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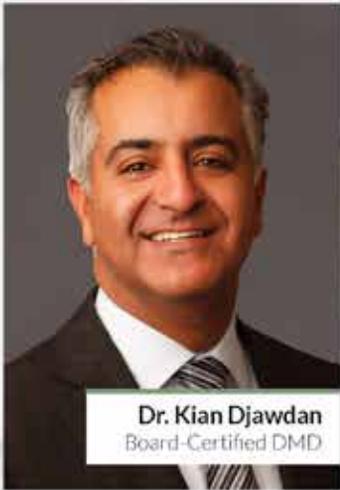
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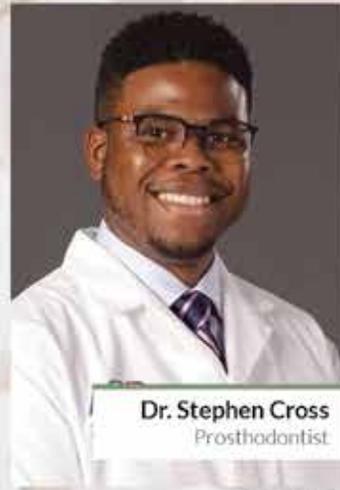
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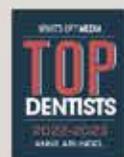
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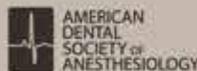
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DECEMBER 2022

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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 11 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



What's Up? Media is seeking the next class of Up & Coming Lawyers to honor! We are calling upon local law firms practicing in the Chesapeake Bay region to nominate exemplary lawyers in the early stages of their legal career. We are currently accepting

nominations from your firm's management of young, up and coming lawyers. For editorial consideration, management must complete an online form nominating an employed lawyer within your firm that is 40 years and/or younger by the deadline of January 31st. Nomination forms are online here: whatsupmag.com/upandcominglawyers. Each firm may nominate up to three lawyers in this unique opportunity to showcase the young talent within your organization!





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-Jha



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9 EVENT PICKS | 14 SPOTLIGHT | 16 ATHLETE

Sweet Potato Fest

The 4th Annual Sweet Potato Fest is back at Honey's Harvest Farm in Lothian on November 13th from 11 a.m. to 3 p.m. this fall. This event celebrates the sweet potato harvest and will feature live music, creative kids' activities, sweet potato digging, a bounce house and face painting, a farmer's market, shopping, and so much more. Find more information at honeysharvest.com.





BALTIMORE CRAFT BEER FESTIVAL

Grab our pretzel necklace and get ready for the annual celebration of Maryland's growing craft brewing industry. On November 5th, the Baltimore Craft Beer Festival returns to Canton's Waterfront from 12 to 5 p.m. The day will consist of live music, local food trucks, shopping from unique vendors, and plenty of beer. Order passes now at baltimorecraftbeerfestival.com.

↑ Maryland Corn Maze

November 5th and 6th is the last weekend to explore Jurassic Park at the Maryland Corn Maze in Gambrills. The maze will be open from 10 a.m. to 6 p.m. both days. The maze is not the only thing that this weekend has to offer. An array of fall activities includes a farm flyer zip line, an open bounce pad, petting zoo, hayrides, sling shots, giant Lincoln logs, and so much more. This weekend is also the only weekend when pets are allowed at the maze! Find more information at mdcornmaze.com.



STARS, STRIPES AND CHOW: CHILI EDITION

The Baltimore Station's 8th Annual Stars, Stripes and Chow: Chili Edition event will be held at Camden Yards on November 5th at 1 p.m. This annual chili cookoff will raise money for homeless veterans across Maryland. Guests will cast their vote for both "People's Choice" and "Best Theme" chilis, while an esteemed panel of judges will crown the overall Best Chili. The day will also have beer and wine, entertainment, kids' activities, and more. Find more information at baltimorestation.org.

Bull & Oyster Roast ↓

Put on your party clothes and get ready to meet and mingle with members of the Partners In Care community at La Fontaine Bleue in Glen Burnie for the Bull & Oyster Roast. On November 4th, from 6 to 10 p.m. enjoy all-you-can-eat pit beef, pit ham, oysters, buffet, dessert, and more. There will also be beer, wine, coffee, music, and dancing as well as a silent auction and music by The Fabulous Hubcaps. All funds raised go directly to Partners In Care Maryland to help older adults remain independent in their homes and engaged in the community. Find more information at partnersincaremd.org.



AMERICA'S TROT FOR HUNGER

Thanksgiving is a time for tradition, and it is safe to say that the 21st Annual Thanksgiving Day Trot for Hunger 5K is a tradition we should keep up this year. The trot will be at Freedom Plaza in D.C. on November 24th, beginning at 8 a.m. The in-person race will include a timed or untimed 5K, Little Turkey 1-Miler, and a family-friendly finisher festival. There is also a virtual race available during the whole month. Find more information and register today at trotforhunger.org.

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What's Up? Media is seeking the next class of Up & Coming Lawyers to honor! We are calling upon local law firms practicing in the Chesapeake Bay region to nominate exemplary lawyers in the early stages of their legal career.

We are currently accepting nominations from your firm's management of young, up and coming lawyers. For editorial consideration, management must complete an online form nominating an employed lawyer within your firm that is 40 years and/or younger by the deadline of January 31st. Nomination forms are online here:



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↑ NEW RIVERKEEPER ANNOUNCED

Arundel Rivers Federation (Arundel Rivers) has announced the hiring of Anne Arundel County native, Elle Bassett as the new South, West, and Rhode Riverkeeper. As Riverkeeper, Bassett will be the eyes, ears, and voice for the South, West, and Rhode Rivers in Anne Arundel County. Bassett grew up along the South River, but has spent the past 10 years working to advance clean water solutions on Maryland's Eastern Shore. She was an education and outreach coordinator before becoming the Miles-Wye Riverkeeper for Shore-Rivers in 2018. Over her career, she has worked to connect communities and youth to the water by inviting residents to join her on the rivers to monitor water quality, plant sea grasses, and restore oyster reefs. Learn more at arundelrivers.org.

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

New Motherhood PT Program Announced

Rehab 2 Perform Physical Therapy has added Pregnancy & Postpartum Physical Therapy to their elite services. This addition will help moms, and soon to be mothers, navigate the challenges of a changing body and the choices surrounding physical activity and fitness during the pregnancy and postpartum period. With a progressive and comprehensive approach their team of experts will assist in making informed decisions that takes into consideration the individuals needs and situation as they continue, and return to, physical activity and fitness. To learn more about these services and to schedule an appointment visit rehab2perform.com/pregnancy-postpartum.



Scott Reifsnnyder



Gregory Snyder II

THE ARC WELCOMES TWO NEW LEADERS

The Arc Central Chesapeake Region (The Arc), a nonprofit committed to transforming lives for people with intellectual and developmental disabilities (I/DD), has welcomed Scott Reifsnnyder and Gregory Snyder II to The Arc's Executive Leadership Team. Both are joining The Arc at a critical moment in time as the organization prepares to head into their next strategic plan, Leading Boldly. "Scott and Greg are both action-oriented leaders who will support The Arc's continued transformation and growth," says Jonathon Rondeau, President & CEO of The Arc. "As we embark on our next strategic plan, 'Leading Boldly,' I am excited to welcome two community-minded leaders like Scott and Greg." Learn more at thearc.org.

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TOWNE ATHLETE

Ally Keith

Archbishop Spalding High School
Lacrosse, Field Hockey

By Tom Worgo

Being recruited by college coaches can be exhausting for high school athletes. The process often lasts months with lots of phone calls, texts, emails, visits, and research. That's pressure. It began for Archbishop Spalding senior lacrosse standout Ally Keith last year on September 1st—the first-day coaches are allowed to officially communicate with recruits.



LAST YEAR, THE LEADERSHIP ON OUR TEAMS WAS AMAZING. I AM TRYING TO TAKE WHAT THEY DID LAST YEAR AND IMPLEMENT IT INTO OUR TEAMS, SO WE ARE SUCCESSFUL. THERE IS DEFINITELY MORE PRESSURE."

"On that date, my club team (Maryland United Lacrosse) was in a tournament called the Elite Eight," Keith says. "If you make the championship, you play very late at night. We won and I was up late. On my way home from the game, I was already getting emails."

And phone calls the next day. One came from University of Cincinnati Women's Lacrosse Coach Gina Thomas. Thomas and Keith clicked and a visit followed to the school September 12th. Six days later, Keith committed to the Bearcats.

"I just loved the school, and I knew it was the right place for me," says Keith, who also had a lot of interest from San Diego State University.

Keith also excels at Spalding field hockey playing in the midfield. Spalding Field Hockey Coach Leslee Brady believes Keith committing early was a good thing. "It benefited her," Brady explains of Keith, who earned National Field Hockey Coaches Association All-American honors with a 4.37 weighted grade-point average. "Once they

have committed, they play so free and relaxed."

Keith, an attacker, picked Cincinnati for two reasons: Thomas and the nursing program. "A lot of the coaches you talk to are obviously going to be nice because they want you to come to their school," Keith explains. "Something was just different with her (Thomas). We clicked so well and she was so personable. Regardless of talking about field hockey, it was so great when she got to know my family and me."

Thomas probably heard about Keith's leadership skills. Brady and Spalding Girls Lacrosse Coach Tara Shea rave about this.

Keith, a Millersville resident, will be expected to take on even more of a leadership role on both teams this school year. Field hockey graduated four Division I college players and the lacrosse team lost Bella Saviano, now a freshman lacrosse player at Yale. Saviano anchored the midfield—the same position Keith, who was team co-captain last year, plays.

"Last year, the leadership on our teams was amaz-

ing,” Keith explains. “I am trying to take what they did last year and implement it into our teams, so we are successful. There is definitely more pressure.”

Shea adds, “I think her leadership abilities set her apart. She is like a coach on the field.”

Keith’s dedication to lacrosse is impressive. She’s competed for the Maryland United Lacrosse Club for 11 years, traveling to elite tournaments in the mid-Atlantic area. “Club lacrosse has been super important for me,” Keith says. “It’s made me into the player I am today.”

Keith has been a standout for Spalding lacrosse, too. She ranked among its leading scorers with 29 goals

and 12 assists to earn Second-Team All-County honors, while getting high marks for her defense. “Her defense is super strong,” Shea says. “She is typically defending the other team’s best player. She can get up and down the field with anyone.”

The Spalding athletic community won’t soon forget Keith’s eye-catching goal that helped lead the Cavaliers’ field hockey team to the 2021 Interscholastic Athletic Association of Maryland A Conference Championship over Garrison Forest. She got knocked down in front of the goal, but quickly got back up to control a rebound and knock in the game-sealing score.

Keith led the field hockey team with 19 goals to be named a First-Team

All-State selection by the Field Hockey Coaches Association of Maryland. “She has lightning speed,” Brady says. “A lot of forwards sit on the forward line and wait for the ball to come down. Ally goes all the way back on the defensive end. Her motor is always running. She never gets tired. She has gotten interest from Division I coaches.”

Shea adds, “She is a rare kid. Some people thought she was going to also play field hockey in college.”

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

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WHAT'S UP? MEDIA'S 2022-2023

EXCELLENCE IN N NRSING

Welcome to this year's Excellence in Nursing honors, celebrating exemplary nurses practicing in the Greater Chesapeake Bay Region!

We called upon local nurses practicing in Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties to nominate and, therefore, honor the most commendable of their peers in the field, in more than 15 areas of specialty. This year's response was the most received in the three years of honors. We thank the many, and very busy, nurses for their valuable time and consideration.

This project is truly *professionals nominating professionals*. This was not open to the public. *Only licensed nurses and medical professionals contributed to this survey.* And although the nominating process is kept confidential, we did ask each contributor's "reason for nomination" of their peer(s). And it is those responses that are truly endearing and encapsulate what teamwork, leadership, camaraderie, and family mean to this profession. You'll read their remarks in the listings.



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Ali Weiss

Euna Aesthetics (O'Donnell Vein and Laser alumni); *"A true asset to the team, works hard, and is very caring."*

Eden Flynn

Euna Aesthetics (O'Donnell Vein and Laser alumni); *"Eden is the epitome of a team player and patient advocate. She is smart, kind, and educated."*

Cathy Gvozden

Gvozden Pediatrics, PA; *"Cathy is compassionate, caring, and an excellent clinician."*

Victoria Shellem

Luminis Health Anne Arundel Medical Center; *"Victoria oversees The Fortney Breast Center's high risk breast cancer program seeing an average of 250 new patients per year and develops a risk reduction program that is tailored to each patient."*

Mary "Ginny" Bowers

Luminis Health OB/GYN; *"Ginny is such a wonderful and caring provider!"*

Linda Weiss

NIH National Institute on Aging; *"Extremely caring and talented. Tireless patient advocate never misses an opportunity to provide follow-up with her patients."*

Bonnie Patrick

Patient First; *"She truly cares about her coworkers and patients. She communicates with the doctors and patients very well, so you know she is listening."*

Kristen Noel

Sullivan Surgery & Spa; *"Skilled in laser treatments and cosmetic injections."*

Kelli Kitts

UM Baltimore Washington Medical Center; *"Kelli is an amazing nurse practitioner. Always willing to help her staff with any task."*

Sarah Masek

UM Baltimore Washington Medical Center; *"She has an amazing passion for caring for others. She is truly dedicated to her career."*

D. Gail Shorter

UM Shore Medical Group Pain Management; *"Gail is an outstanding care provider who is highly regarded by her peers. She provides her patients with superior care."*

Mandy Bounds

UM Shore Regional Health; *"Mandy is our guiding star for patient safety. She guides the team through tough patient safety challenges. She has affected many changes though this past year!"*

Courtney Smith

University of Maryland Medical Center; *"Excellent DNP in Acute Neuro ICU. Compassionate, practical, knowledgeable, and loved by all."*

Andrea Brassard

University of Maryland School of Nursing; *"Andrea currently teaches a health policy course for the University of MD School of Nursing and is active in the Nurse Practitioner Association of MD, serving as a Eastern District Director."*



