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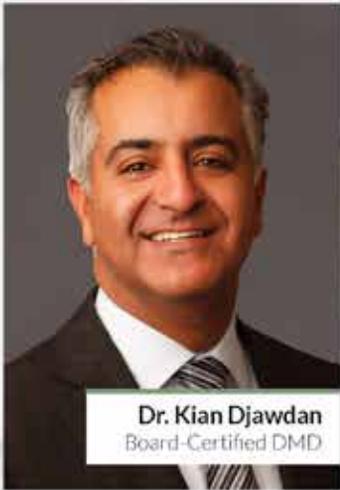
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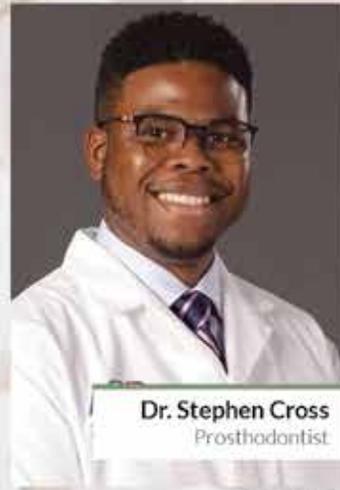
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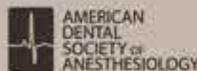
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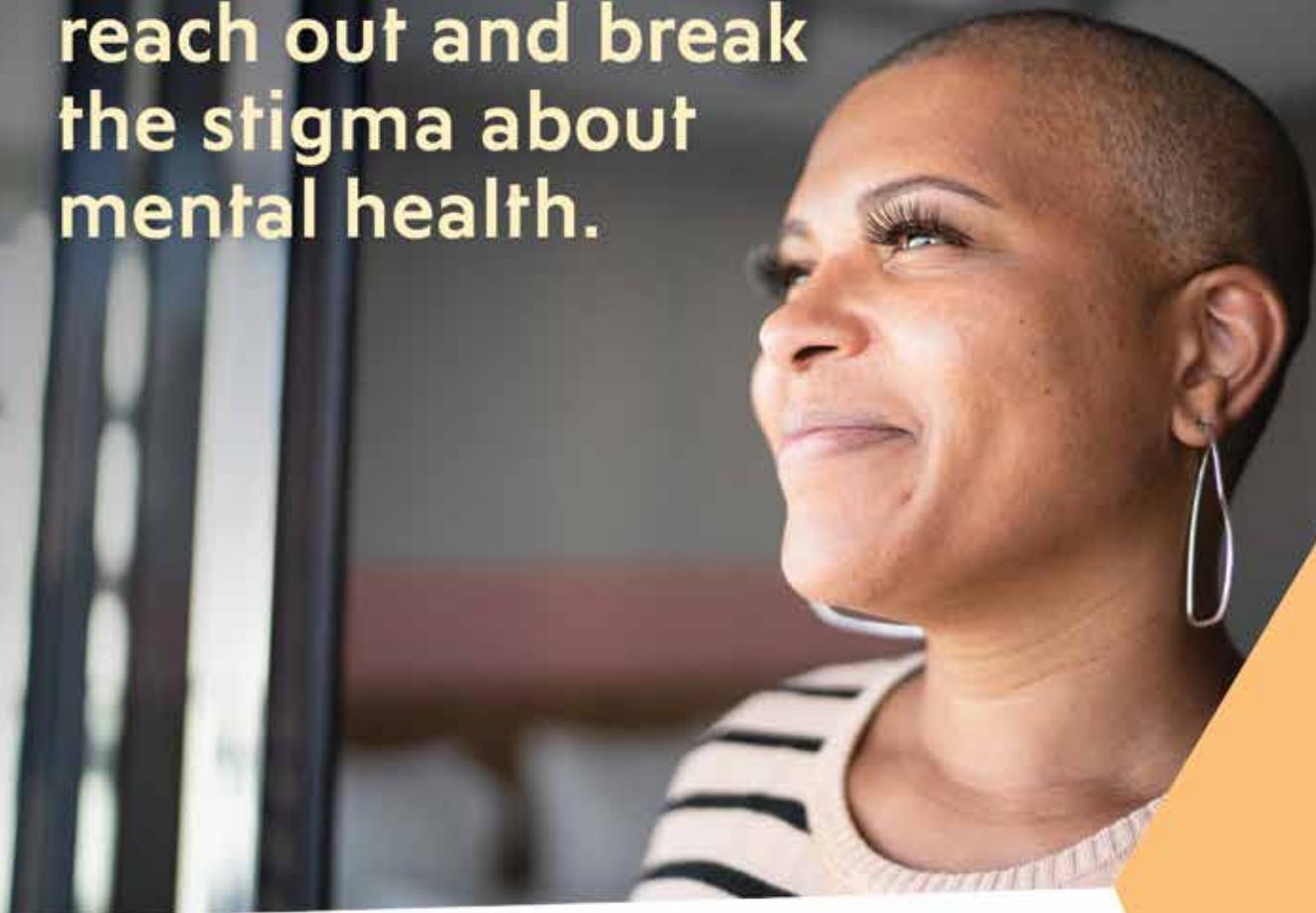


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Luminis Health (formerly Anne Arundel Health System) is a nonprofit health system providing care for 1.5 million people in Anne Arundel County, Prince George's County, the Eastern Shore, and beyond. Our system encompasses nearly 100 sites of care, including Luminis Health Anne Arundel Medical Center, J. Kent McNew Family Medical Center and Pathways in Annapolis, as well as Luminis Health Doctors Community Medical Center and Doctors Community Rehabilitation and Patient Care Center in Lanham.

On the Cover: We review the new Galliano Italian Restaurant & Wine Bar. Photograph by Stephen Buchanan. Design by August Schwartz. Contact *What's Up? Central Maryland* online at whatsupmag.com. Please recycle this magazine.

April/May contents



Features

21 The Look for 2023 breaks down this year's most desired interior trends *By Lisa Gotto*

33 Façade Lift: Home Resource Guide 2023 lists who's who of home professionals ready to help with your property projects

36 Tour Historic Hancock's Resolution explores how this 1700s-era property has survived the test of time to tell its story today *By Diana Love*

42 Up & Coming Lawyers Class of 2023 profiles more than 50 dynamic, young professionals making a mark in their legal careers

54 Holistic Specific! reviews several wellness trends you may or may not have heard of *By James Hauck*

57 Diamonds are Forever But Chemicals Shouldn't Be! deep dives into forever chemicals; what they are and how they affect our health *By Mark Craatti*

Home & Design

66 Home Interior: Personalizing Your Space with Mosaics adds texture, creativity, and craftsmanship to your home *By Lisa J. Gotto*

69 Home Garden: Please Don't Eat the Daisies (Part 2) reviews toxic plants you'll want to avoid in the garden and on the dinner plate *By Janice F. Booth*



73 Heart of Downtown profiles a quintessential Annapolis residence just steps from the U.S. Naval Academy *By Lisa J. Gotto*

77 Magothy River Adventures profiles a well-appointed home tucked away in Ulmstead Cove, just off the river *By Lisa J. Gotto*



Dining

90 Italian Escape to the "Big Apple" is our dining review of the new Galliano Italian Restaurant & Wine Bar *By Rita Calvert*

92 Savor the Chesapeake spotlights restaurant news and culinary trends from the Chesapeake Bay region *By Megan Kotelchuck*

94 Dining Guide: Fresh, Local & Sustainable is this month's theme of restaurant listings



Health & Beauty

By Dylan Roche

82 Fresh Take: Fava Beans
83 Heat Therapy...But with Less Heat
84 Multipurpose Beauty Miracle
85 Give the Gift of Life
86 Fitness Tips: Smart Tech

WHAT'S UP? CENTRAL
maryland

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April/May contents

COMING UP IN
JUNE/JULY 2023
Best of Central Maryland Winners!
Chill Out! Indoor Recreation Guide
Chesapeake Retirement Guide

In Every Issue

7 From the Editor shares James' thoughts on this month's issue



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

12 **Towne Calendar** is our expanded list of daily events and entertainment options!

14 **Towne Social** showcases photographs of recent charity events

16 **Towne Spotlight** features local business and community news *By James Houck*

18 **Towne Athlete** profiles Parker Thomas of Archbishop Spalding High School *By Tom Worgo*

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

e-contents



The 2023 What's Up? Top Docs survey is here! A peer-survey project celebrating exemplary medical professionals in the Greater Chesapeake Bay Region. Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. One survey per doctor may be completed. Voting will close at the end of April (4/30). Results will be published in our October issues.
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editor *From the*



Like many folks, I teeter between routine fitness and taking a restful break from it all...and often consider how workouts, mindfulness, and relaxation all fit together in the puzzle of wellness and selfcare. I thought about this as I geared up for a brisk jog through the neighborhood on a very blustery March afternoon. Sometimes—but especially when the stress of putting together every bit and piece of this magazine (and it's two siblings) hits hard—getting outside, putting good tunes on the earbuds, and working up a good sweat is all it takes to reset and refocus.

Downtime is equally important. We lead very busy lives—doubly so if you're a parent of very active kiddos (or adults for that matter). Taking time for oneself and with each other to enjoy peaceful activities is paramount to our mental and physical repair. The holistic work *and* rest we schedule into our lives will often enhance our internal well-being *and* extracurricular endeavors. Simply put, when we look and feel our best, we are generally the best versions of ourselves.

In case you're wondering where I'm going with this... there is a point. We explore the theme of wellness throughout this issue. Either directly with the feature article "Holistic Specific!" which covers a

few selfcare trends you may or may not have heard of, or adjacently with pieces that explore the war on cancer and forever chemicals ("Diamonds Are Forever But Chemicals Shouldn't Be!") and our "Health & Beauty" department. There's a good number of wellness topics that may pique your interest. (Fava beans are the superfood rage right now. Go figure.)

I like to think that all of the topics in this particular magazine create a readable whole that has a lot to offer. And that includes the fun festivals, events, restaurants, and places you can explore (see "Tour Historic Hancock's Resolution") and, even, the robust home content ("The Look for 2023" showcases interior design trends; home is where the heart is, after all).

With Spring's arrival, it's as good a time as any to dust off the figurative fog of winter, mind ourselves, practice some selfcare, tackle projects, clean house, explore the neighborhood, get the heart pumping, and feel as good as good can be. That is, if the pollen index isn't astronomical.

Have a healthy and enjoyable April.

James Houck,
Editorial Director

A handwritten signature in black ink, appearing to read "James Houck". The signature is stylized and fluid, with a large loop at the end.



GET TICKETS

Let's GO!

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Out on the **TownE**

9 EVENT PICKS | 12 CALENDAR | 14 SOCIAL | 16 SPOTLIGHT | 18 ATHLETE



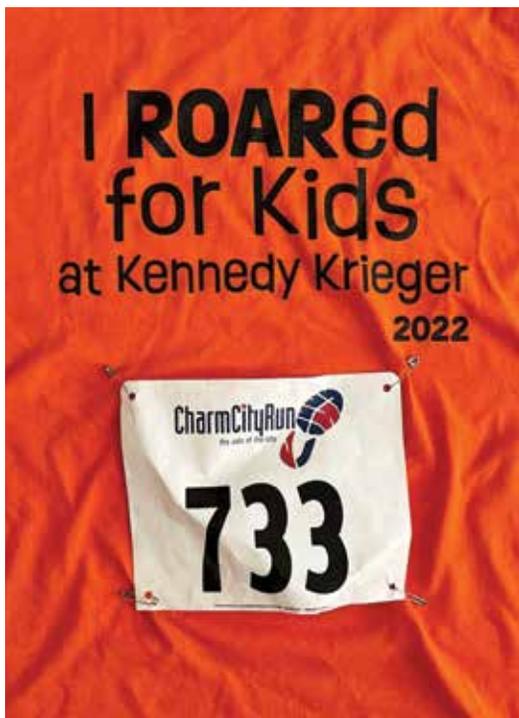
Maryland Chicken Wing Festival

ABC Events is presenting the 9th Annual Maryland Chicken Wing Festival at Anne Arundel County Fairgrounds in Crownsville on April 1st from 11 a.m. to 7 p.m. Enjoy wings from some of the best chicken wing establishments, including The Original Buffalo Wing from Anchor Bar in Buffalo, New York. This family-friendly event will be packed with activities, live music, and plenty of food and drink. Find more information and order tickets at abceventsinc.com.



↑ National Cherry Blossom Festival

The National Cherry Blossom Festival in Washington, D.C., continues through April 16th with plenty of events and the namesake, beautiful trees in bloom throughout the Tidal Basin. April 8th features Petalpalooza at the Capitol Riverfront at the Yards. This day-long, all-ages celebration brings art and music to multiple outdoor stages, plus interactive art installations. The night will end with the Official National Cherry Blossom Festival Fireworks Show, set to music at 8:30 p.m. On April 15th, the Official Parade will march along Constitution Avenue featuring grand colorful helium balloons, elaborate floats, marching bands from across the country, celebrity entertainers, and performers. Find more information on all of the events at nationalcherryblossomfestival.org.



ROAR for Kids 2023

Lions ROAR, elephants ROAR, tigers ROAR... and you, too, can ROAR for Kids with Kennedy Krieger! Join the organization on Saturday, April 29th at Kennedy Krieger Institute's ROAR for Kids, a 5K race and low-mileage walk for individuals of all ages. The event is back at Oregon Ridge Park in Cockeysville. All proceeds from the event will support research and programs to help kids at the Kennedy Krieger Institute. Learn more and sign up at kennedykrieger.org.

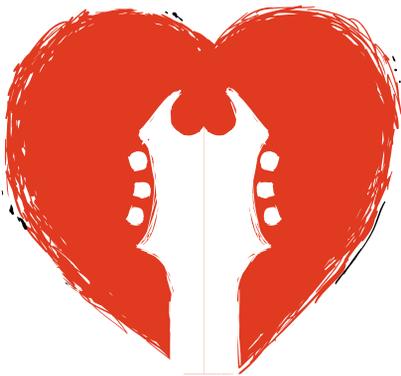
WALK FOR THE WOODS

Join Scenic Rivers Land Trust for the signature community event celebrating the joy of the outdoors and our local, protected woods. On April 29th, from 7 a.m. to 3 p.m., enjoy a day of free, guided- and self-hiking at Bacon Ridge Natural Area in Crownsville. Experts in wildlife, native plants, birds, and more will be on site with educational displays. Trail maps and educational signage will be posted along the trails. Find more information and register at srlt.org.



RED SHOE SHUFFLE 5K

Ronald McDonald House Charities of Maryland's 12th Red Shoe Shuffle will be at the organization's headquarters in Baltimore on April 16th. Participants to run for the kids. Ronald McDonald House seeks to create, find, and support programs that directly improve the health and well-being of children and their families. Find more information and register at rmhcmaryland.org.



↑ Rock from the Heart Benefit Concert

The Inaugural Rock from the Heart Benefit Concert featuring Night Ranger will be on April 22nd at 5:30 p.m. at The Hippodrome Theatre in Baltimore. The night will raise funds to support aortic disease awareness and education initiatives while spending the night rocking with one of America's legendary hit makers. Find more information and order tickets at france-merrickpac.com.



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APRIL 15
APRIL 29
MAY 6
MAY 20

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APRIL							MAY													
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT							
							ESL 1:00	OFF	HBG 6:30	HBG 7:30	HBG 8:30	HBG 9:30	HBG 10:30							
OFF 1:00	OFF 1:00	AKR 4:30	HBG 1:00	OFF	ALT 4:30															
AKR 1:00	OFF 1:00	ALT 4:30	ALT 1:00	OFF	AKR 4:30															
AKR 1:00	OFF 1:00	PIC 4:30	AKR 1:00	OFF	HBG 4:30															
							JUNE							JULY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT							
HBG 1:00	OFF 1:00	HBG 4:30	SOM 4:30	OFF 4:30	ROC 4:30	HIC 4:30	HIC 4:30	ROC 4:30	HIC 4:30											
ERD 1:00	OFF 1:00	HIC 4:30	HIC 1:00	OFF 1:00	OFF 4:30	OFF 4:30	OFF 4:30	AKR 4:30	AKR 4:30											
HIC 1:00	OFF 1:00	ALT 4:30	AKR 1:00	OFF 1:00	HBG 4:30															
ALT 1:00	OFF 1:00	SOM 4:30	HIC 1:00	OFF 1:00	SOM 4:30															
							AUGUST							SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT							
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HIC 1:00	OFF 1:00	HIC 4:30	AKR 1:00	OFF 1:00	HBG 4:30															
ALT 1:00	OFF 1:00	ALT 4:30	OFF 1:00	OFF 1:00	OFF 4:30															
ERD 1:00	OFF 1:00	AKR 4:30	OFF 1:00	OFF 1:00	OFF 4:30															

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Towne Calendar

A taste of community events taking place this month across the Chesapeake Bay region. For this month's full calendar, scan the QR code



April 1

St. Margaret's Church Spring Bazaar at St Margaret's Church in Annapolis, 9 a.m. to 2 p.m.; st-margarets.org; Featuring a variety of local crafters and vendors, including jewelry, baskets, home decorative items, photography, hand-painted glassware, knitted items, and much more!

Annapolis Symphony Orchestra: Two Romantics - Brahms & Prokofiev at Maryland Hall in Annapolis, 8 p.m.; annapolis-symphony.org; The biblical story of Esther, who uses bravery and cunning to save the Jews of Persia, is the inspiration for this piece by Behzad Ranjbaran exploring the connections between music and mysticism of the Persian mythology of his native Iran.

Spring Break on the Farm at Dominic's Farm in Queenstown, through April 7th; dominicsfarm.com; Join in on April 3rd- 7th for Spring break at the farm. Lots of fun including animal activities, games, crafts, snacks, and lots of outdoor activities.

April 3

Busch Annapolis Library Spring Film Series: Classic Films by Women Directors at Michael E. Busch Annapolis Library, 6 p.m.; aacpl.net; Since the beginning of the motion picture industry, women directors have created some of the most memorable movies ever made. In this series, we'll look at four of the best, from a gritty film noir to an offbeat comic gem.

Create a Play at Compass Rose Theatre at Maryland Hall in Annapolis, 4-5 p.m.; compassrosetheater.org; Wear theatrical hats in this Compass Rose favorite! Students ages 6-12 dive into the creative process as they act as playwrights, collaborators, actors, designers, and developers of their own original play. They work as an ensemble to develop the story, perform dynamic characters, make design choices, and perform the final product for a live audience!

April 14

Maryland Black Bears Ice Hockey at Piney Orchard Ice Arena in Odenton, 7 p.m.; marylandblackbears.com; The Maryland Black Bears Ice Hockey team has their last two home games of the season on April 14th and 15th against the Danbury Jr. Hat Tricks.

April 15

10th Annual Spring Classic Bike Tour at Easton High School, 8 a.m.; positivestridescenter.org; Positive Strides Therapeutic Riding Center invites cyclists to its 10th Annual Spring Classic Bike Tour on April 15, 2023, in support of its mission to build confidence, self-esteem and a sense of accomplishment for children and adults with physical, cognitive, and emotional challenges.

Healthy Forests Program: Invasive Plant Removal Workday at Bacon Ridge Natural Area in Crownsville, 10 a.m. to Noon; sforce.co; Protect the health of your local forest. Join Scenic Rivers Land Trust at Bacon Ridge Natural Area in Crownsville to spend

a morning removing vines, such as Oriental Bittersweet and English Ivy, from trees along the trails!

