred Franke, Jack Beckett, Deb Howe, and Jon Lasley; and two associates, Hannah Coffin and Regan Caton. Both Fred and Jon are Fellows of the American College of Trust and

Estate Counsel, and both are past chairs of the Estate and Trust Section Council of the Maryland State Bar Association. All partners have written articles for law reviews or other legal publications and they routinely present continuing education courses on estates/trusts topics. These activities give back to the profession and deepen and extend the firm’s collective understanding of the law of estates and trusts.

We serve clients located various distances from our physical office in Annapolis: from the Eastern Shore, the Southern counties, and those counties surrounding Baltimore and Washington. The remote service options that we developed in response to the pandemic will provide our more distant clients added ease and convenience.

For more information about our firm and how we approach representing our clients, visit our website at [www.frankebeckett.com](http://www.frankebeckett.com).

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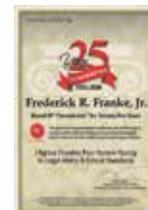
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# Cochran & Chhabra

**T**he attorneys of Cochran & Chhabra LLC are committed to more than finding the best outcome for their clients. They are dedicated to providing the individualized approach their diverse clientele needs. Mandeep Chhabra, Suzanne Houle Bishop, Michael McGraw, and J. Annie Myers are the practicing attorneys at Cochran & Chhabra who work tirelessly to provide the best possible representation for their clients. With over 50 years of combined expertise, the attorneys of Cochran & Chhabra believe that creating a strong attorney-client relationship is paramount to forming the best defense for each and every client.

Gill Cochran founded the firm in 1970 after returning from Vietnam. Although he no longer practices law, the firm continues to mirror the mission statement that Gill had in mind. "Our clients are the key to success in our firm," says Gill. "And the only way we can effectively represent them is by understanding the whole person. A lawyer shouldn't just be a lawyer; you have to be a counselor as well." Most importantly, he emphasized the significance of getting clients the help they need, which is often the underlying issue in their case.

Mandeep S. Chhabra started at Cochran & Chhabra nearly 30 years ago as a clerk immediately following high school. He took interest in law his freshman year of college and became determined to practice law as a criminal defense attorney.

As a minority, Mandeep understands the difficulties many of the firm's clientele may be facing. Mandeep aims to advise clients on more than the law, which can mean anything from being there for them to helping them into a rehabilitation program.

All of the attorneys at Cochran & Chhabra are award-winning and well-known in the Annapolis area as well as surrounding counties. They passionately and tirelessly represent clients in cases involving criminal defense, plaintiff's personal injury and negligence, drinking and driving offenses (DUI/DWI), traffic violations, MVA issues, and administrative hearings (*también, hablamos español porque es su derecho a entender*).

Cochran & Chhabra will be with you through every step of the process from the moment you walk in the door, to the eventual resolution of your case. In this day and age, accessibility is key, which is why their attorneys are available 24/7 to meet your legal needs. Contact Cochran & Chhabra today to schedule a free consultation to obtain the representation you deserve.

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From left to right: Laura T. Curry, Jon J. Gasior and Alexander M. Pagnotta



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# Sinclair Prosser Gasior

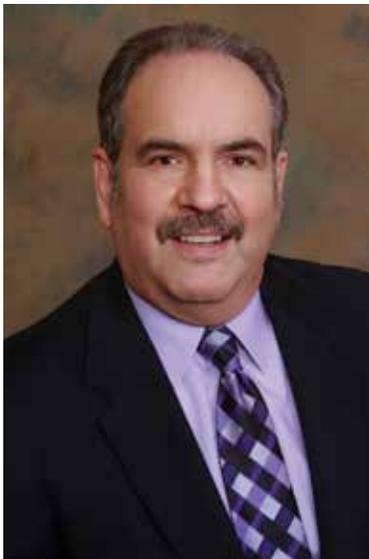
## Estate Planning and Elder Law Attorneys

**D**o you know what will happen to your family and your assets if you become incapacitated, or what will happen to your loved ones after you pass away? Many people do not like to think about illness, injury, or death. While it is understandable to put these topics out of your mind, you can put your family—and yourself—in a very bad situation if you do not plan ahead in case of illness and for the inevitability of your death.

Waiting too long to make an estate plan can leave you and your loved ones in trouble if something unexpected happens. If you have not planned in advance and you need nursing home care or you get sick and cannot communicate your medical decisions, your family members could be put in a difficult position. You could face significant financial trouble and even receive unwanted medical care that you wouldn't have chosen.

Rather than leave yourself and your family at the mercy of fate and hope nothing bad happens to you, it is best to be prepared in advance. Get the help you need today so everything is in place in case of an emergency. This is just as important for young people as it is for the elderly, especially if you have small children to provide for.

Give us a call at 410-573-4818 or contact us online to learn more about the personalized assistance we can provide to you in Annapolis, Bowie, Millersville, Waldorf, and surrounding areas in Maryland. Sinclair Prosser Gasior attorneys Jon J. Gasior, Colleen Sinclair Prosser, Alexander M. Pagnotta and Laura T. Curry will help ensure you have taken care of the essential estate planning issues so you can give yourself and your family the peace of mind of knowing everyone is protected.



## Jack Schmerling

Jack Schmerling primarily practices workers' compensation law (on the job injuries). However, he also represents individuals in personal injury and Social Security disability. As a solo practitioner with over 30 years of legal experience, he personally represents each client.

His expertise in the field of workers' compensation has been well recognized, having taught various aspects of workers' compensation to other lawyers through training seminars sponsored by the Anne Arundel County Bar Association, Maryland Association for Justice, and Maryland Workers' Compensation Education Association, Inc. Serving as a resource for other lawyers with workers' compensation questions, Jack has been qualified in Circuit Court as an expert witness in the field of workers' compensation. Mr. Schmerling was also honored by the lawyers and judges of Anne Arundel County having been selected by them as the leading lawyer for referrals in workers' compensation as noted in *What's Up? Annapolis* in every poll conducted (years 2010 through 2020).

Mr. Schmerling was selected as a "Super Lawyer" in the field of workers' compensation by other attorneys throughout the State of Maryland as published in *Baltimore Magazine* in 2013 - 2022.

Mr. Schmerling, who, with his wife Sara, has raised four sons, served on various Anne Arundel County and Maryland non profit and charitable boards.

7429 Baltimore Annapolis Blvd., Glen Burnie, MD 21061  
410-787-0022 | www.jackschmerling.com





# The Law Office of John E. Lindner, P.A.

John Lindner, a 1991 graduate of The University of Baltimore School Of Law opened his own firm in January 1994. During the last 26 years he has represented most of the major hospitals in the state of Maryland and has earned a sterling reputation for honesty and integrity with both his clients and the Judges across the state of Maryland. John is an active supporter of both the St. Jude's Children's Hospital and Shriners Hospital. He has been married for 34 years and cherishes the time he gets to spend with his family.

## WHO WE ARE

For nearly three decades, the Law Office of John E. Lindner, P.A. has been committed to unwavering legal and ethical standards that provide the highest quality of professional litigation and collection services for our business clients.

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Our firm handles diverse family law matters including high-conflict litigation, multi-asset divorces, mediation, parent coordination, QDROs, and more. When you meet with our team, you will be asked about your goals, intentions, and desired results. As opposed to solely working from a defensive posture, we help guide and strategize with our clients to take actionable measures to obtain the best outcomes. Contact Burrows Haviland Law for all of your family law needs.



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**Q:** When is it too late to do Medicaid planning?

**A:** It is never too late to do Medicaid planning. However, the best way to plan for Medicaid and long-term care is to do so

well before the need arises. This is pre-need planning, and it gives you the most options for preserving your assets. Crisis planning, when someone is already in a nursing home or needs immediate long-term care, can be an incredible help to those facing an immediate need for Medicaid benefits. But, crisis planning has its disadvantages, such as the inability to take advantage of planning that escapes the 5-year look-back period, which may reduce the amount of assets you are able to preserve.

**Laura T. Curry**  
Sinclair Prosser Gasior



**Q:** What sort of estate planning issues arise from transferring a family business to the next generation?

**A:** Each situation is different, but a primary concern is control and governance: who will inherit voting

power, and what rights will minority members have if they want to sell? These matters can typically be addressed through a shareholder or partnership agreement. A well-crafted estate plan will give minority owners the ability to exit the business without creating undue litigation risk or the threat of a forced sale. Income and estate tax concerns must also be addressed in the succession plan. Franke Beckett LLC brings both planning and litigation experience to the table in assisting business owners with their estate planning.

**Jack K. Beckett**  
Franke Beckett LLC



**Q:** My partner and I are not married, but we share a primary residence. Is there a way that we can leave our primary residence to each other without having to pay Maryland's 10% inheritance tax?

**A:** Yes! If you and your partner are "domestic partners" as defined by Maryland

law (at least 18, not related, not married to anyone else, and in a relationship of mutual interdependence), there is a way to structure that inheritance so that it is exempted from the 10% inheritance tax. In addition to meeting the definition you must complete an affidavit with accompanying documentation.