AMBULATORY NURSING

Clinic, office, and other ambulatory care settings, employee health, occupational health, industrial health, infection control

Eden Flynn

Euna Aesthetics (O'Donnell Vein and Laser alumni); *"Eden is the epitome of a team player and patient advocate. She is smart, kind, and educated."*

Heather Wahl

Hospice of the Chesapeake; *"Heather is exemplary in her occupational and employee health role as well as being an advocate for patients in the best practices for infection control across multiple settings."*

Amanda Bressler

Luminis Health Anne Arundel Medical Center; *"Coordinates all of the patient care for the Chair of Surgery patients, gets patient from consult to surgery as quickly as possible and ensures patients understand instructions and care plan."*

Jean Murray

Luminis Health Anne Arundel Medical Center; *"Jean is our Director of Infection Control. She has been such a guiding light in the last two years with the pandemic and ever changing environment."*

Teresa Putscher

Luminis Health Anne Arundel Medical Center; *"Since 2010, she has served as a patient advocate and educator, working on behalf of her patients and their families from diagnosis through the end of their active (cancer) treatment."*

Elisa Mendez

Luminis Health Midwifery; *"Goes above and beyond in patient care, admin duties, and assists midwives in bringing babies into the world."*

Jessica Hurley

O'Donnell Vein and Laser; *"Jess treats every patient and staff member with kindness, respect, and compassion. She is patient, trustworthy, and diligent in perfecting her practice and lifting up the people around her."*

Kelly Battista

ProMD Health; *"With nine years of nursing experience and a true passion for skincare, Kelly brings up-to-date, effective, results-oriented medical aesthetic services to ProMD Health."*

Tori Thursby

ProMD Health; *"Tori's desire is to make each patient feel comfortable and to take time to listen to each individual's concerns."*

Caroline J. Ruhl

SkinSpirit (ProMD Health alumni); *"Caroline brings a strong foundation of expertise and experience to provide our patients with the tools they need to look and feel younger."*

Wendy Esterling

Sullivan Surgery & Spa; *"Excellent in ambulatory surgery center, especially during Covid keeping patients and staff safe."*

Logan Adams

UM Shore Medical Group Women's Health; *"Logan's patients feel the empathy in her tone. She provides guidance to medical assistants, brings urgent patient concerns to the attention of the providers, and pitches in wherever needed."*

Mary Shepherd

UM Shore Regional Health; *"Mary is an enthusiastic, fun-loving, and knowledgeable human being."*



BEHAVIORAL HEALTH

Treatment of mental health, illness, addiction, and substance use disorders

Daniel Watkins

Luminis Health Pathways; *"Danny is an exceptional leader who managed our facility so we could stay open throughout the pandemic. He is an expert on substance abuse and mental illness."*

Marianne McKiernan

Luminis Health Pathways; *"Marianne is the most dedicated nurse I have worked with in my 24 years of nursing."*

Chelsea Compton

UM Shore Regional Health; *"Chelsea is a leader within the BHU team that leads our unit based practice and is a role model for others. She is always willing to help and mentor new team members. She is an asset to our team."*



CASE/QUALITY MANAGEMENT, MANAGED CARE INFORMATICS

Community or hospital case manager, quality management, risk management, infection prevention, patient safety, utilization management, and informatics

Hannah Raley

Luminis Health Anne Arundel Medical Center; *"As a patient safety specialist Hannah has made huge strides in reviewing hospital internal and state reportable events. She embodies professionalism, passion and accountability."*

Kristin Norris

Luminis Health Anne Arundel Medical Center; *"Always on top of the task at hand and a true professional."*

Lisa Kirchner

Luminis Health Anne Arundel Medical Center; *"Lisa brilliantly tracks our data and leads quality teams throughout the hospital. Her positive approach and attention for detail makes her so valuable to our team."*

Nora Moss

Luminis Health Anne Arundel Medical Center; *"Nora is an emerging leader for the health system and is a trusted, respected resource for all levels of clinical staff and executives."*

Kelsey Brooks

UM Shore Regional Health; *"Kelsey is always willing to go the extra mile. She has great attention to detail and is proficient in problem solving."*



CLINICAL EDUCATION

Nurse educators responsible for overseeing or administering ongoing clinical education and resources

Katherine Jasper, PhD.

Chesapeake College; *"Katherine is innovative with teaching concepts and student support. She helping produce strong nurses to serve our community."*

Alicia Blake-Hall

Connect RN; *"Alicia has been educating patients challenged with diabetes and cardiac disease for over 20 years and now advances patient advocacy in her nursing role to better optimize patients transitioning from skilled nursing facilities back into the community."*

Elena Bolling

Hospice of the Chesapeake; *"She's thorough and thoughtful. She's creating great nurses for all fields."*

Elisabeth G. Smith

Hospice of the Chesapeake; *"Liz has been in hospice for over 14 years and has such a passion for the education of staff, students, and the community."*

Alison Lyons-Rodriguez

Luminis Health Anne Arundel Medical Center; *"Alison brings a deep and broad wealth of knowledge to our unit. She is kind and relatable, especially when handling our new grads."*

Andrea Pecukaitis

Luminis Health Anne Arundel Medical Center; *"Andrea is dynamic, fun, creative, and meticulous and her teaching is innovative and enjoyable. She makes learning fun!"*

Bethany McMurtrey

Luminis Health Anne Arundel Medical Center; *"Bethany is a hands-on educator who is instrumental in assuring all new grad and new employees become acclimated to our facility. We are very lucky to have her."*

Brittany Manning

Luminis Health Anne Arundel Medical Center; *"Brittany's vast knowledge of the operating room and her calm nature to guide the next generation is outstanding."*

Brittany Yesker

Luminis Health Anne Arundel Medical Center; *"Manages a part-time outpatient nurse job with Acute Care Surgery, while precepting a nursing cohort here at the hospital."*

Danette Readling

Luminis Health Anne Arundel Medical Center; *"Danette is a trailblazer in spreading knowledge in geriatric care throughout the entire health system. She is a constant support for staff, always willing to lend a helping hand!"*

Jean Little

Luminis Health Anne Arundel Medical Center; *"Excellent educator. Works tirelessly to assure staff have the knowledge, resources, and support to care for their patients."*

Jennifer King

Luminis Health Anne Arundel Medical Center; *"Jenn is the epitome of what an educator should be. She is knowledgeable, approachable, and organized."*

Rachel Livingston

Luminis Health Anne Arundel Medical Center; *"Rachel is an amazing educator who truly embodies nursing. She is passionate about her role as General Surgical Educator and is an amazing mentor, resource, and friend."*

Raquel McCrea

Luminis Health Anne Arundel Medical Center; *"Exceptional leader of our new graduate nursing programs. Raquel was able to change practice very quickly as we had to transition to new nurses with very limited hands on experience."*

Mary Bradley

UM Baltimore Washington Medical Center; *"Mary is all-knowing in terms of emergency nursing. She has worked as an RN for over 15 years and loves to teach the knowledge that she has learned over the years."*



CRITICAL CARE

Adult ICU/CCU, cath lab, oncology, special procedures

Guinnevere Hughes

Luminis Health Anne Arundel Medical Center; *"Guinn is absolutely dedicated to the lab and making sure that everything runs smoothly and safely for our patients."*

Kara Coullard

Luminis Health Anne Arundel Medical Center; *"Kara is amazing. Never flustered, always loving and patient. A role model in all that she does."*

Lynn Thomas

Luminis Health Anne Arundel Medical Center; *"Lynn is always willing to support others and she ensures staff are well-trained."*

Tommy Stotz

Luminis Health Anne Arundel Medical Center; *"Tommy has been full of knowledge, but more importantly, has always encouraged me to learn. Tommy keeps everyone's spirits high."*



EMERGENCY

Emergency department, flight, ambulance, pre-hospital, telephone triage

Alicia Blake-Hall

Connect RN; *"Alicia is quick to take initiative to get things done. Quick thinking, caring, and a fantastic care provider."*

Dena Silva

Luminis Health Anne Arundel Medical Center; *"Exemplary professional practice, autonomous, exercising excellent clinical and organization judgment."*

Elizabeth Amoss

Luminis Health Anne Arundel Medical Center; *"Elizabeth is the sweetest, most patient emergency department nurse you will ever meet. She is very clinically skilled and advocates for her patients."*

Jennifer Pullins

Luminis Health Anne Arundel Medical Center; *"Jenn is able to lead the busiest ED in the state in a calm and positive way. She always puts the patient first but she is wonderfully supportive of her nursing staff also."*

Karla Thornton

Luminis Health Anne Arundel Medical Center; *"Karla treats every patient like they are her family or friend and ensures they receive the best care that they can get."*

Shannon Shanks

Queen Anne's Emergency Center; *"Shannon came to our ER from a completely different specialty, yet she jumped right in with a positive attitude and strong work ethic. I am so impressed with how far she has come and inspired by her drive and passion."*

Carol Ann Sperry

UM Baltimore Washington Medical Center; *"Carol Ann is one of the most dedicated leaders this hospital employs. She is a visible leader. She is the hardest working person I know, and it is a privilege to work under her leadership."*

Mary Bradley

UM Baltimore Washington Medical Center; *"Mary is all-knowing in terms of emergency nursing. She has worked as an RN for over 15 years and loves to teach the knowledge that she has learned over the years."*



EMERGING NURSE LEADER

Inclusive of charge nurses, assistant nurse managers, supervisors; first-line nurse leaders are those professionals who are responsible for overseeing first-level nursing services

Lois Mitchel

Doctors Community Medical Center; *"Lois provides exceptional care to her patients and is also a nurse leader providing a shining example of what it means to be a nurse to those she works with."*

Adrian Martin

Luminis Health Anne Arundel Medical Center; *"Adrian is a great charge nurse. He is understanding, helpful when needed, poised, dependable, knowledgeable, and just a great person/RN overall."*

Bridget Taylor

Luminis Health Anne Arundel Medical Center; *"Bridget has been in a supervisor role for almost a year and has done an excellent job improving operations and leading the PACU team."*

Cesar Hernandez

Luminis Health Anne Arundel Medical Center; *"Cesar is an emergency department team leader who is respected by his peers, cares about the patients, and has become quite competent in the skills that it takes to run an emergency department on a day to day basis."*

Christine Usilton

Luminis Health Anne Arundel Medical Center; *"Christine is the Clinical Supervisor on the ACE unit. She leads not only with clinical expertise, but with humor and respect. She honors patient and family wishes. She celebrates staff members."*

Dennis Kelly

Luminis Health Anne Arundel Medical Center; *"Dennis is an experienced night shift Clinical Supervisor who can be relied upon to run a smooth Emergency Department shift overnight in a very busy ED."*

Elizabeth Smith

Luminis Health Anne Arundel Medical Center; *"Superior clinical supervisor. Cares about staff wellbeing and patient outcomes. Extremely kind and compassionate."*

Jeannie Barzanti

Luminis Health Anne Arundel Medical Center; *"Jeannie is caring and empathic to the needs of the department. She goes above and beyond to provide safe and high quality standards for her staff."*

Jenna Kamp

Luminis Health Anne Arundel Medical Center; *"Jenna is the prime example of a nurse leader, acting as an advocate for both staff and patients alike. She has consistently gone above and beyond to help shape our unit into what it is today."*

Jennifer Pullins

Luminis Health Anne Arundel Medical Center; *"An exceptional leader and has functioned in a variety of roles. Knowledgeable of her specialty with outstanding communication and presentation skills."*

Mark Shaffer

Luminis Health Anne Arundel Medical Center; *"Bright, caring, and understanding of the demands of the profession, which enables him to lead effectively."*

Michelle Lusby

Luminis Health Anne Arundel Medical Center; *"Michelle continues to step up and lead her PACU team with humor, grace, and fairness. She continues to grow as a supervisor and encourages her team to grow as well."*

Nathan Benefiel

Luminis Health Anne Arundel Medical Center; *"Nathan's knowledge of process, abilities, empathy, patient-first responsibility, and treating everyone with respect during the most challenging situations makes him an emerging leader."*

Sarah Fox

Luminis Health Anne Arundel Medical Center; *"Sarah is an exceptional clinical nurse supervisor on the very busy heart and vascular unit at AAMC. Patient, kind, thoughtful, and an excellent critical thinker."*

Taylor Buffenmyer

Luminis Health Anne Arundel Medical Center; *"Taylor is very professional when it comes to organizing people and delegating tasks. She has great leadership skills."*

Cassandra Bilbrough

UM Shore Regional Health; *"Cassie wears any hat that is required to complete shifts. She has worked around the clock during this pandemic and has pushed herself beyond human limits."*



HOME HEALTH/HOSPICE

Staff nurse in home health care settings, hospice, in-patient hospice

Britney Gilliland

Hospice of the Chesapeake; *"Britney is an amazing hospice nurse and coworker. She always puts others first and it shows in her dedication to being a wonderful hospice RN."*

Karen Crosby

Hospice of the Chesapeake; *"Karen has been at Hospice of the Chesapeake over 20 years. She is so dedicated to her patients and families. She is invaluable to our company and team."*



LONG-TERM CARE/ REHABILITATION

Nursing home, gerontology, services for disabilities, rehabilitative services, subacute/transitional unit

Lyn Ecito

BayWoods of Annapolis; *"Director of Nursing for a 27 bed unit, Lyn has handled the COVID pandemic with absolute perfection following all CDC requirements keeping our residents safe."*

Yewande Obasa

BayWoods of Annapolis; *"She is compassionate with residents and families while providing beneficial education in a way they can learn and retain while always putting the residents' needs first."*

Brie Walinski

Complete Care Severna Park; *"Brie has always been instrumental in ensuring that the resident's best interest is number one. She is dedicated, a team player, and is the most kind hearted nurse I know."*

Lillian Banchemo

Luminis Health Anne Arundel Medical Center; *"Lil has led our Institute for Health Aging and she has been a part of transforming our care to be focused on the best care possible for our older patients."*

Joyce Hyde

Signature HealthCARE at Mallard Bay; *"Joyce is the epitome of a compassionate, caring, and loving nurse. Our rehab residents, long-term residents, and staff are so fortunate to have such a skilled and caring nurse working in our community."*