Maryland Wine Experience at the Graduate Hotel in Annapolis, 11 a.m. to 7 p.m.; Winemakers, winery owners, and expert winery staff will be on hand to talk about their wines and offer a sneak peek into why they're so passionate about what they do. Focused on exploration and education, you are invited to attend all three parts of A Maryland Wine Experience.

English Country Dance at Annapolis Friends Meeting House in Annapolis, 6:30 to 9:30 p.m.; Facebook; English Country Dance to delightful live music, intro lesson at 6:30 and the dance at 7p.m. Register online.

Annapolis Opera's Next Voices of Our Times at Maryland Hall in Annapolis, 7:30 p.m.; annapolis-symphony.org; Join us for a thrilling concert featuring Marion Anderson Award winner, NBC's *The Voice* finalist, and Metropolitan Opera performer, John Holiday!

The Reasons Why Stage Play at Bowie Center for the Performing Arts in Bowie, 7:30 p.m.; bowiecenter.org; Back by popular demand - again! A conversation piece... long after the curtains close. (Mature content. Recommended for ages 18+)

April 19

Arts on Stage Presents: Macbeth at Hammonds Lane Theatre in Brooklyn Park, 10 a.m.; chesapeakearts.org; Four centuries later, Shakespeare's brilliant psychological drama remains one of the world's most iconic studies of the corrosive effect and mesmerizing allure of power. This intense peek into the dark part of the human psyche is both riveting and chilling.

April 20

Chesapeake Multicultural Resource Center 10th Anniversary Celebration at The Waterfowl Building in Easton,

10 a.m.; discovereaston.com; The Chesapeake Multicultural Resource Center will be presenting a three-day exhibit to the community showcasing the immigrant families in our community, the work of ChesMRC, and the events that have shaped migration of the Eastern Shore over the past decade!

April 22

Baltimore Symphony Orchestra Music Box: Celebrate Springtime at AMP by Strathmore in North Bethesda; strathmore.org; Maria Broom hosts these 30 minute, highly engaging and interactive concerts featuring an ensemble of BSO musicians performing light-hearted classical and children's songs to develop your child's musicality, creativity, coordination, and literacy.

Used Book and Media Sale at Prince of Peace Church in Crofton, 8 a.m. to 4 p.m.; popchurch.org; Shop thousands of books at bargain prices! Most books \$1 or less. Wide variety of categories. Shop on 4/22 or 4/29! Different categories of books each week. Rain or shine! All proceeds support church mission projects.

Caring for Life Gala at Live! Casino & Hotel in Hanover, 6 p.m.; hospicechesapeake.org; Join Hospice of the Chesapeake for an elegant, fun-filled evening of drinks, dinner, auction, and dancing to support their vital programs.

April 25

Corks, Forks, and Flowers at Temple B'nai Israel in Easton; talbotcountycg.org; Talbot County Garden Club's biennial Symposium promises to be a wonderful event with engaging speakers, wine tastings, a cooking demonstration, and of course, flowers and fresh entertaining ideas - all on the Garden-to-Table theme.

April 26

Leadership Anne Arundel New Leaders Celebration at Carrol's Creek in Annapolis,

8 a.m. to 9:30 a.m.; leadershipaa.org; Join the Leadership Anne Arundel community as we celebrate individuals who have begun new leadership roles over the last year. Enjoy breakfast with a view courtesy of Carrol's Creek Cafe and meet key new leaders in our community.

April 29

Stroll & Roll at Camden Yards in Baltimore, 8 a.m.; erinlevitas.org/stroll; Join the Erin Levitas Foundation (ELF) for the 4th annual Erin Levitas Foundation Stroll & Roll. Friends, families, businesses, and individual supporters will walk, run, dance, stroll or roll to raise awareness about body safety and boundaries to stop sexual harm before it happens. Participants can join in-person in Baltimore or virtually from anywhere around the world.

Pirate's Parlay of the Chesapeake at the Anne Arundel County Fairgrounds in Crownsville, Noon to 9 p.m.; Help support the Anne Arundel County SPCA with two days of Pirate Adventure with pirate encampments, live Mermaids, Magic, Music and Mayhem!

Los Angeles Guitar Quartet at Harold J Kaplan Concert Hall at Towson University, 8 p.m.; The Grammy Award-winning LAGQ is one of the most multifaceted groups in any genre. The LAGQ is comprised of four uniquely accomplished musicians bringing a new energy to the concert stage with programs ranging from Bluegrass to Bach.

April 30

Art Scrap Annapolis supply collections at Wimsey Cove Framing & Fine Art Printing and Gallery 57 West in Annapolis; annapolis-arts-alliance.com; Clear out your supplies and give a beginner a head start through the first ArtScrapAnnapolis. The Annapolis Arts Alliance is collecting good quality new/used art supplies to be donated and sold!

SAVE THE DATE!



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SATURDAY, NOVEMBER 4, 2023

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 16 years, F4AC has raised more than \$4.5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 17th Annual Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will be taking place on Saturday, November 4, 2023 at the South Annapolis Yacht Centre. Registration for the 2023 tournament will open in late spring 2023.



For more information, visit us at www.fishforacure.org.

Join us in 2023 as we celebrate continued commitment to making a splash in cancer care for our community.

Read Between the Wines

Read Between the Wines was so popular in Spring of 2022, that the Anne Arundel County Public Library Foundation reprised the concept for a second installment this past November 13th. Guests gathered at the picturesque Great Frogs Winery in Annapolis to enjoy a beautiful fall day with old friends and new, and meet some of the staff from the local libraries. A portion of each ticket sold was donated to the library. To learn more about the AACPL Foundation, visit aacpl.net/foundation.

Photography by Stephen Buchanan.

1. Katherine Muhlada, Chelsea Frye, and Bethany Kerley.
2. Catherine Hollabach, Joyce Miller, Tom Wheeler, and Pete Hollabach.
3. Rosa Mary Critzer and Alysia Critzer.
4. Great Frogs Winery.
5. Julie Kizer Ball and Kathy Flaherty.
6. Cathleen Sparrow and Linda Greene.





TOWNE SOCIAL

Chamber Holiday Mixer

On December 7th, the Central Maryland Chamber (CMC) hosted its annual Holiday Mixer & Silent Auction at The Great Room at Savage Mill. Guests enjoyed an evening of cheer while reconnecting with business acquaintances and making new contacts in the spirit of the holidays. This annual holiday social provides an opportunity to engage and reinvigorate new business partnerships, while gearing up for a new year of growth and prosperity in the region. CMC also partnered with the Central Maryland Chamber Educational Foundation to hold the silent auction, raising funds for college scholarships that are awarded to seniors in high schools throughout Anne Arundel, Howard, Montgomery, and Prince George's counties.

Photography by Pam Long Photography, courtesy Central Maryland Chamber.

1. Edward Coogan, Business & Personal Insurance Services; Lynn Nichols, Realtor with Keller Williams of Flagship of Maryland; Linda Penkala, Optimum Health for Life Wellness Center 2. Jerome Johnson, Real Projectives, LLC. 3. Susan Wessels, Tower Federal Credit Union. 4. The auction table. 5. Eric Harris of Marathon Financial shakes hands with Rev. Lana Tull, mother of CMC Member; also pictured, Shay Cook of Crusaders for Change, LLC. 6. Kristi Simon, Central Maryland Chamber President & CEO; and Meghan Belcher, M&T Bank.





Esther E. McCreedy



Shirley Nathan-Pulliam

↑ Nursing Legends Honored

The University of Maryland School of Nursing (UMSON) celebrated “Seeds of Change,” honoring the legacies of alumnae Esther E. McCreedy and former Maryland state Sen. Shirley Nathan-Pulliam by unveiling their names on the façade of the School of Nursing building, joining seven others. The event also commemorated the opening of the School’s expanded footprint, providing new spaces of learning, working, and reflecting. McCreedy, DPS (Hon.) ’15, DIN ’53, a Maryland Civil Rights pioneer, retired nurse, and educator, became the first African American student admitted (prior to Brown v. Board of Education) to the School of Nursing. Nathan-Pulliam, DHL (Hon.), MAS, BSN ’80, RN, FAAN, who served in the Maryland House of Delegates beginning in 1994, was elected to her first term as senator, representing Legislative District 44, in 2015. She is the first Caribbean-born person and the first African-Caribbean registered nurse elected to the Maryland General Assembly. To learn more about UMSON, visit nursing.umaryland.edu.



DERMATOLOGY PRACTICE ADDS TO TEAM

Current Dermatology and Cosmetic Center in Annapolis recently, and excitedly, announced the addition of Dr. Megan Casady Flahive to the practice. Dr. Casady Flahive is a board-certified dermatologist with expertise in medical and procedural dermatology. She earned her medical degree at the University of Maryland and went on to complete her dermatology residency at Duke University, where she served as Chief Resident during her final year. Prior to joining Current Dermatology, she was an Assistant Professor of Dermatology at Johns Hopkins University. Learn more about the practice at currentderm.com.



MEET CROFTON CHAMBER'S NEW EXECUTIVE DIRECTOR

This past September, the Greater Crofton Chamber of Commerce announced the appointment of Clifton Harcum to the Executive Director post. Clifton is a Maryland native and has over 15 years of combined professional experience in higher education, and community relations. He has served as a board member for several community organizations including the Saranac Lake Chamber of Commerce, Big Brothers and Big Sisters of the Eastern Shore, and the Somerset County Local Management Board. Learn more at croftonchamber.com.

New Swim School Opens

Goldfish Swim School cut the ribbon on the company’s fifth Maryland location last fall. The new Waugh Chapel learn-to-swim facility offers lessons for kids ages four months to 12 years. Learn more at goldfishswimschool.com.



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

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Photography by Steve Buchanan

TOWNE ATHLETE

Parker Thomas

Archbishop Spalding High School
Baseball

By Tom Worgo

Archbishop Spalding baseball coach Joe Palumbo only needed to see one inning of pitching from then-freshman Parker Thomas against DeMatha Catholic in March of 2020. That’s all it took for Palumbo to realize Thomas had unbelievable potential. The righthander had such outstanding control for a young pitcher as well as an effective three-pitch mix.

“

HE HAS REALLY GOOD COMMAND OF THREE PITCHES, AND WHAT SEPARATES HIM FROM OTHER HIGH SCHOOL PITCHERS IS THAT ALL THREE ARE AT A HIGH LEVEL. YOU REALLY DON’T FIND ALL OF THAT AT THE HIGH SCHOOL LEVEL TOO OFTEN.”

“I thought we had a pretty special pitcher,” Palumbo recalls. “Here, he was pitching as a 14-year-old against 17- and 18-year-olds. I know he had a real good shot to play high-level college baseball.”

Indeed. Thomas, now a senior, became a coveted prospect through Palumbo reaching out to coaches and him getting noticed by competing for the mid-Atlantic Red Sox, a showcase team that plays in tournaments up and down the East Coast.

North Carolina, Maryland, Clemson, East Carolina, Florida Atlantic, Virginia, West Virginia, and Duke aggressively recruited him.

The 6-foot-2, 205-pound Thomas ended up verbally committing to East Carolina, which was ranked No. 12 in the country coming into this season. He felt East Carolina could get the most out of his ability and give him a legitimate shot at professional baseball. He signed a National Letter of Intent in November of 2022.

“I talked to a lot of schools, but the East Carolina coaching staff sold me on their development

process,” Thomas says. “They have a national-level program, and they really know how to develop guys. It’s incredible.”

East Carolina Associate Baseball Coach Jeffrey Palumbo, Joe’s brother, loves Thomas’ potential as a pitcher, but Parker will also have the chance to see time in the infield. Thomas has played all the infield positions at Spalding except catcher.

“That is super rare,” Jeffrey says of someone being a utility player and pitcher at the college level. “If you look around the country, that is unique, especially at the highest levels, and Parker can do it at our program.”

Thomas has everything the East Carolina coaching staff is looking for in a pitcher.

“Everybody wants *the* pitcher who has three great pitches like Parker, who has a fastball, change-up, and breaking ball and also the velocity,” Jeffrey says. “And Parker has the command. When I watched him pitch, what I loved is his bulldog mentality on the mound. He is the complete package. We are super excited about him.”

One of the most impressive things about the 17-year-old Thomas is the velocity of his fastball. He reached 92 miles per hour twice last year on a radar gun. "I expect to climb a little higher this season," Thomas explains. "By throwing harder it makes you more dominate."

Expectations are, naturally, higher than ever for Thomas' senior season this spring.

The Player Baseball Report ranked him as the No. 3 prospect in the state for the class of 2023. Thomas would probably be happy to duplicate his success this season of 2022. He went a perfect 8-0, striking out 60 batters in 38 innings and posting a 0.36 ERA while yielding only 22 hits. Those great numbers earned him Baltimore Sun First-Team All-Metro honors.

Thomas also hit .362 with two home runs, 15 RBIs, 18 runs scored, walks, and a .548 on-base percentage.

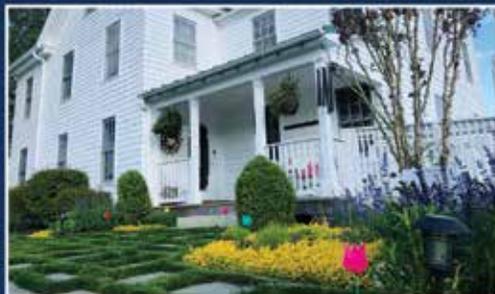
Those statistics come after a 2021 season in which he posted a 5-1 record with 58 strikeouts in 43 innings and a 0.96 ERA.

"He has really good command of three pitches, and what separates him from other high school pitchers is that all three are at a high level," Joe Palumbo says. "You really don't find all of that at the high school level too often."

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

How do we define success at Wellness House of Annapolis?

Ralph Waldo Emerson said it best:
"To know even one life has breathed easier because you have lived, this is to have succeeded."

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For more information, please email admin@annapoliswellnesshouse.org or call 410-990-0941.

NOMINATIONS OPEN NOW!

2023 TOP DOCS

WHAT'S UP? MEDIA

The 2023 What's Up? Top Docs survey is here! A peer-survey project celebrating exemplary medical professionals in the Greater Chesapeake Bay Region. Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. One survey per doctor may be completed. Voting will close at the end of April (4/30). Results will be published in our October issues.






TO NOMINATE A DOCTOR SCAN QR CODE WITH YOUR PHONE CAMERA OR VISIT THE WEBSITE BELOW.

[WHATSUPMAG.COM/TOPDOCS2023](https://whatsupmag.com/topdocs2023)

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THE LOOK FOR

*BREAKING DOWN
THIS YEAR'S
MOST-DESIRED
INTERIOR TRENDS*

BY LISA J. GOTTO

2023



Much like the fashion industry, every year you can expect to see an array of home-based concepts and ideas presented by interior insiders that define what the best-dressed homes will look like this year. Even if you are happy with your home's current design and look, these detailed and colorful presentations can provide a source of inspiration and an overall view of how the home zeitgeist is changing over time.

We're breaking down home interiors into 5 key areas: Furnishings, Color, Materials, Texture & Pattern, and Accessories for a larger look at the trends. Central themes that carry across all five key areas are a prevailing sense of the natural world and the increasing importance of sustainability.



FURNISHINGS

WATCH WORD

MULTI-PURPOSE



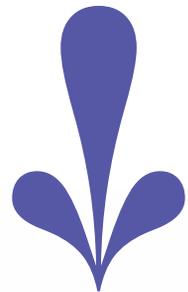
As predicted, many of the necessities created from pandemic-era living are carrying over into our present living scenarios and experts agree that its resulting trends such as modular and multipurpose furnishings are proving useful over the long-term. More specifically, we will see the influence of soft, curvy, even tube-like organic shapes applied to items such as couches, chairs, and anything that supports a reclining or relaxing mode. The practice of rounding corners and smoothing lines provides optimal functionality and conveys a simplification and ease in design that hopefully mimics life.

Seminal design expos such as High Point Market still had plenty of mid-century modern inspiration being seen in furnishings. But some experts are just beginning to feel a fatigue associated with the look, which they backed up with the appearance of some “sexier” mid-century modern pieces from Brazilian designers on the showroom floors.

These looks are marked by extremely low-profile silhouettes, dark woods with red undertones, elements of hand-crafted details, and next-level, rich, sumptuous leathers.

1

Other new looks include updated iterations of tailored furniture designs including columns and arches. These pieces are fresh-looking and are intended on being new approaches to classic design rather than re-introduced reproductions of antique furnishings.



2

PHOTO CREDITS: **1.** Mello swivel chairs by eichholtz **2.** Accent Table by Baker Furniture **3.** Sofa by Travolini Briccola **4.** Millie Accent Chair Courtesy of Grandinroad.com **5.** Ottoman by Leathercraft **6.** Traditional Look by Woodbridge Furniture



The Italian design house Gorini was well represented at High Point and did much to combine the aspects of warm wood, multifunctional design, and curved lines with their amazing sectional lifestyle sofa from the *Tavolini Briccola Collection*.



Sumptuous leather and splashes of leather detailing combine in this multi-purpose ottoman by Leathercraft.



HOW TO USE IT IN YOUR SPACE

For some consumers (there's still plenty of traditionalists out there), the tube-like pieces can't just be plunked down and expected to blend in, but there are a few exceptions when it comes to the curvy furnishings. We do see some of this influence from the mainstream marketplace such as Grandin-road with their *Millie* accent chair that offers a subtle take on the curve that can work in more traditional design scenarios.



The good news for traditionalists and antique lovers is that these genres of furnishings were very well represented on the floors of High Point, as well.

COLOR

WATCH WORD

WARMTH

All the major paint manufacturers annually announce their “Color of the Year” and then create a sub palette of hues that complement that color. Pantone, the color industry expert, does this as well. Rarely, do these color profiles mirror images of each other, but there is some overlap. Pantone announced a splashy, fun color, *Viva Magenta, 18-1750*, as this year’s must-use hue. While Sherwin-Williams is all-in with *Redend Point, SW 908*, a much dustier, earthier version of red, trending toward the pinkish, mauve side.



PHOTO CREDITS: **1.** Redend Point color by Sherwin Williams **2.** Redent Point, SW908 by Sherwin Williams **3.** Deep blue bath by Tempaper and Co **4.** Deep green kitchen by Tempaper and Co **5.** Black veins wallpaper by Tempaper **6.** Black wallpaper by Tempaper **7.** Pillows by Pantone x Spoonflower



Making the scene on the color wheel at High Point Market for spring 2023, were shades of black, blue, and green. Retreating from seasons of minimalist whites and grays, experts are definitely seeing a push toward more color, overall. Natural greens remain extremely popular with warm, mossy greens, pistachio hues, and blue-greens taking center stage.



6

HOW TO USE IT IN YOUR SPACE

While the bold may use an intense color like Viva Magenta on an accent wall, it can also play a special role used more subtly in fabrics and wall coverings. Spoonflower's collab with Pantone this year brings this concept to life by using Viva Magenta as the basis for a pattern, such as on this pillow cover, or even just a splash or pop to a whimsical wall covering.



In softer furnishings, the colors are especially warm with shades of the spice rack evoking rustic tones of cumin, rich reds, burgundy, and mustardy golds.



