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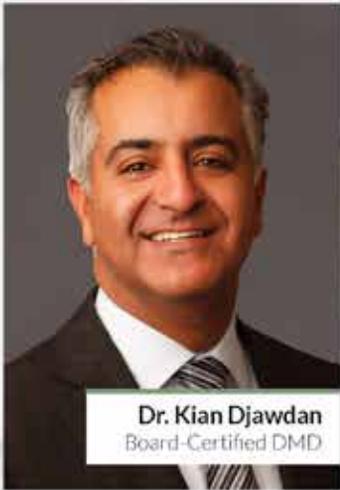
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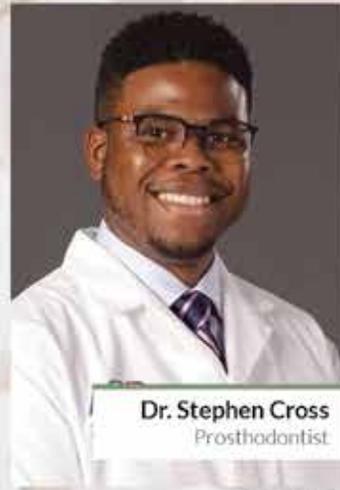
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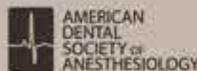
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2.5 yrs - Grade 4

NOVEMBER 5
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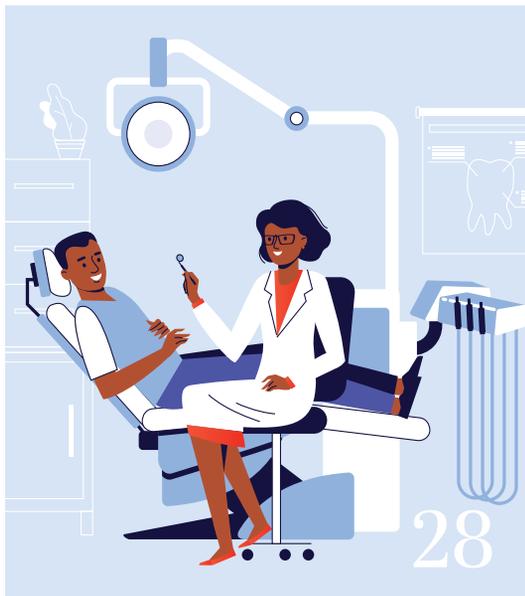
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#1 Private School in Anne Arundel County
#5 K-12 Private School in Maryland

On the Cover: Cavity from candy this season? Meet this year's class of Top Dentists to help with all your dental needs. Design by August Schwartz. Contact *What's Up?* Central Maryland online at whatsupmag.com. Please recycle this magazine.

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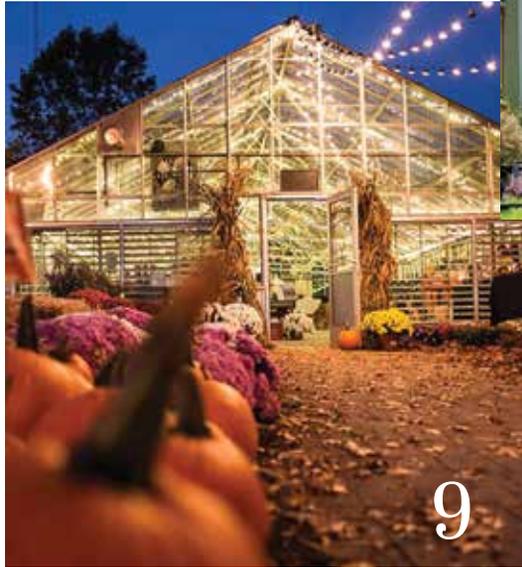
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TIME TO VOTE!

OUR BELOVED PETS!

WHAT'S UP? MEDIA

CHOOSE YOUR FAVORITE.

The entries are posted to our online gallery where you can now vote for the cutest furry friend. Voting will take place from 10/1 - 11/7. Winners and chosen favorites (by you and our staff) will be showcased in the January 2023 issues of What's Up? Annapolis, What's Up? Eastern Shore, and What's Up? Central Maryland. And maybe even on the cover!

Visit [WHATSUPMAG.COM/PETPHOTOCONTEST](https://whatsupmag.com/petphotocontest) to vote!



From the editor

The abundance of
NATURAL RESOURCES IN OUR REGION
 is remarkable and should be

APPRECIATED BY ALL.

miles in/out to enjoy the bayfront beach and fossil hunting; (4) and took the boat out on the Severn River at sunrise to catch striped bass and white perch.

Not touting here; just trying to impress the point that there's magnificent opportunities within quick reach to experience nature and nurture one's appreciation for all that we have. That is, if we continue to collaborate and make protecting these resources a priority. Please read what our riverkeepers have to say about what they're seeing on the frontline—the shorelines if you will—and how we can help.

In about five weeks, you'll have the opportunity to vote in leaders at the state and county levels who will shape environmental policy for the years ahead. The Gubernatorial election is upon us, and Maryland will have a new governor. Our political correspondent, Mark Croatti, has written the primer, "Prelude to the War for 2024," on the candidates vying for your votes and what's at stake in *this November's* election—the results of which will have far-reaching implications in the national elections just two short years away.

If the political landscape has you—like me at times—wanting to scream into a pillow, let's take a breather together and enjoy everything this season offers. Autumn weather is swooping in, Halloween events and harvest activities are gearing up, football and hockey are back, fireplaces see first flames, it's "Rocktober" on the bay...I could on and on, but I think you get the point. And it's all packed into this issue, along with the results of our biennial Top Dentists survey (get those cleanings and consultations in before the holidays!). Happy health and happy trails!

James Houck,
 Editorial Director



There's an important article in this month's issue. Well, there's more than one, but allow me to digress for a moment. I'm specifically referring to "Riverkeepers on the Frontline" written by Lisa Hillman. This is a discussion piece about habitat and environment issues as seen and told by several of the Chesapeake Bay region's riverkeepers—the leaders and organizations that monitor, patrol, and advocate for the health and preservation of our local tributaries. Their work is tedious and never ending, but critical to fulfilling the dream of restored rivers and our precious bay.

I'm hoping and believing this dream will become reality in my lifetime. The abundance of natural resources in our region is remarkable and should be appreciated by all.

Consider this: during the last week of summer before the kids went back to school, my family spent our staycation exploring state parks and outdoor experiences. In just one week's time and within an hour's drive of our state capital, we: (1) waded and fished the cool, cobblestone streams and waterfalls of Little Patuxent River at Savage Mill; (2) ventured to Patapsco Valley State Park and hiked six miles in the riverfront foothills; (3) drove to Calvert Cliffs State Park, hiking four



WHAT'S UP? MEDIA'S 2022

BRIDAL EXPO



Beautiful Venue

Named for its beautiful, wooded setting among the trees, The Atreem at Soaring Timbers is situated just a few miles from the hustle and bustle of downtown Annapolis yet exudes the privacy of a family estate. The Atreem is a post and beam building filled with natural light, vaulted ceilings and nature inspired beauty. Boasting a 4000-square foot open floor plan, The Atreem offers plenty of room for guests to mingle and visit with our wedding pros.

Oct. 23, 2022

1-4 pm

Soaring Timbers

Feel Pampered

Brides-to-be and their guests will be greeted with champagne and refreshments upon arrival. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding. Complimentary swag bags will be given to the first 200 brides.

Get Inspired

Get everything checked off your Wedding To-Do list at our one-stop shop. Sample delicious desserts while visiting with wedding pros, get inspired at the fashion show, have fun in the photo booth, and enjoy live demos and exclusive wedding savings. Whether you are just starting your planning, finishing up the last details, or anywhere in between, you will find exactly what you are looking for at the What's Up? Media 2022 Bridal Expo!

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Out on the **TownE**

9 EVENT PICKS | 14 SALUTE | 16 SPOTLIGHT | 18 ATHLETE | 20 INTERVIEW



Maryland Black Bears

The Maryland Black Bears are taking the ice for another season at the Piney Orchard Ice Arena in Odenton. The Bears have five home games this month. They play Danbury Jr. Hat Tricks on October 14th and 15th at 7:30 p.m., followed by the Johnstown Tomahawks on October 28th at 7 p.m., October 29th at 7:30 p.m., and on October 30th at 2 p.m. If you can't make one of those games, the Bear's season continues through mid-April! Find more information and buy tickets at marylandblackbears.com.



↑ Casey Cares Golf Tournament

The Casey Cares Foundation will host its 19th Annual Golf Tournament on October 17th at 10 a.m. at the Cattail Creek Country Club in Glenwood. The outing includes a light lunch, raffles, prizes, and more. The evening will end with a cocktail reception. Companies are encouraged to register as foursomes and individuals are allowed. Not only will it be a fun day of friendly competition, but the event will also raise much-needed funding for the Casey Cares Foundation, which provides ongoing and uplifting programs for families with critically ill children. Find more information at caseycares.org.

OLD BOWIE FESTIVAL

On October 1st, from 11 a.m. to 5 p.m., enjoy the 2nd Annual Old Bowie Festival. Take part in a day of arts, crafts, music, food, children's activities, and more fun on Chestnut Avenue and 9th Street in Bowie. Old Bowie has strong ties to the railroad and established itself as a growing, vibrant community. Since then, the city became home to people from an ever-growing collection of cultures. Find more information at oldbowiecelebrates.us.

Chesapeake Arts Center's Arts in the Park Festival

Chesapeake Arts Center is having their 8th Annual Arts in the Park Festival on October 8th from 10 a.m. to 3 p.m. in front of the Hammonds Lane Theatre. The festival will include live performances, artists, and community vendors as well as multiple hands-on arts workshops, food trucks, door prizes, and fun for the whole family. Find more information and register for the festival at chesapeakearts.org.

WANDA SYKES LIVE!

Wanda Sykes is coming to Live! Casino and Hotel in Hanover. On October 7th at 9 p.m., the Emmy winning stand-up comic, writer, actress, and producer will take the stage.

Sykes has been entertaining audiences all over the world for over 20 years, has ranked among Entertainment Weekly's "25 Funniest People in America," and won multiple awards for her comedy and performances. See her live at Live! this October. Order tickets and find more information at marland.livecasinohotel.com.



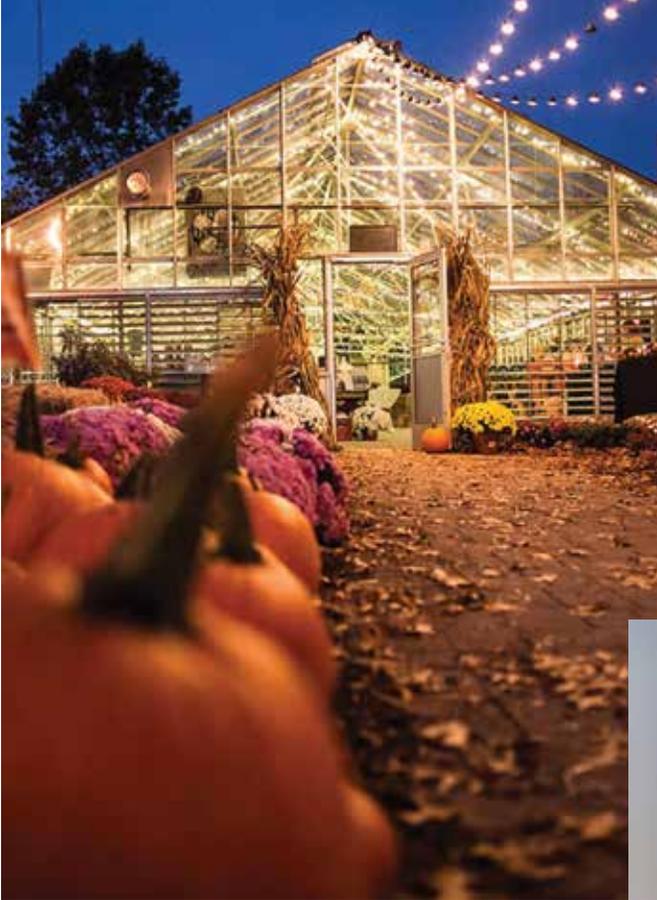
Photo courtesy of Wanda Sykes

U.S. POWERBOAT AND SAILBOAT SHOWS ↓

The U.S. Powerboat and Sailboat Shows are back this October. The Powerboat Show will be at Annapolis City Dock from October 6th through 9th. The Sailboat Show will take place one week later, October 13th through 17th. These shows are for all boat lovers to explore a variety of new and used boats as well as supplies, fishing gear, marine accessories, and much more. Find more information at annapolisboatshows.com.



Photo by Josh Davidson



WHAT'S UP? MEDIA'S BRIDAL EXPO ↓

Get everything checked off your wedding to-do list at What's Up? Media's one-stop shop on October 23rd at The Atreum at Soaring Timbers in Annapolis. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding. Plus, brides will receive a complimentary swag bag! Sample delicious desserts while visiting with wedding pros, get inspired at the fashion show, have fun in the photo booth, and enjoy live demos and exclusive wedding savings. Whether you are just starting your planning, finishing up last details, or anywhere in between, you will find exactly what you are looking for here! Find more information at whatsupmag.com.



↑ Providence Center's Harvest Bash

The original Harvest Bash is back. On October 15th, Providence Center is hosting their 8th Annual Harvest Bash at Providence Center's Greenhouse and Gardens in Arnold. The bash will feature a feast of fall bounty, signature cocktails, raw oyster bar, custom donuts, live music, auctions, and so much more, all under twinkling lights and a canopy of stars in the greenhouse and gardens. This fundraising event raises critical funds to support over 300 people with intellectual and developmental disabilities to discover and live their best lives in Anne Arundel County. For more information, visit providencecenter.com.



INTERNATIONAL EDGAR ALLAN POE FESTIVAL AND AWARDS

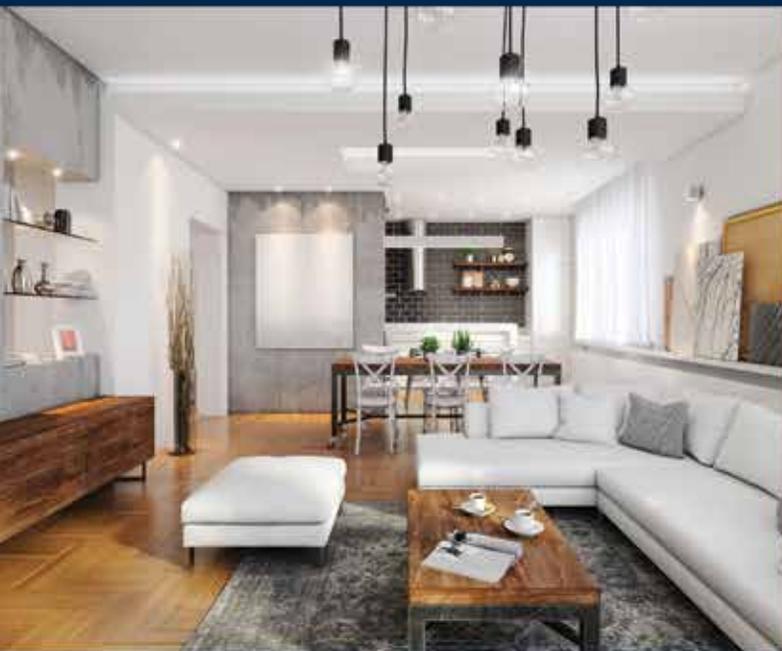
Experience mystery, intrigue, and the Macabre at the 5th Annual Poe Fest International on October 8th and 9th at the Edgar Allan Poe House & Museum in Baltimore. The free festival will be from 11 a.m. to 4 p.m. each day and feature Edgar Allan Poe themed performances, vendors, readings, music, and more. For more information, visit poeffestinternational.com.