MATERNAL-CHILD/ WOMEN'S HEALTH

Obstetrics, gynecology, women's health, nursery, pediatrics, NICU, PICU, Peds ER, early childhood/early intervention services

Cathy Gvozden

Gvozden Pediatrics, PA; *"Cathy is compassionate, caring, and an excellent clinician."*

Laurie Hawkes

Harbor Hospital; *"Laurie has worked tirelessly during her career to assure that women and their babies receive the best care possible during the delivery process. Laurie is a champion for quality nursing care in obstetrics."*

Caitlin Crumley

Luminis Health Anne Arundel Medical Center; *"Spends exceptional amount of time with family, is compassionate and caring to each family. She cares with her whole heart. Always lends a helping hand."*

Diana Cole

Luminis Health Anne Arundel Medical Center; *"Diana possesses a deep love for the job."*

Holly Stone

Luminis Health Anne Arundel Medical Center; *"Holly takes incredible care of her patients when in labor and delivery. She is a thorough nurse with her assessments and makes patients feel very safe in her care."*

Melanie Lee

Luminis Health Anne Arundel Medical Center; *"Melanie is an exceptional nursing leader in pediatrics."*

Meredith Bass

Luminis Health Anne Arundel Medical Center; *"She goes above and beyond to advocate for her patients. She is an amazing preceptor to many of the new nurses on the unit. No matter what, she will help you out and make you laugh."*

Kim Knight

Luminis Health Anne Arundel Medical Center; *"Kim has lead the Breastfeeding Support Group through Luminis Health for 20 years. In addition, she has her own private practice as a IBCLC supporting families in their breastfeeding journey."*

Abby Latchaw

Luminis Health Maternal & Fetal Medicine; *"Abby is very dedicated and passionate about the care our office gives to each and every patient. She always goes above and beyond."*

Elisa Mendez

Luminis Health Midwifery; *"Goes above and beyond in patient care, admin duties, and assists midwives in bringing babies into the world."*

Mary "Ginny" Bowers

Luminis Health OB/GYN; *"Ginny is such a wonderful and caring provider."*

Jaren Clough

UM Shore Medical Group Women's Health; *"Jaren is a team player who jumps in wherever assistance is needed. She remains calm in a crisis, using her critical thinking skills to anticipate the needs while administering emergent care. It is an honor to work beside a nurse of her caliber."*

Lindsay Kimbles

UM Shore Regional Health; *"Lindsay is an excellent nurse who jumps in to help her fellow co-workers and goes the extra mile to ensure comfort of her patients before, during, and after delivering a baby."*



MEDICAL/SURGICAL

Acute or chronic medical and surgical nursing specialties

Jean Chung

Luminis Health Anne Arundel Medical Center; *"Willing to go above and beyond to make sure each patient is cared for pre-op and post-op whether that be in the inpatient or outpatient setting."*

Arianna Graziadei

Luminis Health Anne Arundel Medical Center; *"Arianna is the most amazing nurse I have ever had the pleasure of working with. She is a passionate and dedicated nurse. A beautiful person inside and out and so deserving of this recognition."*

Danyelle McElrath

Luminis Health Anne Arundel Medical Center; *"Danyelle is a bright, dedicated, hardworking nurse whose patients are noticeably happier when she is working."*

Gibtsawit Kidane

Luminis Health Anne Arundel Medical Center; *"Superior clinical supervisor. Cares about staff well-being and patient outcomes. Extremely kind and compassionate."*

Jessica O'Connell

Luminis Health Anne Arundel Medical Center; *"Jessica is an exceptional nurse. She is on the wound prevalence committee and precepts graduate nurses as well as experienced nurses. She acts as charge frequently."*

Katrina Martin

Luminis Health Anne Arundel Medical Center; *"Flex nurse with years of experience, goes above and beyond to keep patients safe and give them what they need."*

Monica Vandergrift

Luminis Health Anne Arundel Medical Center; *"Monica is a staff nurse who leads the quality committee for her department. She does a great job in bringing the team together to discuss issues and to make plans that improve care."*

Nicole Benning

Luminis Health Anne Arundel Medical Center; *"Nikki is an excellent nurse, a strong and steadfast advocate for her patients, and a truly helpful colleague."*

Dana Balassa

UM Baltimore Washington Medical Center; *"Ms. Balassa is thorough in her approach to her workload as it relates to inpatient/outpatient wound/ostomy care management. Patients are her primary concern. She is very knowledgeable and shares her skills openly with others."*

Madison Ehrhart

UM Baltimore Washington Medical Center; *"Madison is a superstar. She gives everything on every single shift and always puts her patients first. Madison has excelled in nursing and is a credit to the entire field."*

Wendy Towers

UM Shore Medical Center at Easton; *"Wendy practices in both the neurosurgery outpatient clinic and surgical suite. Without a doubt she exemplifies excellence in nursing and is a role model for aspiring nurses."*



NURSE EXECUTIVE LEADERSHIP

Inclusive of Chief Nursing Officers (CNOs) Chief Executive Officers (CEOs), Deans, executive vice presidents of nursing, or equivalent, these professionals are responsible for leadership at the executive table; designing strategic, operational delivery systems and directing patient care services/education throughout an organization

Lyn Ecito

BayWoods of Annapolis; *"Very educated nurse works as a team player and I enjoy working with her everyday never takes a day off"*

Barbara Jacobs

Luminis Health Anne Arundel Medical Center; *"CNO Barbara is thoughtful and wears many hats. She is super smart and cutting edge on leading the nurses in the hospital during a pandemic and staffing shortages. She is always available to help serve others."*

Wendy Penny

Luminis Health Anne Arundel Medical Center; *"Best Associate Chief Nurse Ever!"*

Jenny Bowie

UM Shore Regional Health; *"Jenny is a caring and compassionate leader who has, from the beginning of the pandemic, connected with nurses and has been our nurse advocate. We really appreciate Jenny and her leadership; she is the voice for us at SRH."*



NURSING LEADERSHIP

Inclusive of clinical nurse managers, coordinators, directors; these middle management nurse leaders are often responsible for overseeing several units, departments, or service lines within an organization

Melanie Hopkins

Annapolis Pediatrics; *"Melanie is the Clinical Director for Annapolis Pediatrics' five locations. She is a wonderful example of a leader and someone who is driven by her love of the medical field and her dedication to her staff and patients."*

Yewande Obasa

BayWoods of Annapolis; *"Yewande is the Nurse navigator for 181 residents in independent living apartments and coordinates every resident's ongoing needs and daily emergencies. She is so amazing."*

Lisa Hawkins

Doctors Community Medical Center; *"Lisa empowers those she oversees to be their best selves every day. She provides motivation and encouragement. She is a positive role model of what a nurse leader should look like."*

Barbara McGuinness

Luminis Health Anne Arundel Medical Center; *"Great director who focuses on staff well-being and patient outcomes. Extremely kind and compassionate. Excellent unit manager."*

Betsey Lewis Snow

Luminis Health Anne Arundel Medical Center; *"Betsey is an incredible leader. Her actions and decisions demonstrate that she is mindful of the best interest of staff, patients, and families. Betsey is a role model for nursing leaders."*

Christie Thibeault

Luminis Health Anne Arundel Medical Center; *"Christie is the director of observation and she has taken on a role to completely reshape IV therapy and phlebotomy."*

Devra Cockerille

Luminis Health Anne Arundel Medical Center; *"Devra is the director of the Acute Care of the Elderly and has a Masters Degree in Nursing, as well as a board certification in gerontology. Devra really is what I believe to be the definition of a nurse."*

Jean Murray

Luminis Health Anne Arundel Medical Center; *"Jean has led the hospital tirelessly through the pandemic making astute recommendations and staying on top of the ever changing nature of this virus."*

Kathy Bieler

Luminis Health Anne Arundel Medical Center; *"Kathy has been a wonderful leader these past few years. She is so dedicated and supportive of all her teams and advocates for us when needed."*

Meredith Cornett

Luminis Health Anne Arundel Medical Center; *"An exceptional nurse and passionate leader."*

Michele Johnson

Luminis Health Anne Arundel Medical Center; *"Truly inspiring Clinical Director of Emergency Department that held a department together through a major pandemic that placed her staff above herself."*

Natalie Johnston

Luminis Health Anne Arundel Medical Center; *"Excellent leader, very supportive of her staff."*

Octavia Yancey

Luminis Health Anne Arundel Medical Center; *"Clinical supervisor in the flex pool. Goes above and beyond to make sure that flex nurses have what they need to be successful."*

Sharon Mooney

Luminis Health Anne Arundel Medical Center; *"Sharon has led the NICU through the pandemic with grace. She keeps her unit updated on changes and is an advocate for her nurses and patients."*

Sonia Antao

Luminis Health Anne Arundel Medical Center; *"Strong leadership support of staff."*

Carol Ann Sperry

UM Baltimore Washington Medical Center; *"Carol Ann lives and breathes her role as nursing director of emergency and critical care services. Once the pandemic hit she seamlessly transitioned into more of a nurse warrior, rallying her staff when we faced never-before-seen obstacles."*

Ashley Robinson

UM Shore Medical Group Women's Health; *"Ashley has been a lead member of the nursing team since 2015. She demonstrates all of the key behaviors one seeks in an outstanding nurse leader."*

Sandy Prochaska

UM Shore Regional Health; *"Sandy is the heart of our hospital in Chestertown. Many people come to Sandy when they need help. She goes above and beyond for our staff and the patients/families. She is a great leader."*



PERIOPERATIVE

Perioperative, recovery room, day surgery, operating room

Christiane McCombie, RN

Chesapeake Plastic Surgery; *"So professional, accurate, and an advocate for good skin and health."*

Jean Chung

Luminis Health Anne Arundel Medical Center; *"Willing to go above and beyond to make sure each patient is cared for pre-op and post-op whether that be in the inpatient or outpatient setting."*

Jennifer King

Luminis Health Anne Arundel Medical Center; *"Jenn is an excellent clinical educator in our PACU and she also helps lead extra activities like our Sigma Theta Tau chapter."*

Julie McClyment

Luminis Health Anne Arundel Medical Center; *"Julie is an amazing nurse with years of ICU/PACU experience she shares with her peers. She is a great preceptor, mentor, charge nurse, and leader on the unit. PACU is lucky to have Julie."*

Linda Koorey

Luminis Health Anne Arundel Medical Center; *"Linda is a phenomenal nurse. Although she is only a few years into her career, you would not know this by the high quality of care she gives to her patients."*

Nia Wright

Luminis Health Anne Arundel Medical Center; *"Nia has vast knowledge of operating room and her leadership in equity and inclusion makes her an outstanding nurse in the community."*

Paige Spalliero

Luminis Health Anne Arundel Medical Center; *"Exceptional nurse who cares deeply about her patients and the profession in general."*

Rebecca Raico

Luminis Health Anne Arundel Medical Center; *"Becky is an amazing nurse. She developed the Covid Liaison position to help the hospital continue to do surgery during the Covid crisis."*



PUBLIC HEALTH/ COMMUNITY/SCHOOL

Public health, school, forensic, transplant coordinator, telehealth, parish, and corrections/prison nursing

Charlotte Wallace

Luminis Health Anne Arundel Medical Center; *"Developed and implemented one of the first mobile COVID vaccination clinic in the nation."*

Renee Donald

Luminis Health Anne Arundel Medical Center; *"Renee leads our Safe Nurse program."*

Karey Minor-McCauley

Queen Anne's County Department of Health; *"Excellent clinical skills and knowledge. She goes above and beyond in her position in Communicable Disease. Everyone's favorite nurse to give you a shot."*

Holiday
GIFT GUIDE

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3.



2.

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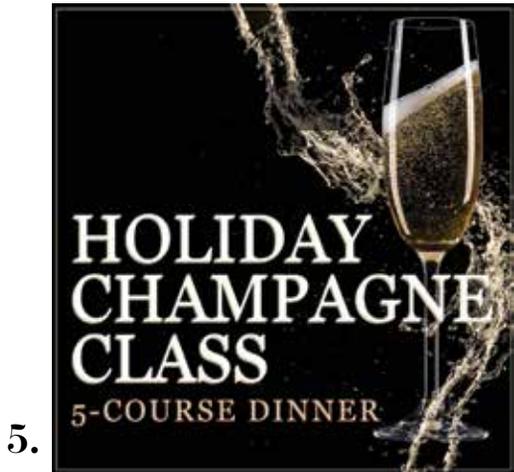


1. Healthy Fresh Meals. Give the perfect gift that is unique and special this holiday season with a gift certificate to Healthy Fresh Meals. Support this local meal delivery service located in Maryland that thoughtfully prepares fully cooked, healthy meals, that are delivered straight to your door. We offer kids' meals, adult meals, senior meals, salads, soups, and more! Locally sourced products go into our meals. No minimums or subscriptions, and meals are cooked and ready to eat. Menu changes weekly and meals store in the refrigerator for 7 days in our heat-sealed packaging. Order a gift card today! *Healthy Fresh Meals*, www.HealthyFreshMeals.com, 5586 Tuxedo Road Hyattsville MD 20781, 202-851-4855

2. Little Treasury Jewelers | VAHAN Jewelry
 Unique, luxurious, and American made with exquisite craftsmanship. The VAHAN jewelry signature Moiré beading designs complement the style and natural beauty of today's women. *Little Treasury Jewelers*, 2506 New Market Lane, Gambrills, MD 21054, 410-721-7100, littletreasury.com

3. Looking for the perfect gift for the pet lovers in your life? A gift card from Crunchies Natural Pet Foods makes the perfect gift. Crunchies Natural Pet Foods is filled with all types of products designed to promote happy and healthy pets. You will find foods for cats, dogs and small animals, toys, bedding, and gifts for that special pet lover in your life at Crunchies Natural Pet Foods. Located in Crofton, Crunchies Natural Pet Foods is convenient to all areas of Anne Arundel and Prince George's Counties as well as Baltimore and Washington, DC. *Crunchies Natural Pet Foods*, 410-721-5432, pelfoods@aol.com, 2421 Crofton Lane, Ste. 11, Crofton, MD, www.crunchies.com