WATCHWORDS

WATCH WORD

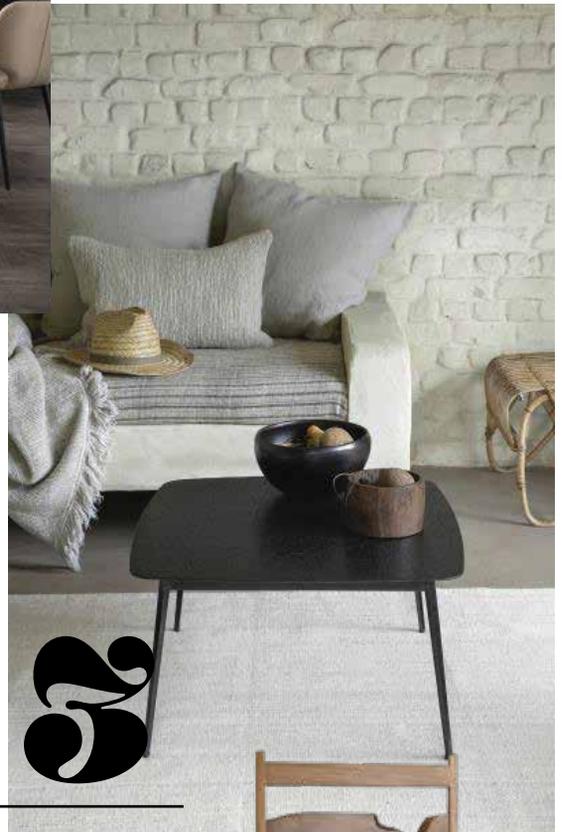
SUSTAIN-
ABILITY



DARK WOODS



Bespoke, *Horo* design lighting treatment made by Masiero, a company known for its sustainable manufacturing practices.



What experts are seeing when it comes to materials, focuses on how they are created and then how they are used with more of an emphasis on old-school practices such as handcrafting, opting not to use synthetic dyes or chemicals, and sourcing materials locally whenever possible. Material manufacturers are also being more mindful of their footprint, not just by using recyclable materials but surpassing that standard by incorporating circular production processes and upcycling their waste materials.

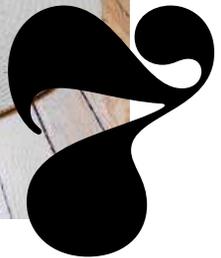
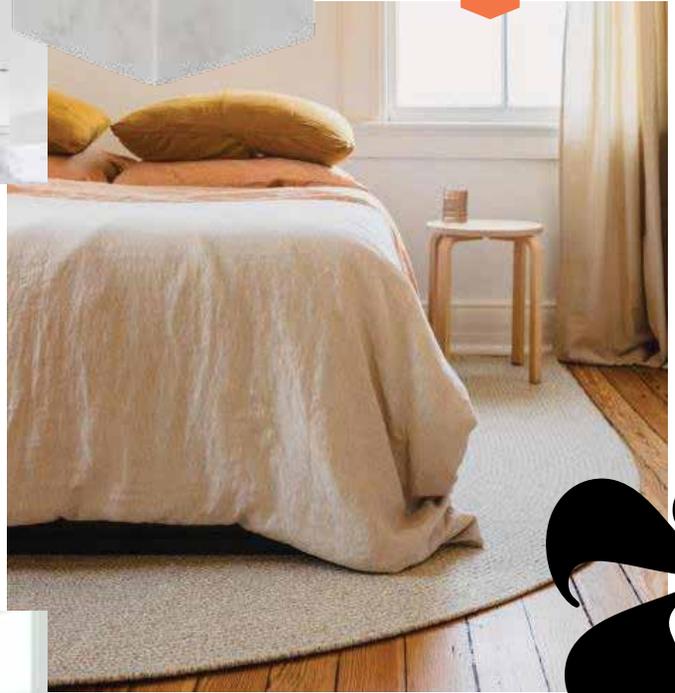


5



6

No toxic dyes or chemicals in this bedroom area rug by CICIL.



STONE

Few materials are more sustainable than stone, and over the last few years natural stone has played a larger role in the homes of discerning consumers, most prominently with the use of cool-toned Carrara marble. This year, style spotters found marble and travertine variations with bold veins of cream, black, and even some brighter colors on display in High Point showrooms.

8



HOW TO USE IT IN YOUR SPACE

Even brighter, lighter interior schemes can benefit from that punch of rich, dark wood; here counterbalanced with supple upholstery and brilliant blue furnishings and accents.

PHOTO CREDITS: 1. Horo design lighting by Masiero 2. Side tables by Verellen 3. Coffee table by Ethnicraft 4. Live edge chair by Noir 5. Pink stone by Calla Stone Boutique 6. Marble pedestal table by Noir 7. Rug by CICIL 8. Dining set by MAVIN.

& TEXTURE

PATTERN

WATCH WORD

NATURAL

1



Few things make home interiors look more pulled together than texture. Whether your space is large or small you will do well by making the conscious effort to balance the look by layering it accordingly. For instance, a sleek, living room of supple leather furnishings, and glass and chrome accents can always benefit from a fun, faux fur accent rug and a super soft, fluffy, and fiber-y throw on the couch.

ELEMENTS OF CANING



At Market this year, many showrooms were filled with built-in textures, such as panels of caning on furnishings, and even touches of caning or a woven-like accents on lighting fixtures.



MASCULINE SENSIBILITIES

Next-level performance fabrics that are created with less impact on the environment were popular, as were fabrics that featured channel-stitched or quilted detailing. Also seen, was a masculine aspect to fabric, with upholstery dressed in patterns of pinstriping, tweeds, and plaid.

HOW TO USE IT IN YOUR SPACE

The great thing about texture is, there are so many easy-to-apply treatments. It can be as subtle as a woven wall hanging on a textured wall.



PHOTO CREDITS: **1.** Towels by Native Spun **2.** Tweeds by Native Spun **3.** Textured accents by Calisto Home **4.** Accent chest by Heckman Furniture **5.** Plaid upholstered chairs by Gorini **6.** Furnishings and accents by Eccentrics Homes



ACCESSORIES

WATCH WORD

CAPITAL
F-U-N,
FUN!



With so many elements of the natural world still demanding prominence in interior design, it should be super easy and super fun to incorporate elements seen right in this year's exhibitors' showrooms into our local design schemes.



PHOTO CREDITS: **1.** Planter by D & W Silks **2.** Painting by Christina Sodano Art **3.** Pillows by dvkap.com **4.** Cabaret fringe chandelier by Regina Andrew **5.** Starfish lamp by Forty West Designs **6.** Onyx bowl by B.S. Trading Co. **7. & 8.** Vases by EurDeco



Splashy colors of the sea, wavy glass vessels, and accent pieces that pick up where the beach's natural beauty leaves off, are making this year's interior statements.



HOW TO USE IT IN YOUR SPACE



5



Rise and shine! Rise to the occasion and allow yourself to add at least one truly fun element that just makes your place shine.

6



8

Leading Home Professionals



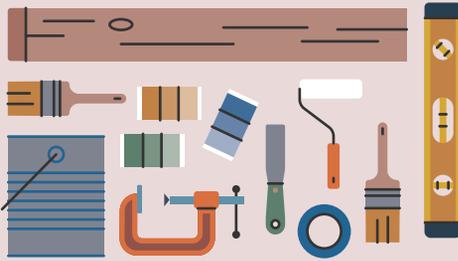
Absolute Design Studio

Be it a new home, addition, or remodeling project, Absolute Design Studio focuses on all design elements to help ensure each aesthetic compliments the other. From subtle to striking, our showroom of products offers near limitless possibilities. Need some inspiration? Traditional, contemporary, chic, layered, contrasting, multi-functional...Absolute Design Studio's 4000 square foot showroom located in Millersville is convenient to Severna Park, Annapolis, Crofton, Arnold, Pasadena, Edgewater, Bowie, Central Maryland and beyond. So whether updating a single space or an entire home, Absolute Design Studio is the destination for discerning homeowners and professional contractors who understand experience and a keen sense of design are what bring a vision to life. At Absolute Design Studio, owner Jessica Ford and team seamlessly blend aesthetics and budget to achieve results that garner adulation from all. Tile, cabinets, custom features and more are available to make your home the canvas for your life. Let's create a masterpiece.



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FAÇADE LIFT

HOME RESOURCE GUIDE

2023

If you've been hibernating indoors this winter, chances are you eyeballed more than a few details throughout your home that need fixing, freshening up, or a complete overhaul altogether. Spring is here and now is the time to source home services and schedule your projects. Our Home Resource Guide offers a comprehensive list of the region's most dependable, knowledgeable, and reputable professionals and realtors. The services listed are provided by advertisers appearing in recent What's Up? Media publications. They are dedicated to serving our readership. Please consider their expertise for your home projects and needs.

Architecture | Design

Adrian Development
– 121 East Bay View Drive, Annapolis, MD 21403; 301-852-7748; adr-dev.com

Purple Cherry Architects – 1 Melvin Avenue, Annapolis, MD 21401; 410-990-1700; purplecherry.com

Art/Décor | Framing

Annapolis Arts Alliance/Gallery 57 West
– 57 West Street, Annapolis, MD 21401; 443-333-8906; annapolis-arts-alliance.com

Annapolis Marine Art Gallery – 110 Dock Street, Annapolis, MD 21401; 410-263-4100; annapolismarineart.com

Nancy Hammond Editions – 192 West Street, Annapolis, MD 21401; 410-295-6612; nancyhammond-editions.com

Trippe Gallery – 23 N. Harrison Street, Easton, MD 21601; 410-310-8727; the-rippagegallery.com

Troika Gallery – 9 S. Harrison Street, Easton, MD 21601; 410-770-9190; troikagallery.com

Whimsey Cove Framing & Fine Art Printing – 209 Chinquapin Round Road, Ste. 101, Annapolis, MD 21401; 410-956-7278; marylandframing.com

Audio | Video

Maddox AV – 301-377-2651; maddoxav.com

Closet | Organization

One Day Doors & Closets of Baltimore
– 980 Mercantile Drive, Ste. K, Hanover, MD 21076; 240-693-3700; onedaybaltimore.com

Fence | Deck Installation

Long Fence – Locations in Maryland, Virginia, and Pennsylvania; 1-800-917-5664; longfence.com

Flooring

National Carpet & Flooring – 2431 Crofton Lane, Crofton, MD 21114; 410-721-4747; nationalcarpetcrofton.com

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Liff, Walsh & Simmons/Eagle Title – Offices in Annapolis, Severna Park, and Towson; 410-266-3600; eagletitlellc.com

Matt Nader Group | First Home Mortgage
– 900 Bestgate Road, Ste. 310, Annapolis, MD 21401; 410-571-2020; firsthome.com/loan-officers/matt-nader

Watershed Title (A Cooch, Bowers & Schuller and Progressive Title Corporation) – 1460 Ritchie Highway, Arnold, MD 21012; 410-974-0670; progtitle.com

Home Construction | Materials

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

Friel Lumber Company – 100 Friel Place, Queenstown, MD 21658; 410-827-8811; friellumber.com

Gary Smith Builders – 410-827-7901; garysmithbuilders.com

Lundberg Builders, Inc. – 314 Main Street, Stevensville, MD 21666; 410-643-3334; lundbergbuilders.com

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

Nielsen Development Group – 2976 Solomons Island Rd, Edgewater, MD 21037; 833-634-6683; ndg.solutions

Paquin Design/Build – 500-A Saddler Road, Grasonville, MD 21638; 410-643-7811; paquindesignbuild.com

Home Efficiency

Chesapeake Crawl Space Solutions – 6408 Landing Neck Road, Easton, MD 21601; 844-992-7295; mycrawlspacesolutions.com

Total Home Performance – 8625 Brooks Drive, Easton, MD 21601; 410-469-1310; totalhomeperformance.com

Interior Design | Furnishings

Dwelling & Design – 13 Goldsborough Street, Easton, MD 21601; 410-822-2211; dwellinganddesign.com

Higgins & Spencer – 902 S. Talbot Street, St. Michaels, MD 21663; 410-745-5192; higginsandspencer.com

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

Kitchen | Bath | Stone | Tile

314 Design Studio/Lundberg Builders, Inc. – 314 Main Street, Stevensville, MD 21666; 410-643-4040; 314designstudio.com

84 Lumber/Kitchen & Bath Design Studio – 1690 Baltimore Annapolis Boulevard, Arnold, MD 21012; 410-757-4684; 84lumber.com

Absolute Design Studio – 740 Generals Highway, Millersville, MD 21108; 410-697-3396; absolutedesignstudio.net

Cabinet Discounters – 910-A Bestgate Road, Annapolis, MD 21401; 410-266-9195; cabinetdiscounters.com

Design Solutions, Inc. – 420 Chinquapin Round Road, Ste. 1-C, Annapolis, MD 21401; 410-757-6100; dsikitchens.com

Friel Kitchen & Bath Design – Locations in Chester and Easton; 410-827-8811; friel-lumber.com

Landscaping | Hardscaping

BJ & Son Property Management – Trappe, MD 21673; 410-463-1671; bjand-son.com

Ciminelli's Landscape Services – 18301 Central Avenue, Bowie, MD 20716; 410-741-9683; ciminellislandscape.com

Homestead Gardens – Locations in Davidsonville, Severna Park, and Smyrna; 410-798-5000 (Davidsonville Main); homesteadgardens.com

On the Green, Inc. – 777 Annapolis Road, Gambrills, MD 21054; 410-695-0444; onthegreeninc.com

Painting | Surface Services

Annapolis Painting Services – 2561 Housley Road, Annapolis, MD 21401; 410-974-6768; annapolispainting.com

Maryland Paint & Decorating – 209 Chinquapin Round Road, Annapolis, MD 21401; 410-280-2225; mdpaint.com

Regal Paint Centers – Locations in Annapolis, Crofton, and throughout Maryland; 410-266-5072 (Annapolis); regalpaintcenters.com

Plumbing | HVAC Services

W.L. Staton – 410-405-7129; wlstaton.com

Werrlein Services – 522 Defense Highway, Annapolis, MD 21401; 443-258-9740; werrleinservices.com

Pool & Spa Design | Service

Aqua Pools – 8801 Mistletoe Drive, Easton, MD 21601; 410-822-7000; aqua74.com

Real Estate

Academy Realty – 801 Compass Way, Ste. 3, Annapolis, MD 21401; 410-263-9105; academyrealty.com

Benson & Mangold – 410-822-6665; ben-sonandmangold.com

Berkshire Hathaway HomeServices Home-sale Realty (Janice Hariadi, Manager) – 91-93 Main Street, Ste. 200, Annapolis, MD 21401; 410-505-9700; homesale.com/annapolis

Betsie Russell | Coldwell Banker – 3 Church Circle, Annapolis, MD 21401; 443-818-8641; cbhomes.com

Brad Kappel | TTR Sotheby's International Realty – 209 Main Street, Annapolis, MD 21401; 410-280-5600; bradkappel.com

Christy Bishop | Berkshire Hathaway HomeServices PenFed Realty – 565 Benfield Road, Ste. 100, Severna Park, MD 21146; 443-994-3405; christybishop.penfedrealty.com

Coldwell Banker Annapolis Church Circle – 3 Church Circle, Annapolis, MD 21401; 410-263-8686; coldwellbankerhomes.com

Cornelia Heckenbach | Long & Foster Real Estate – 109 S. Talbot Street, St. Michaels, MD 21663; 410-310-1229; stmichaelsm-dwaterfront.com

David Orso | Berkshire Hathaway HomeServices PenFed Realty – 8 Evergreen Road, Severna Park, MD 21146; 443-372-7171; davidorso.com

DD McCracken Home Team | Coldwell Banker – 170 Jennifer Road, Ste. 102, Annapolis, MD 21401; 410-739-7571; dmccrackenhometeam.com

Diana L. Klein | Lawyers Realty – 2450 Riva Road, Annapolis, MD 21401; 443-569-4576; lawyersrealtymd.com

Diane & Crew of Taylor Properties – 175 Admiral Cochrane Drive, Ste. 112, Annapolis, MD 21401; 410-279-3868 or 800-913-4326; dianeandcrew.com

Erica Baker | TTR Sotheby's International Realty – 209 Main Street, Annapolis, MD 21401; 410-919-7019; ericabaker.ttrsir.com

Jennifer Chino | Stahley Thompson Homes of TTR Sotheby's International Realty – 209 Main Street, Annapolis, MD 21401; 410-941-7009; stahleythompsonhomes.com

Joanna Dalton | Coldwell Banker – 3 Church Circle, Annapolis, MD 21401; 410-263-8686; coldwellbankerhomes.com

Laura Carney | TTR Sotheby's International Realty – 17 Goldsborough Street, Easton, MD 21601; 410-310-3307; lauracarney.com

Liddy Campbell | TTR Sotheby's International Realty – 17 Goldsborough Street, Easton, MD 21601; 410-673-3344; sothebysrealty.com

Long & Foster Annapolis Fine Homes – 145 Main Street, Annapolis, MD 21401; 410-263-3400; longandfoster.com/annapolis-md-fine-homes-realty

Long & Foster Bowie Tri-County Crofton (Dominic Catalupo, Office Leadership) – 2191 Defense Highway, Crofton, MD 21114; 410-721-1500; longandfoster.com/crofton-md-realty

Lori Gough | Long & Foster Real Estate – 711 Bestgate Road, Annapolis, MD 21401; 410-320-0851; lorigough.com

Mary Beth Paganelli | Long & Foster Real Estate – 145 Main Street, Annapolis, MD 21401; 410-980-5812; paganelliproperties.com

Northrop Realty, A Long & Foster Company – 900 Bestgate Road, Ste. 100, Annapolis, MD 21401; 410-295-6579; northropteam.com

Reid Buckley's Mr. Waterfront Team of Long & Foster Real Estate – 320 Sixth Street, Annapolis, MD 21403; 410-266-6880; waterfronthomes.org

Scott Schuetter | Berkshire Hathaway HomeServices PenFed Realty – 1997 Annapolis Exchange Parkway, Ste. 101, Annapolis, MD 21401; 410-266-0600; scottschuetter.com

Select Land & Homes – 97 S. Queen Street, Chestertown, MD 21620; 410-810-3900; selectlandandhomes.com

The Christina Janosik Palmer Group | Kelly Williams Realty, Inc. – 231 Najoles Road, Ste. 100, Millersville, MD 21108; 410-729-7700; cjpgroup.kw.com

The Jess Young Real Estate Team | RE/MAX Executive – 8432 Veterans Highway, Millersville, MD 21108; 443-274-1938; jessyoungrealestate.com

The Shane Hall Group | Compass Real Estate – 1 Park Place, Ste. 12, Annapolis, MD 21401; 410-991-1382; shanehallre.com

The Tower Team | TTR Sotheby's International Realty – 209 Main Street, Annapolis, MD 21401; 410-693-8890; thetowerteam.com

Travis Gray | Engel & Volkers – 138 West Street, Annapolis, MD 21401; 443-292-6767; travisgray.evreales-tate.com

Tricia Wilson | Chaney Homes – 206 Old Love Point Road, Stevensville, MD 21666; 443-249-7653; chaneyhomes.com

Vaneska Adams | eXp Realty – 410-989-5220; vaneskaadams.exp Realty.com

Wendy Oliver | Coldwell Banker – 3 Church Circle, Annapolis, MD 21401; 443-336-5091; cbhomes.com

Retirement Plus-55 Communities

Acts Retirement-Life Communities – Locations in Chestertown and Easton; 267-656-6275; actsretirement.org

Baywoods of Annapolis – 7101 Bay Front Drive, Annapolis, MD 21403; 410-268-9222; baywoodsofannapolis.com

Element at Mill Creek by Christopher Companies – 74 Old Mill Bottom Road, Annapolis, MD 21409; 703-402-0300; elementatmillcreek.com

Erickson Senior Living | Charlestown, Oak Crest & Riderwood – Communities in Catonsville, Parkville, and Silver Spring; 1-800-917-8189; ericksonseniorliving.com

Londonderry on the Tred Avon – 700 Port Street, Ste. 148, Easton, MD 21601; 410-820-8732; londonderrytredavon.com

The Sheridan at Severna Park – 134 Ritchie Highway, Pasadena, MD 21122; 410-793-1940; seniorlifestyle.com

Roofing | Siding

Bowie Siding & Roofing – 13109 14th Street, Bowie, MD 20715; 301-262-7855; bowiesidingroofingandwindows.net

Fichtner Services – 1872 Betson Avenue, Odenton, MD 21113; 410-519-1900; fichtnerservices.com

S&K Roofing Siding Windows – 539 Enterprise Street, Eldersburg, MD 21784; 1-888-470-2919; skroofing.com

Water Treatment

Hague Quality Water of Maryland – 814 East College Parkway, Annapolis, MD 21409; 410-757-2992; haguewaterofmd.com



Tour Historic
Hancock's
Resolution

story by **DIANA LOVE** photography by **HARRY SMITH**

The House

Stephen, Jr. built the house around 1785, just after the Revolutionary War in which some of his family members served. Measuring 24 by 22 feet, it was constructed of large blocks of native ferruginous sandstone, locally referred to as “ironstone.” The roughly coursed exterior walls are dotted with galletting—small stone bits or pebbles pushed into the mortar joints. Architectural design experts and historians note that this construction method is structural as well as decorative, and that this example is one of just a few in the county. The use of galletting makes the home somewhat fancier than a typical board-and-batten or wood-sided house, and at the time caused it to stand out as well-made and worthy of a prominent farmer and community officer. At Hancock’s Resolution, galletting was used in the main house and the original milk house.