GiGi's Playhouse Golf Outing

GiGi's Playhouse Annapolis hosts their 3rd Annual Golf Outing at The Cannon Club in Lothian on October 17th starting at 9 a.m. This day on the golf course is to support individuals with Down syndrome, their families, and the community. In addition to a beautiful day of golf, the day will include breakfast, lunch, and post-game appetizers, beverages, a swag bag, and a longest drive and closest to the pin contests. Find more information at gigisplayhouse.org/Annapolis.

Call for Entries!

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WHAT'S UP? MEDIA'S 1ST ANNUAL

HOME EXCELLENCE AWARDS

What's Up? Media has developed an exemplary awards program to honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region.

The entry period opens October 1st for home industry professionals and firms to submit their completed projects for evaluation and vetting in 10+ award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through November 30th. There is no limit to the amount of project entries each professional/firm may submit.



whatsupmag.com/homeexcellenceawards

The 1st Annual Home Excellence Awards will be revealed in the February issues of What's Up? Annapolis, What's Up? Eastern Shore, and March edition of What's Up? Central Maryland.

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TOWNE SALUTE

Mandy Memmel

The Well

By Tom Worgo

Mandy Memmel helps at-risk individuals transition from life on the streets of Northern Anne Arundel County and South Baltimore. She mentors women who have been traumatized and are at a crisis point in their lives, which often involves prostitution, drugs, domestic violence, poverty, homelessness, or a combination of these hardships.



“SHE JUST LOVES EVERYONE. THERE IS NOT A PERSON SHE MEETS THAT SHE DOESN’T LOVE. SHE HAS SUCH A HEART FOR PEOPLE. SHE CARES DEEPLY ABOUT PEOPLE AND WANTS TO ENTER THEIR LIVES AND JUST LOVE THEM.”

“We believe the way to overcome trauma is a healthy community,” Memmel says. Through hours, months, and years of mentoring, she helped about 120 women find their way back to healthy and productive lives. Her clients range in age from 12 to 68.

“I am doing work that many people wish would get done, but nobody dares do,” Memmel says. “So, I saw a need. Instead of sitting back and saying, ‘Someone needs to do something,’ I did something. When I meet people, I accept them. I am not a savior. I don’t see myself as a superhero in a cape. I think helping people is all that we should be doing.”

The 52-year-old Memmel started off small by helping the needy—giving out food and clothes as a volunteer at the former New Hope Church in Pasadena. Her volunteer role expanded when she began mentoring women and, later, becoming a women’s ministry director at the church—a role she held for many years.

Memmel, who worked as a nurse for five years at St. Agnes Hospital in Baltimore in the 1990s, before

getting heavily involved in church volunteer work—including at the Elvaton Baptist Church in Millersville—saw an even bigger need to help women and started the support group Women of Hope in 2004, which meets weekly.

That led to Memmel to create the nonprofit, The Well, in 2013 and based in Curtis Bay, which often connects women to counseling and therapy. The organization also offers skill-building programs, workforce development, financial training, family coaching, spiritual development, rehabilitative and psychiatric help, housing, clothing from its own store, Hope Chest, and employment training from another organizational store, Hon’s Honey.

The organization describes itself as “a community of women being transformed through long-term relationships, practical programs, and the healing power of love.”

“I would say with The Well’s wrap-around service, and with Hon’s Honey, we are pretty rare,” says Sarah Batley, senior director of Hon’s Honey.

The women coming to the center often take an instant liking to Memmel. You could say she's everybody's friend and just wants to help people.

"She just loves everyone," The Well's Administrator Manager Alison Guy says. "There is not a person she meets that she doesn't love. She has such a heart for people. She cares deeply about people and wants to enter their lives and just love them. No one is a stranger to her. You instantly want to become her friend."

A lot of her friends appreciate the innovative ideas she's developed at The Well. One is the clothing store Hope Chest. Another is Hon's Honey, a store that is considered an organizational employment program. Fourteen women work part-time at Hon's Honey—a health, home, and body goods store—that are part of The Well's COR Life Development Program.

Right now, the organization provides housing for three people, including a baby. That should change next year, though, as soon as the house they are in is officially turned over to the organization. "As soon as the house gets donated to us by the end of the year, which is their commitment, we will expand our housing and turn it into transitional housing," Memmel says. "We are hoping to expand it to six to eight women."

Many of the women Memmel has mentored call her first when they are in trouble. Many times, she's ready to help right away. "She is amazing. She is a like mother *and* sister," Batley says.

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

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9:00 - 11:00 a.m.

Middle School
(Grades 6-8)
Thur., November 17
9:00 - 11:00 a.m.

Upper School
(Grades 9-12)
Tue., December 13
6:30 - 8:00 p.m.

indiancreekschool.org

Notable Business Openings



Jason LaBarge and the entire **LaBarge Financial** team recently opened the firm's new location by holding a cutting ribbon ceremony at the fabulously renovated period home-turned-office in Severna Park. For more information about LaBarge, visit labargefinancial.com.



Last May, **SFG Wealth Management** held a ribbon cutting and opening party for the firm's new Millersville location. For more information about SFG's financial services, visit sfgwm.com.



In July, **Annapolis Music Therapy Services** celebrated the opening of their new location in Riva with an open house and ribbon cutting ceremony. There were over 100 people in attendance, including current music therapy clients and their families, Anne Arundel Economic Development Corporation, the Central Maryland Chamber of Commerce, and elected officials who supported legislative bills that brought state licensure to all music therapists working in Maryland.

Gen-L Elevator is a new family-owned elevator service company serving the Central Maryland region. Gen-L Elevator is founded on three generations of elevator constructors in the Linehan family dated back to 1960. Justin Linehan is the Director of Operations and co-owner, with his wife, Jaclyn Linehan. Learn more about Gen-L Elevator at www.genlelevator.com.





10th Anniversary of Live! Casino & Hotel Celebrated

The Cordish Companies and Live! Casino & Hotel Maryland closed out their month-long 10th anniversary celebration, reflecting on a decade of impact on the state of Maryland. Since opening on June 6, 2012, Live! Casino & Hotel Maryland has made significant impacts on the state, Anne Arundel County, local community organizations, team members and more. Live! Casino & Hotel Maryland's impact on the local and state economy over the last decade includes:

- More than \$2.6 billion in tax revenues
- \$1.8 billion to the Maryland Education Trust Fund
- \$185 million in community grants to Anne Arundel County
- \$37 million in grants to local MWBE businesses
- Creation of over 19,000 jobs
- \$3.6 million in donations for the Baltimore/DC region
- Thousands of hours of community service

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TOWNE ATHLETE

Malani Martin

Annapolis Area Christian School Volleyball

By Tom Worgo

Playing for the Maryland Juniors Volleyball Club means so much to Malani Martin. As a member of the team, Martin has developed into an elite player and raised her profile by competing in USA Volleyball Girls Junior National Championships in Las Vegas and Indianapolis.

Unfortunately, Martin missed this past season—which runs from December to June—because of a severe knee injury she suffered in October while playing for her other team, Annapolis Area Christian High School in Severn. “I was definitely stressed out because I was really looking forward to my club season,” Martin says.

Martin, a Hanover resident, channeled all that frustration into her lengthy rehabilitation, which included nine months of intense physical therapy. Her determination made all the

difference in returning to play for her junior season at AACS and her club team.

“I was definitely frustrated, but I was putting so much effort into my physical therapy workouts,” Martin explains. “I was working muscles that I never worked on before. I wanted to get back to 100 percent and be better than I was before my injury. I am stronger mentally and physically.”

AACS Girls Volleyball Coach Cliff Rickard says Martin had the perfect attitude to overcome her injury and perform better than ever on the court. She rehabbed seven days a week, taking only a few days off.

“The only way to handle this is to be very positive,” Rickard says. “And she did that.”

Martin’s fourth season with the Maryland Juniors Volleyball Club will be her most important. This summer marked the first time that college coaches could start recruiting the 5-foot-7 Martin, an outside hitter. She’s spent a lot of time researching colleges and has been interested in Virginia Union, Towson, North Carolina A&T, Morgan State, and North Carolina Central.

“I have wanted to play college volleyball since I was 12, when I started playing club,” Martin says. “I am not too focused on Division I, but I still reach out to them. I am more focused on a competitive team. Division II is more of my focus.”

Maryland Juniors Volleyball Club Coach Rui Liu expects the 16-year-old Martin to get a college scholarship to either a Division I or II school. Lui thinks colleges would be impressed with her array of volleyball skills and all the

time she spends studying. Martin carries a 4.05 weighted grade-point average.

“Her 17 (age) year for club is very important coming up,” says Liu, who coaches the Jessup-based club with his wife Lili. “Most college coaches are looking at this age group. I think she would have no problem playing at a Division I school.”

Rickard agrees, citing her all-around ability and versatility. “I definitely think she can play Division I,” he says.

Martin stands out because of her athletic ability, top-notch passing, hitting, and setting skills. She’s a good leader, too. Martin co-captained her club volleyball team during her first three seasons in the U13, U14, and U15 age brackets.

“She communicates very well with other players,” Liu says. “There are many ups and downs in the game of volleyball. She is a very positive and mentally strong player. She is so driven and wants to carry the team.”

Martin, a two-year starter, has played just as effectively for AACS as she did her club team. She led the 13-1 Eagles last fall in kills (84), ranked second in aces (40), and finished third in digs (34) to earn First-Team Interscholastic Athletic Association of Maryland B Conference honors.

“She can play any position because she is a great all-around athlete,” Rickard says. “She is a very explosive player.”

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



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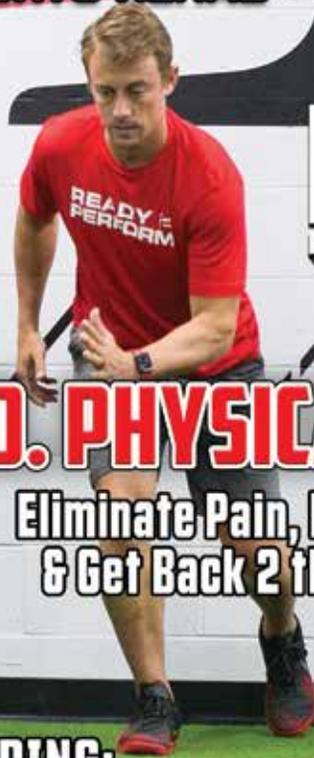
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TOWNE INTERVIEW

Rakim Jarrett

University of Maryland Terrapins
Football Wide Receiver

By Tom Worgo

Photography courtesy University of Maryland

In December 2019, Maryland Football Coach Mike Locksley looked stunned as he took part in a National Signing Day press conference. He was announcing that five-star recruit Rakim Jarrett had flipped from LSU to Maryland. ESPN ranked Jarrett the 21st overall prospect in the entire 2019 class.

“

OUR GOAL IS TO WIN THE BIG TEN CHAMPIONSHIP, BUT IT'S GOING TO BE TOUGH. THERE'S NO DOUBT ABOUT THAT. EVERYBODY REALLY THINKS WE HAVE A CHANCE TO GO OUT AND COMPETE.

“We had no idea he was coming to us,” Locksley says. “He put out a tweet that said ‘committed.’ We said, ‘What’s this?’”

Now, as Jarrett enters his third season, he could develop into a high pick in the 2023 NFL Draft. The LSU-Maryland decision sticks to Jarrett like a tattoo. LSU won the national title a month after Jarrett flipped to the Terrapins, who were coming off a 3-9 season.

“Coach Locksley is probably 80 percent of the reason I am here,” explains Jarrett, who has known Locksley since the eighth grade. “I didn’t tell coach Locksley or my family about the switch. It was crazy when I made the decision. I just didn’t believe all the stuff LSU was telling me.”

Jarrett’s explosiveness (4.43 in the 40-yard dash) makes him appealing to the pros. The 6-foot, 190-pounder came into his own last year, catching 62 passes for 829 yards and five touchdowns. Jarrett, who went to St. John’s College High School in Washington, D.C., says he has set personal goals for this season: 70 catches,

1241 receiving yards, and double-digit touchdowns.

“He is becoming a fantastic route runner,” Maryland Offensive Coordinator Dan Enos says. “I saw his and quarterback Taulia Tagovailoa’s rapport really take off at the end of last season.”

Jarrett and Tagovailoa, a 2023 NFL Draft prospect himself, will be playing together for a third season this fall. “That’s one of our biggest blessings,” Tagovailoa says of their chemistry. “I feel like I grew up with him like we are kids from the same neighborhood.”

What’s Up? Media talked to Jarrett about his relationship with Locksley and Tagovailoa and the comparisons to Buffalo Bills star and former Terp Stefon Diggs.

What have you learned from coach Locksley? How would you describe your relationship?

He just told me how to be a pro. Being from the area, there are a lot of distractions. He told me to not be out or be seen. He has told me about the ins and outs of the NFL and what they are looking for. Our relationship is great.

I go to Coach Locksley about anything, which is rare for a college coach. If I have girl problems, problems at home, I go to Coach Locksley.

How much does it help that for a third straight season you are playing with your quarterback, Taulia?

You can only gain chemistry over time, and we are clicking. We haven't missed a beat. I have played in all the games since I have been here, but one. Our relationship is great. He is a fun guy to be around. We laugh and joke. But we know football is business. He has a job to do. So do I.

We are working together to accomplish our goals

People compare you to Diggs, who played high school and college football in Maryland. Do you like that?

Stefon is probably my favorite receiver. I try to take some stuff from his game. I talk to him in the offseason. Whenever he is in town, we get together and work out. I saw him twice this offseason.

This will be your third year. What is different than in past seasons?

I am getting older. It may not seem like it, but I have

to take care of my body more. I have to do more stretching. I have to stay 100 percent healthy. In a lot of games last year, I was out there playing hurt. I am doing more hot yoga this year to help the soft tissue. I do it three times a week. I also do it to make sure I don't have hamstring injuries.

What have you worked on in the offseason to get better?

I wanted to improve my over-the-shoulder deep ball tracking. All the deep balls and contested catches. That was what was in my draft profile. That I lacked making the

contested catches. I also want to make people miss tackling me more.

You did some important film study last season, spending extra hours instead of going home. Can you talk about that?

My quarterback asked me to. After dinner, we would go up to Coach Locksley's office. From 7 p.m. to 9:30 or 9:45, we would just be up there watching plays. It was important to do that, and it really helped during the late part of the season. I did it for six, seven weeks.

You are from the area. What does it mean to you to play for Maryland?

It means a lot. Running out of the tunnel. A majority of the fans know I am because I'm from here. I wouldn't trade it for anything in the world.

What did the win over Virginia Tech in the Pinstripe Bowl game mean to you? What does it do for the program that hasn't won a bowl game since 2010?

It was definitely a huge win. It's a steppingstone for the program. But we still have work to do and that is not the ultimate goal. Our goal is to win the Big Ten Championship, but it's going to be tough. There's no doubt about that. Everybody really thinks we have a chance to go out and compete. This is not a 3-9 Maryland team anymore.