**Deborah F. Howe**  
Franke Beckett LLC



**Q:** What separates Cochran & Chhabra from other firms?

**A:** Since its founding in 1970, the philosophy at Cochran & Chhabra implements an individualized approach to every case. They recognize that no two clients are

the same which calls for personalized attention. The attorneys at Cochran & Chhabra walk their clients through each step of the case because they believe it is important for them to understand the judicial process. They do not believe in cookie cutter solutions and provide a holistic approach to ensure the best possible outcome in court. "Our clients are important to us and we want you to feel supported even beyond the conclusion of your case" -Mandeep.

**Mandeep Chhabra**  
Cochran & Chhabra



**Q:** What should I expect from my lawyer in litigation?

**A:** Litigation results after a lawsuit has been filed. While litigation can often be avoided, there are instances where the court

has to be utilized. Competent legal counsel should advise you throughout the process. In advising you, your lawyer should not be a cheerleader; he/she should clearly communicate the pros and cons of the factual and legal landscape of your case. Litigation is unpredictable, but your lawyer should be able to advise you of the approximate costs and benefits in pursuing certain strategies in litigation.

### Jeffrey P. Bowman

Bowman Jarashow Law LLC



**Q:** What does McNamee Hosea offer its clients that separates it from other law firms?

**A:** McNamee Hosea attorneys always provide their clients with consistent and clear communication to solve

whatever legal problem needs to be solved. Whether your legal problem involves a business dispute, an estates and trust issue, litigation, employment, zoning, contract, criminal defense, bankruptcy, or anything in between, you can trust that McNamee Hosea attorneys will be understanding and empathetic. For more than forty years, our skilled trial attorneys and advisors have provided creative solutions to complex legal issues. Because of our diverse practice experience, we can handle all of your legal needs within our Firm, resolving them effectively and efficiently.

### Jennifer M. Alexander

McNamee Hosea



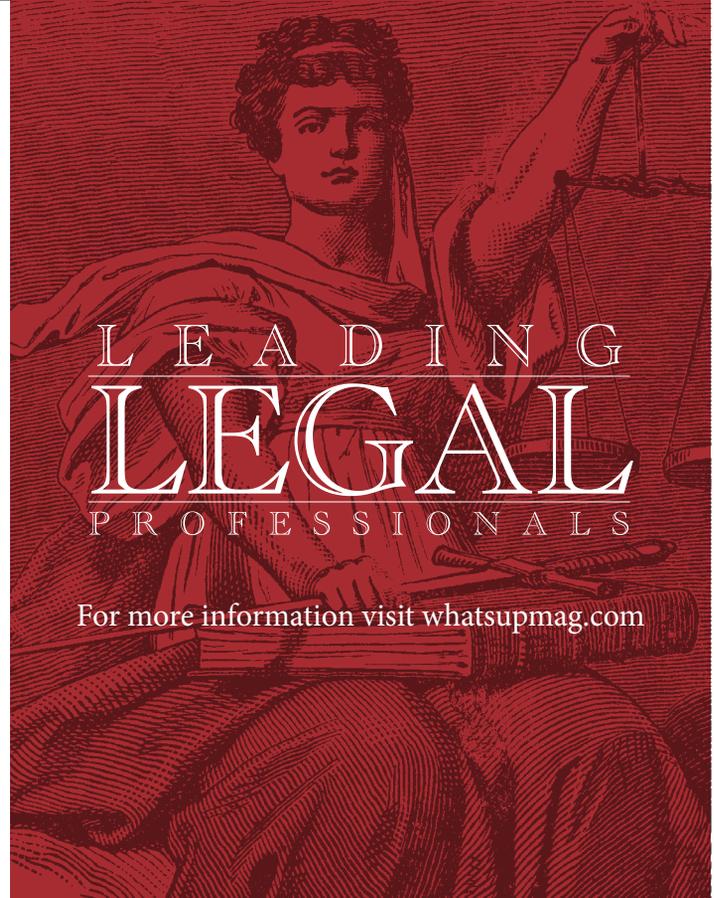
**Q:** What can a lawyer do for me if I'm injured in a car crash?

**A:** Your lawyer can perform numerous services for you (many free of charge), including handling the property damage settlement on your car or settling the total loss and getting you

into a rental car. The lawyer will interview witnesses while the accident is fresh, including the investigating police officer, also obtain the light sequence from the State Highway Administration, look for physical evidence, such as skid marks or crash debris, which can win your case, can run tag traces, and find witnesses to the crash. Your lawyer will also coordinate paying the doctors either through health insurance or Personal Injury Protection Coverage (PIP) and can arrange treatment with a quality doctor without an immediate out-of-pocket payment from you. Your lawyer will also be able to maximize the available insurance coverage available to you by coordinating different insurance policies that you may not even know exist, will know the value of your case for settlement purposes, can advise you on litigation strategy, and should be able to obtain the maximum value for your case. Remember, you should only pay if a lawyer wins your case. So contact a lawyer immediately who handles nothing but car, truck or train crashes if that's how you were injured.

### Rick Jaklitsch

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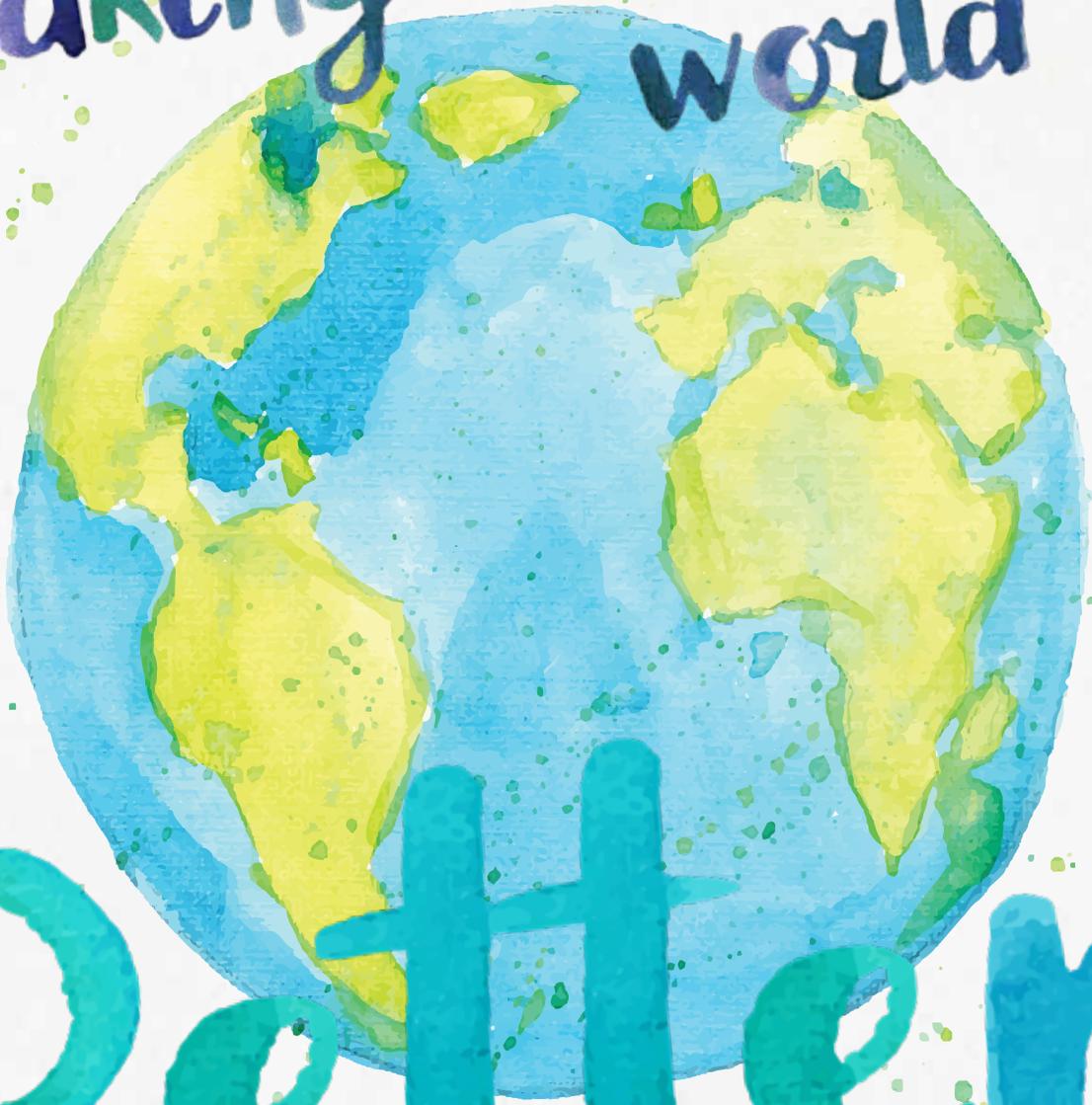
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making our world a



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by Gary Jobson

# the importance of philanthropy in our communities and best practices to fulfilling the mission

The term “philanthropy” is defined as “the desire to promote welfare of others, expressed especially by the generous donation of money to good causes, time, and other forms of altruism.” In our region there are hundreds, if not thousands, of charities that rely on support from gifts. Americans tend to be open to donating to worthy causes. American tax laws generally allow for a deduction for donations, which helps motivate giving. Nonprofit organizations have been essential in raising funds to support a long list of causes including faith groups, healthcare, education, welfare, sports, environment, and historic museums. The most thriving charities focus on their core mission and are successful by making a compelling case to potential donors. While it might be too strong to say that everyone has a duty to help others, there is a reward and a good feeling for lending a hand to people in need or who are working to make our world a better place.