The house was constructed in what was referred to as “Dutch style” with a gambrel roof, which is typically symmetrical and two-sided, with two slopes on each side. The upper slope is positioned at a shallow angle, while the lower slope is steep. This design provides the advantages of a sloped roof (namely, snow and rain can roll off the roof) while maximizing headroom inside the building’s upper level. The roof made the best use of the 24-square-foot second story for Hancock’s family to use as sleeping quarters with standing room and space for storage.

How this circa-1700s property has survived the test of time to tell its story today



Stephen Hancock, Jr., was the youngest son of Stephen Hancock, Sr., and one of the third generation of Hancocks—immigrants who arrived in America as indentured servants. In 1775, he inherited 400 acres of land from his father on the shores of Bodkin Creek near Pasadena. The often-studied and best-researched property on Bodkin Creek, Stephen Hancock Jr.’s Long Meadows is historically and archaeologically important as a county treasure.

Today, just 26.5 acres remain of the original 409.5 acres that comprised Long Meadows, now known as Hancock’s Resolution. On that small parcel are a graveyard, kitchen garden, several recently constructed outbuildings, and the original home. An inventory of Stephen Jr.’s estate, mandated at his death in 1809, summarized his life’s work as a farmer, trader, militiaman, and colonial settler on the Bay.

Hancock’s material wealth is a historically significant reflection of his priorities as a middle-class farmer in the post-Revolutionary War years. The inventory document reflects how Hancock fed, clothed, and housed himself, his family, his workers, and his eight slaves. It tells what he grew and how he maintained his land. That the stone house was in “tolerable” good repair is particularly important because future generations of Hancocks occupied it until Harry Hancock’s death in 1962.





The front elevation of the house—the side of the house facing the large kitchen garden and waterfront—is characterized by a wide and long porch covered by a sloped shed roof. From the perch of two metal and wooden benches that currently frame either side of the front door, a visitor can sit on that porch on a humid summer day and easily imagine how time might pass for a colonial farmer.

The lower level, or first floor, of the house consists of one small but open room. Two doors with original hinges and locks lead to a breezeway and

kitchen beyond. Opposite the doors is a fireplace with a Federal period mantelpiece composed of a crosseted fireplace surround, frieze panel, and an elaborate molding, which supports the mantel shelf. Two raised panel doors are located to the right of the fireplace, while a beautiful hutch sits to the left. The first paneled door provides access to a closet with a trapdoor and ladder that led to the cellar below. The others open up to a staircase that leads to the second floor. The walls of the main living area are plaster over hand-split (riven) lath. Decorated with Federal period trim, the walls are characterized by hand-hewn baseboards, window and door surrounds, and chair rail.



A short hyphen built around 1900 extends from the north end of the home, connecting a 1½ story board-and-batten frame wing, covered with a gable roof, built around 1855. This wing housed the family kitchen. At the time the home was built, it was typical to construct a small, dirt floor kitchen or cooking area separate from the main house. Not only did this keep the heat and smell of cooking away from common living areas, but it also helped protect a family's treasures (furniture, clothing, art, books, beds, blankets, family heirlooms, weapons, and the like) from fire.

Past the kitchen, separate from the main house, is a small outbuilding, also built of ironstone with the same galleting technique as the house. This building initially functioned as a milk house, or dairy. It was later used as a small grocery from which the Hancocks traded dry goods and their own produce with other families and merchants along the Bay. Behind the store is a log corn house dated to the 1700s that was moved to the property in the 1960s.

The property inventory of 1809 lists several structures that no longer survive. What does survive is a gorgeous representation of a colonial kitchen garden. Historical records note that this garden, cultivated by generations of Hancocks, provides a rare opportunity to study continuous use of a large tract of occupied land.



Colonial-era farms typically included a dooryard garden near the house and a larger kitchen garden beyond. At Hancock's Resolution, the dooryard garden—what modern landscapers might think of as the front yard in this case—probably featured both practical and edible plants that could be readily accessed and easily protected while also providing an aesthetically attractive approach to the property from Bayside Beach Road. Now, as then, the dooryard garden is enclosed with a wooden fence that protects these plants from deer, rabbits, and other wildlife.

The kitchen garden occupies a gently sloping area southeast of the house facing Old House Cove. Here, vegetables and orchard fruits were raised for the family table and trade. The garden has been replanted and is seasonally maintained by volunteers who keep a close eye out for seedlings that might be the ancestors of plants originally grown here.

Beyond the main house, to the right of the property as visitors enter from Bayside Beach Road, lies a family graveyard. Generations of Hancocks rest here; archeologists have identified at least 175 head and foot stones. Many of the tombstone inscriptions have been worn away by time and weather. The earliest readable stone is that of Anne Hancock, third wife of Stephen. Simply marked A. H. 1809, it rests five headstones away from her husband. In between lie the graves of what are thought to be Stephen's first two wives and several children.



Descendants & Caretakers

When Stephen Hancock, Jr., died in 1809, just a few years short of the War of 1812, he left the property to his eldest son Francis. A farmer as was his father, and subsequent generations of Hancocks, Francis and his family survived by investing in the purchase of nearby farms, selling parcels of his own land, timbering from his acreage, fishing, and transporting agricultural goods to Baltimore via the family's market boat. In 1863, Henry and Matilda Hancock conveyed 196 acres to Benjamin Osborn, married to Francis' niece. Part of that conveyance is now the community of Bayside Beach.

John "Harry" Hancock and his sister Mary Adeline "Mamie" Hancock were the last of several generations to live in the home, never modernizing with electricity or plumbing. Harry Hancock was the last inhabitant, surviving his sister by eight years. Before his death in 1962, he sold off much of the last remaining acreage of the farm, but willed the stone house, remaining outbuildings, and 14 acres to "an appropriate and responsible historical society to be determined by his executors." In 1964, Historic Annapolis Foundation, Inc. (HAF) took formal title to the property.

Over the years, the property fell into neglect. The gardens were overgrown, the exterior covered in vegetation. Raccoons took up residence in the first-floor ceiling. But it was not forgotten. In 1975, Hancock's Resolution was registered with the Department of the Interior National Parks Service "National Register of Historic Places." And in 1989, Donna Ware, a prominent county historian, helped coordinate a 25-year lease of the property by the county that would help ensure it remained undeveloped.

Enter local Jim Morrison. When he retired in 1987, Morrison became determined to bring Hancock's Resolution back to its former state as an excellent example of a middle-class, working farm on the Chesapeake. It's taken him decades to do it.

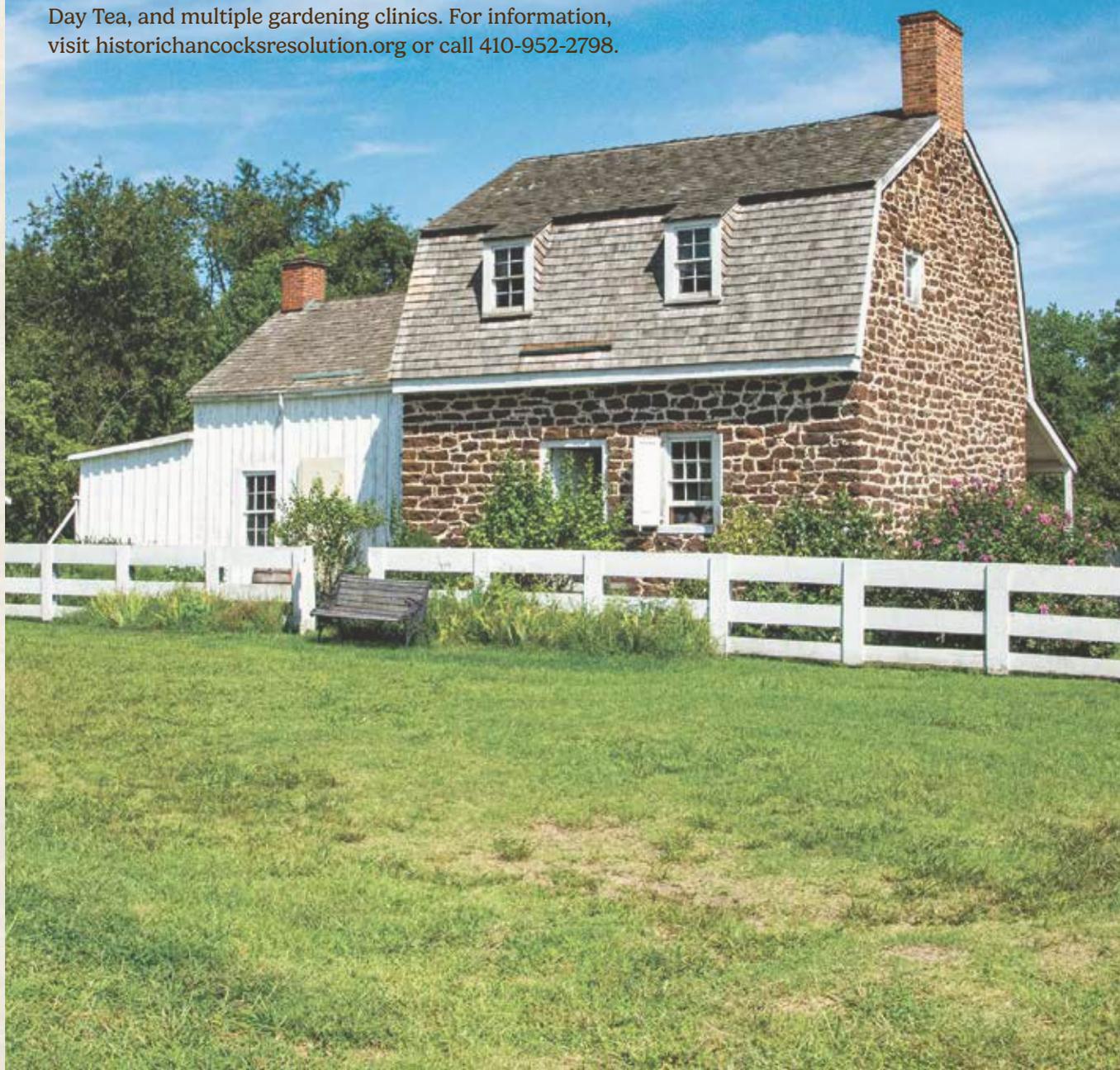
Under Morrison's leadership, The Friends of Hancock's Resolution (FOHR) was incorporated in 1997 with the intent to preserve, protect, and promote the unique historical heritage of Hancock's Resolution. About \$200,000 in grant money was secured to rehabilitate the home and grounds. The county added acreage, so the farm could claim waterfront land along Bodkin Creek once again. In 1999, the farm was open to the public for the first time in 30 years. In 2005, the county took ownership of the title held by Historic Annapolis Foundation. Hancock's Resolution is now owned by Anne Arundel County Parks and Recreation, managed by The Friends of Hancock's Resolution, and welcomes the visiting public.

If you love architecture that tells a generations- and centuries-long story, if you want to imagine how a colonist survived hot Chesapeake summers and cold winters without insulation, heat, mobile phones, or tablets, or if you just want to sit on a shaded porch, listening to birds, smelling the lavender and lilacs, then a visit to Hancock's Resolution is well worth the effort.



Visit Hancock's Resolution

Hancock's Resolution is located at 2795 Bayside Beach Road, Pasadena. Except for Easter Sunday, the park is open Sundays, 1 to 4 p.m., April through October. It will offer extended hours for some special events. Admission is free for most events. The farm hosts multiple special events during the season; many are not to be missed like replicas of Smith's landing, a Spring Farm Festival, Musket demonstrations, War of 1812 remembrances, a Mother's Day Tea, and multiple gardening clinics. For information, visit historichancocksresolution.org or call 410-952-2798.





Class of
2023

Meet this year's class of dynamic, young lawyers nominated by their firm because they demonstrate diligence, passion, and professionalism in their respective area of legal practice. Each lawyer is about 40 years old or younger. Their zenith awaits them. Read on to meet the Up & Coming Lawyers Class of 2023.

**Lawyers are listed
 alphabetically by last name.**



Kaya Abukassis

STEVENS PALMER, LLC
 114 W. Water Street, Centreville;
 410-758-4600; spp-law.com

Education: University of Baltimore **Legal Specialty(s):** Family Law, Mediation, Criminal Law

The firm said: "Ms. Abukassis is a new attorney in our office and has already shown great promise as an advocate and counselor. She is attentive, bright, and is a wonderful addition to the legal community on the Eastern Shore."



Corinne D. Adams

YVS LAW, LLC (F/K/A YUMKAS, VIDMAR, SWEENEY & MULRENIN, LLC)

185 Admiral Cochrane Drive, Ste. 130, Annapolis; 410-571-2780; yvslaw.com

Education: St. John's University School of Law **Legal**

Specialty(s): Insolvency, Bankruptcy **The firm said:** "Corinne is known internally as the 'Receivership Queen' for her intricate knowledge of the Maryland Commercial Receivership Act. I know of no other lawyer her age as well-practiced in this niche area. Corinne's leadership roles include IWIRC and Inn of Court board positions."



David Baines

LAW OFFICES EWING, DIETZ, FOUNTAIN & KALUDIS
 16 South Washington Street, Easton;
 410-822-1988; ewingdietz.com

Education: University of Baltimore School of Law **Legal**

Specialty(s): Civil, Personal Injury **The firm said:** "David is a litigator who shines in the courtroom and handles many of our highly contentious matters. His background in personal injury litigation is extremely beneficial to his clients and allows for him to navigate the most difficult of cases. His comfort and proficiency in the courtroom makes him a rising star."



Erin K. Benson

YVS LAW, LLC (F/K/A YUMKAS, VIDMAR, SWEENEY & MULRENIN, LLC)

185 Admiral Cochrane Drive, Ste. 130, Annapolis; 410-571-2780; yvslaw.com

Education: University of Baltimore School of Law **Legal**

Specialty(s): Environmental, Real Estate, Land Use **The firm said:** "Erin helps clients secure project permits and approvals, and with document drafting, due diligence analysis, and title review to facilitate successful transactions. Erin is passionate about the work she does at the firm and is a zealous and creative problem solver."



Magaly Bittner

JIMENO & GRAY
7310 Ritchie Highway,
Ste. 900, Glen Burnie;
443-249-8683; jimenogray.com

Education: U of Maryland Law School **Legal Specialty(s):** Family Law **The firm said:** "Up and coming lawyer with great potential. Empathetic and knowledgeable."



Meagan C. Borgerson

KAGAN STERN
MARINELLO & BEARD LLC
238 West Street, Annapolis;
410-216-7900; kaganstern.com

Education: University of Maryland Francis King Carey School of Law **Legal Specialty(s):** Civil Litigation, Business Law **The firm said:** "Meagan has established herself as a go-to attorney for complex business, employment, and other civil litigation, and has steadfastly demonstrated the ability to handle the firm's most complex matters. She epitomizes the type of reliable, competent, and successful attorney our clients need."



Sarah Brown

HILLMAN, BROWN & DARROW, P.A.
221 Duke of Gloucester Street,
Annapolis; 410-263-3131; hbdlaw.com

Education: American University Washington College of Law **Legal Specialty(s):** Family Law, Protective Order, Adoptions **The firm said:** "Sarah recently made partner at Hillman, Brown & Darrow, P.A. Sarah strongly advocates for her clients and develops a relationship with her clients to make them feel comfortable during a stressful process. She represents many clients going through complex divorces and custody disputes. Outside of her practice, she is the President of the Board of Managers for GiGi's Playhouse Annapolis and is active in the Annapolis community."



Beth Burgee

SINCLAIR PROSSER GASIOR
900 Bestgate Road, Ste. 103,
Annapolis; 410-573-4818;
spgasior.com

Education: University of Maryland **Legal Specialty(s):** Estate Administration, Probate **The firm said:** "Beth is committed to helping people preserve their estate and protect their legacy. Beth sees the attorney-client relationship as an important cornerstone in her practice and strives to work together with her clients in order to sail as smoothly as possible through an otherwise difficult time."



Brian Burkett

COUNCIL BARADEL
125 West Street, 4th Floor, Annapolis'
410-268-6600; councilbaradel.com

Education: University of Maryland School of Law (J.D.); Purdue University (B.S.) **Legal Specialty(s):** Litigation, Real Estate **The firm said:** "Brian focuses his practice on general civil litigation, real property litigation, and commercial and business law. Brian advises clients throughout the litigation process, and regularly advises businesses and individuals on business organization, commercial transactions and real estate settlements. Brian has acquired high-level exposure to executive decision-making, mergers, and real-world business training."



Andrew Burnett

POTTER BURNETT LAW
16701 Melford Boulevard, Ste.
421, Bowie; 301-804-6784;
potterburnettlaw.com

Education: University Of Baltimore School of Law **Legal Specialty(s):** Medical Malpractice **The firm said:** "Andrew has built a thriving medical malpractice department at his firm. He zealously represents victims of abuse, neglect, and malpractice. He handles his cases with compassion, kindness, and skill. He has tried many cases and negotiated several million dollar plus settlements, in addition to countless six figure settlements."