Prelude to



THE

WAR

FOR

2024



By Mark Croatti

A Preview of the 2022 U.S. Midterm and Maryland Gubernatorial General Election



against the backdrop of the televised January 6 hearings in Congress last July, Maryland's 2022 Primary Election results were interpreted by many as a victory by former President Donald Trump in his proxy war against Governor Larry Hogan when Trump-endorsed State Delegate Dan Cox triumphed over Hogan's choice, former Commerce Secretary Kelly Schulz, to become the Republican nominee for governor. However, as the hearings and primaries competed for the public's attention, you might have missed the major electoral reforms being proposed that, if passed, will significantly change how future elections are held. By either granting or denying specific powers to the many state officials in charge of not only how a state's electoral process works but also, by extension, how Electoral College votes are then certified by a state, the reforms will directly affect who controls the national government. Thus, the often overlooked, ignored, or misunderstood role that states have in determining the levers of power at the national level has become the new battleground not only in Maryland, but across the United States, alongside the usual concerns about the status of the economy.

The 2020s have not been kind to the world, the United States, or to Maryland. Typically, the party that controls the White House loses support in a midterm election, especially if the public believes there have been major economic setbacks since that party took office. But because there has been more than one administration in charge since the start of the decade, who to, actually blame may be difficult. According to the World Health Organization, over half a billion people, including almost a hundred million in the U.S., have gotten Covid-19 since the outbreak was first reported. Over six million people have died, with Americans accounting for over a million deaths. Unemployment skyrocketed nationwide to roughly 15 percent when the outbreak first spread, although it had dropped to less than 4 percent both in the U.S. and in Maryland by the summer of 2022. However, hopes for a quick economic recovery was obliterated by Russia's invasion of Ukraine last February. Since then, the annual global inflation rate has soared to close to 10 percent, the highest figure since the 1980s. Gasoline sold for close to \$5.00 a gallon in Maryland—even higher in other states—and increased prices for food, housing, and utilities, all reflecting approximately 10 percent cost increases, prompted the Federal Reserve to pump up interest rates to try and avoid a recession. As stock markets plummeted, mass shootings became an everyday occurrence, the Supreme Court began to wade into the culture wars, and measurements of U.S. consumer confidence have plunged to the lowest in a decade, according to Bloomberg. This boiling cauldron of economic and political frustration will have repercussions well beyond the choices voters will make on November 8; the ripple effect will directly impact the 2024 Presidential Election.

The Electoral Count Act and the 2020 Election

According to the 1948 United States Code of Laws, Title 3, Chapter 1, Section 15, originally published in 1926 with subsequent changes, after

the Electoral College votes, the results are officially but ceremoniously tabulated by Congress in a session led by the Vice President whose role, under the previous 1887 Electoral Count Act, has historically been interpreted as being merely procedural. Under the U.S. Code, Electoral College votes can be challenged but are difficult to change. First, at least one member of the House of Representatives and the Senate must dispute the votes of one or more states. If that happens, a decision to change the results would then be voted on by each chamber, and then any decision to change the outcome in one or more states would need to be approved by both.

Therefore, if one party doesn't have majorities in both chambers, the chances of reversing the election mostly disappear (unless members of the other party cooperate with the challenging party). However, if one party did control both chambers, approved the challenges, and enough Electoral College votes were disqualified so that no presidential candidate received a majority, then the presidency would be decided in the House of Representatives, where each state's delegation in the House casts a single vote, as they did after the 1824 Election.

In 2020, Republicans had a majority in the Senate but not the House, even though they held a delegational advantage of 26–23. Therefore, the only way to force a House delegational vote would be to do something—like Vice President Mike Pence rejecting Electoral College votes himself—not provided for in the U.S. Code, which would have been immediately challenged in court as to whether the Vice President has such power, which is what some of Trump's lawyers such as John Eastman, Sidney Powell, and Rudy Giuliani wanted the Supreme Court to decide.

However, under the 1887 Electoral Count Act, there are penalties for illegally interfering with that process, so would Pence be committing a crime? Only if the Supreme Court ruled that the Vice President does not have such power, which meant that there were very real legal risks involved. When the Vice President's lawyers, along with some of Trump's other lawyers, such as Eric Herschmann, cautioned Pence that the Supreme Court would not rule in his favor, Pence chose not to act outside of a ceremonial role on January 6, 2021.



Electoral Count Act Reform and the 2022 Election

The debate didn't end there; instead, the new fight is over proposed changes to the Electoral Count Act and/or the U.S. Code to either enable such a scenario to occur or prevent even the possibility that it could. Last July, a bipartisan group of senators proposed a broad spectrum of Electoral Count Act reforms contained in two separate bills. After using specific language that the Vice President has nothing other than ceremonial power, there are two major reforms that, if passed, are directly related to who controls Congress and state governments, and that's the connection to the 2022 elections.

2022 Midterm Election Legislative Races

The first major proposed reform focuses on Congress; instead of a single member in either chamber being able to challenge the Electoral College results, one fifth of each chamber's membership must object to start the process in either body, which would be 87 members of the House and 20 members of the Senate. This means that who is elected to Congress becomes even more important, not just in regard to being able to change Electoral College votes, but also because should the 2024 Presidential Election subsequently get thrown into the House of Representatives, votes would be cast by state delegations, not by individual members. In 2020, going by who was elected in 2018, the Republicans held a 26–23 delegational advantage in the House, despite being in the overall minority, which means Donald Trump would've won had Joe Biden not received an Electoral College majority. Which party will have the delegational advantage in the House after the 2024 Presidential Election will be determined by the 2022 Midterm Elections, not the 2024 elections.

U.S. SENATE

Democratic incumbent Christopher Van Hollen will face Republican Chris Chaffee, a private business owner who has been running for Congress since 2010.

HOUSE OF REPRESENTATIVES

One of the two most anticipated General Election showdowns will focus on *District 1*, where incumbent Andy Harris, a Republican trying to win his seventh two-year term, faces Democratic challenger Heather Mizeur. The other is in *District 4*, where Democrat and former Prince George's County State's Attorney Glenn Ivey, who defeated Donna Edwards' bid to regain her old seat, and Republican Jeff Warner, a Prince George's County pastor, will vie for the vacant seat left by Anthony Brown.

2022 Maryland Gubernatorial Election Legislative Races

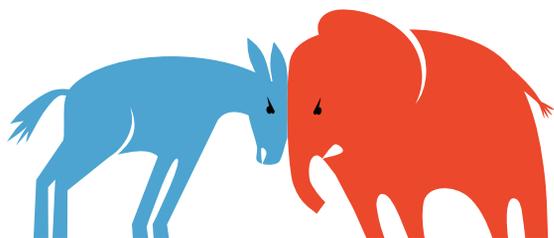
GENERAL ASSEMBLY

State Senate: In *District 30*, incumbent Democrat Sarah Elfreth will go head-to-head with Republican Stacie MacDonald; In *District 32*, Democrat Pam Beidle will face Republican Kimberly Ann June. In *District 33*, Republican incumbent Sid Saab squares off against Democrat Dawn Gile.

House of Delegates: In *District 30A*, appointed Democratic incumbents Shaneka Henson and Dana Jones will compete with Republicans Doug Rathell and Rob Seyfferth while in *District 30B*, Republican incumbent Seth Howard will take on Democrat Courtney Buiniskis.

ANNE ARUNDEL COUNTY

County Council: In *District 4*, it's Republican Cheryl Renshaw vs. Democrat John Dove, Jr., while in *District 7*, Republican Shannon Leadbetter is up against Democrat Shawn Livingston.



2022 Maryland Gubernatorial Election Executive Races

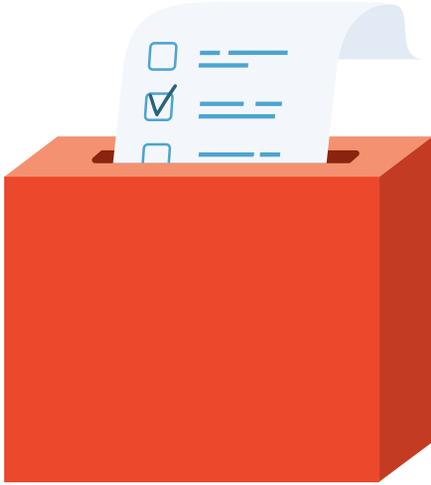
GOVERNOR

The second major proposed reform is that only governors would be able to certify their state's electors to Congress, which makes control of the governor's office a crucial variable. Currently, there are 28 Republican governors and 22 Democratic chief executives, with 36 states, including Maryland, choosing a governor in 2022 (20 of those positions are currently held by Republicans, 16 by Democrats). A second focus is on secretaries of state, the officials in charge of state elections; in almost half the country, those positions are up for re-election. In many of the states both where a majority of people still question the legitimacy of the 2020 Presidential Election, as well as the states shaping up as key battlegrounds for 2024, some of the leading candidates looking to win this office believe that Trump won in 2020. In Maryland, the Secretary of State position is appointed by the governor.

On November 8, the Democratic nominee, author and non-profit executive Wes Moore, will go head-to-head with the Republican candidate, State Senator Dan Cox. While Maryland has yet to elect a woman or an African American governor, Cox, too, faces historical obstacles as the Republican Party has not only failed to win more than two straight Maryland gubernatorial elections, Marylanders have never elected two consecutive Republican governors. Aside from both candidates drawing expected party support—and the election no longer being a proxy war between Hogan and Trump, who still supports Cox—Moore has lined up several celebrity endorsements that include talk show host and author Oprah Winfrey and actor and director Spike Lee.

2022 Maryland Gubernatorial Election Legislative Races

Currently, Republicans control the governorship and both chambers of the state legislature in 23 states: Alabama, Arizona, Arkansas, Florida, Georgia, Idaho, Indiana, Iowa, Mississippi, Missouri, Montana, Nebraska, New Hampshire, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, West Virginia, and Wyoming.



Democrats control all three in 14 states: California, Colorado, Connecticut, Delaware, Hawaii, Illinois, Maine, Nevada, New Jersey, New Mexico, New York, Oregon, Rhode Island, and Washington. Divided government, where one party has the governorship but the other party controls one or both chambers of the legislature, exists in 13 states: Maryland, Alaska, Kansas, Kentucky, Louisiana, Massachusetts, Michigan, Minnesota, North Carolina, Pennsylvania, Vermont, Virginia, and Wisconsin. Below is an update on the major races that we highlighted in our 2022 Midterm and Gubernatorial Primary Election Preview:

ATTORNEY GENERAL

Democrat Anthony Brown, a former Lt. Gov. and congressman, will face Republican Michael Peroutka, a former Anne Arundel County Councilman.

COMPTROLLER

Democrat Brooke Lierman, a two-term Delegate, is running against Republican Barry Glassman, the two-term Harford County Executive.

COUNTY EXECUTIVE

Democratic incumbent Steuart Pittman will face Republican Jessica Haire., an Anne Arundel County Councilwoman who is married to Dirk Haire, the Chair of the Maryland Republican Party.

Referendum Reminder: Marijuana

As we wrote in our Primary Election Preview, Marijuana is fully legal (decriminalization plus recreational and medical use) in the nearby District of Columbia and 18 states, including two on

Maryland's border (Virginia and New Jersey), while 10 other states such as Maryland and Delaware decriminalized it and allow medical use. In nine states (two more on Maryland's border, West Virginia and Pennsylvania), marijuana hasn't been decriminalized but medical use is allowed. In 2022, Maryland and six other states will allow voters to legalize recreational use through a ballot initiative.

Approaching the 2024 Election Together

While in Maryland, Democrats are expected to win the governorship, control both chambers of the General Assembly, win seven of the eight congressional seats, and re-elect U.S. Senator Christopher Van Hollen on November 8, nationally, many forecasters such as Larry Sabato's Crystal Ball at the University of Virginia's Center for Politics are predicting that the GOP will come out of the 2022 Midterm Elections with the most to show for it. Republicans are expected to have more governors, more control over state legislatures, and a majority in both houses of Congress, including delegational control of the House of Representatives, should the 2024 Presidential Election be decided there.

Ultimately, no matter which party wields power, whether at the state or national level, some of the toughest political and economic challenges the U.S. and, indeed, the planet have faced since the last world war are waiting to be addressed. Issues that can only be successfully resolved not by choosing a particular party to hold all offices simultaneously but rather by electing people who are committed to finding the best practices available and then implementing them by cooperating with anyone they can. It is time to choose which path Maryland and the United States will take as we speed ahead to the 2024 Presidential Election—either more culture wars and a failure to solve a variety of major crises or collectively doing the most amount of good for the highest amount of people as often as possible.

Mark Croatti, who teaches courses on Comparative Politics and Public Policy at the George Washington University and the University of Maryland, has covered state and local politics since 2004.

Top Dentists



2022-2023

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Every two years we survey hundreds of local dentists with our **Top Dentists Peer Review Survey**. These dentists let us know exactly who they trust with their own oral health care needs.

Last spring, we called upon all dentists practicing in Anne Arundel County, Prince George's County, and throughout the Eastern Shore counties of Queen Anne's, Kent, Caroline, Talbot, and Dorchester and asked them, "If you needed to recommend a dentist (other than yourself) to a friend or loved one, which dentist(s) would you recommend in the following specialties?"

We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Only one survey entry was allowed per dentist. The response was impressive and gratifying and we want to thank the many dentists who took the time to fill in all the categories.

Please note that these results represent those individuals who clearly received the most *substantial* number of nominations. Some categories saw more voting activity than others—and that is reflected in the higher number of winners in some specialties.

Congratulations to the following dentists, listed alphabetically by first name under each respective dental specialty category.





ANESTHESIOLOGY

The medical specialty concerned with the total perioperative care of patients before, during, and after surgery. It can encompass anesthesia, intensive care medicine, critical emergency medicine, and pain medicine.

Dr. Cornelius J. Sullivan

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Edward Zebovitz

Edward Zebovitz D.D.S. Oral & Maxillofacial Surgery; 4311 Northview Drive, Bowie, MD 20716; 301-352-6311; drzebovitz.com

Dr. Joseph Benderson

BayCove Family & Cosmetic Dentistry; 780 Ritchie Highway, Ste. S-30, Severna Park, MD 21146; 410-384-9030; baycove-dental.com

Dr. Kevin Doring

Doring D.D.S.; 3179 Braverton Street, Ste. 100, Edgewater, MD 21037; 410-956-2505; edgewatermd.dentist

Dr. Kian Djawdan

Djawdan Center for Implant and Restorative Dentistry; 133 Defense Highway, Ste. 210 Annapolis, MD 21401; 443-569-8764; smileannapolis.com

Dr. Richard Garden

Chesapeake Oral Surgery Associates; 555 Benfield Road, Severna Park, MD 21146; 410-647-0079; rrichardgarden.com

Dr. Robert Daly

Waugh Chapel Dental; 2391 Brandermill Boulevard, #102, Gambrills, MD 21054; 410-921-9493; waugh-chapeldental.com

Dr. Stacey Russell

Severna Park Family & Cosmetic Dentistry; 22 Truck House Road, Ste. 3, Severna Park, MD 21146; 410-647-4269; thetoothplace.com

DENTAL PUBLIC HEALTH

A para-clinical specialty of dentistry that deals with the prevention of oral disease and promotion of oral health.