I have been involved with several nonprofit organizations over the years and have learned some of the techniques that are effective. There are many sad stories of charities who start out with good intentions but fail when most of the money gathered is used to, in turn, raise more money. An organization named “Charity Navigator” rates the efficiency of nearly 200,000 charities. It is a good resource to study before sending a contribution. I advise checking the financial information of a charity’s Internal Revenue Service 990 form. These forms are easily found on the internet. The information will give you confidence that your funds will be used appropriately.

One nonprofit museum I am involved with needed a hefty dose of funding to completely renovate a historic building and add modern interactive displays. The facility was closed for the work and there was no revenue other than donations. The Board of Directors was charged with raising the funds. It was going slowly. A development committee was activated but that group also struggled to raise the necessary funding. The next step the Board took provides a helpful lesson on how to raise funds. The Board asked five members to serve on an ad-hoc committee to work on the project. The new group was given six months to raise \$5 million. It looked to be a daunting task. I was one of the five committee members. Our first act was to hire a skilled manager to help us make our case.



Our committee met every Monday morning. I quickly learned that you did not want to be on the call and not have raised something over the previous week. We drew up lists of potential donors and assigned one or two members to make the calls. The manager would follow up with a package of materials that included a brochure, a personalized letter, a link to a few videos, and relevant financial information. Each week we would compare notes and fine tune our pitch. Our project got off to an encouraging start when we received several donations.

We invited prospective donors to the facility to get a first-hand look at the construction progress and learn about our vision to attract visitors. Our manager did research on the capacity of the potential donors. At these receptions, the committee members took turns talking with the guests. We limited the attendance to 25 people. Drinks and snacks were provided but the guests spent most of the time listening to our formal pitch and touring the facility. It was a good sign that the guests were more engaged with the program than the snacks. The first reception netted \$600,000. We were inspired and pressed forward. At the end of six months, we had exceeded our goal and the museum had the funds to complete the project, open debt free, and be able to operate for two years as revenue sources were put into action.

For additional perspective on the importance of philanthropy to organizations and, indeed, the entire community, I spoke to five managers employed by local nonprofits. Each person was passionate about their mission. (For the record, I have served on the Boards of four of the organizations I spoke with).

Jan Wood is the president of the Luminis Health Anne Arundel Medical Center Foundation and has been working in healthcare fundraising for fifteen years. She makes a strong case: "Hospitals touch every family at every stage of life. To meet our growing needs, we must have investment of philanthropic dollars." Wood says the hospital's needs have changed due to the Covid pandemic. "It forced us away from event fundraising and face-to-face contact with donors. We've had to find new ways to connect and maintain the quality and closeness of those relationships."

Suzanne Armstrong is the Vice President of Development of the Chesapeake Bay Trust and explains what donors look for: "Some are motivated by quantitative data and what their gift will accomplish, and others love a story that demonstrates human contact. Many will have a personal tie to the mission. Stories are memorable and storytelling has been a powerful tool to build connections." Armstrong suggests that the "ask" needs to be tailored to the individual donor. And, most importantly she adds, "People give to people."

**Storytelling has been a powerful tool to build connections.**



Alice Estrada is the President/CEO of the Annapolis Maritime Museum. She explains how her organization makes asks. "We take every opportunity to spotlight our accomplishments like our restoration of the skipjack *Wilma Lee*,

**We believe it is important to provide a personal touch that welcomes donors at all levels to give again.**

servicing underprivileged kids, and our exciting, state-of-the-art exhibits. We emphasize that their contribution provides a great return on investment in terms of impact in the community."

The open campus of St. John's College has been an iconic institution in downtown Annapolis since its founding in 1696. Kelly Brown is the Vice President of Development and uses a straight-forward approach to fundraising. "I start with understanding what is most important to them. We match the donor's passion with our need. It is individualized to each person. Scholarship support goes directly to students to keep tuition low and access to St. John's for all. This message resonates with many, many donors."

Historic Annapolis' President and CEO, Robert Clark, points out that his organization has been in operation 70 years and works to, "Maintain, interpret, and conserve 13 historic buildings of the rich history of Annapolis. We have impacted the quality of life for residents. We welcome all gifts, even the smallest

**We emphasize that their contribution provides a great return on investment in terms of impact in the community.**

of donations are critical to sustaining an organization. We believe it is important to provide a personal touch that welcomes donors at all levels to give again. Larger gifts are typically restricted toward a particular project or program."



One important lesson I learned from these five leaders is that education is an essential ingredient of their respective missions. The Chesapeake Bay Trust works with over 80,000 school children on environmental projects each year. The Trust believes that young people will be good stewards of our world if they learn to appreciate the environment at a young age. Estrada reports that education is the cornerstone of the Annapolis Maritime Museum. “We had a banner year with 12,000 youth participating in our various environmental education programs,” she says. “Last year we hosted 85,000 visitors.” She points out that the museum’s logo is proudly displayed on the *Wilma Lee*, which had a total of 2,800 passengers sail on her in 2021.

St John’s offers courses and lectures to the public each year. Brown notes that during Covid, “We learned how to offer content online, which we’ve never thought to do before. So, there are some silver linings in this pandemic. We had to learn to do things out of our comfort zone.”

**Covid has dramatically changed things. It has created an urgency for giving to help us to maintain high-quality care.**

The medical staff of the hospital is continuously working to keep the public educated about healthcare methods to practice and embrace. The Covid pandemic era has been particularly challenging to these and

other nonprofits. Wood says, “Covid has dramatically changed things. It has created an urgency for giving to help us to maintain high-quality care.”

Clark says a nonprofit has to be nimble and willing to adapt. “The pandemic has required us to streamline and

be more creative in our programming and revenue sources. Virtual lecture series are increasingly popular.”

Armstrong says the fundraising and philanthropy sectors in 2014 sought to learn from the popular “Ice Bucket Challenge.” “We studied the techniques they used to convert ice bucket participants into long-term donors and educate them about ALS disease.” Everyone I spoke with says they work with other nonprofits and compare notes on how to be effective. While the missions of each organization are different the quest to secure adequate support is universal.

At the end of every year, I receive dozens of requests for donations. The mailings create quite a large stack of letters and convenient envelopes. It can be confusing deciding which organizations to support. As a practice I like to spread out donations throughout the course of a year. I usually focus on specific projects that seem important. My priorities change over time. Most of us have limited funds, but I have learned that every gift is appreciated and with a little research you can choose charities that are working on a mission that is important to you.



*Gary Jobson is a world-class sailor, television commentator, author, longtime resident of Annapolis, and pre-eminent ambassador for sailing of the United States. He either serves on or has served on the boards of Operation Sail, US Sailing, Olympic Sailing Committee, Leukemia Cup Regatta Series, Annapolis Yacht Club, National Sailing Hall of Fame, Chesapeake Bay Trust Board of Directors, and Visit Annapolis, among many others.*

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### The Artists' Gallery

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### Trippe Gallery

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### Troika Gallery

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### Bay Capital Mortgage Corporation

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### Church Circle Title & Escrow

23 West Street, 2nd Floor, Annapolis, MD 21401; 410-269-6488; cctitle.net

### Eastern Shore Title Company

114 N. West Street, Easton, MD 21601; 410-820-4426; easternshoretitle.com

### Essex Bank

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### Mid-Maryland Title Company, Inc.

200 Westgate Circle, Ste. 102, Annapolis, MD 21401; 410-573-0017; midmdtitle.com

### Severn Bank (see Shore United Bank)

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800-327-9862; bank-withunited.com

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### McKee Builders

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### Mueller Homes

202 Legion Avenue, Ste. 4, Annapolis, MD 21401; 410-549-4444; muellerhomes.com

### Nielsen Development Group

165 Conduit Street, Annapolis, MD 21401; 833-634-6683; ndg.solutions

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### Fleetwood Insurance Group

100 Talbot Boulevard, Chestertown, MD 21620; 410-778-2260; fleetwooldinsurancegroup.com

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### The Home Owners Expo

(formerly Mid-Atlantic Home Show); thehomeownersexpo.com

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### Constellation Home

844-823-HOME; constellationhome.com

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### Dwelling & Design

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### Grace Home Furnishings & Design

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### Kate McKay Designs

301-848-0624; katemckaydesigns.com

### Lauren Hurlbrink Interiors

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### Taylor Hart Design

410-507-1602; taylorhartdesign.com

### The Hickory Stick

21326 E. Sharp Street, Rock Hall, MD 21661; 410-639-7980; thehickorystick.com

## Kitchen/Bath/Stone/Tile

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314 Main Street, Stevensville, MD 21666; 410-643-4040; 314designstudio.com