Kelly Callahan

LIFF, WALSH & SIMMONS
181 Harry S. Truman Parkway, Ste. 200,
Annapolis; 410-266-9500; liffwalsh.com

Education: The University of Maryland Francis King Carey School of Law (J.D.); Syracuse University (B.A., Public Relations, Spanish) **Legal Specialty(s):** Business Law, Commercial Finance, Real Estate **The firm said:** "Kelly consistently applies creative problem solving, helping to overcome unforeseen challenges while finding solutions to unconventional problems. She is extremely reliable and advocates passionately for her clients. She has a tremendous depth of law knowledge making her a huge asset to the team."



Regan T. Caton

FRANKE BECKETT, LLC
131 West Street, Ste. 301, Annapolis;
410-263-4876; fredfranke.com

Education: University of Maryland School of Law **Legal Specialty(s):** Estates and Trusts **The firm said:** "Regan focuses exclusively on the law of estates and trusts. Within that practice, she meets with clients and prepares estate planning documents tailored to the clients' specific needs. She also has assisted in contested fiduciary litigation cases and in the administration of decedents' estates. Regan brings this broad experience to every client engagement."



Patrice Clarke

**ILIFF, MEREDITH,
WILDBERGER &
BRENNAN, P.C.**

8055 Ritchie Highway, Ste. 201,
Pasadena; 410-685-1166;
ilimer.com

Education: University of Baltimore **Legal Specialty(s):** Medical Malpractice **The firm said:** "Patrice is a very talented lawyer, and her skills encompass many areas of practice. Patrice is a fine trial lawyer, and she is also proficient as a researcher and writer. Patrice is a passionate and zealous advocate for her clients, and she has helped many people through her practice of law."



Hannah M. Coffin

FRANKE BECKETT, LLC
131 West Street, Ste. 301, Annapolis;
410-263-4876; fredfranke.com

Education: University of Maryland School of Law **Legal Specialty(s):** Estates and Trusts **The firm said:** "At the firm, Hannah focuses on the law of estates and trusts. By handling every aspect within the practice area, Hannah has a broad perspective of the law of estates and trusts. This broad range of experience within a concentrated law practice creates a synergy that strengthens Hannah's handling of each client matter."



Brent Conrad

**MCALLISTER, DETAR,
SHOWALTER & WALKER LLC**
706 Giddings Avenue, Ste. 305,
Annapolis; 410-934-3900;
mdswlaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Employment, Business, and Commercial Law **The firm said:** "A dedicated and driven attorney, Brent goes above and beyond to provide his clients with exceptional legal service. Brent's remarkable legal knowledge and work ethic have made him an accomplished member of the MDSW Annapolis team."



Kayla Coursey

**BRADEN, THOMPSON,
POLTRACK, MUNDY &
MCQUEENEY, LLP**
102 St. Claire Place, Ste. 2,
Stevensville; 410-643-4110;
bt-lawyer.com

Education: University of Baltimore School of Law **Legal Specialty(s):** General Law **The firm said:** "Kayla's practice focuses primarily on domestic matters, business matters, and estate planning and administration. Kayla also enjoys assisting her clients in the areas of real estate, civil litigation, and minor and serious traffic violations."



Laura Curry

SINCLAIR PROSSER GASIOR
900 Bestgate Road, Ste. 103, Annapolis;
410-573-4818; spgasior.com

Education: College of the Holy Cross **Legal Specialty(s):** Estate Planning, Elder Law **The firm said:** "Laura devotes her practice to meeting with clients to create or update their estate planning documents throughout the transitions of life. She also provides caring support to family members when a loved one is experiencing incapacity issues or crisis planning for Medicaid in the event of a long term care stay. Laura is dedicated to educating the public on the estate planning choices they can make to provide both financial and emotional security for their families."



Katie D'Entremont

**HILLMAN, BROWN &
DARROW, P.A.**
221 Duke of Gloucester Street,
Annapolis; 410-263-3131; hbdlaw.com

Education: American University Washington College of Law **Legal Specialty(s):** Domestic Violence **The firm said:** "Katie's practice has focused on representing individuals that cannot always advocate for themselves. At the beginning of her career, Katie focused her work on the nuanced area of Domestic Violence Law where she represented and advised hundreds of victims of intimate partner violence at the House of Ruth Maryland. She recently joined Hillman Brown and Darrow, PA and expects to broaden her practice."



Patrick W. Daley

**KAGAN STERN MARINELLO &
BEARD LLC**
238 West Street, Annapolis;
410-216-7900; kaganstern.com

Education: Regent University School of Law **Legal Specialty(s):** Civil Litigation, Business Law **The firm said:** "In the seven years since joining Kagan Stern, Patrick has rapidly advanced into the type of litigator the firm's clients expect. Focusing on complex business and commercial litigation, Patrick is particularly experienced in construction, property, and fiduciary disputes and has earned and firmly established a reputation as an exceptionally competent, trustworthy, and successful advocate."



Gary Damico

EVANS LAW
113 Cathedral Street, Annapolis;
410-431-2599; msevanslaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Real Estate **The firm said:** "Gary has quickly ascended to become a partner and has helped to develop and grow our real estate transactions department, which he now leads. He routinely handles multi-million dollar transactions for both buyers and sellers of real estate. Gary also has been responsible for upgrading and modernizing all of the law firm systems, and is currently focusing on marketing and growing the practice."



Patrick Gardiner

HENDERSON LAW, LLC
2127 Espey Court, Ste. 204,
Crofton; 410-721-1979;
hendersonlawllc.com

Education: University of Maryland School of Law
Legal Specialty(s): Legal Malpractice, Personal Injury
The firm said: "Mr. Gardiner has received the honor and distinction of being named a Rising Star by *Super Lawyers* for years 2020 and 2021. Having personally known Mr. Gardiner his entire career as an attorney, I have found him to have incredible integrity, intellect, and work ethic."



Robert Greenberg

GREENBERG LEGAL GROUP LLC
1910 Towne Centre Boulevard, Ste. 250, Annapolis; 410-673-4888;
greenberglegallgroup.com

Education: University of Maryland School of Law
Legal Specialty(s): Family Law
The firm said: "Robert provides exceptional service to his clients in a wide range of family law matters. He practices in courts across the State and has developed a reputation as a balanced yet aggressive litigator who tailors his approach to each case based on each client's individual needs."



Brittney Grizzanti

BAGLEY & RHODY, P.C.
1788 Forest Drive, Annapolis;
410-573-1626; bagleyrhody.com

Education: University of Baltimore School of Law
Legal Specialty(s): Estate Planning
The firm said: "Brittany is the head of estate planning for Bagley & Rhody, P.C., responsible for developing and implementing customized strategies to meet the needs of our individual estate planning clients, including the preparation of estate planning documents, estate and gift tax planning, disability planning and charitable planning."



Andre Habib

LIFF, WALSH & SIMMONS
181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500;
liffwalsh.com

Education: Widener University Delaware School of Law (J.D.); University of North Carolina Wilmington
Legal Specialty(s): Business Law, Civil Litigation, Commercial Finance, Real Estate
The firm said: "A team player with a tremendous work ethic, Andre applies creative thinking skills to find new ways to resolve complex problems. He is diligent in all of his work, resulting in excellent attention to detail."



Sean Hatley

BOWMAN JARASHOW LAW LLC
162 West Street, Annapolis;
410-267-9545; bowmanjarashow.com

Education: St. Mary's College of Maryland; University of Baltimore School of Law
Legal Specialty(s): Business Transactions, Litigation
The firm said: "Sean has quickly risen the ranks in the Maryland legal community, developing a sophisticated transactional and litigation practice. Business leaders and fellow professionals trust him to deliver practical, actionable advice on various issues. As a result, he has developed a 'general counsel' relationship with his clients and assists in navigating the day-to-day complexities of running and growing their businesses."



Justin Hoyt

STEVENS PALMER, LLC
3114 W. Water Street, Centreville;
410-758-4600; spp-law.com

Education: American University Washington College of Law
Legal Specialty(s): Family Law, Civil Litigation, Criminal Defense
The firm said: "Mr. Hoyt is detail-oriented and committed to being a zealous advocate for his clients, no matter the legal issue. His experience as a prosecutor has prepared him to be a well-rounded attorney in and out of court and he is able to provide decisive, assertive, and compassionate representation."



David Jaklitsch

JAKLITSCH LAW GROUP
14350 Old Marlboro Pike, Upper Marlboro; 866-586-6079;
jaklitschlawgroup.com

Education: University of Maryland Francis King Carey School of Law
Legal Specialty(s): Personal Injury
The firm said: "In less than one year with the Jaklitsch Law Group, David has already generated multiple six and seven figure cases, appears in trial on at least a weekly basis, but has yet to lose a trial. He provides impeccable client service, is a skilled writer, and is loved by his clients and support staff."



Tony Kupersmith

MCALLISTER, DETAR, SHOWALTER & WALKER LLC
706 Giddings Avenue, Ste. 305, Annapolis; 410-934-3900;
mdswlaw.com

Education: William & Mary Law School
Legal Specialty(s): Real Estate, Land Use, Zoning Law
The firm said: "Tony's multi-faceted practice produces consistently positive outcomes for his clients. While Tony's practice primarily focuses on real estate, land use, and zoning law, as a former County Attorney, Tony can leverage his broader government background to help clients with a range of issues."



Kelly Kyllis

MCNAMEE HOSEA, P.A.
888 Bestgate Road, Ste. 402,
Annapolis; 410-266-9909;
mhlawyers.com

Education: The Catholic University of America; Columbus School of Law **Legal Specialty(s):** Litigation, Personal Injury **The firm said:** "Dedicated, compassionate, and reasonable, Kelly's goal is to solve her clients' legal issues in the most effective, efficient, and positive manner possible. In addition to vigorously representing her clients in court, she is creative and responsive to her clients' needs and pursues all available opportunities for dispute resolution to ensure efficient and conscientious results."



Frank Lozupone

BOWMAN JARASHOW LAW LLC
162 West Street, Annapolis;
410-267-9545; bowmanjarashow.com

Education: St. Francis University; University of Baltimore School of Law **Legal Specialty(s):** Real Estate, Fiduciary Litigation **The firm said:** "Frank is a young and growing lawyer, rooting his practice in civil litigation and business matters in Anne Arundel County. Not all litigation and legal dilemmas are created equal, and Mr. Lozupone provides creative and effective solutions for his clients. His perseverance and work ethic combined with his legal skill set make him an effective and affable lawyer for all clients."



Genevieve Macfarlane

STEVENS PALMER, LLC
114 W. Water Street, Centreville;
410-758-4600; spp-law.com

Education: Washington College, BA; University of Maryland, JD **Legal Specialty(s):** Real Estate, Land Use **The firm said:** "Ms. Macfarlane is committed to excellence in her practice areas. She offers sophisticated representation to a variety of clients for all aspects of both commercial and residential transactions. Ms. Macfarlane also serves as the president of the Queen Anne's County Bar Association."



Brendan Madden

REINSTEIN GLACKIN & HERRIOTT, LLC
185 Admiral Cochrane Drive, Ste. 115, Annapolis; 301-850-7349;
rghlawyers.com

Education: University of Maryland, BA; University of Maryland, JD **Legal Specialty(s):** Family Law **The firm said:** "Brendan is truly a rising star in the firm, who has rapidly developed an expertise in our appellate practice that is unsurpassed. His writing skills are exemplary, as are his intellectual insights in complicated areas of legal practice and procedure. I recommend Brendan without reservation."



Nicholas Mastracci

THE LAW OFFICES OF STACEY B. RICE, LLC
79 Franklin Street, Annapolis;
410-709-8971; staceyrice.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Family Law **The firm said:** "Nick brings a unique perspective in child custody and access cases as a child of separation and divorce to help clients understand the importance of their children's best interests and needs. Nick strongly advocates for his clients and was selected as a *Super Lawyers* Rising Star for 2023."



Benjamin Meredith

ILIFF, MEREDITH, WILDBERGER & BRENNAN, P.C.
8055 Ritchie Highway, Ste. 201,
Pasadena; 410-685-1166; ilimer.com

Education: University of Baltimore **Legal Specialty(s):** Medical Malpractice **The firm said:** "Ben is a fine attorney. Ben is a skilled trial lawyer, and he also excels in motions practice. Ben is a steadfast and resolute advocate for his clients, and he has helped many people through his legal representation. Ben is active in the legal community through the Maryland State Bar Association, Anne Arundel Bar Association, and Maryland Association for Justice."



Alexander Pagnotta

SINCLAIR PROSSER GASIOR
900 Bestgate Road, Ste. 103,
Annapolis; 410-573-4818;
spgasior.com

Education: University of Maryland **Legal Specialty(s):** Estate Administration & Probate **The firm said:** "Alex focuses his practice on the areas of estate administration and probate. He understands that handling the estate of a deceased loved one is a sensitive and difficult subject matter and provides caring guidance throughout the process. His attention to detail during the complex process of estate administration ensures his success in exceeding client expectations."



Ryan Perna

STAPLES LAW GROUP
116 Cathedral Street, Ste. D,
Annapolis; 410-268-0703;
stapleslawgroup.com

Education: University of Baltimore Law School **Legal Specialty(s):** Personal Injury **The firm said:** "Ryan is an excellent litigator with a great courtroom presence and demonstrates topnotch legal skills. He also has superb client control and is quick on his feet. He has both Circuit and District Court experience. He became a partner at Staples Law Group in 2022."



Carla Poole

HILLMAN, BROWN & DARROW, P.A.

221 Duke of Gloucester Street, Annapolis; 410-263-3131; hbdlaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Domestic law **The firm said:** "Carla brings the perfect combination of tenacity and benevolence to handle tough cases and clients both in and out of the courtroom. She readily greets challenges and works best in high-stress situations, both characteristics largely being attributed to a combination of her prior career in law enforcement, being a mom of five children, and her volunteerism with local clubs and organizations in Anne Arundel County."



Samantha Posner

THE LAW OFFICES OF STACEY B. RICE, LLC

79 Franklin Street, Annapolis; 410-709-8971; staceyricelaw.com

Education: University of Baltimore School of Law; University of Maryland undergrad **Legal Specialty(s):** Family Law **The firm said:** "Though Samantha strives to promote peaceful and amicable resolutions for her clients, she is also a fierce trial attorney and has successfully litigated several complex multi-day trials. Samantha is a tenacious, zealous advocate for her clients."



Coryn Rosenstock

ALTMAN & ASSOCIATES, A DIVISION OF FROST LAW

11300 Rockville Pike, Ste. 708, Rockville; 301-468-3220; altmanassociates.net

Education: The George Washington University Law School **Legal Specialty(s):** Estate Planning **The firm said:** "Coryn loves estate planning and is a passionate advocate, especially when working with young couples starting their lives together. Her proficiency in estate planning has led to Coryn being asked to present at multiple events and webinars on a variety of estate planning topics. Her constant teaching reinforces her knowledge of estate law which, in turn, helps her with clients."



Ishar Singh

COUNCIL BARADEL

125 West Street, 4th Floor, Annapolis; 410-268-6600; councilbaradel.com

Education: University of Baltimore School of Law (J.D.); University of Maryland, Baltimore County (B.A.) **Legal Specialty(s):** Litigation **The firm said:** "Ishar's areas of practice include civil litigation, business/corporate litigation, insurance defense, and real estate litigation. Prior to joining private practice, Ishar represented individuals in criminal matters in Anne Arundel County as an Assistant Public Defender for two years."



Zoha Sohail

FROST LAW

839 Bestgate Road, Ste. 400, Annapolis; 410-291-1136; askfrost.com

Education: University of San Diego School of Law **Legal Specialty(s):** Tax Law **The firm said:** "Zoha is versatile and works across a vast range of tax controversy matters, including international compliance cases, federal and state examinations, innocent spouse relief claims. She also represents clients before the IRS and state in collection matters, penalty abatement claims, employment taxes, sales tax matters and trust fund recovery penalty cases. Clients praise Zoha for her professionalism, insight, compassion, and high level of confidence throughout the process."



Renee Sullivan

BAGLEY & RHODY, P.C.

1788 Forest Drive, Annapolis; 410-573-1626; bagleyrhody.com

Education: Tulane University School of Law **Legal Specialty(s):** Estate and Trust Administration **The firm said:** "Senior associate in the Estate and Trust Administration Department for Bagley & Rhody, P.C. advising fiduciaries and beneficiaries on all matters related to the administration of estates and trusts."



Lauren Torggler

HILLMAN, BROWN & DARROW, P.A.

221 Duke of Gloucester Street, Annapolis; 410-263-3131; hbdlaw.com

Education: Catholic University Columbus School of Law; University of Miami (undergrad) **Legal Specialty(s):** Family Law **The firm said:** "Lauren began working with us 15 years ago as a file clerk and worked her way up to attorney after law school. Along with her strong research and writing skills, she is the firm's primary discovery attorney and is an invaluable part of the firm. She also enjoys volunteering and has acted as a mentor for incoming first-year students at her former law school."



Paul Tracy

FROST LAW

839 Bestgate Road, Ste. 400, Annapolis; 410-291-1136; askfrost.com

Education: University of California, Davis, School of Law **Legal Specialty(s):** Tax, Business Law **The firm said:** "Paul is only a third-year lawyer, licensed in three states, California, the District of Columbia, and Maryland. He leverages his background as a combat pilot in the United States Air Force to lead positive outcomes on matters through all stages. Paul helps with an array of legal matters including litigation and tax-focused business and estate planning."



James Tuomey

MCNAMEE HOSEA, P.A.
888 Bestgate Road, Ste. 402,
Annapolis; 410-266-9909;
mhlawyers.com

Education: Brooklyn Law School
Legal Specialty(s): Litigation, Criminal Defense, Business
The firm said: "James Tuomey is a seasoned trial attorney with experience practicing as both a state and federal prosecutor, he understands how to build the strongest possible cases for his clients. Diligent, prepared, and unflappable, Mr. Tuomey brings sound counsel and representation to all the matters he handles, making sure to communicate with, and understand the specific needs of each client."



Lucas Van Deusen

**BOWMAN JARASHOW
LAW LLC**
162 West Street, Annapolis;
410-267-9545;
bowmanjarashow.com

Education: University of Maryland, College Park; University of Baltimore School of Law
Legal Specialty(s): Complex Civil Litigation
The firm said: "Lucas' aptitude and work ethic have immediately earned the trust and confidence of the firm's clients. Whether it be a complex legal issue that requires expeditious briefing or preparing for a multi-week jury trial, Lucas has steadfastly demonstrated that he is up for any challenge."



Nathan Volke

**THE LAW OFFICES OF
STACEY B. RICE, LLC**
79 Franklin Street, Annapolis;
410-709-8971; staceyricelaw.com

Education: University of Baltimore School of Law; UMBC
Legal Specialty(s): Family Law
The firm said: "Nathan has been successfully litigating complex family law matters for more than a decade. Whether leading cases through trial or negotiating settlement agreements, Nathan's clients appreciate that he is thorough, detail oriented, and a champion for their interests."



Alexander Ward

MCNAMEE HOSEA, P.A.
888 Bestgate Road, Ste. 402,
Annapolis; 410-266-9909;
mhlawyers.com

Education: University of Maryland School of Law
Legal Specialty(s): Commercial Real Estate Transactions, Business, Contracts
The firm said: "Analytical and hardworking, Alex effectively assists his clients in understanding the details of transactions that may otherwise be overlooked. He uses his knowledge, experience, and resources to help people navigate problems they may not understand. Alex brings knowledge and intuition to the firm and helps local business owners reach their goals."