Dr. Henrik L. Anderson

Henrik L. Anderson, D.D.S.; 269 Peninsula Farm Road, Sts. A-C, Arnold, MD 21012; 410-923-6866; henriklandersondds.net

Dr. Jason Denise

Denise Dental Studio; 2661 Riva Road, #611, Annapolis, MD 21401; 443-949-8449; annapolisdds.com

Dr. Sun Park

Odenton Smiles Dentistry; 1223 Annapolis Road, Unit A, Odenton, MD 21113; 410-674-7400; odentonsmiles.com

ENDODONTICS

Dental specialty dealing with diseases of the tooth root, dental pulp, and surrounding tissues. Root canal procedures are commonly performed by endodontists in order to alleviate pain and to save the tooth.

Dr. Charles P. Herbert

Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis, MD 21401; 410-224-6150; annapolisroot-canal.com

Dr. Frank Parreira

Chesapeake Endodontic Center; 888 Bestgate Road, Ste. 213, Annapolis, MD 21401; 410-224-7556; chesapeakeendo.com

Dr. Jeffery Luzader

Chesapeake Endodontic Center; 888 Bestgate Road, Ste. 213, Annapolis, MD 21401; 410-224-7556; chesapeakeendo.com

Dr. Kenneth Mangano

Kenneth Mangano, D.D.S., PA Endodontic Specialists; 8221 Ritchie Highway, Ste. 201, Pasadena, MD 21122; 410-647-3453; kmendo.com

Dr. Louis H. Berman

Annapolis Endodontics; 200 Westgate Circle, Ste. 104, Annapolis, MD 21401; 410-268-4770; annapolisendodontics.com

Dr. Mark D. Lentz

Annapolis Endodontics; 200 Westgate Circle, Ste. 104, Annapolis, MD 21401; 410-268-4770; annapolisendodontics.com

GENERAL DENTISTRY

A general dentist caters to a wide variety of dental health concerns for patients of all ages by preventing and/or treating both straightforward and complex conditions.

Dr. Albert Lee

Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

Dr. April Calton

About Smiles Dentistry; 507 S. Cherry Grove Avenue #A, Annapolis, MD 21401; 410-990-4700; about-smilesdentistry.com

Dr. Chris Anderson

Annapolis Family Dentistry; 914 Bay Ridge Road, Ste. 110, Annapolis, MD 21403; 410-267-7713; annapolisfamilydds.com

Dr. Christopher Wolf

Churchton Dental Care; 5570 Shady Side Road, Ste. A, Churchton, MD 20733; 443-203-4945; churchtontdentalcare.com

Dr. David W. Handelsman

David W. Handelsman, D.D.S.; 116 Cathedral Street, Annapolis, MD 21401; 410-268-3347; davidwhandelsmandds.com

Dr. Earl L. Chambers, III

Chambers Family Dentistry; 621 Ridgely Avenue, Ste. 206, Annapolis, MD 21401; 443-214-3119; chambersfamilydentistry.com

Dr. Edward Vesely

Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

Dr. Eric Gabriel

Churchton Dental Care; 5570 Shady Side Road, Ste. A, Churchton, MD 20733; 443-203-4945; churchtontdentalcare.com

Dr. Gary Goodman

Goodman Dental Care; 2530 Riva Road, #201, Annapolis, MD 21401; 410-849-6247; goodmandentalcare.com

Dr. Graham Dersley

Churchton Dental Care; 5570 Shady Side Road, Ste. A, Churchton, MD 20733; 443-203-4945; churchtontdentalcare.com

Dr. Holly Green

Blue Heron Dental; 600 Ridgely Avenue, Ste. 225, Annapolis, MD 21401; 410-224-9608; blueherondental.com

Dr. Jason Denise

Denise Dental Studio; 2661 Riva Road, #611, Annapolis, MD 21401; 443-949-8449; annapolisdds.com

Dr. Jeremy Goodman

Goodman Dental Care; 2530 Riva Road, #201, Annapolis, MD 21401; 410-849-6247; goodmandentalcare.com

Dr. Maria Colucciello

West Annapolis Family Dentistry; 101 Ridgely Avenue, #20, Annapolis, MD 21401; 410-263-3700; westannapolisfamilydentistry.com

Dr. Meredith Esposito

Chesapeake Dental Arts; 1509 Ritchie Highway, Arnold, MD 21012; 410-757-6200; chesdentelarts.com

Dr. Michelle Perez

Annapolis Smiles; 1460 Ritchie Highway, Ste. 203, Arnold, MD 21012; 410-989-7132; annapolisdentistdds.com

Dr. Oneal F. Russell

Oneal F. Russell, DDS; 166 Defense Highway, Ste. 201, Annapolis, MD 21401; 410-263-4300; ofrdds.com

Dr. Ryan McCarty

Southern Maryland Family Dental; 1438 Defense Highway, Gambrills, MD 21054; 410-774-0706; somd-familydental.com

Dr. Scott Finlay

Annapolis Smiles; 1460 Ritchie Highway, Ste. 203, Arnold, MD 21012; 410-989-7132; annapolisdentistdds.com

Dr. Thomas Bonfiglio

Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

ORAL & MAXILLOFACIAL PATHOLOGY

This specialty is concerned with diagnosis and study of the causes and effects of diseases of the mouth, jaws, and related structures, such as salivary glands, temporomandibular joints, facial muscles, and perioral skin (the skin around the mouth).

Dr. Borek L. Housek

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Christopher B. Chambers

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Clifford S. Walzer

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-897-0111; mosa4os.com

ORAL & MAXILLOFACIAL SURGERY

This specialty deals with the diagnosis and surgical treatment of diseases, injuries, and defects of the teeth, mouth, and face. Procedures range from removal of wisdom teeth to surgical treatment of facial trauma.

Dr. Borek L. Hlousek

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Christopher B. Chambers

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Clifford S. Walzer

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Edward Zebovitz

Edward Zebovitz D.D.S. Oral & Maxillofacial Surgery; 4311 Northview Drive, Bowie, MD 20716; 301-352-6311; drzebovitz.com

Dr. Richard Garden

Chesapeake Oral Surgery Associates; 555 Benfield Road, Severna Park, MD 21146; 410-647-0079; drrichardgarden.com

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-897-0111; mosa4os.com

ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS

This specialty deals with the diagnosis, prevention, and correction of improperly aligned teeth and abnormal jaw structures. Treatment can be for functional and/or aesthetic reasons.

Dr. John A. Benkovich, III

Benkovich Orthodontics; 1616 Forest Drive, Ste. 7, Annapolis, MD 21403; 410-268-1700; drbenkovich.com

Dr. Julie Langguth

Annapolis Orthodontics; 129 Old Solomons Island Road, Annapolis, MD 21401; 410-266-8880; annapolisorthodontics.com

Dr. Mairead M. O'Reilly

Mairead M. O'Reilly, DDS, MS; 888 Bestgate Road, Ste. 301, Annapolis, MD 21401; 410-266-0025; annapolisortho.com

Dr. Ora Reinheimer

Philbin & Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis, MD 21401; 410-216-4164; marylandbraces.com

Dr. Philip Philbin

Philbin & Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis, MD 21401; 410-216-4164; marylandbraces.com

Dr. Robert G. Winnard

Winnard Orthodontics for Children & Adults; 1606 Forest Drive, Annapolis, MD 21403; 410-551-9531; drwinnard.com

Dr. Robert P. Bolton

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 757kids.com

Dr. Stephen Labbe

Labbe Family Orthodontics; Locations in Annapolis, Gambrills, Bowie, and Greenbelt; 410-267-7300; labbefamilyortho.com

PEDIATRIC DENTISTRY

This is an age-defined specialty that provides primary and comprehensive preventive and therapeutic oral health care for infants and children through adolescence.

Dr. Beverly A. "Sissy" Jimenez

Annapolis Pediatric Dentistry; 41 Old Solomons Island Road, Ste. 103, Annapolis, MD 21401; 410-573-0691; annapolispediatricdentistry.com

Dr. Devin Langguth

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

Dr. Gregg T. Behling

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 757kids.com

Dr. Jessica Lee

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

Dr. Michelle M. Decere

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 757kids.com

Dr. Tyson Bross

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

PERIODONTICS

This specialty deals with the tissue that supports and surrounds the teeth—including gums, jaw, and roots. This effort often includes salvaging the teeth and jawbone from gum disease.

Dr. Angela Miele

Annapolis Periodontics; 888 Bestgate Road, Ste. 300, Annapolis, MD 21401; 410-224-0500; annapolisperiodontics.net

Dr. Cary Bly

Capital Periodontics of Maryland; 104 Forbes Street, Ste. 101, Annapolis, MD 21401; 410-268-5103; laserperiodontist.com

Dr. David A. Mugford

The Mugford Center for Periodontics & Dental Implants; 1660 Village Green, Crofton, MD 21114; 410-721-7801; mugfordcenter.com

Dr. Deborah Odell

Annapolis Periodontics; 888 Bestgate Road, Ste. 300, Annapolis, MD 21401; 410-224-0500; annapolisperiodontics.net

Dr. Duane Bennett

Prestige Periodontics; 4201 Northview Drive, Ste. 501, Bowie, MD 20716; 240-245-3174; prestige-perio.com

Dr. Robert Bouffard

South River Periodontics; 104 Forbes Street, Ste. 204, Annapolis, MD 21401; 410-295-1000; southriverperiodontics.com

PROSTHODONTICS

This specialty centers on the function, comfort, and health of patients with missing or deficient teeth caused by congenital disorders and those caused by trauma or decay. Treatment may involve the creation of dentures, crowns, and/or dental implants.

Dr. Arezoo A. Bahar

Annapolis Prosthodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. John Davliakos

Annapolis Prosthodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. Robert Cook

Annapolis Prosthodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. Stephen Cross

Djawdan Center for Implant and Restorative Dentistry; 133 Defense Highway, Ste. 210 Annapolis, MD 21401; 443-569-8764; smileannapolis.com

Community Wellness Day

at Park Elementary School

Join us for a **FREE**, family-friendly fall health and resource fair to start your journey to good health.

Saturday, Oct. 15, 2022 | 10am - 1pm

Park Elementary School

201 East 11th Avenue | Baltimore, MD 21225

umbwmc.org/wellnessday



Health Services

- Flu shot vaccinations for ages 3 and up
- Blood pressure screening
- A1C testing
- BMI screening
- Vision screening
- Body composition screening

Education tables

- Nutrition
- Mental health
- Car seat safety
- Family emergency preparedness
- Lung health

And more!

- Face painting
- Exercise demonstrations
- Kids activities
- Hungry Harvest produce boxes
- "To-go" boxed lunches



LEADING HEALTHCARE PROFESSIONALS

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.





LEADING HEALTHCARE PROFESSIONALS



MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS

The physicians and staff at Maryland Oncology Hematology Annapolis have been serving patients in the local community for over 30 years. We have a state-of-the-art facility providing comprehensive cancer and hematology care close to home. We also offer access to cutting edge clinical trials and genetic counseling in the community. Our on-site laboratory and infusion center provides the utmost convenience for our patients. In addition to infusions for the treatment of cancer, we also offer intravenous infusions for non-cancer diagnoses.

WHO WE ARE

1. WHY CHOOSE MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS?

Maryland Oncology Hematology Annapolis physicians have trained at some of the leading cancer institutions in the country. We are able to provide expert subspecialized care in a community setting.

2. WHAT ADDITIONAL SERVICES DO YOU PROVIDE?

In order to help patients navigate and cope with the complex world of a new cancer diagnosis, Maryland Oncology Hematology Annapolis has a dedicated patient navigator and social worker on-site.

3. IS THERE ANYTHING EXCITING HAPPENING AT MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS?

Maryland Oncology Hematology Annapolis is excited to welcome Drs. Ben Bridges, Carol Tweed and David Weng to the Annapolis office starting the week of October 31, 2022.



CONNECT

Annapolis Office
810 Bestgate Road
Suite 400
Annapolis, MD

Bowie-Glenn Dale Office
12200 Annapolis Road
Suite 118
Glenn Dale, MD

410-897-6200 | www.Marylandoncology.com



DJAWDAN CENTER FOR IMPLANT & RESTORATIVE DENTISTRY

KIAN DJAWDAN, DMD, DABOI, DICOI, FAAID, FAGD

Board Certified by the American Board of Implantology/Implant Dentistry, Dr. Kian Djawdan is considered an expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical and restorative dental procedure. Dr. Djawdan is among a small group of dentists with the advanced training, experience, and credentials to handle both surgical and restorative dental goals.

We embrace change and technology to offer our patient's precision and accuracy in diagnosis and treatment. In 2005, we were one of the first dental practices in the world to have an in-office dental CT scan. With a dental CT scan and 3-D imaging software, we can fully visualize the placement of dental implant(s) in a real 3-D environment and then design a surgical and restorative plan. In June of 2015, we incorporated our own on-site dental lab with the most advanced CAD/CAM digital imaging and milling units to design and fabricate anything from single crowns to dental implant supported full-arch bridges.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

Having the opportunity to restore hope and confidence for patients.

2. WHAT ARE YOUR MOST REQUESTED PROCEDURES?

IV sedation, implant dentistry (surgical & restorative) and same day crowns.



ABOUT DR. DJAWDAN

Dr. Djawdan completed his graduate program at Tufts University in Boston. After receiving his D.M.D. degree in 1992, he completed a two-year residency program at the VA Hospital and Medical College of Virginia. His residency program training focused on IV sedation, surgical placement, and restoration of dental implants. He is board certified by the American Board of Implantology/Implant Dentistry. He earned his Diplomate with the International Congress of Oral Implantologists, Fellowship with American Association of Implant Dentistry.



CONNECT

133 Defense Hwy.
Suite 210
Annapolis, MD 21401
410-266-7645
www.SmileAnnapolis.com



KATINA BYRDMILES, MD, FAAD

SKIN OASIS DERMATOLOGY

Whether you need a thorough skin cancer screening or you want that flawless facial rejuvenation, Katina Byrd Miles, MD, FAAD, of Skin Oasis Dermatology in Gambrills, Maryland, is eager to restore your skin to its usual glow. A board certified dermatologist who specializes in children, adolescents, and adults, Dr. Miles diagnoses and treats a wide variety of skin disorders as she specializes in skin care for people of all ages. Dr. Miles is also a specialist in skin of color. She is passionate about treating and preventing hair loss and other skin conditions that commonly affect ethnic skin.

WHO I AM

1. WHAT IS YOUR FAVORITE COLOR?
I have 3 favorites. Red symbolizes love, courage, health, and life. Orange symbolizes sunshine, success, joy, and health. And yellow symbolizes clarity, energy, youthfulness, and optimism.

2. IF YOU WERE NOT A DOCTOR, THEN WHAT WOULD YOU WANT TO BE?
A cartoon character voice actor.

3. WHY DID YOU BECOME A DERMATOLOGIST?
I love the interaction with my patients and treating the whole person. It's very fulfilling to help a patient feel better about themselves because their skin is healthy. The skin is often belittled, and its importance isn't appreciated until there is disease. Whether its acne, eczema, psoriasis, allergic reaction, lupus, skin cancer, or hair loss; I have the privilege in educating and helping people to heal their skin so that they can be their best selves.



ABOUT DR. KATINA

Dr. Miles is a board-certified dermatologist who provides medical, cosmetic, and surgical care for the entire family. She strongly believes in educating patients about the correct way to care for the skin, hair, and nails. Prior to her dermatology residency program, she completed a 2-year Melanoma Fellowship at Washington Hospital Center in 2002 and is specially trained to perform skin examination with a dermatoscope. She also specializes in hair loss treatment, body contouring, and skin rejuvenation. She is the owner and founder of Skin Oasis Dermatology located in Gambrills, MD.