### 84 Lumber/Kitchen & Bath Design Studio

1690 Baltimore Annapolis Boulevard, Arnold, MD 21012; 410-757-4684; 84lumber.com

### Absolute Design Studio

740 Generals Highway, Millersville, MD 21108; 410-697-3396; absolutedesignstudio.net

### Cabinet Discounters

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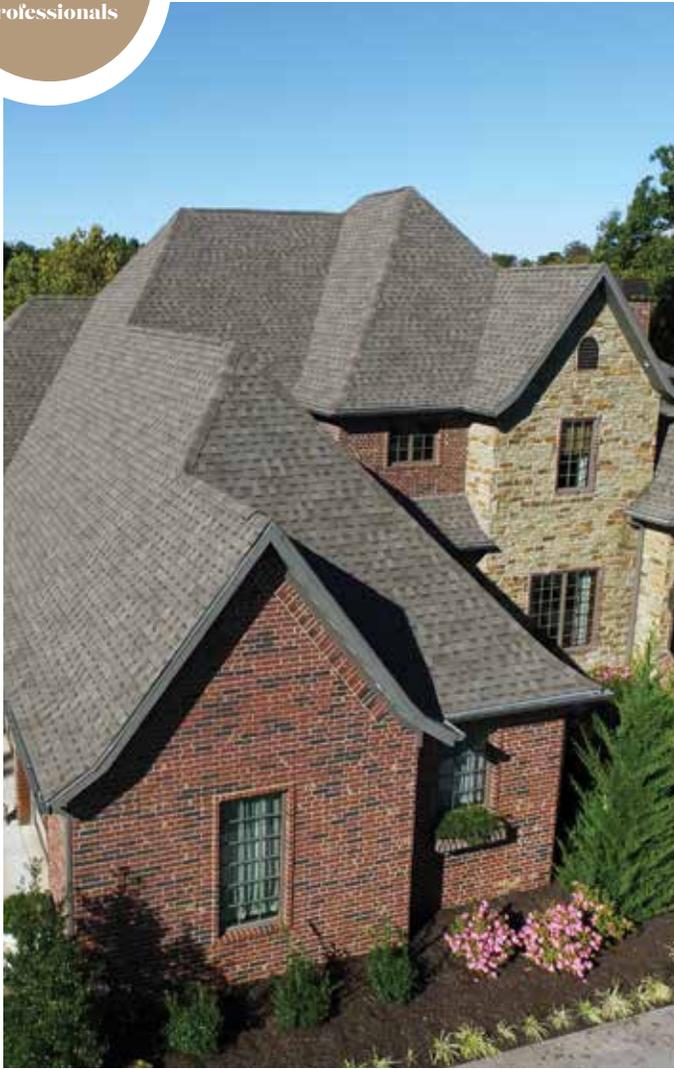
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We spoke to SES President, Rick Peters about the growth of solar energy in our region.

**Residential Solar Energy seems to be booming these days. Is this mostly due to cost declines?**

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**I understand how a solar system can freeze your energy inflation, because you are essentially buying 25-30 years of energy at a steep discount to traditional energy. But how is the energy transition driving this?**

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**Wow, that seems like an exciting trend. Are there still incentives for these investments?**

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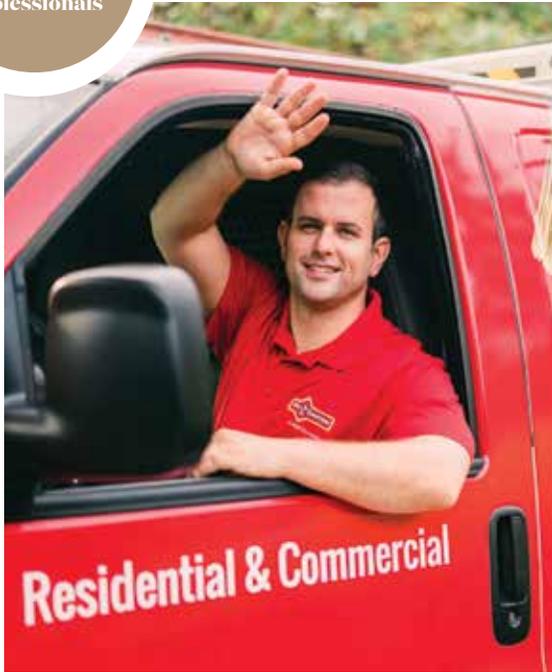
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The highest recoupment costs, were for a stone veneer upgrade at 97%, followed closely by a garage door replacement at 95%. All other projects return below 95%. Deck additions come in next at 70.9 followed by a steel entry door returns 65.8% and vinyl windows at 56.7%. But windows and doors also offer additional savings due to increased energy efficiency, and may even qualify for a tax credit.

So, what can you do with this knowledge? First, undertake these projects for your enjoyment, not for resale value. Second, do not let your homes condition deteriorate to the point that it requires major investments to put it on the market; where it is unlikely that the full cost of those investments will be recovered. Enjoy your home while you live in it, and maintain it well so you aren't stuck with major repairs just to get the house ready for market.

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# Home & Design

58 DECISIONS, DECISIONS | 63 AN EPIC FIND IN EPPING FOREST



# Decisions, Decisions

## ORGANIZING YOUR OUTDOOR LIVING SPACES

By Janice F. Booth

We've had two years to adapt to living more of our lives out-of-doors. Perhaps it's time to reexamine our garden's living spaces. Is there room for expansion? Can a few changes make outdoor living at home more comfortable and inviting?



## First Option: **Expansion**

Can you and do you want to expand your outdoor space? Here are several questions to consider.

1. Is there a portion of your property that could be transformed into a patio? (Be sure to check any legal issues—covenants and building codes.) 2. Is this area easy to reach from the house? If the area is remote or just difficult to get to while carrying a laptop or tray of drinks, your lovely, new patio may languish unused. 3. Will you need to include a walkway to the new area? How about privacy? Will you feel comfortable carrying on a phone conversation or just chatting with family in this new area? Perhaps a privacy fence or shrubbery can be installed as part of the construction. Will electricity be available? Almost a must for outdoor living today.

These issues can best be resolved by consulting a landscape architect or builder who has lots of experience with outdoor areas. They will advise you about permits, potential problems with light and drainage, and how to meet your family's requirements for an outdoor living space.

## Second option: **Revamping**

Since you've already spent quite a bit of time in your existing outdoor area—patio, deck, or garden glade—you have a clear picture of how you and your family enjoy being at home, outdoors. You're also aware of the drawbacks and annoyances of your current outdoor space layout. As you look, now, with fresh eyes there are four points to consider: **Comfort, Durability, Flexibility, and Design.**



## ⇐ COMFORT

- Do you need an awning or more sun umbrellas for the late afternoon?
- Is there equipment, game boards, etc., that need a place to wait for the next Monopoly or Badminton game?
- Lighting may have become more important. Even though summer evenings come on slowly, if you like reading after the kids go to bed, maybe outlets for reading lamps should be added.
- You probably know if insects are a problem. You may want to add a few pedestal fans to blow away mosquitoes, or maybe net curtains to keep the flies and mosquitoes out.

## DURABILITY ⇒

Our summer winds, strong sunshine, and occasional downpours make it important to choose furnishings and accessories that can survive and look great after being drenched in sunlight and rain as well as being tossed about by winds.

**SUNSHADES:** Whether you add a second sun umbrella or invest in an awning, be sure the design can handle wind and rain as well as sun. Weighted bases on umbrella stands and wind-vents on awnings are features to look for. Also check the ease of handling. Having an awning that takes two strong people to crank open or close may mean you don't bother using it. An umbrella that requires you climb on a table to push it up and open is not a smart solution.

**LIGHTING:** Particularly important when it comes to electricity, be sure the lights, lamps, and decorative lighting will not short out in a heavy rain or break if tapped by a few flailing branches on a windy night. Here's where an experienced electrician will be worth employing. She/he can help



you devise a simple or elaborate lighting system that is safe.

**FURNISHINGS:** You may have already discovered that the elegant glass table and streamlined chairs you loved when you bought them, have not worked out for your lived-in patio or deck. You

may need to choose more comfortable and sturdy chairs that can hold a teenager's sprawling limbs and still support Grandpa's sore back. Finally, will the furnishings you select need covers or will they be able to remain comfortable and reasonably clean without the necessity of nightly coverings?



## ↓ DESIGN

Here is another place where bringing in a professional or a friend with really good taste may be an advantage. Invite someone with experience in outdoor furnishings to assist and advise you.

**SEATING:** Consider whether there is enough space for separate areas of your patio or deck to be furnished for dining, quiet reading or working, and entertaining.

**FLOORING:** will it be practical to use indoor-outdoor area rugs to designate areas of your patio or simply for added comfort under bare feet?

**LIGHTING:** You may want your lighting to avoid disturbing neighbors and the nocturnal creatures with fur or feathers. How can that be accomplished?

You may be able to make these next six months more comfortable and less stress-filled with your newly redecorated, comfortable deck or patio.

## ↑ FLEXIBILITY

You may already realize that your chairs, tables, and other furnishings on the deck must serve many purposes—for kids, as a workspace, for dining, entertaining, and just a few hours respite.

**TABLES:** Consider a selection of smaller tables—end tables and coffee tables, rather than one large table for the deck. Small tables can be moved around to accommodate seating arrangements and uses. In a pinch, a well-built end table can be used for seating.

**SEATING:** Depending on who uses your deck and its size, you may want to select chairs that are both comfortable for lounging and dining—so, not too far into the recliner style or too severely erect and formal. Rather than upholstery, cushions may be more useful—easier to maintain and able to serve as floor seating if the need arises.