4. 'Tis the season to eat Italian! Give the gift of the true taste of Italy this year! Homemade marinara sauce, made in house from scratch, with organic imported tomatoes from Italy, jarred and labeled at Mamma Roma's kitchen. Mamma Roma gift cards make the perfect gift for your family and friends. Everything from delicious NY style pizza and homemade lasagna to scrumptious cannolis and Italian cappuccinos, it's all here at Mamma Roma. *Mamma Roma* - 8743 Piney Orchard Pkwy, Ste 102 Odenton, MD | 410-695-0247 | www.mammaromas.com



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5. Holiday Champagne Class and 5-Course Dinner: A Sip & Learn Event! Join us for a festive night sipping and learning all about Champagne! Indulge in a 5-course dinner, each course expertly paired with a glass of bubbly. The perfect way to celebrate the holidays with family & friends. December 5th at 6:30 PM. \$150 Per Person. *Harvest Thyme Modern Kitchen & Tavern.* 1251 West Central Avenue, Davidsonville, MD, 443-203-6846, harvestthymetavern.com

6. Allow us to lavish your favorite people with spa and salon treatments! With a gift card, your loved one can create their day of relaxation and beauty from our menu of indulgences. Some of our favorite days here include a morning of spa complimented by a local lunch service, finished with hair and makeup so they can hit the town, relaxed and styled! Conveniently purchase online or in person. *Sadona Salon + Spa*, 15 West Street, Annapolis, MD, 410-263-1515, www.mysadona.com

7. Experience the Joy of Bird Feeding Let the friendly bird feeding experts at Wild Birds Unlimited help you find the perfect gift this holiday season. Visit us or shop online at MyWBU.Com/gambrills. We also offer curbside pick-up, free delivery and shipping! 20% One Regularly Priced Item. *Wild Birds Unlimited*, The Village of Waugh Chapel, 1304 Main Chapel Way, Gambrills, MD, 410-451-6876, www.wbu.com/gambrills

8. The gift of What's Up? Magazines. Save 60% off the cover price! Become a subscriber to the Chesapeake Region's favorite magazines and get your finger on the pulse of everything going on around town! From restaurant reviews to real estate, community profiles to local steals and deals, you don't want to miss an issue of What's Up? Annapolis, What's Up? Eastern Shore, What's Up? Central Maryland. Call 410-266-6287 or visit whatsupmag.com to start your subscription!

9. Mission Escape Rooms Gift Voucher. Give the gift of an experience—an immersive escape room adventure at Mission Escape Rooms! Use promo code Gift2022 for 10% off your purchase! Redeemable at three locations.

Mission Escape Rooms

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Recipes *That* Waa!

FAVORITE DISHES FROM LOCAL
RESTAURANTS AND CHEFS THAT
ARE FIT FOR THE HOLIDAY
TABLE (OR JUST BECAUSE!)

Culled from the archives of What's Up? Media, we've assembled a range of dishes—from appetizing starters to fantastic finales—that are sure to please the palate of your guests this autumn and holiday season. Sweet, savory, classic, or contemporary. We've got the bases covered. Some of the following dishes were once considered secret; others are fresh takes on well-known faves. Between first course and last, we present something for everyone. Bon Appetit!



Beet & Apple Ravioli

A delicious fall appetizer, best served at more formal sittings. This is a multi-part recipe from a former chef (Jonathan Seningen) of Blackwall Hitch in Annapolis. Special equipment needed: a 2" ring mold (for punching out ravioli skins), mandolin (for slicing ravioli skins), and juicer (for juicing beets).

Part 1: Beet & Apple "Ravioli" Ingredients

1 medium red beet (at least 2 inches in diameter)
1 Granny Smith Apple (at least 2 inches in diameter)

Directions: Using mandolin thinly slice beet & apple into rounds, then using ring mold punch out circles in even amounts to form top and bottom skins for the ravioli.

Part 2: Goats Cheese Stuffing Ingredients

1/2 cup goat cheese
2 tablespoons extra-virgin olive oil
Salt & ground black pepper to taste (pinch of each)
As needed extra-virgin olive oil

Directions: Place goat cheese and extra virgin olive oil into a bowl and whip smooth, season with salt and pepper.

Part 3: Beet & Vanilla Reduction Ingredients

5 medium red beets
1 fresh vanilla Bean

Directions: Peel beets and place into juicer, place beet juice into a small saucepan. Split vanilla bean and scrape seeds into beet juice and add in vanilla pod too. Reduce beet juice by 70 percent remove from heat chill.

Part 4: Toasted Pistachio Ingredients

1/2 cup shelled pistachios
1/2 cup olive oil

Directions: In a small sauté pan place oil and pistachios. Over med-high heat toast pistachios until light brown in oil, once toasted remove from heat and cool nuts and oil in a separate bowl over an ice bath. Once cool remove nut from oil, pulse nuts in a food processor, or chop by hand into small to med small pieces. Place nuts back in oil and season with a pinch of salt.

Part 5: To Plate

Using the apple as the bottom skin, place a dollop of goat cheese, and place the beet on top. Place "raviolis" on a plate, lightly cover the ravioli with pistachio oil, and drop some of the chopped pistachio around the ravioli. Paint the plate with the beet and vanilla reduction. Season raviolis with coarse salt and fresh cracked pepper.



Maryland Cream of Crab Soup

A cherished classic, this recipe is a decade-plus Best Cream of Crab Soup winner in the annual Best of Annapolis awards. It is none other than the very recipe for Carrol's Creek Café's take on this Maryland favorite. This amount serves at least eight bowls, with more in reserve.

Ingredients

1.5 lbs. jumbo lump crabmeat (pick clean of shells)
1/2 gallon milk
1 cup heavy cream
1 yellow onion (sliced)
1/2 cup sherry
1/2 cup brandy
2 Tbsp. crab base (substituted for crab stock)
3 whole cloves
1 Tbsp. Old Bay Seasoning
Pinch cayenne pepper
5 oz. melted butter
5 oz. flour

Directions: In a medium saucepan, whisk the butter and flour over low heat for 5 minutes. Set aside. In a large heavy gauge pot, combine all the other ingredients (except crabmeat) over low medium heat. When the soup is hot to the touch, turn heat to low and whisk in the butter/flour mixture (roux). Stir every few minutes until the desired thickness is reached. Be careful not to bring to a boil. Strain into another pot and stir in the crabmeat. Enjoy.





Antoine's Stuffed Oysters Rockefeller

An excellent Oysters Rockefeller recipe courtesy of Boatyard Bar & Grill in Annapolis. Chef George Bentz notes, "All ingredients can be quickly rough chopped as we will puree mixture when cooking is complete. I recommend a buttery rich Kendall Jackson Chardonnay as a paired wine." Makes 2-3 dozen oysters.

Ingredients

1 stick butter
 3/4 cup peeled shallot, diced
 1 1/2 cups chopped celery
 2 whole carrots, shredded
 2 1/2 pounds fresh baby spinach
 1/2 cup fresh chopped basil
 1/2 cup fresh chopped parsley
 1 tablespoon chopped fresh garlic
 1/2 cup Pernod (more or less to taste...I like more
 (Substitute Anisette or other anise flavored liquor)
 1/2 cup panko breadcrumbs
 1 cup shredded Parmesan-Reggiano cheese & mozzarella mix

Directions: In a large heavy sauté pan add butter and heat until bubbly; add shallot, celery, carrots and sauté until soft. Add spinach, basil, parsley and garlic and sauté till spinach is wilted. Carefully, as it is flammable, add liquor and reduce till almost dry. Pour all ingredients into a mixing bowl and add breadcrumbs to absorb excess moisture. Stir in cheese and salt and pepper to taste. When cool, add small batches to food processor and pulse till until ingredients are a rough/smooth consistency. Not too smooth. Let cool. Add cheese.

Shuck desired number of oysters and stuff each oyster with cooled spinach stuffing enough to almost cover oyster, don't pack down. Place your oysters on a sheet pan, top with shredded mozzarella. You can also forgo the cheese and use a hollandaise or béarnaise sauce. Place in 400-degree oven or under broiler until oysters are cooked and cheese and spinach mix are just brown. Serve oyster over rock/Kosher salt with fresh lemon wedges and your desired wine or Champagne.



Berkshire Pork Chops

with Olive Oil Crushed Potatoes,
Carrot Ginger Puree, & Roasted
Jalapeno Barbecue Sauce

This complete main course—protein, side, and sauces—is a collection of recipes created by Chef Mark Salter of the Robert Morris Inn in Oxford for our publication’s “Chef’s Challenge” project in 2016. The project featured award-winning chefs creating full menus from scratch, based on criteria such as use of local ingredients. Salter sourced his pork from Black Bottom Farms in Galena, of which he said, “The real taste came from just the meat itself. I couldn’t believe it...the flavor was amazing.” The following serves four.

Ingredients

4 x 6–7 oz. Berkshire Pork Chops

Marinade

1/2 cup blended oil (90% vegetable oil, 10% olive oil)

1 clove sliced garlic

1 tsp. chopped fresh thyme

Place the chops in the oil with the herbs and the sliced garlic. Marinate for 1–2 hours.

Cooking the chops

2 Tbsp. blended oil

4 slices Idaho potato

Season the chops with kosher salt and black pepper. Sear in oil on both sides, place a slice of Idaho potato, under each chop, and roast in a preheated oven 375F for 5–7 minutes until cooked to 140–145F internal temperature. Use a stem thermometer if desired to determine the final temperature.

Olive Oil Crushed Potatoes

1 lb. red bliss potatoes with skins

1/4 cup olive oil

Kosher salt and pepper to taste

Wash the red bliss potatoes and chop into even size pieces. Simmer in boiling salted water until cooked. Drain off the water. While still hot, mix with olive oil, salt, and pepper. Keep the potatoes hot on a low heat until ready to serve or keep warm in a preheated oven 325F for 10 minutes. Place the crushed potatoes in a ring mold onto the plate. Remove the ring mold.

Carrot and Ginger Puree

2 cups peeled chopped carrots

2 slices fresh ginger

1 Tbsp. unsalted butter

1 Tbsp. local honey

1 clove chopped garlic

3 1/2 cups water

Kosher salt to taste

Place all the above ingredients into a saucepan and cook for approximately 10–15 minutes or until soft and most of the liquid has evaporated. Place in a blender and puree until smooth. If you don’t have a blender, then use a food processor. (You may need to add a couple of tablespoons of water to allow the carrots to puree, if too much has evaporated during cooking.)

Roasted Jalapeno Sauce

1 cup good barbecue sauce (Sweet Baby Rays or homemade)

1 each jalapeno roasted

1 tsp. olive oil

Kosher salt and pepper to taste

Rub the jalapeno with olive oil and roast on a small frying pan in a preheated oven 400F until blisters approximately 10–12 minutes. Remove from the oven and cover with aluminum foil. Peel the jalapeno, discard the seeds, and chop the flesh finely. Add to the barbecue sauce and season with salt and pepper. (One may add some of the seeds chopped to the sauce if more spice is desired.) Remove the potato slices from the frying pan used earlier to cook the chops. Add 1/2 cup water and the barbecue sauce and cook until 1/2 cup remains. Finish with the finely minced jalapeno. Finish the plate with arugula tossed with olive oil, pinch of salt, and pickled watermelon radish. (See salad recipe for watermelon radish recipe.)



Tuscan Rib Eye

with Marinated
Cherry Tomatoes

Chef/Owner Henry Miller of Two If By Sea Restaurant in Tilghman Island shares a hearty take on rib-eye by giving large cuts an Italian preparation and finishing touch that's over the top. This recipe serves two but can be beefed up for a larger dinner party with more cuts.

Ingredients

2 rib-eye steaks, about 1 1/4 inch thick
1 Tbsp. olive oil
4 sprigs fresh thyme, finely chopped
2 sprigs fresh rosemary, finely chopped
2 cloves garlic, minced or grated
2 fried eggs
large handful fresh arugula
1 batch marinated cherry tomatoes, for serving

Herb Oil

2 Tbsp. olive oil
zest, plus juice of 1 lemon
2 tsp. chopped fresh thyme
2 tsp. chopped fresh oregano
1/2 tsp. kosher salt and pepper

Directions: Place the steaks in a reusable Ziplock bag. Add the olive oil, thyme, rosemary, and garlic. Seal the bag and rub the marinade into the steaks. Refrigerate 1–2 hours, but preferably overnight. Remove the steaks from the fridge 30 minutes prior to grilling. Preheat the grill or a grill pan to high heat. Season the steaks generously with salt and pepper. Sear until your desired doneness is reached, about 5–8 minutes for medium-rare, per side. Remove the steaks and allow to rest 5 minutes. Meanwhile, make the herb oil. In a small bowl, mix the olive oil, lemon juice and zest, thyme, oregano, salt, and pepper. To serve, plate the steaks and top with a fried egg, fresh arugula, and the marinated cherry tomatoes. Drizzle with the herb oil. Enjoy!

Moravian Turkey Pie

This recipe is adapted from Dennis Hager, who ran the popular Two Tree Restaurant in Millington before closing its doors in July of this year. Of the recipe, Hager suggests, "If one insists on white meat only, don't bother to make this pie. It will be too dry and no amount of added velouté will compensate. However, it can be made with leg and thigh meat only. We use a 4" x 4" cast iron baking dish and neatly fold corners to form a pocket for one serving. The dough is rolled thinner than it would be with a larger container so as not to make the product too "breadly." You can use a 9-inch pie plate." Serves 6-8.



Ingredients

2-1/2 to 3 pounds of pulled/carved turkey meat, seasoned (or 1 whole roasting chicken)
1 large yellow onion, chopped
Salt and freshly ground pepper
Fresh rosemary leaves
Fresh thyme
3 cups velouté sauce, seasoned with fresh rosemary and thyme
Pie crust
Egg wash (1 egg beaten with 2 tablespoons water)

Directions: Preheat the oven to 375F. Pick meat from turkey (or chicken) bones and shred into medium bites. White meat should be shredded smaller than dark meat. Make stock from skin and bones and when cool, skim fat from the top to use for sautéing. Use the stock for making the velouté sauce. Sweat onion in turkey fat. Add shredded turkey and enough velouté to moisten the mixture. Place filling in pie crust and top with crust. Do not vent. Brush with egg wash and bake in hot oven until crust is golden. Serve hot with more velouté.