Jon Watson

BAGLEY & RHODY, P.C.
1788 Forest Drive, Annapolis;
410-573-1626; bagleyrhody.com

Education: University of Maryland School of Law
Legal Specialty(s): Corporate Law
The firm said: "Jon heads the corporate department for Bagley & Rhody, P.C., handling all business matters including formation, operation, mergers and acquisition, and succession planning."



Josh Welborn

LIFF, WALSH & SIMMONS
181 Harry S. Truman Parkway, Ste. 200,
Annapolis; 410-266-9500; liffwalsh.com

Education: Florida Coastal School of Law (J.D.); University of Maryland Baltimore County (B.S., Biochemistry and Molecular Biology)
Legal Specialty(s): Business Law, Business Litigation, Employment Law
The firm said: "Josh focuses his legal practice on assisting clients in resolving their business disputes. Josh assesses each individual client's unique goals and situation and applies a practical outlook to each matter he handles. He consistently displays high-quality skills, including tenacious research, collaboration, and persuasive writing."



Shelby Whale

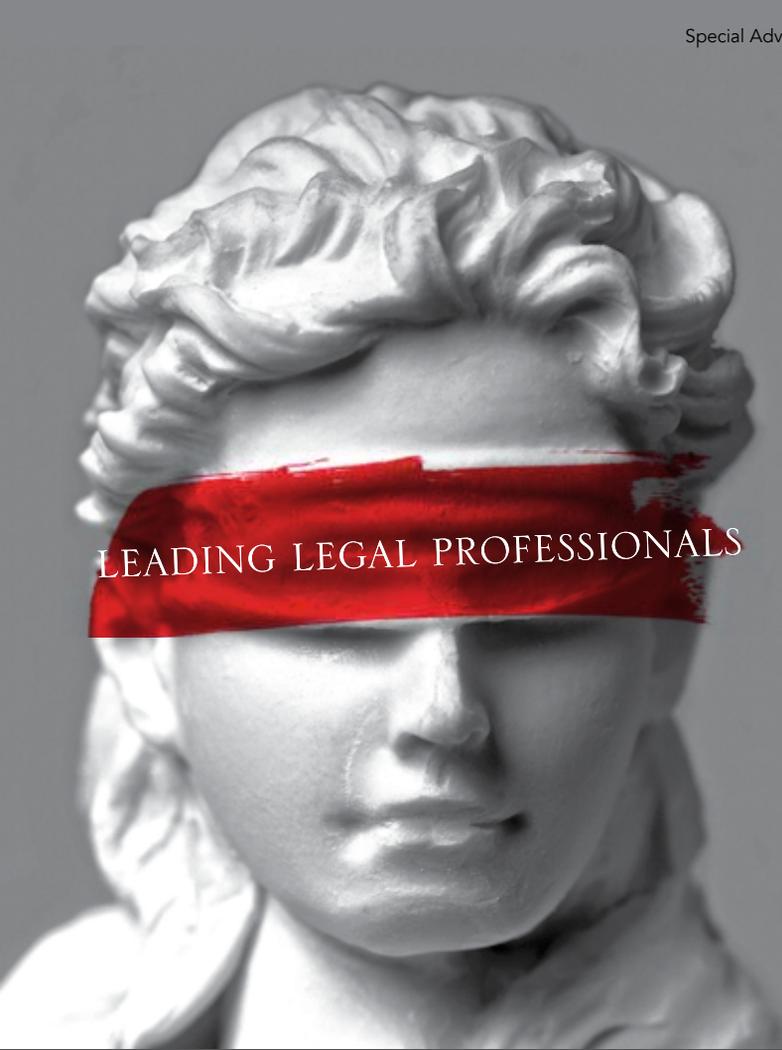
**REINSTEIN GLACKIN &
HERRIOTT, LLC**
185 Admiral Cochrane Drive, Ste. 115,
Annapolis; 301-850-7349;
rghlawyers.com

Education: University of Detroit Mercy, BA; Michigan State University, JD
Legal Specialty(s): Family Law
The firm said: "Shelby is an excellent young attorney who brings great skills, intelligence, and insight to our firm. In the three years that she has worked with us since graduating from law school, she has shown a willingness to work hard and advocate passionately for our clients, and she has become a crucial addition to our family law practice. I highly recommend her."



Class of

20
23


 LEADING LEGAL PROFESSIONALS


Q: What issues arise in planning for transferring a family legacy property or closely held business to the next generation?

A: Whether preserving legacy property, such as a farm or vacation home, or transferring

a family business, the governance provisions are of equal or greater importance than other considerations. Such planning is a mix of tax, legal, and family considerations. Although each situation is different, a primary concern is control and governance: how will the decision-making power be handled, and what rights will minority members have if they disagree? To do it right, a successful plan needs to establish a governance plan that balances the legitimate concerns of all stakeholders. Franke Beckett LLC brings both planning and litigation experience to the table in helping families implement effective succession planning.

Jack K. Beckett
Franke Beckett LLC



Q: I would like to give my residence to my children. What are the tax implications?

A: A lifetime gift of your residence may not be the best option if your residence has increased

in value since you purchased it. If you make a gift, the recipient takes your basis in the property and will have to pay taxes on the gain if they sell in the future. If, however, you own your residence at your death (or have a life estate in your residence), your estate will receive a set up in basis to the fair market value. Because of this, the tax liability associated with the increase in value during your lifetime disappears.

Deborah F. Howe
Franke Beckett LLC



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

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

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

Jeffrey P. Bowman
Bowman Jarashow Law LLC



FRANKE BECKETT LLC

An estates and trusts law firm

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

- Estate and Closely Held Business Planning. We prepare wills, various types of trusts, powers of attorney, health care directives, and other estate planning documents. The documents can be simple or complex depending on specific family concerns and/or on tax and asset protection considerations. Our firm represents clients with family businesses in entity selection, creation, and succession planning. In every representation, we discuss various ways of approaching our clients' goals, then tailor the documents to address their objectives.



- Estate and Trust Litigation. We handle a broad range of will, trust, and other fiduciary litigation. This litigation includes disputes on the meaning of estate planning documents, arguments involving estate or trust administration, challenges based on lack of capacity or undue influence, and breaches of fiduciary duty within trusts or closely held businesses.
- Estate and Trust Administration. We help clients with the process of winding up a decedent's financial affairs by implementing the individual's estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.

Our Firm Culture and Why It Is Important to Clients:

There are four defining attributes imbedded in the DNA of our firm: (1) We are an estates and trusts firm. The law of estates and trusts is largely a world unto itself with its own rules and practices. It requires a concentrated focus. (2) We keep a broad perspective while practicing in a defined practice niche. We “do it all” within that niche – estate and business planning, estate/trust administration, and fiduciary litigation. This means that each lawyer constantly sees issues from various perspectives which gives a unique

education courses on estates/trusts topics. These activities give back to the profession and deepen and extend the firm’s collective understanding of the law of estates and trusts.

We serve clients located various distances from our physical office in Annapolis: from the Eastern Shore, the Southern counties, and those counties surrounding Baltimore and Washington. The remote service options that we first developed in response to the pandemic continue to provide our more distant clients ease and convenience without sacrificing the quality of our services.

For more information about our firm and how we approach representing our clients, visit our website at www.frankebeckett.com.

“We consistently were surprised and delighted by the way your law office was thinking on our behalf and was coming up with solutions for problems we didn’t even think about.”



depth to the lawyer’s advice. (3) We work as a team. We do not just give lip-service to intra-firm collaboration, but we follow a business model to achieve it and make it a habit. Clients are clients of the whole firm – not just of one lawyer in the firm. (4) Our culture fosters a deep understanding of our practice focus. The practice of law, like medicine, engineering, and other professions, is a learned profession. Our lawyers regularly write and teach courses for lawyers and judges. These activities keep the firm at the forefront of legal developments.

The firm consists of four partners: Fred Franke, Jack Beckett, Deb Howe, and Jon Lasley; and three associates, Hannah Coffin, Regan Caton, and Sam Cuomo. Both Fred and Jon are Fellows of the American College of Trust and Estate Counsel, and both are past chairs of the Estate and Trust Section Council of the Maryland State Bar Association. All partners have written articles for law reviews or other legal publications and they routinely present continuing

FRANKE BECKETT
AN ESTATES AND TRUSTS LAW FIRM LLC

The Law of Estates and Trusts
Planning ▪ Administration ▪ Litigation
151 West Street, Suite 301 | Annapolis, MD 21401
410-263-4876 | www.frankebeckett.com



From left to right: Laura Curry, Jon Gasior, Ayana Johnson, Alexander Pagnotta and Beth Burgee.

SINCLAIR PROSSER GASIOR

Estate Planning and Elder Law Attorneys

SINCLAIR PROSSER GASIOR

900 Bestgate Road, Suite 103

Annapolis, MD 21401

410-573-4818

www.spgasior.com

Do you know what will happen to your family and your assets if you become incapacitated, or what will happen to your loved ones after you pass away? Many people do not like to think about illness, injury, or death. While it is understandable to put these topics out of your mind, you can put your family—and yourself—in a very bad situation if you do not plan ahead in case of illness and for the inevitability of your death. Waiting too long to make an estate plan can leave you and your loved ones in trouble if something unexpected happens. If you have not planned in advance and you need nursing home care or you get sick and cannot communicate your medical decisions, your family members could be put in a difficult position. You could face significant financial trouble and even receive unwanted medical care that you wouldn't have chosen. Rather than leave yourself and your family at the mercy of fate and hope nothing bad happens to you, it is best to be prepared in advance. Get the help you need today so everything is in place in case of an emergency. This is just as important for young people as it is for the elderly, especially if you have small children to provide for. Give us a call at 410-573-4818 or contact us online to learn more about the personalized assistance we can provide to you in Annapolis, Bowie, Millersville, Waldorf, and surrounding areas in Maryland. Sinclair Prosser Gasior attorneys Jon Gasior, Alexander Pagnotta, Laura Curry, Ayana Johnson and Beth Burgee will help ensure you have taken care of the essential estate planning issues so you can give yourself and your family the peace of mind of knowing everyone is protected.



Q: To prepare for the expense of long-term care, can't I just give away my assets and qualify for Medicaid benefits?

A: Some people mistakenly believe that they can simply give away some or all of their assets to their children or other relatives in order to qualify for Medicaid. While part of Medicaid planning may involve

giving away some of your assets, this has to be done with extreme caution and should only be done with the advice of an experienced elder law and estate planning attorney. If you give away your assets at the wrong time, or use the wrong method, you can face tough penalties.

Jon Gasior
Sinclair Prosser Gasior



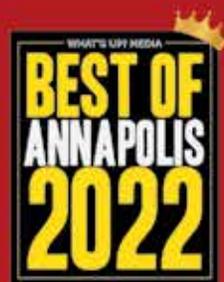
Q: What can a lawyer do for me if I'm injured in a car crash?

A: Your lawyer can do more than simply help you get the best monetary result possible. A great lawyer can assist with the property damage settlement on your car (or settling the total loss) and getting you into a rental car while you wait. The lawyer will interview witnesses while the accident is fresh, including the investigating police officer,

obtain the light sequence from the State Highway Administration (or black-box data in a commercial truck crash), look for physical evidence, such as skid marks or crash debris, run tag traces, and more. Your lawyer will also coordinate paying the doctors either through health insurance or Personal Injury Protection Coverage (PIP) and arrange treatment with a quality doctor if needed, all while ensuring no immediate out-of-pocket payment is required from you. Your lawyer will also maximize the available insurance coverage available to you by coordinating different insurance policies that you may not even know exist, will know the value of your case for settlement purposes, can advise you on litigation strategy, and help you obtain the maximum value for your case. Remember, you should only pay if a lawyer wins your case. So contact a lawyer immediately who handles nothing but car, truck or train crashes if that's how you were injured.

Rick Jaklitsch
The Jaklitsch Law Group | 1-(855)-Big-Dog1

The Big Dogs from the Small Firm



RICK JAKLITSCH

CHRISTINE MURPHY

DAVID JAKLITSCH

BOB FARLEY

Selecting a lawyer when you've been hurt in a car crash is crucial.

The Jaklitsch Law Group has more than 90 years of combined legal expertise, and a dedicated staff of experienced professionals working as a team to earn top compensation for people who have been injured. The attorneys of The Jaklitsch Law Group achieve exceptional results for victims of car, truck, and train crashes – that's why this acclaimed firm has won lawyer and firm of the year awards annually. Some of the firm's accolades include:

- Named "Best Personal Injury Trial Law Firm — USA"
- Honored by US News and World Report as a one of the country's "Best Law Firms"
- Named Maryland's "Best Personal Injury Firm" AND "Best Civil Litigation Firm" by *The Daily Record*
- Rick Jaklitsch named one of the "10 Best Attorneys" by the American Institute of Personal Injury Attorneys
- Rick Jaklitsch and Bob Farley recognized by "Best Lawyers in America" and Christine Murphy recognized by "Best Lawyers in America—Ones to Watch," year after year
- David Jaklitsch named a Top 40 Under 40 civil trial lawyer by the National Trial Lawyers



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HOLISTIC SPECIFIC!

BY JAMES HOUCK

The well of physical and mental panaceas, therapies, and services runs very deep; let's dive into several wellness trends that boast holistic claims and maybe some truth (or not) behind them

Health and wellness trends have been touted and tried for millennia; revealed in ancient texts, glorified in modern magazines, and advertised across the digital media realm. Some trends become everlasting principles; others fade as fads do. Over centuries, how we approach and treat our healthcare and selfcare split into hemispherical factions—Western and Eastern medicine. But now, the phenomenon of embracing multiple health and wellness disciplines is growing. Yin meets yang these days...kind of like the yoga hut in a shopping mall.

Yes, we're eyeballing the big picture—a holistic wellness vision that crosses cultures. But where to start your own journey toward a healthier you? Let's outline several current wellness trends and figure out when and where to give them a try*.



SOBER-CURIOUS LIFESTYLES

It's no secret that during the Covid-19 pandemic, alcohol sales increased significantly as more adults drank heavier than they had previously. And now, it seems, the rebound effect is taking place as more and more adults are exploring sober-curious lifestyles by either eliminating or significantly reducing their alcohol intake. The health benefits of teetotaling are well documented, which include improved organ health (brain, heart, liver, etc.), clearer skin, better sleep, reduced anxiety or depression, and lower risk for several diseases. And now, the best restaurants and bars are on board, offering mocktail menus specifically to accommodate those hopping on this trendy wagon. Gone is the day when declining an alcoholic beverage was considered a social faux pas.



OXYGEN THERAPY/BARS

Yes, just like the name implies, an oxygen bar is where eager patrons can saddle up and suck down some good, ole element O—concentrated and, even, scented oxygen. Like wine bars of the past decade, oxygen bars are popping up in every major city and trendsetting scene. What's the claim? Proponents say that breathing concentrated oxygen (at about 40 percent saturation versus the 21 percent air we normally breathe) boosts energy levels, increases endurance, and helps with physical recovery. But the medical community generally disagrees, citing the healthiest of us are already at 100 percent oxygen saturation in our blood when breathing normally. Though doctors see no medical benefit, the medical community may be missing the most obvious benefit of all—folks simply enjoy it, and that be the only reason one needs to give it a try.

ZzZ MOUTH TAPING

Remember the nasal strips that we placed across our noses, to open the air passages allowing for easier breathing during sleep? Well, mouth taping is a similar concept, yet a different approach, to improve overnight rest. Mouth taping involves closing your mouth shut with skin-safe tape during sleep, forcing you to breathe only through your nose. The idea is that this lowers blood pressure, filters allergens, regulates the temperature of your breath, humidifies the air you breathe and moisturizes your throat, and decreases anxiety. At least, that's the claim of proponents, who also say mouth taping avoids dry mouth, bad breath, and sore throat. But according to the Cleveland Clinic, "studies done so far appear inconclusive and the jury's still out on whether or not mouth taping is beneficial." Don't put away your nasal strips just yet.

WAVES OF SMOOTHER SKIN

Brow showing a new furrow? Is there a little crow beginning to perch near the corner of your eye? If you're beginning to see the early signs of aging and are interested in non-invasive options to roll back your profile picture a year or two or five, there's good news. Today, ultrasound and radiofrequency skin therapies are becoming common in our local dermatology practices. Though laser therapies remain a popular choice, more and more patients are entering the smoother skin game by choosing the less invasive wave therapies. These therapies, with brand names such as Sofwave and TempSure Envi, send high-frequency (even ultrasound) energy into mid-dermal tissue, heating it, and stimulating the rejuvenation of collagen. This, in turn, reduces wrinkles and offers patients the potential for a more youthful appearance.



YOGA

Though chances are you've heard of Vinyasa, Hatha, Ashtanga, or Bikram yoga—and even tried them at some point (maybe you take classes)—there's an endless amount of yoga types and experiences in this ever-growing body of physical and spiritual practices. "Goat Yoga" was all the rage five years ago. "Cat Yoga" seems to be popular now. And yes, both involve striking your poses with the animals balanced on you...somehow. Outdoor yoga sessions have become increasingly popular—"SUP Yoga" is a hit in our waterfront region, even "SnowGa" is appearing at ski resorts. Specialty sessions at unique locations—e.g., several local breweries offer weekly events—and yoga retreats are, now, omnipresent. In short, there's no shortage of options to pursue this healthy activity or find an entirely new way to experience yoga.



SHROOMIN'

No, we aren't talking about memories of your first or fiftieth Phish concert. Mushrooms—the culinary kind, that is—have been gaining traction in the health and food industries for their unique properties. They offer a combo of health-boosting vitamins, minerals, and antioxidants, which provide immunity support, the potential to lower blood pressure, and help with weight loss. Plus, their umami flavor tastes great prepared in a variety of cuisines and dishes. Check out the Mushroom Council (mushroomcouncil.org)—yes, that's a thing—for more information and ideas about how to incorporate them in your diet.



FLOAT THERAPY

Itching to get back to an embryonic feeling void of time, space, and circumstance? Maybe you're looking to treat anxiety, stress, or depression. Float therapy could help both body and mind achieve a full-bliss state. It's an escape from all distractions—light, sound, and, even, gravity. Sometimes called sensory deprivation tanks, the enclosed float spa is filled with warm water saturated with Epsom salt, which allows the body to achieve full buoyancy. The zero-gravity, completely dark, and soundproof environment has been well researched. Studies have shown that one-hour to 90-minute sessions can offer stress relief, reduce anxiety or depression, relieve headaches, reduce blood pressure, and help improve sleep, among other benefits. Float spas are becoming more prevalent in our local cities and towns. The practice may be worth trying before committing to more conventional or medicinal treatments (as always, consult your physician).

**Healthcare Disclaimer: The article "Holistic Specific!" is for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.*

CANNABIDIOL (CBD)

You've likely heard "CBD" a lot lately, and for good reason. Beside the often whimsical takes in the media as a marijuana derivative that can "help you feel better, man," the truth is...well, that is the truth. Cannabidiol is a prevalent, active ingredient in marijuana, but is derived for our everyday use from Mary Jane's cousin, the hemp plant (or created in the lab). The subject of many studies, CBD has demonstrated medical uses (notably as an antiseizure treatment) and the potential to help with anxiety, insomnia, chronic pain, and even addictive cravings. Today, all 50 states have laws legalizing CBD with varying degrees of restriction. In Maryland, you can find CBD oils, extracts, capsules, patches, and topical preparations for use on skin readily available at dispensaries, pharmacies, health stores, and, even, the supermarket.