**LIGHTING:** A flexible lamp may be useful for an all-purpose patio. Perhaps a few floor lamps with multiple heads that can be directed, like spotlights, where the action is.



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# An Epic Find in Epping Forest

By Lisa J. Gotto

Located in the gated community of Epping Forest, this nearly 3,000-square-foot home feels like you're living in a forest fairytale with a collection of unique features, plus all the tranquil views and perks of living on the Severn River near Annapolis.

The original structure was built in 1927 so it has sound bones, and a solid offering of modern-day amenities. It's a treat walking into the home from its wraparound front deck that offers separate areas for dining, grilling, and gathering. A set of French doors welcomes visitors to the home's spacious open-plan living space offering plenty of natural light and warmth from its rustic knotty pine floors.



A large, center island with gas cooktop and breakfast seating for four makes a statement in the contemporary, all-white country kitchen. Outfitted with a high-end stainless steel appliance package, the kitchen also boasts large windows with views out to the treetops, an apron sink, and miles of additional countertop prep space. Above, a weighty wood beam provides rustic ambiance.



The kitchen flows past a gracious, informal dining area with banquette seating along one wall and into an inviting family room with a charming wood-burning stove and bead board ceiling with recessed lighting. Two walls of windows here flood the space with light. A glass front door leads guests to one of the home's landscaped patio areas with its rustic slate walking path.



To the left of the open-plan entry area is the home's more formal living space with its gorgeous stone-front fireplace with thick, wood mantel. A set of glass sliders lead guests to the dining area of the wraparound deck.

Across the hall from the living room there's plenty of space to work from home with a large, dedicated office concealed by an attractive sliding wood barn door. This room can also serve the purpose of the home's fourth bedroom. An adjacent area outside the doors provides plenty of expanded office space, as well. The main floor of the home also offers a full bath.



**Primary Structure Built:** 1927  
**Sold For:** \$1,045,000  
**Original List Price:** \$1,145,000  
**Bedrooms:** 4  
**Baths:** 3  
**Living Space:** 2,932 Sq. Ft.  
**Lot Size:** .30 acres

Upstairs, the primary bedroom offers the perfect woody retreat from the day with its gorgeous, stacked stone wood-burning fireplace, a rustic, screened-in balcony, and a newly remodeled bathroom with Italian tile and an opulent, glass, three-sided shower feature.

The entire upper level has newly installed multi-tonal oak wood floors that flow into the additional two bedrooms on this floor. One offers a spacious twin suite, and the other has a charming loft feature capable of holding a double futon for extra sleeping quarters.

The home's location within the development of Epping Forest offers a plethora of community perks such as a private sandy beach area, clubhouse, hiking trails, tennis and pickle ball courts, as well as a marina and exclusive access to the Severn.

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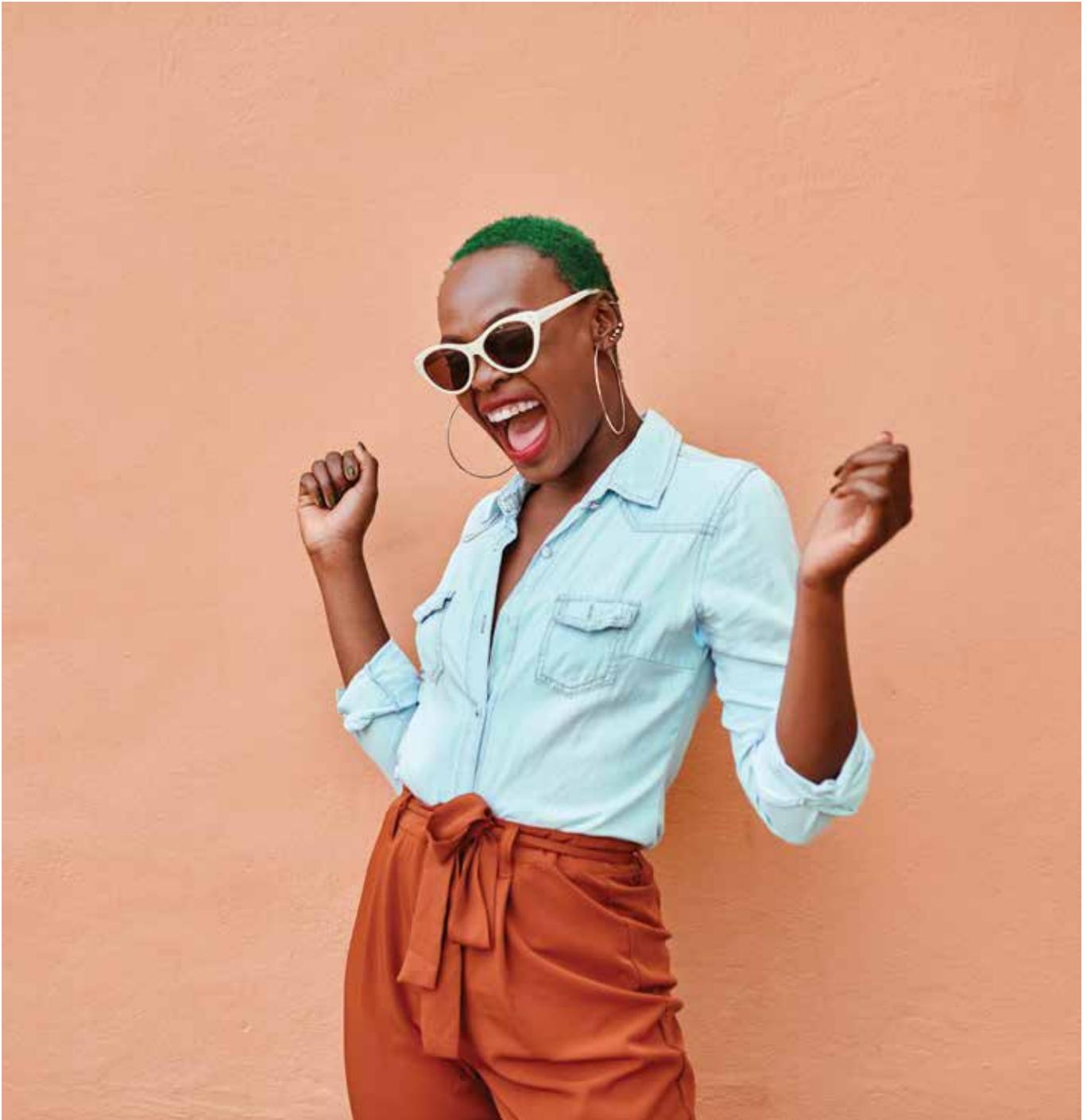
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# Health & Beauty

68 FRESH TAKE | 69 LASHES FOR DAYS

70 FITNESS TIPS | 71 5 COLORS TO ELEVATE YOUR SUMMER STYLE *plus more!*



# Fresh Take

## TOMATOES

By Dylan Roche

Are tomatoes a fruit or a vegetable? When it comes to trick questions, this one always seems to be a favorite. Yes, tomatoes contain seeds, so they are considered a fruit if you're thinking botanically—but from a culinary perspective, this fruit (along with bell peppers, cucumbers, pumpkins, and okra) is prepared and eaten as a vegetable. With its acidic, savory, but slightly sweet taste, it works equally well whether it's raw or cooked.



### ↑ Ratatouille

#### INGREDIENTS:

3 globe tomatoes  
3 plum tomatoes  
4 tablespoons olive oil (divided into 2 tablespoons, 1 tablespoon, 1 tablespoon)  
3 cloves garlic minced  
1 small onion, chopped  
1/4 cup shredded carrot  
1/4 cup diced red bell pepper  
1 teaspoon dried basil  
1/4 teaspoon dried thyme  
2 teaspoons dried parsley  
1 small eggplant  
1 large zucchini  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Preheat the oven to 375 F. Score the bottom of each globe tomato and boil in a pot of water for approximately 1 minute. When the skin starts to pull away, transfer the tomatoes to an ice bath and allow to cool. Peel the tomatoes and crush with a potato masher. Heat 2 tablespoons olive oil over medium heat on the stovetop. Add onion, garlic, carrot, and bell pepper. Allow to simmer for approximately 5 minutes or until soft. Add the crushed tomato along with the basil, thyme, parsley, salt, and pepper. Simmer for approximately 15 minutes. Slice the plum tomatoes, eggplant, and zucchini to 1/8-inch thickness. Rub a circular 2-quart baking dish with 1 tablespoon olive oil and spread the tomato sauce across the bottom. Arrange the vegetable slices so they're standing up in the sauce. Drizzle with remaining oil. Cover the baking dish and bake for 30 minutes. Remove the cover and allow to bake for 10 more minutes. Serve warm.

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sleek, without any wrinkles, bruises, cracks, blemishes, or dark spots. When a tomato is heavy for its size, this indicates that it's juicy—when you hold it, there should be only just enough softness that it responds to your touch without feeling mushy.

In fact, tomatoes are one of the more common vegetables in the modern American diet—even prepared tomato products like tomato sauce deliver many of the health benefits associated with tomatoes. But despite the convenience of canned or jarred tomato products on the market, tomatoes always have the strongest flavor when they're enjoyed fresh and in season.