Roasted Cauliflower Steak Picatta

For a delicious vegetarian option that'll even inspire "Oohhs" and "Aahhs" at the dinner table from the cattle connoisseurs, this cauliflower recipe delivers. It can be served as a main or a side. The recipes came to us from Whole Foods Market for a foodie article we put together in 2017 on this unique and versatile ingredient. Serves 4 to 6.

Ingredients

1 cauliflower head, sliced into steaks
1 shallot
2 garlic cloves
2 Tbsp. extra virgin olive oil
2 Tbsp. capers
2 Tbsp. white wine
1 Tbsp. butter
1 lemon, halved and juiced
4 Tbsp. flour

Directions: In a skillet, heat 2 Tbsp. of oil. Dredge cauliflower steaks into flour and shake off excess. Place the steak gently in the skillet and cook for about 5 minutes. Flip to cook other side. Continue to add steaks until all are cooked. Remove cauliflower from pan. Add in garlic, shallots, and capers. Stir for 1 minute until fragrant. Add in white wine and reduce sauce by half. Add in butter and lemon juice, and stir. Top sauce over steaks.





Take-a-Break Bars

Submitted by Seton Rossini, this recipe won “Best Bar Cookie” in What’s Up? Media’s 2018 Cookie Bakeoff. The bars melted in our mouths and melted our hearts—a surefire holiday hit. This batch makes 12 bars.

Ingredients

3 heaping cups mini pretzels
1 cup peanut butter
1 cup, plus 2 Tbsp. granulated sugar, divided
1/4 cup water
1/2 cup heavy cream, at room temperature
1/2 teaspoon vanilla extract
3/4 cup peanuts, coarsely chopped
1 1/4 cups of high-quality semisweet chocolate chips
Sea salt flakes (such as Maldon), for topping

Preheat the oven to 350 degrees. Line an 8-inch square pan with parchment paper. In a food processor, pulse the pretzels, peanut butter and 2 tablespoons of sugar until the pretzels are crushed and the mixture clumps together. Press mixture firmly into the pan and bake for 10 minutes. Keep the oven preheated. In a saucepan over medium-low heat, stir remaining cup of sugar and water until sugar fully dissolves. Increase heat to high and boil sugar, without stirring, for about 5 minutes, or until the color begins to darken. Carefully pick up the saucepan and tilt to swirl caramelized sugar to mix and continue to cook for another minute, or until it’s a medium-amber color. Remove from the heat and carefully whisk in the heavy cream and vanilla. (It will bubble violently, so stir carefully!) Whisk until it stops bubbling, then set aside to cool. Pour caramel over the pretzel crust, then evenly top with chopped peanuts. Cover the peanuts with the chocolate chips and bake for 10 minutes. Remove the bars from the oven and use an offset spatula or knife to smooth out the chocolate while it’s still warm. Sprinkle sea salt flakes on top of the chocolate and let cool to room temperature. Refrigerate for a couple hours, or until chocolate hardens. Slice into bars and serve.

Coconut Carrot Cookie

This cookie is straightforward to prepare and offers an autumnal explosion of sweet bliss. The recipe comes to us from Ryan and Emily Groll, chefs and co-owners of Eat Sprout!, which has locations in Easton, St. Michaels, and Annapolis.

Ingredients

1 cup whole wheat pastry flour
1 tsp. baking powder
1 cup organic old-fashioned rolled oats
1 tsp. ground cinnamon
1/2 tsp. pumpkin pie spice
1/2 tsp. salt
1/2 cup organic pure maple syrup
1/2 cup coconut oil, melted slightly
1/2 cup shredded coconut
2/3 cup shredded carrots (from 1 medium carrot)
1/2 cup walnuts, chopped
1/2 cup chopped dates

Directions: Preheat the oven to 375 degrees. Line two cookie sheets with parchment paper. In a large bowl, whisk together the flour, oats, baking powder, spices, and salt until well combined. In a separate bowl, whisk together the maple syrup and coconut oil. Mix until well-combined. Stir in the coconut, carrots, walnuts, and raisins. Add the wet mixture to the dry mixture and stir until well-combined and a dough is formed. Drop table-spoons of the dough onto the prepared baking sheets and form into cookie shape, leaving about 1 inch between each cookie. Bake the cookies until they are lightly browned on the bottom and top, about 12 to 14 minutes. Transfer the cookies to a wire rack and cool completely.





Save The Date!

HOLIDAY, WINTER, AND SPRING PHILANTHROPIC CALENDAR

There are parties aplenty to attend this season and into next year. We've got you covered with the "it list" of galas and celebrations, with confirmed save-the-dates, plus several general listings. Check directly with the organizations to confirm information closer to the day-of and visit whatsupmag.com for updates.

NOVEMBER

November 1st

Our Schools, Our Future.

Through December 31st. Benefits Anne Arundel County Schools. 21st-education.org

November 3rd

Celebration of Philanthropy Awards Luncheon

at the Graduate Hotel. Community Foundation of Anne Arundel County. Cfaac.org

November 5th

Billy Dean Live!, a benefit concert for Talisman Therapeutic Riding, at the Todd Performing Arts Center, Chesapeake College, Wye Mills. 6 p.m. Talisman.schoolauction.net/BillyDean.

Fish for a Cure Tournament

at the Eastport Yacht Club, Annapolis. All proceeds support the Cancer Survivorship Programs within the Geaton and JoAnn DeCesaris Cancer Institute at Anne Arundel Medical Center. Fishforacure.org

CASAblanca at The Westin Annapolis Hotel. Benefits Anne Arundel County CASA (Court Appointed Special Advocates), Inc. Aacasa.org

Riverboat Rendezvous at 6304 Suicide Bridge Road, Hurlock, 2 p.m. Benefits Shore Rivers. Shore-rivers.org

November 11th

Waterfowl Festival

Easton. Benefits wildlife and habitat conservation, education and research. Continues through November 14th. Waterfowlfestival.org

November 12th

Chesterton Gala at Chesterton Academy of Annapolis, Annapolis.

Benefits Chesterton Academy of Annapolis. Chestertonacademy-ofannapolis.org

November 19th

LAA 3rd Annual Food Collection (Blood & Sweaters too!)

at Chambers Park, Annapolis, 9:30 a.m. to 2:30 p.m. Benefits Anne Arundel County Food Bank, #justonesweater, and the Luminis Blood Bank. Leadershipaa.org

November 26th

Festival of Trees at the Tidewater Inn, Easton. Benefits Talbot Hospice. Continues through November 30th. Festival-of-trees.org

Carols by the Candlelight in Downtown Easton, Benefits Talbot Hospice. Talbothospice.org

DECEMBER

December 2nd

Golden Gala at Maryland Hall, Annapolis at 7 p.m. Benefits Annapolis Opera. Annapolisopera.org

December 3rd

Songs of Hope at The Church at Severn Run, Severn at 6 p.m. Benefits Life of Joy Foundation. Lifeofjoyfoundation.org

December 4th

Annapolis Chocolate Binge Festival, West Street, Annapolis. Benefits the Inner West Street Association and Annapolis Arts District. Annapolischocolatefestival.com

The Nutcracker Tea 2022

presented by What's Up? Media at The Graduate, Annapolis. Two seatings available, 10 a.m. and 2 p.m. Benefits donor's choice. Whatsupmag.com

December 9th

Christmas in St. Michaels

at venues throughout St. Michaels. Benefits local non-profit organizations. Continues through December 12th. Christmasinst Michaels.org

JANUARY

Wild & Scenic Film Festival

presented by Alliance for the Chesapeake Bay, benefits the Alliance's education and environmental programs. Exact venues and dates TBD. Allianceforthebay.org

Snowflake Ball is The Arc Central Chesapeake Region's annual gala event. Exact date and location TBD. Thearcccr.org

FEBRUARY

February 4th

Polar Bear Plunge at Sandy Point State Park. Benefits Special Olympics. Plungemd.com

MARCH

Annapolis Film Festival at venues throughout Annapolis. Benefits AFF's mission to "encourage and grant the development of all aspects of the creative arts in and around Annapolis through the cinema experience." Exact 2023 dates TBD. Annapolisfilmfestival.com

Annual Oyster Roast & Sock Burning

at Annapolis Maritime Museum in Eastport Annapolis heralds the arrival of spring. Benefits AMM's programs and services. Traditionally held on

or within a day of the first full day of Spring. Amaritime.org

March 4th

Black Tie & Diamonds is Rotary Club of Annapolis' spring signature gala and benefits many nonprofit organizations. At Graduate Annapolis Hotel. 6-11 p.m. Annapolisrotary.org

March 25th

Bosom Buddies Ball benefits Bosom Buddies Charities. Save the date. More information coming soon. Bosombuddiescharities.com

APRIL

OBi's 24th Annual Mardi Gras gala benefits Opportunity Builders, Inc. Exact date TBD. Obiworks.org

Bikers for the Bay. Benefits Chesapeake Bay Environmental Center. Exact date TBD. Bayrestoration.org

Hospice of the Chesapeake's Annual Gala benefits the many services and programs of Hospice of the Chesapeake. Exact date and location TBD. Hospice-chesapeake.org

MAY

May 4th

Treasure the Chesapeake: The Gala of the Chesapeake Bay Trust. Benefits Chesapeake Bay Trust. Cbtrust.org

May 13th

Rollin' on the River Gala at Clovelly Nurseries, 6:30 p.m. Benefits Sultana Education Foundation. Sultanagala.org

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Shantytowns *of Kent Narrows*

A new history project reveals the character and culture of this once-thriving seafood packing district and Chesapeake Bay throughfare

By Niambi Davis

Photography courtesy Yolanda Acree & Minary's Dream Alliance

Before restaurants, dock bars, marinas, boutiques, and hotels transformed either side of the Kent Narrows waterfront into a coastal vacation destination, it was home to more than 20 seafood packing houses where African American seafood workers picked crabs and shucked clams and oysters. Some were Queen Anne's County residents; others were migrants from the lower Eastern Shore and Tidewater Virginia. Others came from as far away as North Carolina and Florida, where seafood work proved to be more lucrative than agricultural jobs.

From the 1930s until the 1980s they lived in what was known as the Kent Narrows Shantytown. A 1984 *Washington Post* article described the dwellings as dreary, muddy, malodorous oyster shacks; Maryland's version of Tobacco Road, and only 20 miles from the state's capital. Built by packing house owners who rented them out, the shanties were one or two-room dwellings with no running water, and susceptible to flood and fire. In 1966, three children lost their lives in a fire described by the *Queen Anne's County Record Observer* as the worst of a number of similar tragedies they covered over the years.

Lost inside the prevailing narrative is another story, one rarely heard outside the community who lived it every day. It's what Bob Marley lyrically describes as "half the story that's never been told." This other half of the Narrows' story is one of perseverance, hard work, and entrepreneur-





ship; one of people who raised families, looked out for each other, and made means out of very little. When Doncella Wilson of Minary’s Dream Alliance “wanted to tell these many stories and dispel the notion that nothing good could ever come out of the Narrow” she secured grants from Maryland Humanities and Stories of the Chesapeake, and thus begun the work of *A History of the Shantytowns of Kent Narrows*.

In their mission statement, Minary’s Dream Alliance (MDA), co-founded by Wilson and Paul Tue, describes itself as “an organization with a mission to transform the lives of youth, families, and communities through education, resource development, and community engagement.” To the communities they

serve, MDA is that and more—a dedicated, effective, and constant, presence in the community, their programs include fresh food delivery for seniors, an adolescent club for young people affected by opioid abuse, weekly empowerment calls to young men, and a club for students in grades and 7–12 at risk of disconnection from school and community life.

They transport young people to summer programs, sponsor rites of passage programs, and involve young people in art and community gardening. MDA’s impact is best summed by a member of the community it serves: “What you are doing for the children of this community is truly amazing. You are giving them support, encouragement, life skills, hope, and love.”

TO TELL THEIR STORIES

Minary is a blend of Minnie and Mary, Wilson's grandmothers, who both worked in the seafood processing industry on Kent Narrows. Minnie's life, in particular, was the inspiration for the *A History of the Shantytowns of Kent Narrows*. Wilson tapped Yolanda Acree, a University of Delaware graduate with a degree in anthropology, to become the project's program manager. "I had never heard of the shanties until Doncella contacted me," Acree recalls. "She knew me through my interest in black history on the Eastern Shore, my website, my work as a writer, and her recommendation of me as a member of the Caroline County Arts Council."

Due to funding considerations, Wilson and Acree shifted the project's presentation from book to exhibit. Of her process, Acree says "I let the interviews lead the way." She credits former Narrows residents Elsa Mae Courtney Miles, Roberta Roy, and Tonya Brown as being invaluable to her research. "Most people were glad that it was being acknowledged. And they were especially happy that an alternative narrative was finally being told," she recalls.

For some, the recollections were painful; others chose to remain anonymous. Still Acree encountered no pushback. What proved to be most challenging was the age of many community members or knowledge that was lost with those who had already passed away. Mr. Arthur "Kicking Lightly" Jones, a revered community elder, worked for 54 years at United Shellfish Company. During the time

"We were a village, and I loved each and every one of them. We learned to swim, fish, and crab near where Bridges Restaurant stands today."



LIFE IN THE SHANTY

“People worked hard and made money, I worked at Campbell Soup and I shucked oysters on the Narrows. I made more money shucking oysters than I did at Campbell Soup.”

of Acree’s research he became hospitalized and passed away one week before his 102nd birthday. Personal records and photographs were equally as challenging to obtain; many had been lost to flood and fire or were simply difficult to collect. Conversely, published reports on violence in the shanty community were easy to find. “Intracommunal violence exists wherever you go,” Acree pointed out. “And it’s not the story I chose to tell.”