CONNECT

2401 Brandermill Boulevard
Suite 240, Gambrills, MD 21054
410-451-0500
www.skinoasisderm.com



DR. ZIAD BATROUNI

MARYLAND ORAL SURGERY ASSOCIATES

Maryland Oral Surgery Associates (MOSA) offers the full scope of Oral and Maxillofacial Surgery with an emphasis on dental implants, permanent teeth in a day, extractions (including wisdom teeth), bone grafting, cosmetics, oral pathology, facial reconstruction, and in-office Intravenous Sedation and General Anesthesia. MOSA of Annapolis and Crofton offer Teeth-in-a-Day solution for failing dentition. This utilizes the latest 3-D imaging for treatment planning and implant placement. In the vast majority of cases patients will leave with a full set of teeth, and will be able to function immediately with minimal dysfunction to their daily routine. MOSA also offers cosmetic procedures including cheek and chin implants, facial liposuction, and cosmetic injectables (Botox, Juvederm, and Voluma). Voluma is a new cosmetic procedure that adds volume to the apples of your cheeks, giving the appearance of an instant facelift. The MOSA team is happy to be a part of the Crofton/Annapolis community, providing top quality Oral and Maxillofacial Surgery.

WHO I AM

1. BIGGEST CHALLENGE YOU'VE OVERCOME

My second daughter was diagnosed with type 1 diabetes at 15 months old. It was definitely a challenge to take care of a young child with a highly restrictive diet, daily injections, and blood sugar checks. She's now in 5th grade and has developed into a strong, smart, and confident child.



ABOUT DR. BATROUNI

Dr. Ziad Batrouni, joined Maryland Oral Surgery Associates in 2006. He received his B.A. in Biochemistry from Virginia Tech and his Doctor of Dental Surgery Degree from Northwestern University Dental School. Dr. Batrouni completed his internship and residency in Oral and Maxillofacial Surgery at the New York Presbyterian Hospital, Cornell University Medical Center. Dr. Batrouni is a Board Certified Oral and Maxillofacial Surgeon, and a Diplomate of the National Dental Board of Anesthesiology. Dr. Batrouni is Vice Chairman of the Department of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.



CONNECT

Annapolis & Crofton
410-897-0111 | 410-721-0700
mosa4os.com



ALL STAR PAIN MANAGEMENT AND REGENERATIVE MEDICINE

DR. ZVEZDOMIR ZAMFIROV
DR. NICHOLAS MATA

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

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

We are also pleased to announce that our practice is continuing to grow. With the addition of our new office in Bowie, which opened in September, we now offer three convenient locations to provide the care you need.

Regenerative medicine offers a wide range of treatment options that are designed to help you regain your previous quality of life with minimal side effects and downtime. We offer platelet-rich plasma (PRP) therapy and alpha-2 macroglobulin (A2M) therapy, and we were the first practice in the area to provide bone marrow concentrate treatments for orthopedic problems. In certain conditions, we use microfragmented adipose tissues, which are known to have great regenerative potential.

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

WHO WE ARE



ABOUT DR. ZED

Dr. Zed was born and raised in Bulgaria, where he played soccer professionally. Early in his sports career, he decided to become a physician for athletes and treat their sports injuries. He received his M.D. degree from the Plovdiv Medical University in 1987. He then completed his Orthopedic Surgery Residency and specialized in sports trauma and knee surgery.

In 2000, Dr. Zed moved to the United States and completed his Physical Medicine and Rehabilitation Residency at Georgetown University/National Rehabilitation Hospital in Washington, D.C., where he received extensive training in the field of interventional pain management. He opened his own practice, All Star Pain Management and Regenerative Medicine, in 2017.



ABOUT DR. MATA

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

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



ABOUT OUR TEAM

Janet Ascione, NP-C, has been a member of the All Star team since 2017. She holds a B.S. degree in nursing from the Notre Dame of Maryland University and a master's degree in nursing with a specialty in Adult/Gerontology Primary Care. She is certified through the American Academy of Nurse Practitioners.

The newest addition to the All Star team is Monica Leid, PA-C, who has extensive experience in the field of pain management.



CONNECT

Annapolis Office
166 Defense Hwy Ste 300
Annapolis, MD 21401

Glen Burnie Office
1600 Crain Hwy S. Ste 207
Glen Burnie, MD 21061

Bowie Office
4201 Northview Drive
Suite 502
Bowie, MD 20716

443-808-1808
allstarpainmanagement.com



Pictured with Dr. Bennett (Center) are his associates, Atul Sharma, DDS (Left), and Arjun Saggi, DMD MMSC (Right)

PRESTIGE PERIODONTICS

DUANE BENNETT, DDS MSD

Prestige Periodontics practices with a philosophy of ethical treatment, minimalistic approach, maximum results with clear patient communication. We are committed to providing the highest standard of periodontal care for all patients. Dr. Bennett has always loved teeth, but it was his two grandfathers' struggles with periodontal disease that prompted his interest in the specialty. Dr. Bennett is a skilled clinician, published researcher and educator who has a wealth of knowledge and clinical experience. He has advanced training and proficiency in not only traditional Periodontal Surgery, but also the newest techniques in Periodontology including bone grafting, Pinhole Technique gum grafting (Non-palatal, stitch-free gum grafting), Tunneling Technique gum grafting (Non-palatal, limited incision gum grafting), and laser-assisted dentistry.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love to see the smiling faces of our patients when their treatment is complete. Few people want to actually see the dentist, much less a specialist. However, watching their oral health and smiles transform means the world to our team.

2. WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

We are a growing practice with young, board certified Periodontists who are not only highly educated, but also very experienced. We are digitally based, have an in-house three dimensional scanner and we are Laser trained. Additionally, we offer many advances in Periodontics including Pinhole Gum Grafting and Laser Periodontal Surgery. Overall, our goal is to serve the community through practicing Periodontics and Implant dentistry at the highest level. As such, the expectation is that as the field of dentistry evolves, we will continue to do so as well.



ABOUT OUR PRACTICE

We are a multi-office periodontal group with locations in Bowie, Silver Spring, and Rockville, Maryland. Our doctors are Diplomates of the American Board of Periodontology. Periodontics is a dental specialty that focuses on the patient's gums, and we believe strongly that oral health contributes greatly to the whole health of the patient. Our goal is to provide a premier level of service to all our patients. We accept all patients at our practice regardless of insurance status, and we are in-network with many dental insurance carriers. We work closely with General Dentists to coordinate patient care every step of the way. Patients can expect to receive superior care at a holistic level from our excellent team of doctors, hygienists, clinical staff, and administrative staff.



CONNECT

240.245.3174 | Bowie
301.681.4812 | Silver Spring
301.881.5040 | Rockville

office@prestige-perio.com | www.prestige-perio.com



LEADING HEALTHCARE PROFESSIONALS



DR. NISH PATEL DR. VEERA PATEL

PEEPERS EYECARE CENTERS

Starting in high school, Dr. Nish Patel began his first days working at Peepers Eyecare, filing and working as a tech. At the time, it was owned by Dr. Erick Gray, who was Dr. Nish Patel's mentor growing up. He later went on to receive his undergraduate training at Northwestern University in Chicago and soon after, his doctorate degree at the New England College of Optometry in Boston. It was here in Boston in 2010 where he met his now wife, Dr. Veera Patel - a hard working California girl with an eye for fashionable eyewear! Dr. Veera Patel received her undergraduate degree at the University of California San Diego. After they both graduated from the New England College of Optometry, Dr. Veera Patel and Dr. Nish Patel got married in Santa Barbara, California and soon began working in Maryland for many years. Eventually, as Dr. Erick Gray retired, they took full ownership of the Peepers Gambrills and Peepers Bowie locations in 2018.

As their passion for eye care and vision health in the community grew so did their reputation. Now, the couple takes another exciting step as they open their Boutique Optical in Annapolis in 2020 - NV'y Optical on Main! (formerly known as Eyes on Main) The team here in Annapolis now has over 30 years of experience in the eye care field and are passionate about their products and remaining unique to the Annapolis community.

In the past few years, they have renovated and expanded their Annapolis and Gambrills locations and are now building a brand new facility at Bowie Marketplace and will be relocating their Bowie office Fall 2022!

The team at Peepers Eyecare Centers and NV'y Optical are dedicated to providing their patients with unmatched service both in the exam room and in the eyewear selection process. They look forward to seeing you and serving their community!

WHO WE ARE

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

At Peepers Eyecare Centers, we pride ourselves on providing unmatched patient service from the moment a patient walks in, to when they leave happy with their new glasses or contacts on. In the exam room our compassionate doctors use the latest technology to diagnose and treat various ocular conditions and expand overall awareness of eye health. In our optical, our well trained opticians use their expertise to educate patients on the best optical solutions for their specific lifestyle. We combine optical technology and careful measurements to fit our patients with eyewear that fits their face and their personality! Lastly, we strive to make our patient's experience convenient and efficient by offering online scheduling, allowing text messaging to our office numbers, and providing same day emergency glasses options.

2. WHAT HEALTH PROBLEMS CAN BE DETECTED FROM AN ANNUAL EYE EXAM?

During an eye exam, your doctor gets a live view of blood vessels, nerves and tissues inside and behind the eye. Problems in the eye are often the first signs of disease elsewhere in your body. We use advanced imaging to take detailed photos, cross sections and measurements that help diagnose several conditions such as: Diabetes, Hypertension, High Cholesterol, Macular Degeneration, Glaucoma, Melanoma, Brain Tumors and more!

3. ARE PROGRESSIVE LENSES HARDER TO GET USED TO?

We use high quality digital surfaced progressive lenses that are extremely user friendly. They minimize peripheral distortion and progress naturally from one zone to another. Progressive lens technology has come a long way. The quality of the lenses combined with precise optical measurements are a key factor in progressive adaptation which is why our practice has a 97% progressive adaptation rate which is much higher than industry standard.



CONNECT

2626 Brandermill Blvd.
Gambrills, MD
410-451-9499

*Moving to new location
November 2022!*

15511 Annapolis Rd.
Bowie MD 20715

www.nvoptometry.com



Q&A

WITH THE EXPERTS



Q: Why should I see a dermatologist?

A: The skin is the largest organ of the body and performs many critical functions. To name a few, the skin protects you from infection, helps to keep you hydrated, protects your organs, and helps to regulate your body temperature. A yearly skin checks helps to detect skin cancer in its early

stages which is life saving. The skin, hair, and nails can also provide clues of internal disorders such as diabetes, thyroid dysfunction, lupus, and nutritional deficiencies. It's important to maintain the health of the skin so that it can continue to take care of you.

KATINA BYRD MILES, MD, FAAD
Skin Oasis Dermatology



Q: Who is a candidate for sedation dentistry?

A: Sedation dentistry is a great option for patients who have anxiety or fear about going to the dentist. Dental sedation can also be helpful for patients with issues such as a sensitive gag reflex, fear of needles or difficulty getting numb.

Just about any procedure can be performed with sedation – even a dental cleaning. There are several sedation options including inhalation sedation (laughing gas), oral medications and IV sedation. Sedation dentistry makes it possible to have multiple procedures done in one visit – meaning fewer visits to the dentist!

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



Q: Why shouldn't I purchase glasses online?

A: Prescription glasses are medical devices that require precise measurements such as pupillary distance, ocular center height, vertex distance, pantoscopic tilt and more. When purchased online, many of these measurements are estimated or completely omitted. This can contribute to headaches, nausea, and further eye strain and visual degradation. In addition,

many websites use low quality plastic lenses with no anti glare coating which can further harm your vision. Studies have shown that over 60% of glasses made online are made incorrectly or did not meet ANSI safety standards! We've had countless patients say that when they purchased online in the past it was a waste of time and money for them. Our expert opticians are certified and highly trained in using the latest technology to get precise and accurate measurements for you along with excellent quality lenses and eyewear. Let the professionals help you see your best and help support your local family-owned eye care practice.

DR. VEERA PATEL, Peepers Eyecare Centers



Q: Some direct-to-consumer orthodontic companies make treatment sound so easy and after so many months – straight teeth! What else should I be concerned about?

A: Orthodontics is more than just the movement of the part of teeth you can see. X-rays of your teeth and jaw are crucial so the doctor

can see what the naked eye can't. A clinical exam of your jaw alignment, and the relationship of your teeth to your skeletal structure is imperative. What if there were an issue during treatment? Who would you contact that would care about your health and end-result?

Remember! Orthodontics isn't a product – it's a professional, medical service. When your care is supervised by an orthodontist, you are assured that your orthodontist spent 2-3 more years studying beyond dental school.

DR. STEPHEN LABBE, DDS, Labbe Family Orthodontics



Q: How does exercise help breast cancer prevention and recovery?

A: For people at risk for breast cancer, exercise can help with prevention, post-surgery survival and reduce side effects during and after treatment. One study of breast cancer survivors found that those who were the most physically active had a 40% lower

risk of death from breast cancer than those who were the least active. Light exercise pre-operation can also lead to a smoother surgery and easier recovery.

To start, aim for 30-minutes of exercise a day for five days a week. If you're not very active, try splitting the time into fragments and choose activities you enjoy, such as walking or gardening.

Learn more: umms.com/Breast-Cancer-Exercise-BW

DR. CYNTHIA DROGULA, MD

Medical Director of the Aiello Breast Center at UM Baltimore Washington Medical Center



LEADING HEALTHCARE PROFESSIONALS



Q: I have many missing teeth and I've tried partials which haven't helped at all. What can be done for me?

A: The best solution for your situation is dental implants. Implants are a tooth root substitute made of titanium that attaches into

the jaw bone creating a stable foundation for solid, new teeth. This means your new teeth feel, look, and perform like natural teeth. Because there are no longer any painful stresses put on your gum tissues, denture and partial pain is completely eliminated. The best news is that the 'New Teeth in One Day™' Dental Implant procedure takes you from a situation with missing or hopeless, problem teeth to having new, comfortable, stay-in the mouth teeth that look great on the very same day as surgery.

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



Q: What conditions can be treated with regenerative medicine?

A: Common conditions treated with regenerative procedures include osteoarthritis, shoulder injuries, such as rotator cuff tears and labrum

tears, tennis and golfer elbow, Achilles tendinitis and partial tears of the Achilles tendon, plantar fasciitis, degenerative disc disease, hamstring injuries, and certain types of ACL tears.

DR. ZVEZDOMIR ZAMFIROV, All Star Pain Management



Q: What is the most exciting advancement in the treatment of cancer?

A: Immunotherapy has changed the approach to the treatment of many types of cancer. Immunotherapy enables your own immune system

to fight cancer. It can be used alone or combined with other drugs to enhance the potential for response. With immunotherapy treatments, patients can often have durable responses with minimal side effects. In the future it is expected that the role of immunotherapy in the treatment of cancer will continue to expand.

DR. BENJAMIN BRIDGES
Maryland Oncology Hematology



Q: What happens after a tooth is extracted?

A: After the extraction of a permanent tooth, bone and gingival tissue (gums) start to fill the extraction site. However, the body also starts to "melt away" the bone in a vertical and horizontal dimension. If implant tooth replacement is desired, a

site preservation bone graft is usually required to prepare the surgical site, especially if bone loss occurred prior to the extraction. This recreates ideal bony contours, and makes dental implant success more predictable. The bone graft is usually performed at the time of extraction with no additional discomfort.

ZIAD BATROUNI, DDS
Maryland Oral Surgery Associates

**LEADING
HEALTHCARE
PROFESSIONALS**

For more information visit whatsupmag.com



smile

The American Association of Orthodontists (AAO) recommends that all children have a check-up with an **Orthodontic Specialist** no later than age 7.