Native to South and Central America, tomatoes come in a variety of shapes and sizes. Large ones known as **beefsteak tomatoes** are great for thick slices on a sandwich, whereas small **grape tomatoes** or **cherry tomatoes** are ideal for adding to a salad. Ovular-shaped **plum tomatoes** are grown for cooking and work well when you're making sauces or baking tomatoes in a dish. Last, but definitely not least, there's the **globe tomato**—your standard, medium-sized tomato that's versatile enough to be used pretty much any way you need it.

When it comes to their health benefits, tomatoes might be best known for the antioxidant known as lycopene, which helps the body reduce inflammation and ward off cancer, particularly prostate cancer. Lycopene is fat soluble, so enjoying tomatoes with a serving of olive oil or avocado—both of which are rich in heart-healthy unsaturated fats—will improve your body's absorption of lycopene. Additionally, because lycopene is released from plant cells via heating, cooked tomatoes will deliver more lycopene than the same serving size of raw tomato. Tomatoes are also a great source of vitamin A for eye health, vitamin C for a strong immune system, and potassium for fluid balance.

When you're shopping for tomatoes, keep an eye out for ones with brightly colored skin somewhere between orange and dark red. The skin should look tight and

Although some people like tomatoes chilled, refrigeration is bad for their taste and texture. Storing a tomato in your fridge will dry them out and diminish the rich flavor. Instead, store them at room temperature. Keep their stems down to protect them from absorbing any excess moisture.



### ↑ Roasted Tomato Caprese

#### INGREDIENTS:

1 pound grape tomatoes  
2 tablespoons balsamic vinegar  
1/2 cup olive oil + 1 tablespoon olive oil  
1 tablespoon honey  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon cracked black pepper  
20–30 leaves of fresh basil  
1 pound fresh mozzarella

Ready to get creative with tomatoes in the kitchen? Here are a couple of interesting twists on culinary crowd-pleasers, as well as a special baked good you won't want to resist trying:

Preheat oven to 325 F. Slice tomatoes in half and combine in a medium bowl with balsamic vinegar, 1 tablespoon olive oil, honey, oregano, salt, and pepper. Line a baking sheet with parchment paper and spread the tomatoes out evenly. Drizzle with any remaining marinade. Roast for approximately 45 minutes. The edges of the tomatoes will start to pucker and take on a lightly charred look. Slice basil leaves in half and combine with the roasted tomatoes. Set in the refrigerator to chill overnight. Slice the mozzarella into quarter-inch slices and arrange on a plate. Scatter roasted tomatoes across the fresh mozzarella slice and drizzle with remaining olive oil.

# Lashes for Days

By Dylan Roche

Don't underestimate your eyelashes—these little hairs make a mighty difference when it comes to your appearance and confidence. A set of thick, dark, healthy eyelashes makes your eyes stand out, giving you a rejuvenated, brighter, more energized look, even on days when you're feeling a little tired.

But eyelashes are more than just about looks. Eyelashes serve a practical purpose by protecting the eye from any debris or dust that's in the air. So even if you're not looking to give your eyelashes some added oomph for beauty's sake, you still need to take care of them.



*Before you bat another eye, here are seven ways you can achieve the lashes of your dreams:*



Use an eyelash comb once a day. The purpose here is twofold: For one thing, you'll remove debris and unclog your hair follicles, which will lead to overall healthier, stronger eyelash hairs. Combing your eyelashes will also give them a little bit of added length.



Before you apply mascara, dust your eyes lightly with baby powder (be careful not to get baby powder in your eyes). The baby powder will make your lashes look thicker once the mascara goes on. When removing your eye makeup at the end of the day, use a cotton pad and gently dab versus rubbing, which can weaken your hairs.



After using an eyelash comb, you can apply a little curl with an eyelash curler. Start by clamping the curler over your lashes as close to your eyelids as possible, hold, then release and move farther along the lashes to the end. You can heat your curler with a blow dryer before using it to give your hair a more dramatic curl. Between uses, be sure to clean your curler with alcohol to avoid bacterial buildup.



If you need a quick fix, you can always opt for fake eyelash, which are available in the makeup section of most grocery stores and pharmacies. Measure your eyelid length carefully and cut the fake eyelashes accordingly. Then apply a thin layer of special eyelash glue along the end of your eyelids. Wait a minute for the glue to become tacky before gently pressing the lashes into place. At the end of the day, you can easily remove the lashes by pulling them off.



Just like the hair on top of your head, your eyelashes can get dry and brittle. Be sure to condition your eyelashes by applying a little bit of castor oil or coconut oil once a week. These oils will hydrate your hairs, making them fuller and shinier. Dab a little bit on with a cotton swab, then dab again with a dry swab to remove any excess oil.



If you want a longer-term alternative to fake eyelashes, you can have extensions applied by a professional at a salon. Eyelash extensions are available in a range of materials, which will give you different lash colors, length, thickness, and curliness options. Once you've chosen extensions that fit your individual style, a professional will apply them for you. The process takes about two hours, and you'll need to have the extensions touched up every couple of weeks. Unfortunately, these extensions will not last forever and will ultimately fall out with your natural lash after eight or nine weeks. However, the good thing about eyelash extensions is that you now have ideal lashes—no more combing, curling, or applying mascara for you!



Consider your diet. Good nutrition is important for nice hair. Protein and healthy fats are important for healthy hair growth. You should also make sure you're getting plenty of biotin, a B vitamin found in eggs, legumes, nuts, and seeds.



# Fitness Tips

FOR ANYONE SKIPPING LEG DAY...

By Dylan Roche

If you're sticking with a workout routine and regularly hitting your biceps, triceps, chest, shoulders, and core... well, you're still working only half your body. Neglecting to train your lower half—or, as the saying goes among fitness enthusiasts, “skipping leg day”—poses a much bigger problem than just an unevenly top-heavy physique. Your overall athletic performance will suffer because practically every sport requires use of your legs in some way, whether you're sprinting, crouching, jumping, or kicking.

A weak lower body also means you're more susceptible to injury. Your legs serve as your body's base, and without the stability that comes from strong calves, quads, hamstrings, and glutes, you won't have the same mobility and range of motion.

Building lower-body strength is also important for anyone who is trying to maintain a healthy weight. This is because your leg muscles are some of the largest in your body—giving them a good workout require a lot of effort on your part! Plus, once you've built up strong leg muscles, they'll require a substantial amount of energy, so you'll burn more calories and ultimately increase your metabolism.

“Okay, so maybe I shouldn't be skipping leg day,” you're finally thinking. “But where do I even start?” You don't need a lot of equipment to get a great lower-body workout.

*Here are four moves using only a few dumbbells, a box, and your bodyweight to give you a killer leg-day routine:*

**SQUAT**—to work your quads and glutes 1. Start with your feet shoulder width apart and a dumbbell gripped vertically between both of your hands in front of you. Keep the dumbbell close to your body, only about an inch away from your chest. 2. Bend your knees and lower your body downward, moving your hips back while keeping your torso straight. Dip yourself down as low as you can. Hold for three seconds. 3. Raise yourself back up to the starting position. Repeat 10-20 times or until fatigued.

**DEADLIFT**—to work your glutes, hamstrings, and calves 1. Use a dumbbell in each hand or a single barbell. Stand with your feet shoulder width apart, back straight, and face forward, and hands holding the weight in front of you with your arms straight. 2. Bend forward at the hips and lower the weight, bending your knees slightly so you feel the stretch in your hamstrings as you move the weight down the line of your legs to the ground. 3. Pause momentarily with the weight just above the ground. 4. Thrust yourself back up to your starting position. You should be using the strength of your glutes to move yourself upward. 5. Repeat 10-20 times or until fatigued.

**LUNGE**—to work your quads, hamstrings, and glutes 1. Begin with your feet close together and your arms by your side. To make the exercise more challenging, you could hold a light-weight dumbbell in each hand. 2. Step forward with your right leg, bending your left leg to touch your knee to the ground. Keep your chest open and your gaze fixed straight ahead of you. When your left knee touches the ground, your right thigh should be parallel to the floor with your right knee at a 90-degree angle. 3. Raise yourself back up, drawing your right foot back to be even with your left foot. Repeat the move by lunging with your left foot forward and your right knee going down to touch the floor. 4. Repeat this exercise 10-20 times with each leg or until fatigued.

**BOX JUMP**—to work your calves and glutes 1. Select a box that's an appropriate height. If you're 5'5" or shorter, choose a box that's 14 to 16 inches high. If you're taller than that, choose a box that's 16 to 20 inches high. 2. Stand with your toes facing the box, approximately 1 foot away. Lower yourself slightly by bending your knees and lowering your hips. You should be about halfway into a squat. Push your arms behind you. 3. Use your glutes to push yourself upward and forward, jumping onto the box. Use your arms for momentum by swinging them in front of you. You should land on the box with both feet about shoulder width apart. Allow your knees to bend slightly when you land. 4. Jump backward to land on the ground in your starting position. 5. Repeat this move 10-20 times or until fatigued.

# 5 Colors to Elevate Your Summer Style

By Dylan Roche



Summer is almost here, and whether you've got a start-of-season barbecue or some other special occasion where you want to make an impression, you can elevate your look with these five colors. They're perfect for sunny days, coastal atmospheres, and relaxed vibes.