Tonya Brown’s connection with the history of her community began at an early age. “As a child I always listened to the elders and their stories.” Later, when she served as a member of the Queen Anne’s County Housing Authority, Director Pete Scanlon shared pictures he’d come across of the Narrows. She in turn shared them with Kia Reed, First Lady of Abundant Life Church. Reed passed them along to Clayton Washington of the Kennard African American Cultural Heritage Center in Centreville where an exhibit on the lives of Queen Anne’s County black watermen is on permanent display. With Washington’s encouragement, she wrote a paper on life in the Narrows that eventually became part of a Tribute to Watermen of Kent Narrows presented at the Avalon Theater in Easton. Through Washington, Wilson learned that Brown had created a Kent Narrows project of her own. “I’ve known Tonya all my life,” Wilson recalls, “and it took only one request of Tonya to assist us. She immediately began to contact former shanty residents. Because of their trust in her they were willing to meet with Yolanda and myself to tell their stories.”

Brown describes her involvement in the Shanty project as emotional and overwhelming. As someone who spent a great part of her life in a place often judged harshly, especially by outsiders, she’s quick to defend her former home. “I can see why some people would see it in a bad light,” she adds, “but it was a loving, caring community. We were a village, and I loved each and every one of them. We learned to swim, fish, and crab near where Bridges Restaurant stands today. Everybody looked out for each other, especially the children. Nobody’s child went hungry.” But, as she was quick to point out, if a child misbehaves, their parents and grandparents knew about it before they got home. And often, the price of misbehaving was an old fashioned “butt whipping.”

“I wouldn’t change one thing about my upbringing,” Brown insists. “But mine was a little different.” She was raised by both her mother Margaret Ann and her grandmother Laura Jane Shelby. “On weekends I would stay with my mom, so I got to experience both sides of life in the Narrows.” In another era, Brown’s grandmother would be widely celebrated as a superior businesswoman who turned hard work into entrepreneurial success. Laura Jane Shelby worked in the canning season at Friel’s in Smyrna, Delaware, and the oyster shucking season on Kent Narrows. Her drive and focus earned her the income to own houses in Smyrna, Baltimore, and Kent Narrows. “We didn’t live in a shanty,” Brown remembers. “Ours was a two-story boarding house. We lived downstairs and my grandmother rented out rooms upstairs. She had a snack bar on her property where she sold pickled pigs feet, fried chicken, and crabcakes. Our outdoor shed was my dollhouse. I even owned a pony! When she passed away, Brown’s grandmother left four properties to her descendants.

Like Shelby, other Narrows entrepreneurs supported themselves and served their communities. One Narrows family operated a restaurant and a junkyard. “The girls worked in the restaurant and the boys worked in the junkyard,” Brown recalls. Even today, Asbury’s, Chippies, and the legendary Weeping Willow bring back good memories from residents and visitors alike. Owned by Evelyn and Earl Meredith, the Weeping Willow brought in nationally-known artists like James Brown, Fats Domino, and Lloyd Price.



“People worked hard and made money,” Brown recalls. “I worked at Campbell Soup and I shucked oysters on the Narrows. I made more money shucking oysters than I did at Campbell Soup.” Although they made what was considered “good money” by both workers and owners, Narrows residents lived without water and sewer lines. According to Acree’s research, the NAACP, the Civic Interest Group, and the Bi-Racial Commission appealed to the county commissioners to make improvements or force the owners to do so. The Commissioners responded that such improvements weren’t economically feasible for the county. And the owners didn’t want to invest in improvements for what was intended to be nothing more than temporary dwellings.

Instead, shanty dwellers gathered water from outside pumps and hauled it inside to use for cooking and bathing. With no inside plumbing for toilets, they were forced to use bathrooms in the plants or buckets equipped with toilet seats that they emptied into an outhouse. “We didn’t have running water, but we were clean,” Brown insisted. “The scent of bleach and pine oil was always in the air.”

COMING FULL CIRCLE

Before the official exhibit opened, Acree took her work in progress on the road to share with the community. At a meet-and-greet held at Grasonville Community Center, former residents of the shanties and family members gathered to learn about the project, to review photos, and to reminisce with much laughter, some tears, and mixed emotions, according to Brown.

For Black History Month 2022, the Queen Anne’s County Sunday Supper Club, a group formed to increase racial understanding through discussions, hosted Acree in a virtual presentation on her findings. Participants talked about Sandpile Ridge Church. It was torn down when the Kent Narrows Route 50 overpass was built, but a 1950s photograph still exists of members, dressed in white, being baptized in the waters of Kent Narrows. And as proof that love conquers all, another participant shared memories of meeting her husband, who came to the area as a migrant from Virginia. To the surprise of



her parents, she married him and chose to live with him in a Kent Narrows shanty. When the shanties were torn down, they, like many other former residents, moved to Fisher Manor in nearby Grasonville. Opened in 1987, it created the availability of public housing in Queen Anne's County. The complex was named for the late Francis Fisher; entrepreneur, community leader, and member of the NAACP and Queen Anne's County Housing Authority, who donated land for the creation of the development.

When the seafood industry declined, packing houses closed. Beginning in the 1960s until the 1980s, most of the shanties were torn down. Some remained, and a few owners allowed former workers to remain. Others sought to evict their tenants. Civil rights groups worked on behalf of shanty residents to delay eviction and destruction of their homes. In 1992, the shanties owned by Jean Stelmach (B&S Fisheries) were the last to be razed.

On June 11th at Kennard African American Cultural Heritage Center, the Kent Narrows Shanty Project exhibit opened to the public. Of the exhibit, Wilson expressed her gratitude to Acree and Brown. "I can't thank you enough for all your time and energy into research, interviews, and more interviews. The exhibit is beautiful—it brought me to tears."

The Kennard opening is Phase One of what will become an expanded exhibit. Local museums have expressed interest in hosting *A History of the Shantytowns of Kent Narrows* as a traveling exhibit. A book is still in the works, Acree says, one that will feature interview subjects with biographies, and excerpts of their interviews.

According to its history, Harris Seafood was founded in the 1930s. During the Depression, seafood workers, who shucked 1,900 gallons of oysters in one day, worked from midnight until four in the afternoon. Today Harris is the last packing house on Kent Narrows and the last full-time shucking house in the state. Inside Harris Seafood Restaurant, a mural painted by an unknown artist portrays these men and women, the "Unsung" of the seafood industry, who were its backbone. *A History of the Shantytowns of Kent Narrows* is their story.



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The Luxury of Leather... and Pleather

INTERIOR APPLICATIONS & CARE

By Lisa J. Gotto



Photo courtesy of thehouseofsilvering.com

It's truly one of the world's oldest and most trusted materials regularly used in the interior design world: leather. And more recently, its faux counterpart, pleather, or vegan leather is now seen as a purposeful and equally stylish alternative that can deliver the same visual impact without the sustainability issues.

Seriously, genuine leather dates back to caveman days, as animal hides were an absolute necessity for everyday living. When it comes to modern-day use, many homeowners still take an every-day approach in the sense that they feel something is missing without a leather-based furnishing—*or ten*.

What definitely has changed is the ability to satisfy that rich and warm feel and the textural benefits of the resource without having to compromise a value if you don't want to. The price, however, is not all that different if you are choosing this option even though it may be faux leather.



Photo courtesy of grandinroad.com

Why they love it

Many designers give the nod to leather time and again because of its ultimate versatility. Over the years manufacturers have continually learned how to make leather softer and more pliable without diminishing durability. By experimenting with the blending of leathers, manufacturers have increased its appeal among the consumer base that may not have considered it just a few years before, and an enhanced color palette has taken the material from natural to other-worldly.

What's so great about vegan or plant-based leathers?

There are just so many impact and sustainability aspects associated with the manufacture of genuine leather, we would need to do a deep-dive into just that in an upcoming issue. Suffice it to say that the industry is rapidly evolving, and even the manufacture of traditional vegan leather is not without its by-product-associated downsides. Such is the concern, some say additional alternatives such as nopal cactus, and pineapple leaf and mushroom fibers may provide answers when it comes to leather-like futures. Fashion designers and retailers such as Lagerfeld, Mercedes-Benz, and Fossil are already experimenting with these alternative materials because they score so well when it comes to sustainability and impact. The continued exploration of alternatives like these has resulted in a consumer product that gives genuine leather a run for its money in the aspect of durability and also in the all-important comfort factor.

Where to make your investment

One thing that is certain about the look of leather is that it is wise not to use too much of a good thing. Less is certainly more and that is why designers will often suggest implementing leather as the statement maker in a design scheme instead of creating a look that depends on it. (Look no further than those oh, so-masculine offices of '70s and '80s big wigs as an example of what not to do.) A good rule of thumb is to combine the supple quality of leather with a "subtle" nod to the approach per room or area to be designed. In fact, leather in the bedroom? Oh, my-yes! Nothing adds texture and more luxe appeal to a bedroom than a leather or leather-look headboard. A contrasting color or textured storage unit at the foot of the bed also lends interest. In the living or family room, pair your leather sectional with soft, upholstered accent chairs, or use buttery leather chairs to complement your subtle fabric-covered sofa. A statement-making coffee table of an intensely-hued leather never fails to add interest. Leather storage cubes and ottomans make great textural additions, as do leather and suede accent pillow coverings and art enhanced with leather framing. In the kitchen, surround your island with leather-enhanced seating. Seat cushions and backs of leather café and dining chairs wipe clean easily and keep the kitchen looking classy, whether you have a sleek look overall, or opted for farmhouse charm. There's that versatility that designers so admire. One of the most luxurious applications of leather is its use in wall panels. These aren't just strictly swaths of leather from rolls either—the patterns, colors, and textures, which even expand into three-dimensional application, can lend the ultimate statement of luxury to a room should you have the desire and means to go wall-to-wall.



Photo courtesy of luxidesign.com

How to maintain it

The largest concern with vegan leather is that it is susceptible to drying out and cracking when exposed to excessive heat and sunlight. To keep it in tip-top condition experts recommend a bi-annual application of a small amount of baby oil applied with a soft cloth, like microfiber. You can also use a commercial leather conditioner. If you've opted for genuine leather, you can anticipate an ingrained longevity as long as you have chosen the best quality material, and note that quality varies widely. A fine quality leather retailer will be able to tell you the type of animal the material was sourced from and from where on the animal it was sourced. (Note: Only 13 percent of the hide is considered the best value by industry standards and generally comes from the part of the animal at the natural curve of its back to its rump.) Other factors that effect hide quality are the layer of the hide, (you'll want top grain) and the quality and skill associated with the tanning process. Leather of this caliber basically needs a regular vacuuming from time-to-time, but will also benefit from using a warm, damp cloth to address particularly soiled or grimy areas. A small amount of a leather soap and some moderate elbow grease will keep the traditional leather furnishings in our 21st century dwellings looking their luxe best.



Photo courtesy of digsdigs.com



A Fresh Viewpoint of Your Winter Garden

By Janice F. Booth

Another lovely autumn is drawing to its close. As I look out to my garden, I reflect on all the beautiful moments I've enjoyed for months on end—the glowing flowers, the choruses of songbirds, the lush greens of summer, and reds of fall leaves. And, there's no reason my winter garden can't be equally memorable and satisfying in its own, lovely way. So, here are my suggestions for encouraging our winter gardens to be as captivating as possible.

There are three components to consider when we discuss winter gardens. The first is *aesthetics*, what we consider beautiful and pleasing to our eyes in winter-time; the second is *surveying what's at hand*, considering what to encourage in the garden this winter; and the third is *planning for the future*.

Let's get started. **Aesthetics**, our principles of beauty in the garden, probably includes colors, shapes and/or structure, and balance or compatibility. **Surveying the garden now**, as leaves are falling and branches and stems are emerging, what **shapes and proportions** become apparent? Evergreens are often strong elements in the winter garden. Walls and fences, too, are dramatic shapes. As for colors, consider these same structures as sources of color:

- multitudes of green in yews and cedars
- a white picket fence
- your gray or brown garden wall
- a Nandina or sacred bamboo, which will soon be heavy with grape-like clusters of red berries
- holly trees sporting tiny clusters of red amongst its shining green leaves
- grasses—don't lop them off, leave the fronds to sway in the winter sunlight

Looking a bit more closely at your gardens' winter assets, do you have any of the following beauties growing there? If you do, now is a great time to prepare them for their winter début.

<p>Viburnum: lovely bushes and small trees that bloom early. Consider planting for the future, <i>Viburnum tinus</i> which produces lush, pink blossoms through January and February.</p>	<p>Bulbs: There's still time to plant some early bloomers in your garden. Those dear crocus, narcissus, and snowdrops always delight. Don't forget the Hellebores with their flouncing leaves and showy late winter blooms in shades of rose, pink, yellow, green, and white.</p>	<p>Furnishings: You may not want to stow away that graceful wrought iron table and chairs there on the patio; they will be lovely under a dusting of snow. (Do take in the cushions, however; they'll suffer from a harsh winter.)</p>	   
<p>Feeders: What about those birdfeeders? Are you putting out snacks for your songbirds and squirrels? You may want to clean and repair the feeders, even move them away, just a bit, from their locations near the house and patio. Set them out from the house so you don't have to contend with "dirty snow." You'll still have the songbirds and furry gymnasts to entertain you through the winter months. Is there anything lovelier than a scarlet Cardinal against the white snow? And there are lots of chuckles ahead as those plump squirrels hang by their toenails attempting to stuff one more kernel of corn or one more peanut into those cheeks on a winter's morning.</p>			



Once you've assessed all the options you have for your winter garden this year, you might want to take it a bit farther and begin planning for changes and additions to your garden that will reach their beautiful potential in winters to come. Late fall is a great time to plant shrubs and even trees.



Finally, just a few reminders if you decide to experiment with serious winter gardening:

For added winter color, you may want to plant:

Dogwood: You can find beautiful choices in bark and blossoms.

White birch: Once the spindly tree takes root, you'll enjoy the lovely bark, with its texture of curls, and pretty, tasseled blossoms in the spring. Caution: Birches need lots of moisture, preferring to grow near creeks and bogs.

Winter honeysuckle, Witch hazel, and Jap-

anese apricot are three lovely vines and bushes that offer lush fragrance that wafts on winter winds—in-toxicating with the promise of approaching spring.