ASK THE DOC



Gavin Henry, MD, FACS

University of Maryland Baltimore
Washington Medical Center

Q: Who needs to be screened for lung cancer?

A: Lung cancer is the third most common cancer in the United States, affecting both men and women. But, it doesn't have to be. The key to beating lung cancer is early detection, finding people at risk earlier so that we can save as many lives as possible. **The U.S. Preventive Services Task Force recommends current and former heavy smokers ages**

50 to 77 get annual low-dose CT scans. At the Tate Cancer Center at University of Maryland Baltimore Washington Medical Center (UM BWMC), we offer a lung cancer screening program that is covered by Medicare and most private insurance companies. The screening uses a low-dose CT scan to find the disease early—before you have symptoms—when treatment is most successful. Lung screenings are painless and take less than 15 minutes to complete. To schedule a lung cancer screening at UM BWMC, call 410-553-8150 or visit umbwmc.org/lungscreening. You can also take our online survey to better understand your risk for lung cancer at umbwmc.org/lungHRA.

Learn more: umbwmc.org/lungscreening | 410-553-8150

ASK THE DOC



Jilian Nicholas, DO

Luminis Health Weight Loss and
Metabolic Surgery

Q: I've struggled with my weight for years, and I think weight loss surgery could help. But how will I know if I am a candidate?

A: Weight loss and metabolic surgery is worth considering if you have a BMI of 40 or more, or if you have a BMI of at least 35 and a related health problem such as type 2 diabetes, heart disease, high blood pressure or sleep apnea. If you meet these guidelines, please visit Luminis.Health/WeightLossSurgery or call 443-481-6699 to sign up for a webinar or schedule a consultation. From your first consultation to keeping the weight off after surgery, our multidisciplinary team will support you.

443-481-6699 | Luminis.Health/WeightLossSurgery

ASK THE DOC



Dr. Stuart Selonick

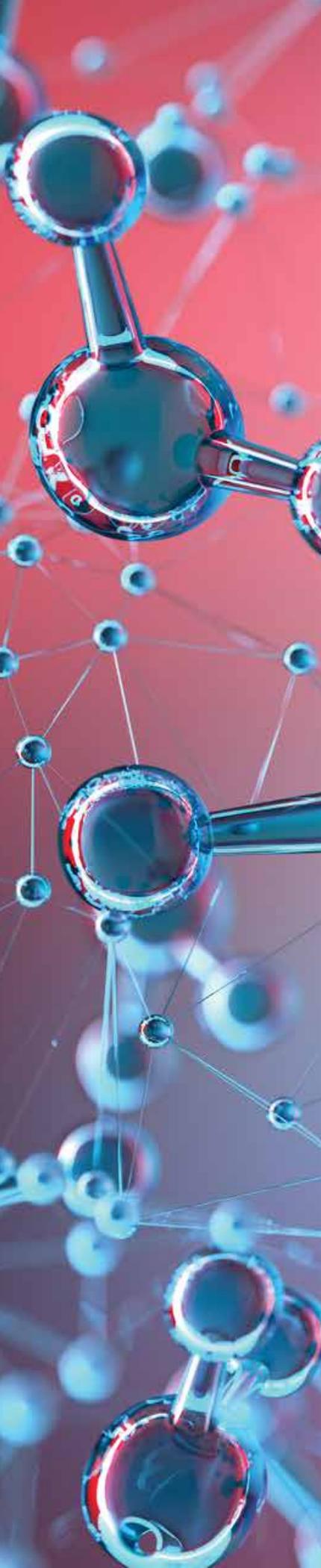
Maryland Oncology Hematology

Q: What are the most exciting recent advancements in the treatment of cancer?

A: Targeted therapies have become a mainstay in the treatment of many cancers. By analyzing a patient's cancer, we can determine if the cancer has a mutation that would allow us to use a drug targeting that mutation as opposed to standard chemotherapy.

This allows for an increased response rate with fewer side effects. In addition, we are using immunotherapy to treat many cancers by stimulating the patient's own immune system to fight the cancer cells.

MarylandOncology.com



DIAMONDS
ARE FOREVER

But Chemicals Shouldn't Be!

A NEW DIRECTION IN THE WAR ON CANCER

By Mark Croatti

It may disappoint a lot of people, but diamonds actually don't last forever—they will eventually degrade to graphite. Sadly, one thing that does seem to have been around forever is cancer. By the time the “War on Cancer” was declared with the passing of the National Cancer Act of 1971—itsself a follow-up to 1944's Public Service Act—cancer had become the second leading cause of death, after heart disease, since 1900.

This “before and after” year of measurement traces the rise of several of today's leading crises from the conclusion of the Industrial Revolution and subsequent rise of modern chemistry. This modernization is symbolized by the mass proliferation of mechanized, factory-produced commodities within: the transportation sector, such as automobiles and energy; in food processing associated with agriculture (including tobacco and cigarettes), meat production, and chemical

additives in an increasing number of canned and boxed goods on supermarket shelves; and the manufacturing of commercial products and materials used to build housing and everything that people put in them, from furnishings to routine household purchases.

According to the Centers for Disease Control and Prevention (CDC), the leading causes of death in 1900 were viral, bacterial, and fungi-related illnesses, especially pneumonia, tuberculosis, and diarrhea (and had been for many years). Heart disease was fourth and cancer was eighth, just above senility and right below “accidents.” However, as the 20th century progressed, and with it the consumption of fossil fuels, tobacco, and processed foods, global warming began to rise, cancers skyrocketed, and diabetes—which first made the CDC's “Top Ten” list (at No. 10) in 1932—joined heart disease and cancer as a leading cause of death; by 1971, it was seventh.

An Update on the War

Half a century after the National Cancer Act, the War on Cancer has had decidedly mixed results. Heart disease remains the number one cause of death, with cancer still second and diabetes holding at seventh. The overall cancer death rate has declined more than 25 percent while the five-year survival rate has increased 36 percent; however, cancer is now responsible for the most deaths between the ages of 60 and 80, according to the American Association of Retired Persons (AARP).

Because cancer is “understood to be primarily a disease of aging,” the AARP argues that higher cancer survival rates and a longer life expectancy provides more time for either an initial diagnosis or a reoccurrence of a previously treated malignancy; for example, female breast cancer returns 25 percent of the time and is often much more aggressive when it does. The risk of developing invasive cancer is now a staggering 1 in 2 for men and 1 in for 3 women; collectively, almost 40 percent of the population will be diagnosed with cancer at some point in their lives. Furthermore, many individual cancers are on the rise, specifically female breast cancer, male prostate cancer, and cancers of the lung, colon, and rectum for both sexes, which are projected by the CDC to both increase and remain the leading causes of death from cancer by 2050.

Up to Half of All Cancers Remain Individually Preventable

The highest contributory factors for cancer in general remain consumption of carcinogens in food, alcohol, and tobacco; exposure to carcinogens at home, at work, and in the community; and individual genetics, which factor into a person’s ability to prevent carcinogens from causing cells to abnormally grow and multiply into tumors that can spread

to surrounding tissues and other parts of the body. The focus since 1971 has been to fight the war on three fronts.

First, there have been an encouraging number of scientific and medical breakthroughs, including the invention of early detection strategies designed to find tumors as early as possible; the proliferation of anticancer therapy options; the development of cancer genomics, including genome sequencing; and the explosion of cancer drugs, although many turn out to either not be effective or to not significantly extend life.

The second approach is based on preventative measures, centered around efforts to discourage the consumption of tobacco, alcohol, and processed food and to avoid overexposure to the sun. According to the National Cancer Institute (NCI), while smoking rates have declined, obesity, with its proven track record of cause (eating processed foods) and effect (higher risks for cancer), has increased, and skin cancer has become the most common type of cancer. The AARP continues to argue that nearly half of all cancer cases and deaths could be eliminated by not smoking, drinking less, avoiding the sun, and achieving a healthy body weight, even though many Americans find it difficult to follow that advice.

Promoting new discoveries in the laboratory and changing personal habits for the better can only go so far. The third front has been to identify carcinogens (and other harmful chemicals) that have been allowed to enter the soil, water, and air and then mobilize political strategies to regulate or even ban their use in the workplace, the environment, and anything else associated with public health.

The Other Half is the Battleground

Devra Davis is the founding director of the Center for Environmental Oncology at the University of Pittsburgh Cancer Center (now the UPMC Hillman Cancer Center).



“THE TOBACCO INDUSTRY AND THE CHEMICAL INDUSTRY...WERE HEAVILY INVOLVED IN RUNNING THE BEGINNING OF THE WAR ON CANCER... OF COURSE THEY WEREN'T TOO INTERESTED IN FIGURING OUT HOW TO CONTROL ASBESTOS OR BENZENE”

—Devra Davis

In her book, *The Secret History of the War on Cancer*, she chronicles the long, frustrating process of targeting known carcinogens for elimination from industrial and commercial use, only to be circumvented by the chemical industry, elected officials, and government regulatory agencies. Opposing scientific viewpoints are challenged, criticized, watered down, delayed for release, or even taken to court, resulting in a meager number of chemical carcinogen bans and thus the continuation of the status quo. “The tobacco industry and the chemical industry...were heavily involved in running the beginning of the war on cancer...Of course they weren’t too interested in figuring out how to control asbestos or benzene,” Davis said in an interview with the *Pittsburgh City Paper*.

Since the 1976 Toxic Substances Control Act (TSCA), only a few hundred of the more than 80,000 chemicals in the TSCA inventory have been tested and only five banned—*asbestos, chlorofluorocarbons, dioxin, hexavalent chromium, and polychlorinated biphenyls (PCBs)*—with the asbestos ban being overturned by the Supreme Court to allow for some continued uses, although new uses remain prohibited.

According to the Environmental Protection Agency (EPA), “Anyone who intends to manufacture (including import) a new chemical substance for a non-exempt commercial purpose is required to submit a pre-manufacture notice (PMN) at least 90 days prior to the manufacture of the chemical.” But prior toxicity testing is not required by the TSCA, and the EPA only has 90 days after a PMN is submitted to take action; otherwise, the new chemical can be introduced into the marketplace for public consumption through commercial use.

A Renewed Focus on an Old Problem

What was generally missing from the conversation has been a spotlight on another category of dangerous chemicals

called “perfluorinated or polyfluorinated substances” (PFAS). These carcinogens and toxic compounds enter the bodies of humans and animals and stay there, without fully degrading, lasting “millennia” according to Professor Joseph Allen of Harvard University’s School of Public Health, who named them “Forever Chemicals” in a 2018 article in *The Washington Post*. “We know enough [about PFASs] that we should be very concerned,” Professor Allen has stated.

They are defined by the National Institutes of Health (NIH) as “a large, complex, and ever-expanding group of manufactured chemicals” used to make an array of items for everyday use. The EPA has identified them in stain and water-repellant cookware, carpets, and furniture; manufacturing facilities that make fire extinguishing foam, chrome plating, electronics, paper, and textiles; the soil at or near waste sites; public and private sources of drinking water; dairy products made from PFAS-exposed livestock and fish caught in PFAS-contaminated water; food packaging using grease-resistant coatings such as microwave popcorn bags, pizza boxes, and candy wrappers; person-



“WE KNOW ENOUGH [ABOUT PFASs] THAT WE SHOULD BE VERY CONCERNED.”

—Professor Joseph Allen

Photo by Rose Lincoln and courtesy Harvard



al care merchandise and cosmetics; building materials like paints, varnishes and sealants; and fabrics used for everything from curtains to clothes. Even the dust that accumulates on these objects and is then inhaled can be tainted with PFAS.

Because children consume more food, water, and air per pound of body weight than adults, they are especially vulnerable; the EPA therefore cautions against kids crawling on the floor and putting things in their mouths that have touched PSAF-exposed surfaces including hardwood floor tiles, carpets, and toys and warns that mothers can pass on PFAS to infants through their breast milk.

PFAS appear in the blood of people worldwide (over 98 percent in the U.S.) and contribute to a long list of cancers, especially of the prostate, testicular, and kidney, and thus, a new front in the War on Cancer has been opened by an emerging coalition of activists and legislators at all levels of government.

One coalition in Maryland crossed party lines in 2022 to pass the George “Walter” Taylor Act, named after a fireman who died of cancer at the age of 46 after many years wearing protective gear and using firefighter foam made with PFAS.

The Taylor Act comprised two bills cross-filed in the State Senate (SBo273) and the House of Delegates (HBo275) sponsored by Democrats Heather Bagnall, Pam Beidle, Brian Crosby, Sarah Elfreth, Terri Hill, Carl Jackson, Marc Korman, Clarence Lam, Mary Lehman, Robbyn Lewis, Sara Love and Mike Rogers along with Republicans Jack Bailey (representing Taylor’s district) and Jerry Clark.

“I care deeply about this issue for a variety of reasons,” Elfreth says, “not the least of which is the fact that in my Annapolis district, issues connected to the environment poll the highest in terms of public importance.”

Elfreth has a history of tackling big problems, first as a Towson University student representative on the University System of Maryland’s Board of Regents; then as an employee of the Johns Hopkins University’s Office of Government and Community Affairs while earning a public policy master’s degree; and now as a legislator who has passed laws and held committee assignments related to everything from cleaning up the Chesapeake Bay and investing in state parks to ending homelessness, increasing rape victim services, and improving pensions.

In her first legislative session (2019), she led all newcomers with an 80 percent bill-to-law efficiency. In her second (2020), she and two Democratic members of the House of Delegates, Sara Love and Pat Young, succeeded in banning the use of PFAS-laden firefighting foam during training after documented incidents of drinking water contamination. In her third (2021), after Maryland passed a ban on cosmetics that contain specific chemicals, including thirteen known PSAS—similar to what California has done—Elfreth reported that the Maryland Department of the Environment would collect 1,000 drinking water samples and oysters in order to evaluate the presence of PFAS. Elfreth’s goal in co-sponsoring the Taylor Act was to implement a comprehensive strategy to ban over 9,000 PFAS connected to as many products containing these chemicals as possible.

Other states have also taken action; since 2020, seventeen states have passed close to thirty laws regulating PFAS including Alaska, California, Colorado, Connecticut, Indiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, New Hampshire, New Jersey, New York, Ohio, Vermont, Washington, and Wisconsin, with Rhode Island and Virginia getting ready to join them.

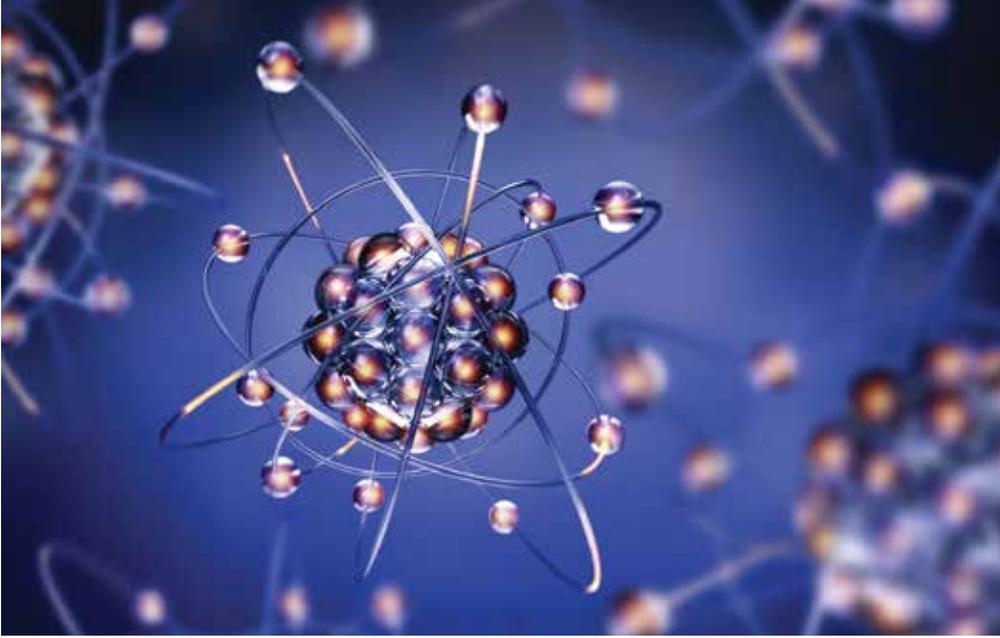
At the federal level, last October, the administration of President Joe Biden announced an intention to confront



“I CARE DEEPLY ABOUT THIS ISSUE FOR A VARIETY OF REASONS. NOT THE LEAST OF WHICH IS THE FACT THAT IN MY ANNAPOLIS DISTRICT, ISSUES CONNECTED TO THE ENVIRONMENT POLL THE HIGHEST IN TERMS OF PUBLIC IMPORTANCE.”

—Sarah Elfreth

Photo courtesy Sen. Sarah Elfreth



PFAS. In addition to the eight federal agencies already involved, such as the EPA and their “PFAS Strategic Roadmap,” a three-year action plan to “research, restrict, and remediate” their prior, present, and future use, Biden’s “Environmental Justice Plan” mentions setting “enforceable limits for PFAS” under the 1974 Safe Water Drinking Act. Although the ability of the federal government to effectively regulate PFAS remains uncertain.

An Unknowable Future

There have been some notable victories, most famously lawsuits against the chemical giant DuPont from 1998 to 2017 related to PFAS used to produce Teflon. DuPont has spent hundreds of millions of dollars to settle thousands of cases brought by farmers, corporate employees, and the general public. These lawsuits brought to light that DuPont knew as far back as 1961 that a particular PFAS—perfluorooctanoic acid (PFOA)—had been discovered in the local water supply and in the dust pouring out of factory chimneys (since 2013, DuPont no longer makes Teflon with this PFOA).

The DuPont litigation demonstrated how long it can take for specific actions to take

effect. Vermont, for example, won’t see full implementation of its PFAS laws until this year, the same year the European Union’s ban on over 200 PFAS subgroups (like PFOA) takes effect. The Food and Drug Administration’s voluntary phasing out of PFAS from food packaging won’t happen until 2024. California’s legislation won’t kick in completely until 2025.

In the meantime, new PFAS are on the way; according to Professor Allen at Harvard in his *Post* article, “It may get even worse. In every chemical with a carbon-hydrogen bond (the fundamental unit of organic chemistry), you can theoretically replace the ‘H’ with an ‘F,’ creating a Forever Chemical. Thus, the number of Forever Chemicals that can be made is close to infinite. Scientists could study these indefinitely and not make any progress. It’s job security that I don’t want.”

Thankfully, Senator Sarah Elfreth does, and so do an increasing number of political leaders and activists in a growing number of states and countries. Diamonds may not last forever, but if the War on Cancer is ever going to end, the industrial and commercial use of all carcinogens and toxic substances, including Forever Chemicals, must stop as soon as possible.

Mark Croatti, who teaches courses on Public Policy and Comparative Politics at the University of Maryland, the United States Naval Academy, and The George Washington University, has covered state and local politics since 2004. Prior to teaching, after serving as the consultant to the International Program at the Howard Hughes Medical Institute, he worked at the journal Science.