Call us today!



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Riverkeepers

ON THE Frontline

Meet several protectors of our waterways, the environmental challenges they face, and the real solutions they put into practice

— *By Lisa Hillman* —

It's one of the coolest job titles anywhere. Meet someone who has it and you don't know whether to say, "Thank you" or ask, "What do you do?"

It's almost reverential: Riverkeeper.

"Riverkeepers are sentinels watching out for the health of rivers. They are the voices of the rivers, especially wherever there is not a large advocacy group to speak for them," states Erik Michelson, Deputy Director of Board of Public Works, Anne Arundel County, and Director of the County's Bureau of Watershed Protection and Restoration.

With hundreds of creeks, streams, and rivers across Central Maryland and the Eastern Shore, riverkeepers work to protect their waterways by monitoring and finding solutions to keep them healthy. Often invisible to the public, they display a passion for their work and fierceness to fight decades of degradation.

In this article, we interviewed four professionals who spend days on—and in—local rivers. What they see, record, and recommend offer lessons for everyone who lives, works, or plays within their rivers' reach.

Four Voices

Matt Pluta serves a merged organization. Pluta is Director of Riverkeeper Programs for ShoreRivers, which was formed five years ago with the merger of Midshore River Conservancy and the Chester River and Sassafras River Associations. He also is the Choptank Riverkeeper and oversees policy and advocacy efforts for several rivers, including the Sassafras, Chester, Choptank, Miles, and Wye. ▶



◀ **Sara Caldes** assumed the role of Riverkeeper for the Severn Riverkeeper Program three years ago after serving as its Restoration Manager since 2004. Like ARF and ShoreRivers, Severn Riverkeeper is a member of the Waterkeeper Alliance, an international organization that licenses riverkeepers who meet specific standards.

“Every river is different,” Sara says, “but our main goal is to stop pollution and advocate for methods that succeed.”



▲ **Jennifer Carr** calls riverkeepers “the eyes, ears, and mouth of the waters they protect.”

Unlike its sister organizations, the Magothy River Association (MRA) has no paid staff and does not have a licensed Riverkeeper program. Its voice, however, is strong. **Paul Spadaro**, MRA’s president since the mid-1990s, likes to say he has been a “riverkeeper” longer than most.

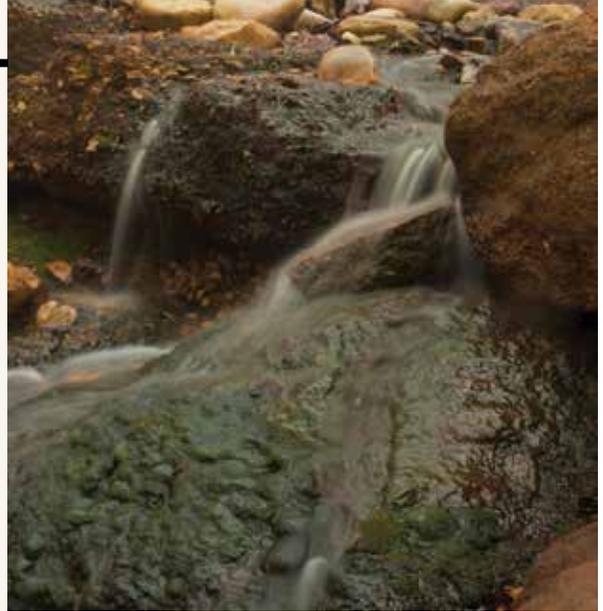
“Our volunteer base is people who live here. This is our home. And that’s why we’ve been so effective.” ▶



Carr is Director of Restoration for the Arundel Rivers Federation (ARF). Established in 2019 with the consolidation of the South River Federation and West Rhode Riverkeeper, Inc., the Federation is currently assessing what it needs in a riverkeeper.

“A riverkeeper is unique to its river,” explains Carr, who typically executes what the riverkeeper needs, “but they all must meet the core principles of being the voice of the river.”

Severn Riverkeeper Sarah Caldes at far left with environmental engineer Keith Underwood, Severn Riverkeeper's Executive Director Fred Kelly, and a patron on site at a restoration project located behind Annapolis Bowl off Generals Highway.



“Our main goal is to stop pollution and advocate for methods that succeed.”

—SARAH CALDES

What They See

Local riverkeepers belong to relatively small nonprofit organizations. They spend an average of one to two full days each week on the river monitoring water quality. Caldes visits some 20 stations in the Severn River where she monitors temperature, pH levels, water clarity, and oxygen levels. She takes readings at several points along a column deep into the water.

“Since 2006, we have consistently seasonally monitored the Severn River,” she explains. “By 2011 it was evident that we had a persistent seasonal dead zone in several areas of the river that had not been documented. This has been a wake-up call for those of us who care about the health of the river, and we responded by dedicating our program to restoration projects that reduce the stormwater run-off.”

On the Eastern shore Pluta has been collecting water samples from the same 20 sites on the Choptank since 2013. “My monitoring on the Choptank over the years has proven to me that legacy pollution



from agriculture has a long-term effect on the River. Year-to-year variations in water quality are mostly influenced by local weather patterns and how much precipitation we receive in the region.”

Riverkeepers also spend time patrolling the shoreline. A common refrain is “what happens on land happens to the water.” Consequently, they face common challenges. The biggest is pollution from stormwater run-off caused by development or as Spadaro says, “Over-development.”

“Most people don’t see the loss of tree cover, or the dead fish or algae,” Spadaro says. “But if you look at Routes 2 and 3 over the past 20 to 30 years, you see the increase of cars. Every new home that’s built puts two more cars on the road every day.”

Carr decries the expansion of impervious surfaces which give “the water nowhere to go.” This forces polluted stormwater to flow into local waterways. The sediment it carries contains chemicals and “bad stuff,” covering habitat with a layer that blocks out sunlight and harms the growth of healthy under-

water vegetation. Even manicured lawns pose problems, she says. Instead of seeping into the soil as nature intended, water rolls over the grass and gushes into creeks and streams.

Like a dark cloud coming from the west, the threat of increased development on the Eastern Shore concerns Pluta. He cites a proposed project to build 2,500 homes in Trappe in Talbot County, which the Virginia-based company describes as “the largest development on the East Coast.” In part, Pluta blames Covid.

“As a result of the pandemic, people want to leave cities and live in rural areas. That’s putting tremendous pressure on the Eastern Shore. I’ve seen ten years of development proposals come through in just one year.”

Still, the major threat to ShoreRivers today is industrial agriculture. About 60 percent of the Shore’s industrial land use is farming. While Pluta lauds farmers and their critical place in society, he worries over the “double-hit” to rivers from the poultry industry: run-off from chicken manure at poultry farms *and* run-off from manure that fertilizes crops to feed the industry.

A Looming Challenge

Like all environmentalists, riverkeepers are keeping a wary eye on climate change. More intense and frequent rain causes more run-off. A warmer climate prompts a longer growing season and a longer period for fertilizing fields.

Says Pluta, “Because of climate change, we expect a 22 percent increase in nitrogen pollution by the end of the century.”



“Communities that push back win back. If you don’t fight, you don’t win.”

— PAUL SPADARO

Meanwhile, sea-level rising threatens riverbanks and coastal areas. According to Spadaro, the Magothy River is “99 percent armored” which means bulkheads or rip rap—rocks or rocky material that bolster shorelines, bridges, and steep slopes—line most of its shoreline. He notes, “All those piers out in the river are on the verge of being underwater.”

Solutions

If riverkeepers see problems, they also see solutions. Just as each river is unique, each riverkeeper approaches solutions differently.

Jennifer Carr laughs at the idea of artificially-intelligent beavers working to clean-up the South River. “Maybe someday,” she muses. ARF’s restoration project of Caffrey Run Stream in Quiet Waters Park is set with a series of small pools designed to filter rainwater and help clean Harness Creek. The pools mimic the work of beavers as natural dam builders. It is just one of dozens of restoration projects Carr says are “cleaning up decades of development, recovering from the sins of our past.”

In addition to restoration, ARF advocates for holding Anne Arundel County government accountable to enforce laws requiring developers to implement best stormwater management practices.

With the motto “One Creek at a Time,” Caldes focuses on restorative methods while also advocating for policy and regulatory changes. One such method she employs is to create “living shorelines.” These natural buffers help to restore areas where the shoreline is eroded or hardened, for example, by bulkheads. The organization’s largest living shoreline project is Kyle Point in Herald Harbor, completed two years ago after private owners sought to preserve their property. Another is the Living Shoreline in Pines on the Severn which took only six weeks to build with local tree limbs and large boulders, but many months for design and permitting.



Magothy River Association President Paul Spadaro holds a water-loving plant that will be floated with others on “islands” that allow the plants’ roots to clean the water below. Such demonstration projects are critical to developing larger scale mitigation plans for river restoration.

“[Riverkeepers] must meet the core principles of being the voice of the river.”

—JENNIFER CARR



Director of Restoration for the Arundel Rivers Federation Jennifer Carr, far right, with the organization's leadership during a site visit to a restoration project in the Annapolis Landing community.

Caldes describes the Severn as a “short stumpy river with short stumpy creeks.” She says it’s not enough to work at the shoreline. “You need to go as high into the uplands as possible” to capture water in small pools or little dams and create a curved path to slow the water and allow it to seep in as it flows. Known as “regenerative stormwater conveyance,” the method can be adapted in other areas as well, even parking lots.

The best solution on the Eastern Shore for Pluta is to take a strategic approach and be proactive to eliminate known sources of pollution. He tries to identify farmers who have large drainage off their lands.

Through the project “Envision the Choptank” he secured a \$1 million grant to help offset costs to farmers who utilize more conservation methods, such as putting in a wetland or forest buffer on their property.

“The goal is to work together to improve water quality while sustaining productive farm fields. The goal is to be friends first.”

When these approaches don’t work, Pluta isn’t hesitant to report a farmer to the Maryland Department of the Environment or Agriculture. He’s also pursued litigation. In one case it resulted in the state closing a poultry rendering facility.

Spadaro has a one-word answer for his preferred solution: litigation. “It seems to work for the Magothy.” A self-described strong competitor who ran track in high school and college—“I never ran to finish second”—he is proud that the MRA has taken a case to the Supreme Court and won.

Closer to home, he has succeeded before the County Board of Appeals. A case that may come before the Board is Mount Misery, a steep piece of property in Severna Park overlooking both the Severn and Magothy Rivers. Spadaro lined up neighbors to defeat a developer’s plan to build homes on part of the site that, he says, was once used as a Union fort during the Civil War.

“Communities that push back win back,” he says. “If you don’t fight, you don’t win.”

He also believes lack of public water access is a real problem. As he says, “Why should I care if I can’t even get to it?” He works closely with the County to provide public access wherever possible, as he did at Beachwood Park to allow access to the Magothy.

Convinced that more communities and organizations need to fight harder, he is putting together a “playbook on how they can be more effective” to deal with such issues as subdivision approvals. The goal is to “affect change, if not kill it.” It will include specialists who have been helpful, “engineers, lawyers, what’s free, and other resources.” But he continues to rant at the area’s overdevelopment.

“At some point, even the best hotel has to put up a No Vacancy sign.”

“The goal is to work together to improve water quality while sustaining productive farm fields. The goal is to be friends first.”

— MATT PLUTA



Matt Pluta serves as Director of Riverkeeper Programs for ShoreRivers. The organization represents environmental advocacy, projects, and education for the Sassafras, Chester, Choptank, Miles, and Wye rivers.



The Long View

If riverkeepers are great problem-solvers, they also are innately optimistic. On the Eastern Shore, Pluta is on the water weekly and walks the land and streams daily. He observes that “communities are starting to recognize the importance of clean rivers—whether it’s their kids in the water, boating, or just sitting nearby and witnessing an algae bloom.”

Pluta also understands the need to educate the public and involve more advocates: “We will never achieve healthy waterways on our own. We need the voice of others.”

For Caldes the completion of each project energizes and enthuses her. She reflects on how “we’ve evolved from a piped infrastructure in the 1900s to

the 21st century focus on promoting nature-based projects that are resilient and strong and allow us to filter the water before it becomes tidewater.”

She admits “it is slow, incremental work” but she “loves getting projects in the ground,” and working with volunteers, regulators, and advocates who “get it.”

Even Spadaro, with his forthrightness and candidly competitive nature, believes there is still time “to turn it around.” He looks forward to new, fresh leadership in local river organizations and is planning a summit soon to work on common issues. “We all can do a better job.”

Maybe that’s why, after decades fighting for a river’s survival, he still signs all his correspondence with “Moving forward.”



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Raising the Bar

5 REASONS WHY HOME BARS HAVE ACHIEVED MAIN-LEVEL LIVING STATUS

By Lisa J. Gotto

Remember those groovy, lower-level recreation rooms we grew up with, with the rich wood paneling, gold Berber wall-to-wall, and the “man of the house” basement bar with the adjacent dart board? Pretty cool, right? Back in the day it was the norm to banish adult beverages to the basement; sometimes out of necessity, but usually because Dad’s idea of a “bar” didn’t often complement Mom’s Pfaltzgraff collection.

We say it’s about time to raise that bar out of the basement because today’s designers have so many ways to fashionably and functionally integrate this popular home feature into almost any main-level living scheme. And here are five reasons why:

← They Can Be Safe

Because in some households it is prudent that certain consumables are kept in an out-of-sight, out-of-mind location and secured so those with curious minds and palates are unable to access them, a locking liquor cabinet may be in order. And while we are certainly not unfamiliar with the device, they surely did not look like this when we on the hunt for the key! This swanky, yet subtle version offers an elegant design, a stemware rack, an eight-bottle wine rack, and a sassy, mirrored backsplash insert. The upper cabinet locks, the lower cabinets offer additional space for bar glasses and accessories, and a lower shelf provides a great place to stash your stylish serving tray.



Photo courtesy of ballarddesigns.com

↑ They Can Be Glamorous

Empty nesters rejoice! The kids are grown and now you can opt for all-out glamour if you so choose. If you’re in the process of designing a new home, make sure you leave a little space to get creative, and if you’re in your forever home, it isn’t hard to re-dedicate and re-imagine a space in a main living area that mimics your favorite, classy cocktail lounge. Sometimes it’s just a matter of adding a few new pieces, and a gorgeous, stand-alone bar is a great way to start. These pieces often come with storage capability underneath for larger items, but you may wish to consider embellishing the space with some well-chosen accessories like pendant lighting, attractive shelving, and reflective elements, such as a classic mirror, to lend the space panache.



Photo courtesy of lovethepic.com

They Can Be Functional

And sometimes it's just a matter of shaking up the status quo, and stirring in a little imagination to take a wasted space and turn it into one of the most popular spots in your home. Many existing homes already have an under-utilized wedge of dead space under a stair. This is a great example of what can happen when some thought is given to everything one may want their at-home bar to provide and then adding a layer of utility and polish so nothing looks like an afterthought. In keeping with the fundamental style of the home, this is a prep place option that does not include any bar stools that would detract from its sensible, yet fabulous functionality.

They Can Be Tasteful

Here's a contemporary, kitchen-y take on the at-home libation station that really makes sense for the way we live today. While its tones and overall look may be subdued, this option packs a lot of utility into a small space and does so beautifully. And like a butler's pantry, it's functional and there's a place for everything. But unlike a butler's pantry, there's no need to keep an attractive space like this behind closed doors!