Camellia: For showy blossoms in shades of rose and pink, add a Camellia to your garden. The shiny, dark green leaves make a perfect setting for the large, gorgeous blossoms that open in late February or early March.

Plant now: Give your new plants sufficient time to take root and settle in before serious winter weather arrives. You'll be more likely to have tasty onions, peas, and Bok Choy if the dears have settled their roots into your welcoming garden.

Consider watering: You may not need to do very much watering if the winter is fairly cold and some snow arrives. However, if the winter is mild and there is less than normal precipitation, prepare to occasionally carry water

to your vegetables and flowers.

Monitor freezes: The flowers and vegetables I've discussed in this article are hardy souls. They won't be bothered by some frost and snow. But, if the predictions are for "hard frosts" and/or snowstorms, plan to cover your plants. Usually, old bedsheets will be sufficient, but if the weather grows extreme, there are "fluff covers" that will protect your lettuce and leeks from frostbite or the heavier piles of snow.

Don't forget to take some photos of your winter garden in its special glory! They'll be fun to look back on when spring arrives.

Here are some other flowers that handle winter weather and provide early spring color:

Semi-hardy: China aster, Lobelia, Petunia

Hardy: Pansies, Sweet alyssum, Flowering Stock

Vegetables: If you're among the hardy souls who are willing to tackle vegetable gardening, here's a review of the types

of vegetables that produce throughout the winter:

Semi-hardy: Swiss chard, Leaf lettuce, Arugula, Carrots, Beets, Rutabaga, Radicchio

Hardy: Radishes, Turnips, Broccoli, English peas, Leeks, Kale, Spinach, Collards



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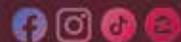


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Wowning Them in Wardour

By Lisa J. Gotto | Photography by Townsend Visuals

No detail was too small and no resource material too rare for this truly exceptional property in the highly-desirable Annapolis community of Wardour. Built to rival any chateau in France, this grand manor home offers 185 feet of private water frontage on Weems Creek.

Styled and designed to appear as though it is a home in the Bordeaux region of France, this residence speaks French in every detail from its authentic glass panel doors and windowpanes, to the gorgeous terra cotta-tiled kitchen floor.

Approaching the home, you'll arrive via circular driveway accentuated with lush, mature landscaping highlighted with a working fountain reminiscent of a Parisian garden scheme.



Primary Structure Built: 2000
Sold For: \$6,480,000
Original List Price:
\$6,480,000
Bedrooms: 7
Baths: 5 Full, 2 Half
Living Space: 6,728 Sq. Ft.
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Listing Agent: Brad Kappel; TTR Sotheby's International Realty; 209 Main St., Annapolis; m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; ttrsir.com **Buyers' Agent:** Georgie Berkinshaw; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 443-994-4456; o. 410-263-8686; gberkinshaw@cbmove.com; coldwellbankerhomes.com



Once inside, the eye is drawn to the entry's soaring ceilings, its handsome, inlaid marble tile floors, and the incredible views out to the creek and its luxurious waterside pool and patio area.

The all-new, chef-style kitchen is appointed with ultra-premium cabinetry and hardware, gleaming stone countertops with a huge center island, and all commercial-grade stainless steel appliances, including a six-burner gas range.

This room's palette of white-washed brick, warm, exposed shelving of honey-colored wood, and rich, navy tile makes it as much a total living environment, as it is a place to create a meal. A roomy seating and gathering area is available for casual conversation, and a larger, eating area with French doors and a Juliette balcony with views to the water, are conveniently located nearby.



The home's main level also boasts wide-planked knotty hardwood across its open floorplan and into an impressive great room, that provides access to a covered waterside terrace with beamed ceiling detail. A classic, main level study offers cozy seating, great views, and a wet bar.

The upper-level, primary suite is a French country oasis with its oversized windows, stone fireplace, and separate seating area. A fabulous, new primary bath offers a sumptuous soaking tub, gleaming



white subway-tile walls, and separate porcelain vanities.

An au pair suite with private access via a back spiral staircase has a lovely landing area large enough to serve as a home office.

The home has seven bedrooms in total and one that sleeps four in a luxurious bunk room is located on the lower level, which is completely finished and offers a large family room with stone fireplace and walk-out to the grounds. The new homeowners will also enjoy a home gym on this level, as well as, a 700-bottle wine cellar, and a swanky, separate seating area with wet bar and cigar humidor.

What else could one ask for? Well, a deep-water dock equipped with a 40,000-pound boat lift, dingy lift, and a floating pier would be nice, and is also there for the sailing. Merci, merci!

BOWIE CENTER

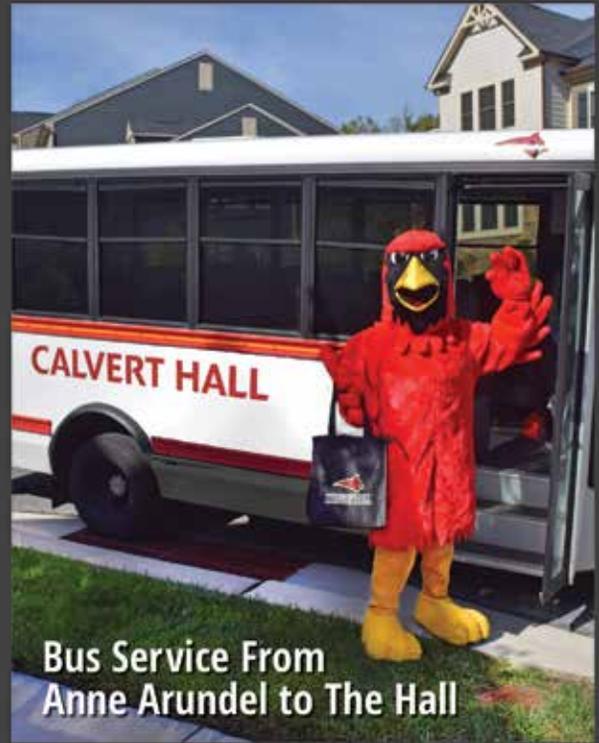
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Fitness Tips

BEST BODYWEIGHT MOVES

By Dylan Roche

You might think that traveling over the holidays means you have to take time off from your workouts. But don't let your trip out of town be the reason you neglect a good round of physical activity—there's plenty you can do with just your own bodyweight!

Bodyweight training makes a nice option because you don't need any equipment, so you can do it wherever you are. Bodyweight training was said to be the workout of choice for legendary action star Bruce Lee, and it's how actor Charlie Hunnam says he got in shape for such movies as *Sons of Anarchy* and *King Arthur: Legend of the Sword*.

Plus, when you do bodyweight moves in quick succession, one right after another at high intensity, it will give you a powerful cardiovascular workout. According to the American College of Sports Medicine, this approach will help you gain strength and aerobic ability, while decreasing body fat and improving your body's ability to regulate insulin. You're also much less likely to sustain any kind of injury when you're working with solely your own bodyweight.

The exercises also help people who are new to exercise learn good form before adding further resistance in the form of dumbbells or bands. And because they target large muscle groups, just a few moves are all you really need to get a full-body workout.

So, if you're on the road this holiday season, here are seven exercises you can do from just about anywhere to get a good workout in:



PUSHUPS: This exercise targets your entire body. Plant your hands shoulder-width apart and brace your core as you lower yourself until you're about an inch off the ground before returning to the starting position. If you can't do a traditional pushup yet, build strength with a modified form by resting on your knees instead of your toes.



TRICEPS DIP: These dips can be easily done using a chair or a bench—simply extend your legs out in front of you and place your hands on the edge of the seat. Lower yourself until your rear is about an inch off the ground before raising yourself back to the starting position.



PLANK UP-AND-DOWNS: Not only will doing plank up-and-downs work your core, but the movement required will raise your heartbeat and maybe even break a sweat. Start by assuming a traditional plank with your elbows bent and your body resting on your forearms. Straighten one arm, then the other, resting your body weight on your palms instead of your forearms. Return to your original position.



JUMP SQUATS: Start with your legs shoulder-width apart; then lower your hips as much as you can while keeping your back straight. From this position, push yourself up into a jump, raising your hands above your head as high as you can. Land on both your feet and repeat the move until fatigued.



DONKEY KICKS: Donkey kicks will help you develop strong glutes as well as overall balance. Rest on your hands and knees; then raise one bent leg up behind you as high as you can while keeping your knee at a 90-degree angle. Lower your leg again and repeat with the other leg.



BURPEE: These exercises require a lot of strength and energy. Start standing up before dropping into a squat. Place your hands on the ground in front of you, shoulder-width apart, and kick your legs out behind you. Return to your squat position and jump with your arms up above your head. That's one burpee—the move should be fast and fluid.



MOUNTAIN CLIMBERS: Begin in a straight-arm plank position resting your weight on your palms, shoulder-width apart. Bend one knee and draw your leg in toward your chest; then kick it back and repeat with the opposite leg. Go for 30 seconds to one minute or until you're fatigued.



Breathe Easy

WHY CLEAN AIR MATTERS SO MUCH

By Dylan Roche

Okay, take a deep breath before you read the opening of this article. Ready?

The air you're taking into your body every day might be pretty dirty. At least, dirtier than you expect—and that applies to both indoor and outdoor air. While your body's immune system is able to fend off air pollution to some extent, air that's especially dirty can have both short- and long-term health effects. If two and a half years of the COVID-19 pandemic has made you more aware of your respiratory health in general, you might feel more motivated to start cleaning up the air around you in whatever way you can.

According to the American Lung Association, particles and pollutants in the air might include everything from tobacco smoke and diesel emissions to pollen and mold spores, as well as dust, pet dander, and even aerosol chemicals. All of this particulate matter is much too small for us to see with our bare eyes, but when we breathe it in, it goes into our lungs, where it can irritate pre-existing lung disease. Some pollutants can even go from our lungs into our blood-

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TIPS:

1. Avoid anything that will add particulate matter in your home, such as woodburning stoves or chemical-based air fresheners and cleaners. Refrain from smoking cigarettes or other tobacco products indoors.
2. Get fresh air circulating within your house by running an exhaust fan and opening your windows. Consider investing in an electric air cleaner with a HEPA-quality filter.
3. Vacuum regularly and use a microfiber cloth to pick up dust on all surfaces.
4. Monitor the humidity in your home—particularly in wet areas like bathrooms and basements—to prevent any mold or mildew. If you suspect you might have mold or mildew developing, bring in a remediation specialist.

stream, where they affect other cells, tissues, and organs in our body.

In the short term, you might suffer problems like headaches, eye and nose irritation, or a sore throat. But in the long term, you could suffer much bigger problems like asthma, emphysema, cancer, and heart disease. In fact, air pollution is so bad that that World Health Organization officially dubbed it a carcinogen in 2013, and the National Institute of Environmental Health Sciences calls it a “major threat to global health,” one that has increased over the past two decades and causes an estimated 6.5 million deaths per year. These problems disproportionately affect people of color and low-income communities, which are often located closer to sources of emissions like busy roadways or power plants. Even indoors, particulate matter from dirty carpets, moldy walls, tobacco smoke, and chemical cleaners can pose major problems.

While reducing outdoor air pollution will require major systemic changes, there are small steps you can take in your home to clean up the quality of your air to some extent.

What You Should Know About Facial Moisturizing

By Dylan Roche

It's normal to notice your face is a little windburned or dried out come fall and winter, when cool air turns crisp and loses much of the moisture it had earlier in the year. If you haven't started a facial moisturizing routine, now's the time to take one up—and keep it going through all four seasons.

Even in warmer, humid weather, facial moisturizers help you create a protective barrier along your skin that retains natural moisture and gives you an overall healthier, younger, more vibrant appearance. But moisturizing isn't a one-size-fits-all practice, particularly when complexions vary so much from person to person. Somebody with naturally dry skin won't have the same needs as somebody with very oily skin.

In general, if you have dry skin, you'll benefit most from using an oil-based face lotion. The same goes for people who have mature skin with fine lines and wrinkles. On the other hand, if you have oily skin, you should stick with water-based face lotion. (If you're not sure about your skin type, blot your face with a tissue to see how much oil you're able to pick up. You can also consult a dermatologist, who can give you specific advice.)

Bear in mind that you should be selecting lotions and moisturizers specifically intended for your face. Facial moisturizers are **noncomedogenic**, meaning they will not clog your pores the way hand and body lotion will. Look for products that are marked as **hypoallergenic** (meaning they won't cause an allergic reaction) and have **broad-spectrum SPF 30** or higher (for protection against UV rays). Depending on personal preference, you might want products that are all natural, organic, or fragrance free.

Moisturize your face every time you wash it (morning and evening) and after every shower. Use warm



water rather than hot, as hot water can strip your skin of its natural oils. Applying moisturizer after cleansing will lock in moisture.

Start by gently exfoliating with toner to remove any dead skin cells on your face. This will allow the moisturizer to penetrate. Use a small dab or lotion (about the size of a dime) and rub in circular motions for 30 seconds (don't forget to apply to your neck and upper chest, too). Wipe away any excess with a clean, damp towel.

Remember that you can improve the success of your facial moisturizing routine by drinking plenty of water to stay hydrated and avoiding high-sodium foods. Stick with your routine diligently, as it could take up to four months for you to see a significant change.