## ↑ PINK

When it comes to summer colors, pink is always a favorite. And it's one that looks good on women and men alike. If you want a tropical look, opt for a bright shade of fuchsia or flamingo. But even subtler shades with hints of orange, such as coral and salmon, look appropriately summery and may be a better choice for anyone who doesn't want to commit to pink as a fashion choice. Pink is great as the most prominent color in your outfit, but it works well as an accent color too.



## ↔ BLUE

Here's what's special about blue—pretty much any shade of blue is going to be a great pick for summer. A dark navy looks appropriately nautical (especially if paired with accents of white and red) while shades of cobalt and royal blue just look fun and casual, ideal for your favorite outdoor activity. If you're feeling adventurous, try a lighter shade of blue like cerulean or sky blue, both of which are perfect for warmer months.



## ↑ WHITE

This one's the most obvious choice for summer. Traditionally, people kept the white in their wardrobe for occasions between Memorial Day and Labor Day, and it's a style rule that makes sense—after all, white is great for staying cool under the hot summer sun. White looks good whether you're pairing it with other white clothes or with pops of color. Choose lightweight fabrics like cotton or linen. Both men and women can easily show off a solid white top with pants or shorts in a darker, bolder color.



## SAGE GREEN

Although many colors look great in their brightest shade for summer outfits, green might be the exception. Don't worry—lime and chartreuse aren't bad choices by any means, and they'll give your outfit a nice tropical look. But subtler greens like sage and seafoam make a perfect neutral color for summer outfits. They're still plain enough that you can pair them with pretty much anything, while colorful enough that your summer outfit won't look boring.

## ↑ YELLOW

Nothing warms up a summer outfit quite like yellow. Although it's sometimes difficult to pull off bright colors, trust yellow to look cheery and uplifting when you wear it for summer occasions. Like white, it's light enough that you're not going to feel overheated when wearing yellow on a sunny day. If you're adventurous, you can go with a bright shade like canary yellow or lemon yellow. However, even a more subdued shade like daffodil will brighten up an outfit without looking too ostentatious.





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It was recently announced that **Talbot County Empty Bowls** is beginning to plan their in-person community gathering for 2023. Empty Bowls was founded in Michigan in 1990 and has since become an international organization where people can come together as a community to help everyone obtain the nutritious foods they need every day. Ten percent of the population in Talbot County is food insecure and unsure of where they are going to get their next meal. Talbot County Empty Bowls has distributed over \$235,000 to Talbot County food organizations to stop hunger since their inception in 2008 and has been on hiatus due to COVID. The next fundraiser is scheduled for February 2023 where local students and organizers will spend the spring raising awareness and funds with a table at the Easton Farmer's Market. For more information, or to get involved, email [talbotcountyemptybowls@gmail.com](mailto:talbotcountyemptybowls@gmail.com).



# Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

Now that April showers are gone and the May flowers in full bloom, we can enjoy this last month before school is out and summer begins. Big things are happening around the region: new restaurant openings, seasonal restaurant openings, the Kentucky Derby and Preakness Stakes celebrations, and, of course, Cinco de Mayo.

## On the Restaurant Scene...

If you haven't ventured to West Street in Annapolis in a while, here is the message you might be needing to get back downtown. In mid-March, **GameOn Bar + Arcade** had their ribbon cutting ceremony and brought our favorite classic arcade games to town. GameOn has a bar with wine, beer, cider, and, most importantly, boozy slushies to drink while enjoying bar food and desserts, and playing Donkey Kong, Pac-Man, Skee Ball and more. This is the perfect opportunity to get your friends together and bring out your inner kid. Owner Casey Linticum has already signed a lease to open a second location in Baltimore. The Baltimore location will have a bar and arcade games on the first and second floors while private events are hosted on the third floor. Linticum works with catering partners from all women-owned restaurants as well as women-owned construction companies to pull off her vision. Find more information at [gameonbararcade.com](http://gameonbararcade.com).

At the end of February, a new restaurant came to Annapolis Harbor Center: **Full On Craft Eats & Drinks**. Full On opened in the end unit of the Harbor Center, where Baja Fresh used to be and will have a full bar, local beer and wine, and outdoor seating. This is the second location for Full On and is twice the size of the original. They also serve their soup, salads, and sandwiches in their original location in Rockville. These high-end sandwiches feature in-house roasted meats as well as house-made sauces. Check them out at [fulloncraft.com](http://fulloncraft.com).

Get ready to applaud **Executive Chef Gregory James** next time you visit The Inn at Perry Cabin. Chef James won the statewide contest put on by the Restaurant Association of Maryland declaring the Maryland Chef of the Year. The winner was announced on March 27th at a gala dinner as Chef James of Stars Restaurant/Inn at Perry Cabin. Chef James was nominated by someone in the public and, out of the hundreds of applicants, he was selected to be one of the six finalists. In 2019, Chef James took over the kitchen at The Inn at Perry Cabin in St. Michaels. He is a graduate of the Culinary Institute of America and has worked in fine dining restaurants in Chicago, Minneapolis, San Francisco, and at Aquavit, a two Michelin star restaurant in New York City. Chef James has hand-picked his current team and is always learning with them and continues to change his menu daily. Visit The Inn at Perry Cabin, [innatperrycabin.com](http://innatperrycabin.com), to congratulate Chef yourself someday soon!

A new bill in the Maryland General Assembly may be able to help businesses in Wicomico County obtain a **liquor license** more easily. When Revival, a live performance venue in Salisbury, tried to obtain their liquor license in August 2021, there wasn't an accurate category for them to apply for liquor license in. They ended up getting a liquor license as a restaurant but the process was more complicated than they anticipated. This new bill will make the process easier to get a liquor license for dinner theaters and similar businesses in Wicomico County. More often than not, ticket sales for these venues benefit the performers, not the theater. Passing this bill will help the venue, especially in light of this pandemic, make money on alcohol sales. The Senate has already passed this bill with unanimous support.



## Hometown Favorites Expanding...

The town of Annapolis is going to have to learn how to share some of our favorite restaurants as they spread their wings and expand. Our own Preserve is opening a beer and wine garden in Severna Park called **Garten**. The indoor/outdoor garden will be on Baltimore Annapolis boulevard where Café Bretton previously resided. They will feature locally-brewed beers and European-inspired dishes. Find more information at [garten-eats.com](http://garten-eats.com) and be sure to see their updates on Garten's Facebook page.

We quickly fell in love with True Kitchen in Annapolis Town Center, and now another location is opening in Gaithersburg. This Montgomery County **True Kitchen** opened April 25th in the Rio Lakefront shopping center at 9811 Washington Boulevard. This restaurant has been able to open 41 locations, including Annapolis and Bethesda, because it follows physician Andrew Weil's anti-inflammatory food pyramid. This way of cooking includes nutrient-dense produce and superfoods, or, in their words "cravable food that boosts your mood." This location has an open kitchen, full bar, and outdoor covered patio. For more information, visit [truefoodkitchen.com](http://truefoodkitchen.com)



## Happy Holiday Cocktails...

We have a reason to eat, drink, and be merry for several holidays this month; well, for one officially recognized holiday and another couple not as much, but we will count them. Of course, May 5th is Cinco de Mayo, and then you have 48 hours to recover before the horses load the starting gate for the Kentucky Derby; followed a couple weeks later by Maryland's own Preakness Stakes. The races are as much a holiday as the Superbowl is right? Margaritas are a great drink choice for Cinco de Mayo, while Mint Juleps are perfect for the Kentucky Derby, but let's try something a bit different this year. What do you think?



## Spicy Pink Paloma

- 2 ounces Tequila
- 1 ounce fresh squeezed Grapefruit Juice
- 2-3 ounces Fresca or other Grapefruit Soda
- Fresh sliced Jalapeno
- One slice of Grapefruit for garnish
- 1 teaspoon fresh ground Himalayan Salt mixed with a pinch of Cayenne Pepper for glass rim

To a tall glass, swipe the rim or side with grapefruit slice. Dip in salt and pepper mix. Add ice to glass and pour in tequila and fresh grapefruit juice. Toss in desired amount of jalapeno slices. Top with soda, stir, and enjoy!  
*Recipes and Picture courtesy of Olivejude.com*

## Porch Swing

- 1.5 ounces Straight Bourbon Whiskey
- 3/4 ounce Lemon Juice
- 1/2 ounce Honey
- 6 ounces Peach Tea

Combine ingredients in a tall glass and stir. Garnish with a peach slice or lemon wheel.  
*Recipe and Picture courtesy of Woodford Reserve*



**Have culinary news to share?** Send an email to the editor at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

# Dining Guide

## Advertisers Listed in Red

Average entrée price  
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

☎ Reservations    🍴 Full bar

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## Crofton / Gambrills

### Allison's Restaurant

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, pizza; 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 \$ 🍴

### Namaste Indian Cuisine

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/royalkabob-online; Indian; lunch, dinner \$ 🍴

### Rutabaga Juicery

1131A MD-3 North; Gambrills; 410-970-2437; Rutabagajuicery.com; Juice and quick eats 🏆

### Smashing Grapes Kitchen + Wine Bar

2383 Brandermill Blvd, Gambrills; 410-451-7544; Smashinggrapes.com; Mediterranean and Coastal Californian Cuisine; Lunch and dinner, \$\$ ☎ 🍴 \*