Photo courtesy of styleblueprint.com

They Can Be Camouflaged

If the thought of a stand-alone bar and all its essentials seems too busy for your space, there's some self-contained options out there you may wish to consider. This custom option is the height of sophistication when opened, yet still offers a convenient sink surrounded in luxe marble, and an ample space for bar wares and slicing those all-important lemon and lime garnishes. Self-contained, ready-to-buy units are also available from quality interiors manufacturers, as well, so all you have to do is arrange for delivery and stock it up with your favorite glassware and libations.

May we see the cocktail list, please?



Photo courtesy of styleblueprint.com



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Talkin' Dirt

CONVERSATIONS WITH YOUR GARDENER

By Janice F. Booth

It's not easy keeping up with the weeds, or those hardy Weigela shrubs or the Pampas grass. And then there's the watering and edging, and trimming, and dividing and replanting that gardens require. Whew! I'm exhausted just trying to come up with the lists of regular tasks to maintain a healthy garden. Perhaps you have help, or maybe you're planning on engaging someone to shoulder some of the work.

If you have interviewed a company or an individual to take on your garden maintenance, you probably know what you want from this important

assistant. But during those conversations you may have been befuddled and just a bit intimidated by the concepts and the lingo employed by professional gardeners. To help you prepare for your next encounter with an enthusiastic horticulturalist, let me offer you two lists; one list of topics or issues to resolve when you engage a gardener, and the second a small terminology and vocabulary reference that you can read over and discard, or keep around for future reference. You'll be happier with the services your gardener provides if you have clearly communicated your wishes—what you expect of your gardener.

Let's start with a list of 6 general topics and issues you might want to discuss with your gardener or potential gardener:



Timing: How often do you want your gardener to tend your lawn and gardens? Are there restrictions about time of day? Caution: Don't forget to discuss weather's impact on the prescheduled gardening. (I've watched neighbors' gardeners come in the rain and "cut" the lawn. How close or even do you think that cutting will be? And, what about ruts in the lawn from the mowers?)



Trimming: Is "edging" included with "trimming?" Will hardy mums and lanky phlox be trimmed as needed? Will the shrubs be kept to their current size and shape? Or, do you want them to cut back the shrubs a little or a lot?



Clippings and detritus: Will the clippings and random leaves and grasses be collected and bagged or taken away each time the gardener tends the garden? Do you want this material to go into a compost pile somewhere on your property?



Liability: Your homeowner's policy may cover any injury, but perhaps not. Be sure to check with your insurance agent before your gardener begins. (Some gardening companies have their own injury insurance.)



Laborers: Do you mind if the gardener brings additional laborers to work in your gardens? Do you want the gardener to remain with the workers while they're on site?



Maintenance tasks: Will the gardener "dead-head" and divide bulbs and plants that seem to need attention? Do you want to make the decisions, or will you allow the gardener to decide? While working on your garden, do you want the gardener to be "on the lookout" for specific invasive weeds or vines? I'm fighting a losing battle with Liriope or monkey grass; so I want every blade, every tuft out of my garden! (It's never going to happen, I fear.) But, if your gardener knows to be on the lookout for specific invaders, you'll be happier with the care and maintenance your garden receives.

I urge you to occasionally revisit some of these issues with your gardener. Make sure you both remain clear on what will and won't be done on a regular basis.

Okay, now on to **terminology**. Here are some of the gardener's jargon, common terms that get tossed around. You won't have to bat an eye when your gardener throws one your way.

CEC: Cation Exchange Capacity measures how much fertilizer your soil can hold and gradually release. (High CEC is good; the soil will hold and slowly release fertilizer.)

Compost: organic matter, such as fruit peel and coffee grinds, break down and decompose to form nitrogen rich fertilizer: designed to breakdown based on soil temperature.

Deadheading: snipping off dead blossoms, to encourage more prolific flowering

EC (electrical conductivity): the measurement for the salt content in soil. High EC is dangerous to plants.

Fertilizer – Controlled-Release also called **Time-Released:** new, more effective formulas that release nutrients based on soil temperature rather than microbial activity.

Genus: first part of a plant's scientific name. (plural: **Genera**)

Harden off: preparing a plant for winter through the gradual chilling temperatures—typically autumn's weather.

Head-space: in container planting, the area from the top of the soil to the rim of the pot.

Height of plants: the general terms for average



size: *short plants* 10" or less; *medium plants* 10–24"; *tall plants* 24" or more.

Heirloom Plants: These are old-fashioned, usually hardy plants, fruits and vegetables that reproduce from their own seeds. Apples tomatoes and watermelon are popular heirloom specialties.

Micro-climate: areas of a garden where conditions differ from the general garden climate. (ex: a soggy spot or an area warmed by a brick wall)

NPK: the ratio of Nitrogen to Phosphorus to Potassium (K) in fertilizer.

Perennial / Annual: perennials usually become dormant over the winter months but re-emerge when warmer weather returns; annuals usually do not survive the cold

winter months and must be grown from seed or cutting in the spring.

Root-bound: potted plants whose roots circle the pot on the outside of the soil, indicating time for replanting.

Senescence: the characteristic of decay and deteriorating as plants age (even perennials)

Spillers and Fillers: as the names suggest, spiller plants gracefully trail over edges while filler plants are used to fill in spaces between more dramatic plant specimens in a flowerbed or pot.

Toxicity: unhealthy conditions in a plants environment, such as too much fertilizer, too much sun or shade, too many insects, etc.

Trace elements: nutrients needed in small quantities for healthy plant growth. For example: Boron, Copper, Iron, Magnesium, Zinc. Most fertilizer products contain small quantities of these elements.

Variegated foliage: plant leaves that may be veined or edged in a color different from the primary leaves.

Xeriscape: landscaping with drought-resistant, native plants.



Toss off a few of these questions and terms during your planning session with your gardener and she/he'll be so impressed that she/he will try extra hard to dazzle you with their efficient maintenance of your yard and garden.



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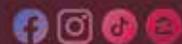


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Tranquil & Bright

By Lisa J. Gotto | Exterior Photos by Michele Sheiko

Casual elegance mixed with quintessential charm might be the best way to describe this 3,700-square-foot Annapolis-classic home. Located in Eastport just minutes from the historic downtown, this traditional coastal-style home originally built in 1920, has been marvelously updated over the years to include many contemporary creature comforts.

Just walking up to the entrance with its inviting porch and swing for two, visitors will know they arrived somewhere special. Inside, one notices the impeccable floors of white oak, which flow throughout the home, and the tranquility of the color palette with walls of white and appointments curated in hues of blue.

The home's living room with its white Federal-style fireplace and crown molding gains an abundance of natural light from its sets of huge windows





Primary Structure Built: 1920
Sold For: \$2,015,000
Original List Price: \$1,895,000
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 3,700 Sq. Ft.
Lot Size: .18 acres



facing the front and side of the home, as well as from a lovely set of French doors with glass panel sidelights. A handsome formal sitting room is also located on this floor adjacent to the entry, leading to the home's formal dining room.

A short hallway leads to the home's showpiece, it's all-white kitchen, embellished with accents of shiplap-enhanced integrated cabinetry. A center island that seats four for breakfast is topped with honed Carrara marble and a series if windows over the farmhouse sink allows for a wealth of natural light into the space. A stainless-steel, six-burner gas range with architectural hood treatment, Carrara marble backsplash, and attractive, above-counter shelving, make the room fashionably functional.

All of the home's generously-sized bedrooms are located on the second floor, with the primary suite exquisitely adorned with grass cloth wallpaper and custom window treatments. The primary bath offers a spa-like soaking tub and marble-topped vanity.

An additional guest bedroom and suite is located above the property's two-car carriage house and is adorable in its own right. Another charming porch swing welcomes guests that will feel right at home with this private space outfitted with a kitchenette, full bath, and lovely living room with sliding barn door to the roomy guest bedroom. Custom-milled German Lap siding evokes a cozy cottage vibe.





“Living in Eastport for the past 10 years and my 30-plus years of real estate experience, gave me an edge to get my D.C. buyers under contract. This was the perfect house for them! I have been working for them for a while and when the property was for sale in 2019, I called them and said, ‘I have the perfect property for you.’ Unfortunately, at that time, they were not ready to purchase,” says Buyers’ Agent, Ani Gonzalez-Brunet. “But when this property came back on the market, and I called my clients again...they were ready to put in an offer.”

Listing Agent: Kathryn Wheeler
Stephan; Engel & Volkers Annapolis; 138 West Street, Annapolis; m. 443-370-6015; o. 443-714-5303; katie.stephan@evrealestate.com; evrealestate.com

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Photo by Marreen Iveto



House photos by Michele Strick

Hidden Pond is your hidden gem once you encounter this incredible luxury home. Over 600 ft of shoreline connected to a large hidden tidal pond enhanced by a secluded island deeded with the property. South River Colony Colonial offers 6 Bedrooms and 8 1/2 Bathrooms, located on 14+ acres of a wildlife utopia. This beautiful 9000+ square foot home is an entertainer's delight. As you enter the house, you can't help but focus on all the grandeur, including the spiral staircase with wrought iron spindles, soaring two-story foyer, triple crown moldings, and walnut floors. The marble pass fireplaces are among the many accents in the dining room and the delightful sunroom. Entertain downstairs with the full-size kitchen area—a custom-built wine cellar accommodating hundreds of bottles. Outdoor entertaining includes an all-season sun-filled porch, a saltwater custom pool with waterfalls, and a hardscape patio with gardens that look like a painting. Pictures tell the story, but the real-life experience is well worth your tour. In addition, the South River Colony community offers a championship golf course, tennis courts, pool, swim teams, clubhouse, and playground. Located just minutes from Downtown Annapolis amenities.



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Fresh Take

DATES

By Dylan Roche

Think of them as nature's candy: The Middle Eastern dried fruits known as dates might be packed with sugar, but they're a much healthier alternative to the processed confectionary you'd find in a colorful wrapper on a store shelf. In fact, dates are a potent source of nutrients that benefit your entire body, helping to boost your energy, fend off aging and illness, and even replace some of the added processed sugar in your diet.

Most of the time, fruit is a low-calorie option, but dates (like other dried fruit) are an exception. Dates naturally shrivel up as they ripen on the tree, maintaining only about 30 percent water content—compare that with the 80–90 percent water content you would see with other fruits like peaches, strawberries, or pineapple. Because they have less volume (that is, they take up much less space), dates have more calories and nutrients in a much smaller serving size than you would see with other fruit.

In some cases, this is convenient—a little bit goes a long way. But it's easy to overdo it. A single date can sometimes have around 100 calories, and because most of those calories are from complex carbohydrates, they'll provide long-lasting energy. Studies show that dates are a low-glycemic index food, thanks to their high fiber content, so you even though they taste super sweet, you aren't suf-



fering from any blood sugar crashes, which is especially good news for people with diabetes.

All that fiber content is also good for improving digestive health, lowering cholesterol, and helping you stay full between meals. Dates are also fat free.

They're rich in potassium, which is lacking in most American diets. Potassium is an electrolyte important for maintaining fluid balance and staving off hypertension. It can counteract the effects of high sodium, which most people consume too much of. Additionally, dates are full of vitamin A for eye health and vitamin C for radiant skin, plus iron for transporting oxygen to every cell in your body.

Most people with a taste for dates will tell you they're incredibly versatile. They make a great snack on their own, but they can also be stuffed with soft cheeses or nut butters. Some people prefer to chop them up to use in salads, or puree and mix them into smoothies and baked goods.

If you're looking to reduce the amount of processed sugar in your diet, you can make a date paste by pureeing pitted dates in your blender with a little bit of water until it reaches a smooth consistency. Use this date paste in equal amounts as a substitute for sugar in recipes.

Here are a few more date recipes to help you use this fruit as a standout snack, appetizer, or side dish.

Stuffed Dates

INGREDIENTS:

2 dozen dates
4 ounces chevre, softened at room temperature
1/4 cup toasted almonds
1 tablespoon honey
Pinch of salt, pepper, cinnamon

Slit the dates lengthwise with a knife and scoop out the pits. In a small bowl, combine chevre, honey, salt, pepper, and cinnamon. Crush the almonds into fine pieces and stir into the chevre. Spoon the chevre-almond filling into the middle of the pitted dates. Finish with a drizzle of extra honey if desired.

MORE RECIPES AT
WHATSUPMAG.COM



New Treatment for Alopecia?

By Dylan Roche

Many people weren't aware of alopecia before the controversial Oscars ceremony of 2022, but this autoimmune disease that affects actress Jada Pinkett Smith is one that also affects nearly 7 million Americans and about 147 million people around the world. And as of this summer, there may be some relief in sight, thanks to approval by the Food and Drug Administration of a new drug to treat it.

Alopecia entails an immune system response that attacks hair follicles, causing hair to stop growing. In most cases, a person with alopecia loses hair in patches, although there are some rare cases where a person can lose all hair on their scalp or even all hair on their entire body. Most people with alopecia are otherwise healthy and see no other symptoms, although the bad patches can severely affect their confidence, particu-

larly for those who have bouts of hair loss throughout their entire life. Some people have only one or two bouts of alopecia and their hair grows back normally. It's not clear whether alopecia is a genetic condition or whether it is affected by environmental factors.

Until recently, there was no treatment for alopecia. That changed in June 2022, when the FDA approved a drug called Oluminant, made by the pharmaceutical company Eli Lilly, marking it as safe and effective for people with this condition. (Oluminant was already an approved treatment option for people with other autoimmune conditions, such as rheumatoid arthritis.) With public awareness of alopecia growing, other pharmaceutical companies—Concert Pharmaceuticals and Pfizer among them—are following Eli Lilly's lead to develop similar medicines.

Fitness Tips

TRAIL RUNNING VS. ROAD RUNNING

By Dylan Roche



Maybe this is the fall season that you're committed to starting a running routine, or maybe you've been running for years. Either way, you keep hearing people talk about trail running. And you find yourself thinking, "Wait, what's the difference between that and regular running? Is trail running the type of running I should be doing?"

Well, it depends. Trail running is a completely different beast compared to road running, or the type of workout that comes to mind when most people think of running. Road running entails running on paved surfaces like roads and sidewalks, whether you're going through your neighborhood or along a greenway or bike trail. On the other hand, trail running entails running unpaved courses, usually through the woods or other natural areas.

And while both activities would be categorized as running, anyone who does both will find that they're very different workouts—and present very different benefits and drawbacks.

So, what does all this mean for a runner or a potential runner who is considering all options? Here's what you should know:

Trail running's terrain is much more challenging. When you're running an unpaved trail, you're going to be going to be moving over dirt, tree roots, rocks, wet leaves, and anything else you might find on the forest floor. It can be tough to maintain your footing and balance, which makes it much harder not only physically but also mentally. After all, you have to constantly be alert and thinking about where you're placing your next step. If this kind of challenge appeals to you, trail running is worth a try!

It's easier to maintain a steady pace with road running. The reality of trail running is that there are times when you'll have to slow down—such as when you're facing a particularly rocky hill. In some situations, you might even have to walk for a few minutes. This can be frustrating to somebody trying to maintain a consistent pace or who is training for time. With road running, it's easier for you to run at a steady, fast pace for the duration of your workout without having to slow down intermittently.

You have to consider which injury risks you'd rather accept. Trail running poses plenty of injury risks—you're much more likely to trip and fall, resulting in scrapes, bruises, or sprains. But because pavement has a greater impact, road running tends to carry a greater risk of overuse injuries like shin splints or ITBS. (It's also worth noting that if you're a trained road runner, you may face some soreness the first few times you do trail running because of the different muscles it engages.)