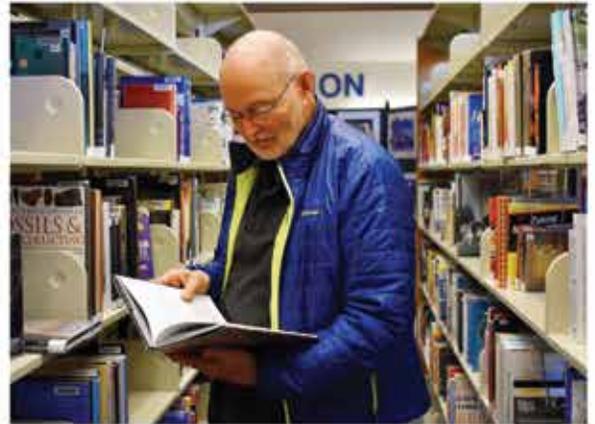
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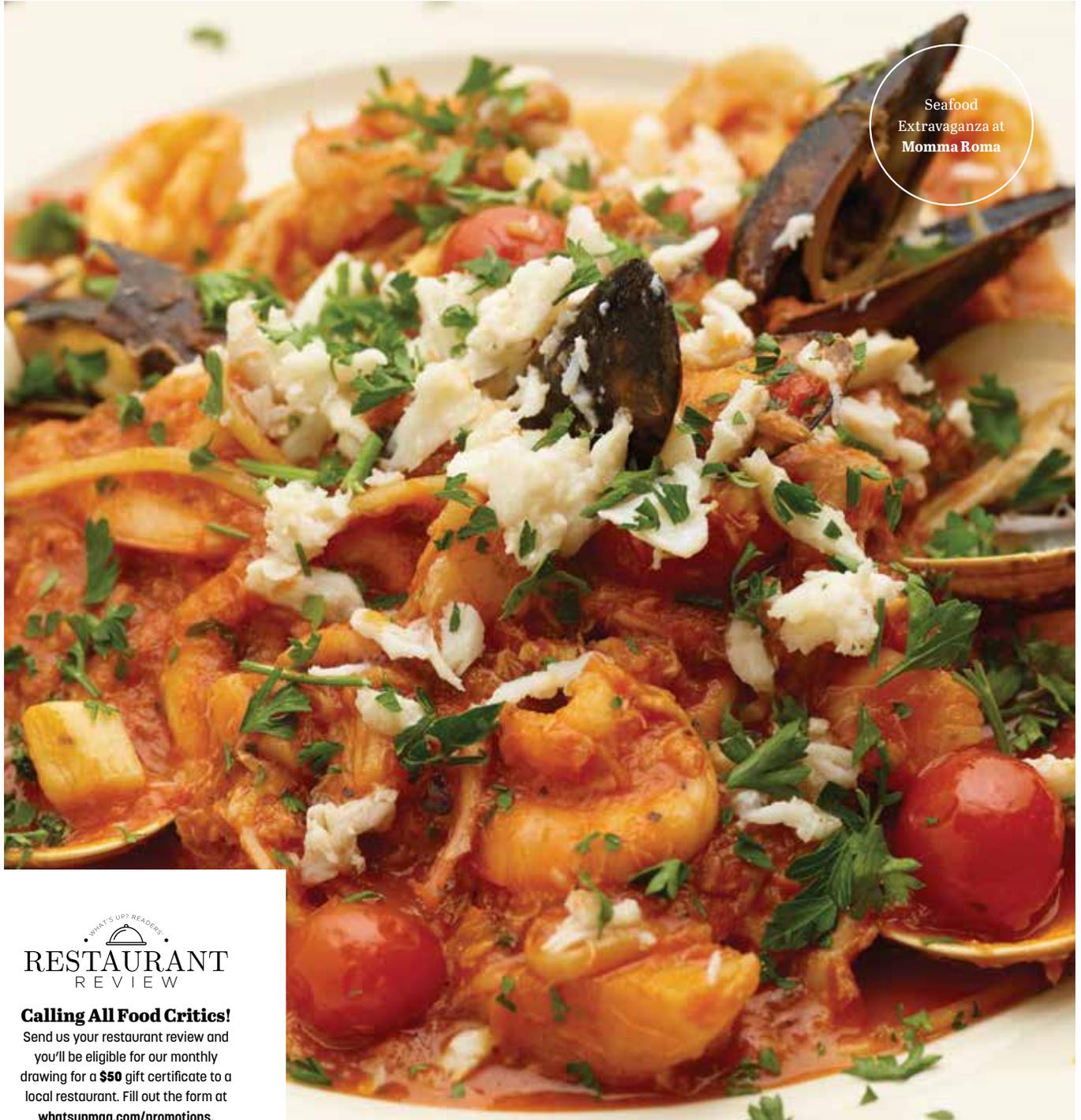
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Family-Style

By James Houck | Photography by Stephen Buchanan & Tony Lewis, Jr.

There's a reason why on any given night you'll find a crowd buzzing around an otherwise nondescript retail space tucked within the Piney Orchard community shopping center—at Momma Roma, the cuisine is consistently delicious. This superlative can't be overstated and isn't disingenuous—on yet another visit to this Italian eatery, for this very dining review, my family ordered the house and enjoyed every bite. In fact, midway into our meal, my wife, completely unprovoked, announced to the room, “This is the kind of food I just love!” Many diners would nod in agreement.

For 22 years, Momma Roma has endeared itself to the Odenton community for several reasons. First, the restaurant is hands-on operated by Italian brothers Rino and Bruno, who have followed in their parents' footsteps of bringing the family's Naples heritage to the plate with authentic and successful restaurants in the region. Second, many of the classic *and* creative dishes are family recipes and prepared as such, using fresh and flavorful ingredients—the food is tasty. Third is the family's philanthropic passion as a major sponsor, supporter, and organizer of the local Wreaths Across America program, which honors deceased military veterans by placing thousands of wreaths on their graves each December holiday season.



The dining room is unpretentious but features artistic nods to Old World charm—black and white photos of Italy adorn one wall, large hand-painted landscape murals on another. The décor feels inviting with mood lighting and amber-tone wood trim, molding, lattice, tables, and chairs balanced against classic subway tiling for the floor. The restaurant's signature Piccolo Espresso Bar resides near the main entry, brewing and whisking coffee concoctions, and features a display case with tempting eye candy—housemade cookies, confections, and traditional desserts. Getting to and in the restaurant is easy, though you may have to wait for a table on a busy night—the nearby walk-

ing trails, pond, and playground offer distraction to while away the time. Our family was seated at a booth nestled against the colorful murals and service was prompt and efficient between our waitress and several runners.

The expansive menu was enjoyable to peruse with swaths of dishes and descriptions from which appetizers, soups, salads, baked entrees, “Gladiator’s Selections,” or selections of veal, seafood, and chicken specialties are chosen. But wait, there’s more! Pizzas, strombolis, calzones, submarine sandwiches, and, of course, a children’s menu. Honestly, if you’re in good company, I recommend ordering a range of dishes and sharing them family-style. And let the drinks flow if that’s the mood you’re in (safely of course). Mamma Roma offers a variety of beers, wines, tea, specialty coffees, and Pepsi products.

To begin our feast, we chose two plates, the Shrimp Barca and Calamari Fritti. The shrimp dish is one we’ve enjoyed on previous visits. It’s basically our go-to starter because the rich, creamy peppercorn cognac sauce that drenches the plump shrimp atop thick slices of Italian toast is addictive. The entire mouthfeel of this dish works. Calamari Fritti is a baseline dish of which you can compare to many competing restaurants’ versions. Mamma hit the right notes here with an herb-seasoned batter for the small slices and slivers of squid that were fried crisp and hit with a dash of salt upon exit from the oil. The coating had a thin-crackle that conveyed a lightness, which elevated this version above many others. And to dip the salty morsels in Mamma’s accompanying homemade marinara sauce was to experience perfect yin and yang—the tart tomato zing countered the fried profile.



Main dishes were trickier to decide upon. So many options. But we settled on several—the Homemade Lasagna, Pollo Zingara, and Seafood Extravaganza. Hearty begins to describe all three of these offerings. The portions were large (large enough to bring home leftover portions) and the protein in each dish was generous—equitable in amount to their pasta base. I found the layered lasagna easy enough to fork through—no knife needed—and safe. This is to say, the dish was simple and decently-constructed—its presentation was classic. I do feel the slice on our plate could have benefitted from more filling—specifically ricotta cheese. Pollo Zingara needed nothing...it was as well-executed a dish as I’ve ever had at Mamma Roma or many other Italian eateries. The blend of grilled chicken breast, artichokes, chunks of roasted pepper, black olives, and capers swirled with linguini pasta and a buttery lemon sauce was devoured. Even the children expressed joy with this dish.

Seafood Extravaganza is like a coastal Italian take on Spanish paella. Instead of a rice base, the cherry tomato broth concoction with clams, mussels, shrimp, scallops, calamari, and blue crab is served atop linguini. The mollusk and crustacean flavors comingled within a lightly-spiced sauce, delivering delicious forkfuls and just enough of the six seafoods to give a taste of each to everyone.

For our sweet finish, I premeditated the choice of tiramisu. Mamma’s recipe (and, goodness, I trust it’s their recipe and made inhouse) is absolutely spectacular. The moist layers of coffee-soaked cake, mascarpone, and cocoa were dreamy. “The kind of dessert I just love,” I said, sort of mimicking my wife. Our table agreed and we left with a return date already in mind.

Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

Now that Spooky Season has come to a close, we are ready for the most cherished holiday season to begin. Not only do we get to celebrate harvests, holidays, and the new year with our families, but with our community as well at local events, such as the Baltimore Craft Beer Festival and the Sweet Potato Fest!

On the Restaurant Scene...

Westfield Annapolis Mall's food court has been welcoming a slew of new "grab and go" places including Fuwa Sushi, Ramen & Dumplings, Cuates Mexican Grill, L'Antico Gusto Italiano, Butter Me Up, and Jongro BBQ. Looking for something new and different for your next lunch break? I have a few new options for you! Find more information at westfield.com/annapolis.

In addition to the food court additions, **The Original Pancake House** is coming to the Annapolis Mall. The hotcakes can be found behind the Cheesecake Factory, where The Brass Tap was previously. The Original Pancake House has been serving their pancakes since 1953. This will be the fourth location in Maryland; Baltimore, Rockville, and Bethesda being the others. Learn more at originalpancakehouse.com.

Get ready for burgers and zingers (buttermilk-drenched, hand-breaded, boneless chicken tenders) at the newest sports-themed casual dining in Annapolis, **Miller's Ale House**. Miller's is coming to Annapolis soon and is going to reside where the Macaroni Bar & Grill was located. The opening date has not yet been announced since the building is currently under re-construction. This is the fourth Maryland location of Miller's (Bel Air, Hyattsville, Rockville) and 97th overall in the nation. Find more information at millersalehouse.com.

Sam's on the Waterfront, located in Chesapeake Harbour Marina, closed earlier this year. After 17 years in Annapolis, Sam's was not able to renew their lease.



We hear that the owner is aggressively looking for a new location. In the meantime, **Beacon Waterfront Galley and Bar** has opened in the old Sam's location. Learn more at beaconwaterfront.com.

The White Marlin Open was this August in Ocean City and one of the biggest fishing events of the summer. After days of fishing for the biggest fish in the Atlantic, hundreds of pounds of tuna, marlin, and more hit the shore. This year, captains donated more than three hundred pounds of fresh tuna to food pantries on the Lower Eastern Shore. The donations from the White Marlin Open improve the nutritional quality of the food for those in need as well as cater to medical and dietary needs of clients who must manage diabetes and high blood pressure.

We hear the popular Salisbury-based gastropub and music/comedy venue **Roadie Joe's Bar & Grill** is planning to open a second location in the town of Berlin. More on this development as information becomes available. Check out the Salisbury location's entertainment lineup at roadie-joes-bar-grill.business.site.

If you're driving through Cambridge and wondering what all the cranes and construction taking place near the waterfront are up to, the old University Maryland Shore Medical Center building is being demolished as part of a 35-acre redevelopment by the public-private partnership named **Cambridge Waterfront Development Inc.** The mixed-used development will include restaurants, stages, and hotels. More on this as it...develops.

Events on the Town...

A great tradition of Baltimore is to grab our pretzel necklaces and a pint at the **Annual Baltimore Craft Beer Festival**. The festival will, once again, be at Canton's Waterfront from 12 to 5 p.m. There will be plenty of live music, local food trucks, shopping vendors, and, of course, beer. The day will celebrate Maryland's growing craft brewing industry. Order passes at baltimorecraftbeerfestival.com.

Honey's Harvest Farm in Lothian is bringing back their **Annual Sweet Potato Fest** on November 13th from 11 a.m. to 3 p.m. This festival celebrates the sweet potato harvest and will feature live music, creative kids' activities, sweet potato digging, a bounce house and face painting along with a farmer's market, shopping and so much more. Find more information at honeysharvest.com.

For more culinary-themed events, visit the *What's Up? Media calendar* at whatsupmag.com.

Drink Up...

All things fall come together for a day full of food, drinks, and football on Thanksgiving. This holiday, try making a batch of autumn sangria for the family and finish the day with a slice of pumpkin pie paired with a pumpkin pie martini.



Thanksgiving Sangria

Ingredients

2 apples, cored, sliced thin and cut into bite size pieces
2 clementines, sliced and seeded
1 cup frozen cranberries
1 cup vodka
1 bottle chilled cava (or other sparkling wine)

Spiced Honey Syrup Ingredients

1/2 cup clover honey
1/2 cup water
3 whole star anise
Fresh ginger, peeled and sliced into coins, 4-5 slices
1 strip of orange peel, no pith

Instructions

Combine the honey, water, star anise, ginger, and orange peel in a small saucepan. Bring to a simmer over medium-high heat, then lower the heat to a slow simmer. Continue simmering for 10 minutes. Remove from heat and let cool. Strain. In a large pitcher combine the fruit, vodka and half of honey syrup. Lightly muddle. Add the chilled cava and stir. Serve in glasses filled with ice and add fruit to each glass.

Photo and recipe courtesy of today.com

Pumpkin Martini

Ingredients

2 ounces vodka
1/2 ounce heavy cream or coconut milk
1/2 ounce pure maple syrup
2 Tbsp. canned pumpkin puree
1/4 tsp. pumpkin pie spice
1/4 tsp. vanilla extract
Graham crackers for the rim

Instructions

Prepare the Rim: Crush a graham cracker with your fingers and place it on a plate. On another plate, add a small pool of maple syrup. Run the rim of a martini glass in the maple syrup first, rotating the glass so the rim is evenly coated. Then roll the rim in the crushed graham cracker until evenly coated. Place all other ingredients in a cocktail shaker. Add a handful of ice and shake until cold. Strain the drink into the prepared martini glass.

Photo and recipe courtesy of acouplecooks.com



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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to **Zach S.** of Odenton, who won a \$50 gift certificate to a local business.

Mail entries to: Where's Wilma? Central Maryland, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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