### Thai at Waugh Chapel

1406 S Main Chapel Way #102, Gambrills; 410-415-1004; Thaiat-waughchapel.com; Thai; lunch, dinner \$ 🍴 🏆

## LIBATIONS

**"My favorite happy hour in the area. Met my friend here just last week an couldn't get enough!" —Julie F**

### V N Noodle House

2299 Johns Hopkins Road, Gambrills; 410-721-6619; Vnnoodlehouse.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; Brokenoarbarandgrill.com; American; lunch, dinner, Sunday brunch \$\$ 🍴 🏆 🎵

### The Grill at Quarterfield Station

7704 D Quarterfield Road, Glen Burnie; 410-766-6446; Thegrillatquarterfieldstation.com; American; breakfast, lunch, dinner, Sunday brunch \$-\$\$\$ 🍴 🏆

### Hellas Restaurant and Lounge

8498 Veterans Highway, Millersville; Hellasrestaurantandlounge.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 \$\$ ☎ 🍴



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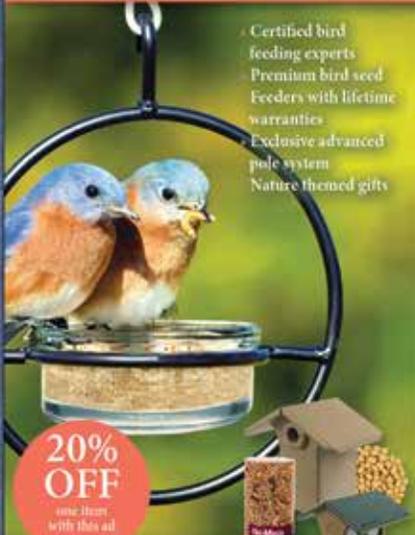
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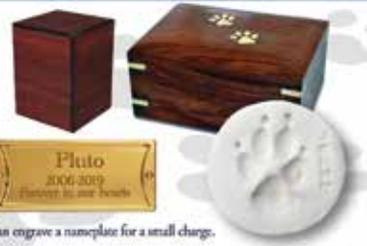
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**Tijuana Tacos VI**

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; gracegard-enrestaurant.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**

1131 Annapolis Road, Odenton; 301-621-9388; Hunanrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$

**Mamma Roma**

Village Center Shopping Center, 8743 Piney Orchard Parkway #102-103, Odenton; 410-695-0247; Mammarmomas.com; Italian; catering; dinner \$\$

**Orchard Café**

8777 Piney Orchard Parkway, Odenton; 410-695-0666; American; breakfast, lunch, dinner \$

**Perry's Restaurant**

1210 Annapolis Road, Odenton; Perrys-restaurant.com; 410-674-4000; American, Greek; lunch, dinner \$

**Riconcito Mexicano**

1103C Annapolis Rd, Odenton; Rinconcito-mexicanoinc.com; 410-305-0882; Mexican; lunch, dinner \$

**Rieve's Deli**

8376 Piney Orchard Parkway, Odenton; 410-674-4292; Rievesdeli.com; Deli, sandwiches; breakfast, lunch, dinner \$

**Romeo's Pizza**

8389 Piney Orchard Parkway, Odenton; 410-674-2700; Romeospizzamd.com; Italian; lunch, dinner, catering \$

**Ruth's Chris Steak House**

1110 Town Center Blvd, Odenton; 240-556-0033; Ruthschris.com; Steak, seafood; lunch, dinner \$\$\$

**The Hideaway**

1439 Odenton Road, Odenton; Hideaway-odenton.com; 410-874-7300; Barbeque; brunch, lunch, dinner, catering \$\$

**Three Brothers Italian Restaurant**

Odenton Shopping Center, 1139 Annapolis Road, Odenton; 410-674-0160; Threebrotherspizzeria.com; Italian; lunch, dinner, catering \$

**Severn / Severna Park****Brian Boru Restaurant & Pub**

489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$

**Café Mezzanotte**

760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezzanotte.com; Italian; lunch, dinner \$\$

**Casa Della Nonna**

8141 Telegraph Road, Severn; 410-551-8000; casadellanonna.com; Italian; lunch, dinner \$

**Founders Tavern & Grille**

8125 Ritchie Highway, Pasadena; 410-544-0076; Founders-tavernandgrille.com; American; lunch, dinner \$

**Garry's Grill & Catering**

Park Plaza Shopping Center, 553; Baltimore Annapolis Boulevard, Severna Park; 410-544-0499; Garrysgrill.com; American, Seasonal, catering; breakfast, lunch, dinner \$\$

**Gianni's Pizza**

2622 Severn Square Shopping Center, Severn; 410-551-5700; Giannispizzasevern.com; Italian; lunch, dinner \$

**Lisa's Deli**

2608 Mountain Road, Pasadena; 410-437-3354; Sandwiches; lunch, dinner, \$

**Mi Pueblo II**

554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$

**Park Tavern**

580 Ritchie Highway, Severna Park; 410-793-5930; Parktavernsp.com; American; lunch, dinner \$\$

**Mike's Crab House North**

1402 Colony Road, Pasadena; 410-255-7946; Mikesnorth.com \$\$

**Annapolis Area & Beyond****Blackwall Hitch**

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 \$\$

**The Crab Shack**

3111 Solomons Island Road, Edgewater; 443-837-6279; the-crabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

**Davis' Pub**

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; Gandmcrabcakes.com; Seafood; lunch, dinner \$\$

**Grump's Café**

117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$\$

**Harvest Thyme Modern Kitchen & Tavern**

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 \$

**Jesse Jay's Latin Inspired Kitchen**

5471 Muddy Creek Rd, Churchton, 240-903-8100; jessejays.com; Latin, Lunch, dinner \$\$

**La Sierra**

2625 Riva Road, Annapolis; 410-573-2961; Lasierrestaurantinc.com; Mexican; lunch, dinner \$\$

**Lures Bar and Grille**

1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$\$

**The Melting Pot**

2348 Solomons Island Rd, Annapolis; 410-266-8004; meltingpot.com; Fondue; dinner \$\$

**Mi Lindo Cancún Grill**

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 \$\$

**Rips Country Inn**

3809 N. Crain Highway, Bowie; 301-805-5900; Ripscountryinn.com; Rustic country cooking and Chesapeake eats; breakfast, lunch, dinner \$\$

**Rutabaga Juicery**

4 Ridgely Ave; Annapolis; 410-267-0261; Rutabagajuicery.com; Juice and quick eats

**Ruth's Chris Steak House**

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris.com; American; dinner \$\$\$

**Señor's Chile**

105 Mayo Rd, Edgewater, 410-216-2687; senorschile.com; Mexican, lunch, dinner, \$\$

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# Where's Wilma?

## FIND WILMA AND WIN!

It's May, it's spring, it's time to have fun! Wilma is off and running—er flying—all over the region this month, racing to and fro, in search of the best dining, shopping, and services she can find. Where will she land next?

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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations** to **Lynne Zeigler** of Odenton, 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](http://whatsupmag.com/promotions)



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Entries must be received by May 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.

Anne Arundel Bar Association.....	26
Anne Arundel Medical Center –AAMC Foundation.....	66
Baltimore Washington Medical Center.....	IBC
Beall Funeral Home.....	17
Berkshire Hathaway Homeservices Homesale Realty.....	2
Bowie Siding & Roofing Inc.....	LHP
Bowman Jarashow Law LLC.....	40
Burrows Haviland Law.....	LLP
Chesapeake Cycles.....	GG
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Cochran & Chhabra LLC.....	LLP
David's Natural Market.....	77
Djawdan Center for Implant and Restorative Dentistry.....	1
Drs. Walzer Sullivan & Hlousek P.A.....	5
Elite Starr Academy.....	19
Fence and Deck Connection Inc.....	LHP
Fichtner Services.....	BC
Franke Beckett LLC.....	LLP
Hague Quality Water of Maryland.....	65
Harvest Thyme Modern Kitchen & Tavern.....	GG
Homestead Gardens.....	13
Hospice of the Chesapeake.....	45
Hunan L'Rose.....	72
Jack J. Schmerling Attorney at Law.....	LLP
Jess Young Real Estate Team—ReMax Executive.....	61
Law Office of John E. Lindner.....	LLP
Let's Go! Music Festival.....	8
Long & Foster—Crofton.....	56
Long Fence.....	46
Luminis Health AAMC.....	2
Mamma Roma.....	72
Maryland Pet Crematory.....	77
McNamee Hosea Attorneys & Advisors.....	LLP
Monsignor Slade Catholic School.....	79
Mr. Handyman.....	LHP
Odenton Masonic Lodge No. 209.....	79
O'Donnell Vein and Laser.....	IFC
On The Green Inc.....	65
Perfect Pet Resort.....	79
Regal Paint Centers.....	26
Rehab 2 Perform.....	19
Ruth's Chris Steak House.....	72
ShelfGenie.....	62
Sinclair Prosser Gasior.....	LLP
Skin Oasis Dermatology.....	11
Solar Energy Services Inc.....	LHP
The Jaklitsch Law Group.....	32
Titan Hospitality Group.....	17
W.L. Staton.....	61
Wild Birds Unlimited.....	77

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