Road running tends to be more convenient because it requires less gear and exploration. Trail running requires not only specific running shoes that are made to handle the uneven terrain better but also gear like hydration packs and headlamps. Running a trail can sometimes require a much longer time commitment, and it's smart to carry items like nutrition (even if it's something as simple as gels) and basic first aid supplies. This is why trail runners will often carry a small pack or wear a vest with pockets. Most road runners can get away with just their shoes and whatever attire the weather calls for. Trail running can also demand a little bit of exploration or travel for people who don't live with easy access to nature. It's not as convenient as slipping out the door and going for a run around the block. If you're getting into trail running, check out listings on [alltrails.com](https://www.alltrails.com), where you can find reviewed information on nearby trails and times of the year when it's best to run them.

Running is still a great workout either way. Sure, you could consider the pros and cons of trails versus roads all day, but when it comes down to it, running is running. It's still a great workout that improves your aerobic endurance, strengthens your heart, and works muscles all over your body. Many runners switch back and forth between trail running and road running depending on their mood and what option is available. The best running workout is one that you'll be able to stick with consistently.

This is Your Brain on Music?

By Dylan Roche

Turning on some tunes might be your go-to way to relax or unwind, but science says there's much more to the way your brain processes music than most of us realize—it provides mental stimulation and can, actually, keep your mind sharp and healthy throughout your life.

Health experts (and educators) have been fixated on the relationships between music and brain activity for decades. Much of the mainstream focus started in the early '90s after a study found classical music, specifically Mozart, could boost brain power, even helping people achieve higher IQ scores. That study has since been debunked, but not before creating a widespread cultural interest in how listening to music affects mental activity. And subsequent studies have shown that, yes, listening to music is good for your noggin.

As Johns Hopkins Medicine puts it, music is like exercise for your brain. This doesn't just apply to classical music either. Any kind of music is good for you! Whether you prefer jazz, rock, pop, R&B, heavy metal, or hip-hop, listening to music will activate a broad range of networks in your brain.

It starts when the vibrations enter your ear canal and hit your ear drum. From there, signals go through your auditory nerves to your brain. Your brain then starts doing a kind of computation as it tries to understand the relationships between the different musical notes. Even if you don't realize it, this is a challenge for your brain—and it makes your brain stronger.

If you listen to music, you probably already know that you have all kinds of reactions to it. It makes you emotional. It stimulates memories from association with music you've heard in the past. You might even feel your motor system impulsively moving along to the beat. Harvard Medical School



explains that all these reactions are thanks to the way music activates a broad network in your brain.

Maybe you've heard a song before that you didn't like at first, but it started to grow on you. That's because the first time you hear it, your brain might be struggling to understand it. As you listen to it over and over again, you have an easier time processing it mentally. It's now a pleasant experience to hear it.

Surveys show that people who frequently listen to music throughout their life report greater confidence in learning and retaining information, as well as elevated mood and sense of confidence. Starting young gives your mind a head start (all the more reason to make music available to children from infancy), but even adults who weren't exposed to music when they were little but became frequent listeners later in life tend to have better cognitive function than those who don't listen to music at all.

So go ahead and start up your favorite playlist—it's good for you!

Autumn Up Your Wardrobe

By Dylan Roche

If you feel as if your fall schedule is always full, you're not alone—between football games, back-to-school activities, bonfires, Halloween parties, and whatever else is happening, it's a season when everyone loves to be out and about. This fall, make a statement at any event you attend (even if it's just a lunch date with a friend) by autumning up your wardrobe with looks that are perfect for this time of year.

Pick Your Colors



↑ Reds and Oranges

These warm tones fit the fall vibe perfectly. If you're feeling bold, go for bright shades that match the changing leaves. You can also tone these colors down by choosing shades that are more neutral (such as a rusty shade of red) or muted (like honey orange). Be careful though—going for soft shades like coral or salmon will look very summery. Because reds and oranges are so bright and warm, they look great paired with neutral likes gray and brown. Bear in mind that pairing orange and black will look very much in the spirit of Halloween. If that's the look you're going for, great! But it might look a little over-eager any time except for the last week of October.

↓ Brown

A comfortably neutral tone that goes with pretty much any color, brown has an earthy vibe that's perfect for outdoor fall excursions. Darker shades of brown like chestnut look dignified, but you can also tone your outfit down a little bit and soften your look with some lighter shades, such as copper or sepia. If you're pairing multiple brown pieces together, make sure you're choosing distinctive shades, then give them a pop of color somewhere in the outfit—maybe that looks like a coffee-colored shirt with tan pants and a blue jacket. Speaking of blue...



↓ Dark Blue

Blue is a safe way to bring color to any outfit no matter what the season, and after wearing light blues like cyan or a stately dark navy all summer, you might be ready to find a different shade of blue for fall. Midnight blue and Egyptian blue give a deep richness to an outfit that will make you stand out among the warm, earthy tones that many people wear this time of year. Make blue the focal point of your outfit by pairing it with neutrals and complementing it with a warm-colored accessory, such as a red or orange scarf or hat.





↑ Olive

The great thing about olive is that it's a safe neutral that makes a little bit more of an impression than plain brown or gray. It's a shade of green that brings color to an outfit without screaming for attention, so it's good for making accessories stand out, whether that's a scarf, a tie, or a belt. The only color that really doesn't look great with olive? Another shade of green. Instead, stick with blues or grays. If you're feeling a little bit wary about olive green (you know it's neutral, but it doesn't feel like a true neutral), then you can opt for simple touches of olive, which will manage to stand out without overwhelming your outfit. Olive also tends to look great with pretty much any skin tone, so if you're disappointed to see your summer tan fading a little bit, you can count on olive to bring out those warm undertones.



↑ Off-White

It's not the true pure white that traditionalists swear you should wear only between Memorial Day and Labor Day (even though that fashion rule is considered outdated and unnecessary these days). Nor is it the winter white that most people will be wearing come December. Instead, a simple off-white in a shade like ivory or cream will give a fall outfit some lightness while still maintaining an element of dimension and interest.

WHAT FABRICS ARE YOU WEARING?

Let's be real—there are some cozy fabrics you've been waiting all summer to don as soon as the weather turns cool enough. The thing about fall is that the weather tends to be a little unpredictable. Days that start off crisp and cool could easily become too warm for a sweater by midday. Avoid anything super heavy and instead layer up with midweight fabrics.

Flannel is always a great fall choice, particularly ones with plaid or tartan patterns. Flannel is durable and takes on character as it ages, so you don't have to worry about getting it dirty at the pumpkin patch—you can easily launder it as many times as you need to. Flannel is great for layering because a flannel shirt is lighter than a jacket, plus it's easy to shuck on and off. If you have a day that calls for serious layering, count on flannel to make a great layer between a T-shirt and a jacket.

If you want to make a statement without looking like you're trying too hard, **tweed** gives your outfit an element of distinction without looking too fussy. This textured wool is often associated with academic settings, so you can look as if you're busy with fall semester at an Ivy League school even if you're just hanging out with friends.

Finally, don't be afraid to try **corduroy**. Sure, it's retro, but retro is in. This heavy-duty ribbed cotton works great for pants and jackets, but because it tends to be bulky, you must make sure you're going for more modern fits instead of truly vintage pieces. (If you do have an article of vintage corduroy clothing, consider having it tailored to fit you better.) The best part about corduroy is that it works well in any colors, whether you're going neutral or bold.





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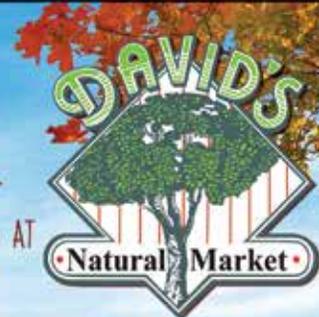
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Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

October is here, Halloween is near, the weather is perfect, and your taste buds should be satisfied. Our area has a new cookie stop open, ramen in Gambrills, and so much more. Once again, we are blessed to live where we live, so let me prove it to you.

On the Restaurant Scene...

Akira Ramen & Izakaya opened their sixth location this past June. The restaurant opened at the Waugh Chapel Shopping Center in Gambrills right next to the Regal Waugh Chapel movie theater. There is an assortment of base broths to choose from at Akira which can be paired with beef, seafood, vegetables, and more along with noodles that are made in-house each day. Find a full menu at waughchapelakiraramen.com.

The name Tobias Dorzon may sound familiar if you follow professional football. Dorzon played in the NFL

for the Tampa Bay Buccaneers and the Tennessee Titans, as well as in the Canadian Football League. We can now add the title "Chef" to Dorzon's name. After his athletic career, Dorzon received national attention for cooking on Guy Fieri's *Tournament of Champions*. Chef Dorzon is from Riverdale and in early September he opened **Huncho House** right next to his hometown in Hyattsville. Huncho House will provide exquisite, upscale private dining that will elevate your palate and your standards. Find more information at hunchohouse.com.

One thing that we will never have control over is the weather. Dave Calkins, the owner of **Brew Belly** in Olney, went out of his way in August to help the people of Kentucky who lost their homes, businesses, and more in the recent flooding. Calkins drove eight hours to cook meals for thousands of people alongside other volunteers

from across the country. On the first day, everybody chipped in to make a couple thousand pounds of meatballs with penne pasta, all made in a food truck. Calkins said that it wasn't easy work, but he volunteered because he loves his country.

This summer, **Playa Bowls** opened in Annapolis Harbour Center. On July 23rd, they celebrated the grand opening of the tropical attraction by giving out free food bowls and t-shirts to the first 50 customers. Playa Bowl has plenty of bowls, smoothies, juices, and coffees to choose from. It is the perfect way to feel summer, even in the fall. Order online today at playabowls.com.

As much as we *love* our hometown eateries, we also love to see them grow and flourish. In 2014, **Mason's Famous Lobster Rolls** opened their first location in Annapolis. From there, Mason's added locations all over the East Coast as well as in Colorado, Texas, and Arizona. On August 4th, Mason's took their staple warm lobster roll all the way to Downtown Seattle with their very first West Coast location. This location is just a short walk from the famous Pike Place Market. Mason's now has 22 locations, including an Arlington, Virginia location opening soon.

And get ready for a little extra Mexican food in Downtown Annapolis. **Picante Cocina Mexicana** opened late this summer at 48 West Street. Picante is a family restaurant run by, you guessed it, the Picante family. Fernando Picante came to Annapolis 20 years ago from Oaxaca, Mexico, and has been working in the local restaurant industry. He has created a menu inspired by the traditional recipes that have been passed down through generations in his family, bringing Mexican flavors and Oaxacan specialties to Annapolis. Find more information and a full menu at picanteannapolis.com.

Drink Up...

Let's make this whole month about Halloween! 'Tis the season for Halloween parties, ghosts, ghouls, and haunted houses. Here are some special spooky cocktails to enjoy dressed as whatever crazy character you want.



Hocus Pocus Fizz

Ingredients

1.5 ounces Rum
1.5 ounces Cranberry Juice
1/2 ounce Simple Syrup
1/2 ounce Orange Juice
Orange Zest
Prosecco

Instructions

1. Start off by dipping the rim of your cup or martini glass in a little bit of the chilled simple syrup. Dip it very lightly into orange sugar. Set this aside on the counter or in the freezer to set. 2. Now prepare your cocktail. In a shaker or mixing glass, add ice and combine rum, cranberry juice, orange juice, simple syrup, and orange zest in a cocktail shaker. Cover and shake until thoroughly chilled through. 3. Strain the mixture into your orange sugar rimmed cocktail glass, top off with chilled Prosecco and garnish with an orange twist.

Photo and recipe courtesy of redwinedragons.com

Witches Brew

Ingredients

1 ounce Vodka
6 ounces Pineapple Juice
1/2 ounce Blue Curacao
Eyeball ice cubes for spooky effect

Instructions

In a rocks glass filled with ice add vodka, pineapple juice, and blue curacao and stir until mixed. Add a few eyeball ice cubes and enjoy!

Photo and recipe courtesy of creativeramblingsblog.com



Have culinary news to share? Send an email to the editor at mkotelchuck@whatsupmag.com.



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FIND WILMA AND WIN!

The friendly skies may be turning windy as the northerlies make way to the Mid-Atlantic, but our fearless flyer, Wilma, still zips town to town throughout the Chesapeake Bay region, touching down to visit the best restaurants, shops, and services. 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 for another opportunity to win a prize.

Congratulations to **Dina M.** of Crofton, 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



Please Print Legibly

I FOUND _____ Advertiser _____
WILMA _____ Advertiser _____
ON PG. _____ Advertiser _____

Name _____

Phone _____

Address _____

E-mail address _____

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by October 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.

All Star Pain Management and Regenerative Medicine	LHP
Archbishop Spalding High School	19
Baltimore Washington Medical Center	32, LHP
Berkshire Hathaway HomeServices Homesale Realty	2
Calvert Hall College High School	17
Ciminelli's Landscape Services Inc.....	66
David's Natural Market	74
Djawdan Center for Implant and Restorative Dentistry	1, LHP
Drs. Walzer Sullivan & Hlousek P.A.	5
Fichtner Home Exteriors.....	BC
Galliano Italian Restaurant & Wine Bar Galliano Waugh Chapel.....	74
Hague Quality Water of Maryland.....	65
Hospice of the Chesapeake.....	13
Hunan L'Rose.....	78
Indian Creek.....	15
Jess Young Real Estate Team-ReMax Executive	61
Jessica Haire	IBC
Key School	3
Labbe Family Orthodontics.....	43, LHP
Lime & Salt.....	78
Long & Foster-Crofton.....	56
Long Fence.....	52
Mamma Roma.....	78
Maryland Oncology & Hematology.....	LHP
Maryland Oral Surgery Associates.....	LHP
Maryland Pet Crematory.....	79
Michele Cordle-Long & Foster.....	66
Monsignor Slade Catholic School.....	79
Odenton Masonic Lodge No. 209.....	79
O'Donnell Vein and Laser	IFC
On The Green Inc (Dawn Colgan).....	65
Peepers Family Eyecare.....	LHP
Prestige Periodontics-Dr. Duane Bennett	LHP
Rehab 2 Perform.....	19
ShelfGenie.....	17
Skin Oasis Dermatology	LHP
W.L. Staton.....	61

Jessica



HAIRE

COUNTY EXECUTIVE



BETTER LOCAL LEADERSHIP

IT MATTERS.

I love Anne Arundel County — we all do. But I also know we can do better.

We can solve the problems our communities face, but it's going to require proactive, hands-on leadership — someone who is willing to recognize the problems that we face, rather than ignore them. It's just better local leadership.

-Jha



LOWER TAXES AND CUT SPENDING

Cut taxes and get Anne Arundel County back on the right track by making it a more affordable place to live and do business.



MODERNIZE GOVERNMENT

Improve efficiency, modernize local government, and foster a culture of responsiveness and customer service.



REDUCE VIOLENT CRIME

Ensure that our law enforcement has the resources they need to respond quickly and make our communities safer.



SUPPORT STUDENTS, EMPOWER PARENTS

Keep our kids in classrooms, support students and empower parents, and improve education outcomes.

Learn More & Read Jessica's Plan:
JessicaHaire.com

Authority: Friends of Jessica Haire; Kelly Rosenthal, Treasurer

VOTE EARLY OR ON ELECTION DAY:
TUESDAY, NOVEMBER 8TH



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