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66 PERSONALIZING YOUR SPACE WITH MOSAICS
69 PLEASE DON'T EAT THE DAISIES | 73 REAL ESTATE



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Personalizing Your Space with Mosaics

A CURIOUS MIX OF TEXTURE, CREATIVITY, AND CRAFTSMANSHIP

By Lisa J. Gotto | Photos Courtesy of Mozaico

Few aspects lend more visual interest to today's kitchens than a stylish backsplash. Savvy homeowners have been known to spend a good deal of time working with sample swatches to ensure that their choice is not only beautiful, but that it is enduring and functional, as well.

Why? Because this is a prime area in the home where the homeowners' personalities can really shine through. The practices of customization and personalization remain a top priority to homeowners who wish to avoid any semblance of "cookie-cutter" thinking in home design.

What is the Difference Between Regular Tiles and Mosaic Tiles?

Regular tiles have standardized sizes and is a clay-based product made of ceramic or porcelain. Mosaics are crafted pieces of natural stone of varying sizes sometimes combined with colored glass pieces to create a predetermined artwork or style that is oftentimes hand-crafted.

One way that creative homeowners are stepping up the personalization factor is through the application of customized mosaic tile designs in their homes—and backsplashes are just the beginning.



Experts in this area of home design are predicting this will be a year of bold choices, which we see reflected in the Pantone Color of the Year, Viva Magenta.

"We see more and more customers choosing handcrafted mosaics for their kitchen backsplash, featuring vibrant colors and more complex designs," says Chady Tawil, CEO of Mozaico, a company that specializes in handcrafting mosaic tiles. "Overall, it's clear that the customers are slowly distancing themselves from a 'greige' color palette while reconsidering their home spaces; the kitchen becoming one of the most expressive rooms in the house."



The wall space just over the range has always been the hot spot when it comes to personalizing a kitchen, so it's not surprising that the home's newest "wow" features are being created there, where people can gather around a one-of-a-kind conversation piece, much like an artwork. While rolling pastoral scenes and "still-life" that depicts ripe fruit or other foods are popular choices here, homeowners also like to pay homage to their local area or their favorite artist and are having fun with abstraction and oblique forms in design, as well.

Fortunately for the creative homeowner, there are many other locations within the home that can benefit from the textural and toney appeal that mosaics can provide. Creating a tasteful feature wall in a bathroom to highlight a premier fixture such as an architecturally-appealing soaking tub offers a mindful, spa-like escape for the bather in search of some contemplative "me" time.

Other bathroom embellishments may include border framed vanity mirrors, vanity top insets, expressive treatments on shower walls, and, even, insets into bathroom floors.

Another popular application is applying a mosaic border to lend interest to a laundry room. Known in the art world as a mosaic *listello* or *frieze* border, these clever treatments add a layer of detail and depth to a space that is often overlooked.

"When decorating such spaces as bathrooms or laundry rooms, where the walls and the floor will interact with water, soap, and cleaning chemicals quite often, it's crucial to choose materials that can withstand the harsh conditions," Tawil says. "Mosaics made from durable materials such as stone





There's Beauty in Durability

And you may be surprised to learn just how durable mosaics are. Even in high traffic areas, Tawil says, they score high marks for endurance.

“One of the most important advantages of mosaic flooring is the materials it is made from. Assembled from hand-cut marble, mosaic art can withstand decades, or even centuries of wear and tear, which makes it the perfect fit for spaces that have the heaviest foot traffic, whether in homes, hotels, or commercial spaces.”

These materials also score points with environmentally-conscious homeowners due to how responsibly they can be sourced. The use of natural stone, for example, or upcycling scrap material are becoming increasingly popular choices.

and mosaic glass, can be easily adapted to any size of room, and will last a lifetime. For laundry room decoration, we recommend such pieces as smaller mosaic rugs; these will instantly bring more life to the space and will be easy to maintain.”

In the main living area of the home, hand-crafted specialty designs are being requested by homeowners who wish to personalize their first-impression areas, like their foyer. Especially popular designs among the nautical set here are those that mimic a compass or the home's exact location using degrees of longitude and latitude.

Another beautiful aspect of mosaics is you can start small by choosing from a catalog of designs or submit your own design, and then specify you wish to use it as wall art. This specific tile treatment lends itself to framing, as well, so you can live with the mosaic anywhere you choose to place it in your home and move it whenever you wish.

Ah, flexibility. It's what helps make a home anything but cookie-cutter.

How Do I Get My Mosaic Installed?

Installing a special-order mosaic design is a simple, self-install process when the right tools and instructions are used. It is designed on a mesh underlay and protected with a plastic backing that is removed just before installation using a thin-set mortar, notched trowel, and grout float. Extra instructions are included for mosaics that will be installed in areas where there will be moisture or when it will be applied vertically to a surface. Your manufacturer will provide detailed installation instructions.





Please Don't Eat the Daisies

PART 2: THEY MAY BE TOXIC

By Janice F. Booth

Last month I wrote about some of the tastier plants we can grow in our own gardens—plants offering us both beauty and benefits. This month, I want to warn you about some of the plants that may be lovely to look at, or not, but can cause you, your child, or your pet to get a tummy ache, a rash, a racing heartbeat, or worse.

I'll begin with a review of some of the most common poisonous plants, and some less common toxic ones. I'll note plants that are dangerous for pets too. Then, I'll give you a few rules-of-thumb for identifying dangerous plants. And finally, some first aid options that might help you avoid a trip to the clinic or ER.

When it comes to health and poisonous plants the best idea is to familiarize ourselves with the appearance of the most common and prolific plants that can cause pain or a rash. There are lots of sites, including Pinterest and the CDC, that have charts we can print out and thumbtack to our garden shed or backdoor as handy reminders of the most common poisonous plants. (Remember: some of us are more sensitive to toxins than the general population. If you have a sensitive tummy or delicate skin, you want to really study this list.

COMMON PLANTS POISONOUS/TOXIC TO HUMANS



POISON IVY: clusters of three leaves, each pointed, green, and glossy with white berries in autumn. The vines can be tricky, snaking among leaves and plants and popping up "suddenly" anywhere. You might pull out a pop-up cluster, only to find the vine goes on-and-on through your flower bed and up a tree. Stay alert! Do not work to remove the leaves or vines without first protecting your hands, arms, and legs with washable coverings. (Even if you have previously touched poison ivy with no ill effects, your body loses resistance, and next time you may develop a nasty reaction.)



POISON OAK: prevalent in wooded areas; shiny, lobed leaves—rounder than poison ivy. Three-leaf clusters cause rashes and respiratory complications. Both stems and leaves are poisonous.



OLEANDER: tall, bushy, dramatic shrubs with slender leaves and blousy blossoms of tiny, clustered flowers in gorgeous pinks, rose, and white. Oleanders are evergreen. Both the stems and leaves are poisonous, even when dead and fallen among dry leaves in autumn. So, be careful when raking if you have beautiful oleanders in your flowerbeds.



POISON SUMAC: large shrubs with fuzzy green stems and leaves and bunches of green berries that just beg to be used in a pretty arrangement in your house. Don't fall for it! The berry clusters and leaves are likely to cause a rash or worse. (Sumac with red berries are not poisonous.)

COMMON PLANT SEEDS POISONOUS/TOXIC

Less dangerous seeds of some plants are still poisonous. We probably won't pop a few unidentified seeds into our salads or our trail mix, but, just in case, here are some of our favorite garden flowers whose seeds are going to make you sick if you ingest them:

FOUR O'CLOCKS: With trumpet-like red or yellow flowers. They grow to be 1-4 feet tall.

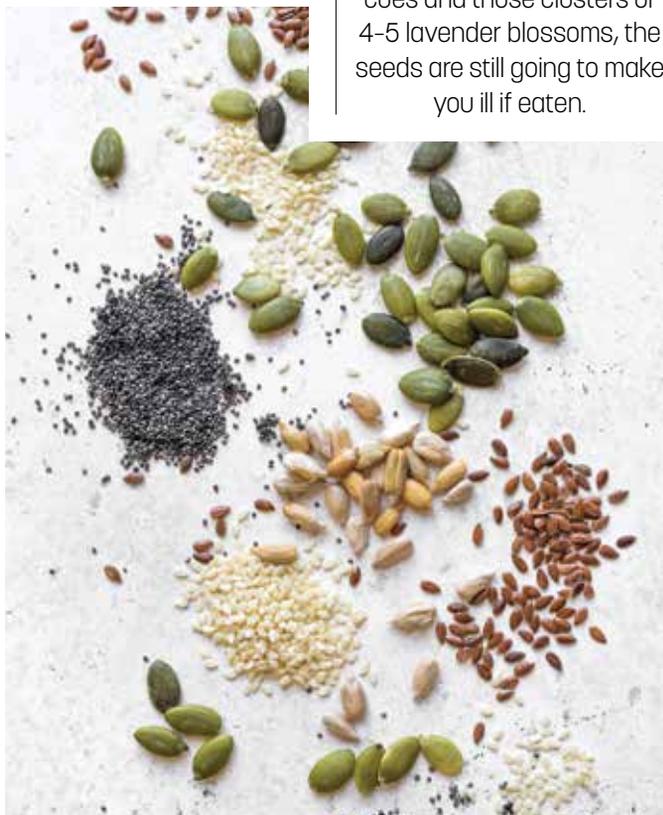
FOXGLOVE: Tall, elegant plants with bell-shaped flowers clustered around the top of the stalk. Every part of the foxglove is poisonous!

JACK-IN-THE-PULPIT: Yes, those old-fashioned darlings with creamy pitcher-shaped flowers produce toxic seeds.

LILY-OF-THE-VALLEY: Our fragrant, little flowers that fill in beneath the oaks and maple trees, produce small orange seeds in late summer. Leave them alone.

MORNING GLORY: Another old-fashioned favorite, vining around our fences and porches, with blue and purple blooms peeking out at every turn. Those black seeds are toxic.

SWEET PEAS: With the prettiest slender vines and curlycues and those clusters of 4-5 lavender blossoms, the seeds are still going to make you ill if eaten.



MILDLY TOXIC PLANTS TO PETS

We know our furry friends often let their curiosity get them into trouble, and they rub against almost anything, eating and chewing on everything they encounter. So, beware. (Check out the American Kennel Club's web site for helpful advice on keeping your dogs safe.)

HOUSE PLANTS:

Aloe (ironically, what is healing to our skin makes cats and dogs ill, if ingested) • Corn plant • Dieffenbachia • Fichus • Peace Lily • Poinsettia • Snake plant

OUTDOOR PLANTS:

Keep your dog from digging up and gnawing on your bulbs; they'll give him/her a tummy ache! Most of the flowers we rely on to bring color to our gardens, if eaten, will make dogs and pussy cats sick! For example:

Begonia • Chrysanthemums • Daffodils • Foxglove • Geranium • Hyacinth • Iris • Lily • Lily of the Valley • Tulips

And if your dog is a chewer, ready to gnaw on any branch that he or she can reach, be aware of these toxic shrubs:

Azalea • Holly • Hydrangea • Ivy • Oleander • Peony • Rhododendron • Sago palm

MODERATELY TOXIC PLANTS TO PETS:

Azalea • Holly • Ivy • Norfolk pine • Rhododendron

EXTREMELY TOXIC PLANTS TO PETS:

Calla lily (actually, most types of lilies) • Hydrangea • Mistletoe • Oleander • Sago palm • Skunk cabbage

TO PREVENT THE ADVERSE EFFECTS

**(RASH, NAUSEA, VERTIGO,
OR MORE SEVERE):**

1. Familiarize yourself with the appearance of common toxic plants. **2.** When working in areas of the garden that may contain toxic plants, wear clothing that covers exposed skin and is washable. **3.** Wash clothing and any contaminated skin if you suspect exposure. **4.** Avoid petting until you have washed the fur of any pet that may have been in contact with toxic plants. **5.** Do not burn toxic plants or parts of toxic plants; the smoke will still be poisonous.

Quick first aid—if the suspected contamination is to a person whose health is already compromised, go immediately to a medical provider for care. For less vulnerable exposures:

1. Remove any contaminated clothing. **2.** Wash contaminated skin, fur, clothing, and equipment with soap and water. Tecnu soap is noted for its effectiveness. For mild exposure, rubbing alcohol can be used to cleanse skin. **3.** For a mild rash, cold compresses and antihistamines and/or Calamine lotion may work.

Now that we're all eager to get out there and dig in the dirt, I hope we can avoid an unpleasant bout of nausea or itchy rash to start the gardening season.



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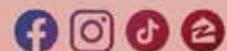


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Heart of Downtown

By Lisa J. Gotto

You can't get much closer to the heart of Annapolis than this quintessential traditional home located just steps from the U.S. Naval Academy. Built in 1920, this residence offers 3,100 square-feet of living space, surrounded by all the energy of the downtown Annapolis waterfront.

A lovely, light gray cedar shake exterior and welcoming front porch are gracious indications of what this exceptional, historic home has to offer.

Guests will notice the detail in this home immediately as they enter the foyer with its gorgeous, tri-tone hardwood floors with center medallion detail and an



architecturally-appealing period staircase. A convenient half-bath is accessible from the foyer, which then leads into the home's open-plan main level living space. An elegant, coffered ceiling with recessed lighting sets the tone for the space, which includes a handsome living area with a wood-burning fireplace.

This area then flows effortlessly into the home's formal dining area highlighted by a series of large casement windows and continuous flow to this level's outdoor access via an attractive set of oversized French doors.



Listing Agent: Kelly Sim Joyce; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 410-570-7115; o. 410-263-8686; kellysimjoyce@gmail.com; kellysimjoyce.com **Buyers' Agent:** Wendy T. Oliver; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 443-336-5091; o. 410-263-8686; wendy.oliver@cbmove.com; coldwellbanker.com

Primary Structure Built: 1920
Sold For: \$1,590,000
Original List Price: \$1,625,000
Bedrooms: 4
Baths: 3 Full, 2 Half
Living Space: 3,100 Sq. Ft.
Lot Size: .06 acres

Along the way, to the left of the dining space is a gourmet, open-plan kitchen featuring a huge center island with a six-burner gas cooktop and breakfast seating for four. Custom cabinets in ivory keep the space light and airy. An all-stainless-steel appliance package, a charming extended window seat, and two large windows over the sink that overlook the home's back patio, handsomely check off this level's form and function boxes.

The home's second level accommodates three of the home's four bedrooms including the primary bed and bath suite. This room is large and offers a separate seating area, a large bathroom with garden tub, a gorgeous granite-topped vanity, and spacious walk-in closets. There are two additional bedrooms and another full bath on this floor. The third bedroom and bath comprise the home's third level and offers enough room for a queen and twin-sized bed, and all of the charm of a bonus, walk-out, rooftop deck.

Speaking of the outdoors, this residence offers an enviable back patio and entertaining area with an overhead pergola and gorgeous stacked-stone column detail. Toss in this home's, lower-level family room, and off-street parking and you have the makings of an optimal life lived in the heart of Downtown Annapolis.

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Magothy River Adventures

By Lisa J. Gotto

Located on half an acre in Arnold, this nearly 5,000-square-foot home is perfectly situated for adventures on the water just steps from the Magothy River in the prestigious community of Ulmstead Cove.

The spaciousness of this traditional floorplan is evident the moment you step inside and on to its gleaming hardwood floors. These flow into the home's formal living room with tray ceiling detail to the right and the formal dining room to the left.

A spacious kitchen with tile floors awaits the home's gourmet chef with its center island with cooktop, in-wall stainless-steel oven and microwave, and a huge, side-by-side stainless-steel refrigerator. This room features a light and bright breakfast room that provides access to the home's enormous deck.



Primary Structure Built: 1992
Sold For: \$1,800,000
Original List Price: \$1,800,000
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 4,848 Sq. Ft.
Lot Size: .58 acres



The home's fifth and final bedroom is located on the lower level, along with a full bath, a den with cedar storage closet, and another large family gathering room with an attractive wood-burning fireplace of stacked stone.

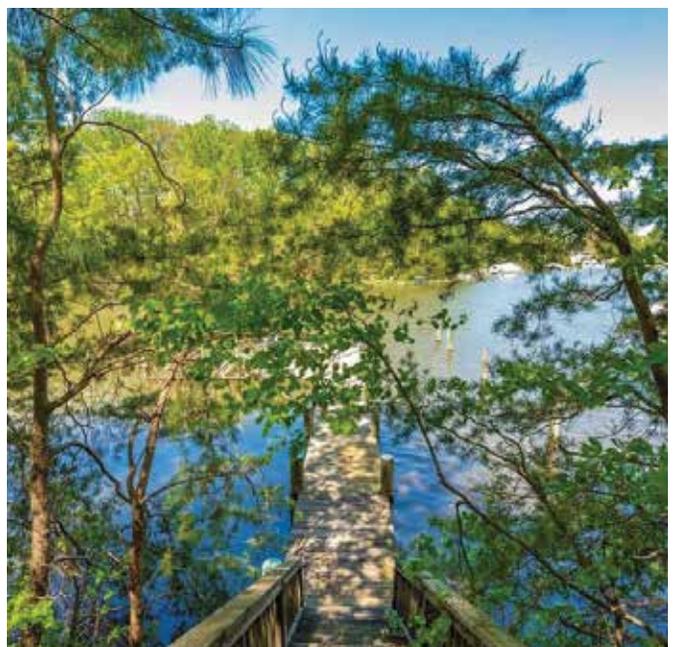
A true waterfront gem, this property offers a private pier with boat dock and deep-water access. With several popular and fine dining establishments in the vicinity, this home's new owners will surely have lots of options for dinner that they can get to by boat.



The warm tones of the kitchen cabinetry carry through into the home's spacious, carpeted family room with cathedral ceilings, rustic brick fireplace, and integrated entertainment center made of wood complementary to the kitchen cabinetry.

This expansive home offers not one, but two primary suites; one conveniently located on the main level. This room is on a grand scale with large windows out to the home's lush surrounding landscape. The *en suite* bath offers a dual vanity, garden-style soaking tub, and huge, walk-in shower.

A second primary suite with its own bath and walk-in closets is located on the upper level, and there are two additional large bedrooms on this level that share a Jack and Jill bath.



Listing Agent: Vaneska Adams; eXp Realty; 8115 Maple Lawn Boulevard, Fulton; m. 410-989-5220; o. 888-860-7360; vaneska.adams@exprealty.com; exprealty.com **Buyers' Agent:** Shane Hall; Compass Real Estate; 1 Park Place, Annapolis; m. 410-991-1382; o. 410-429-7425; shanehall@compass.com; compass.com



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Fresh Take

FAVA BEANS

By Dylan Roche

Did you know fava beans are one of the oldest crops known to humankind? Archeologists have found remains of fava beans in the Israeli region of Galilee that date back about 10,000 years. And in all the millennia since, fava beans have hardly declined in popularity. In modern times, they're most commonly enjoyed during their spring harvest season, when these hearty legumes—hailing from the same botanical family as peas and lentils—are at their largest and most flavorful. Like other legumes, they're packed with protein and fiber, along with many necessary vitamins and minerals, and they feature prominently in many world cuisines, most notably Mediterranean, Middle Eastern, and Indian.

Fava beans are sometimes referred to as broad beans or horse beans. Whatever they're called, they're hailed for having a soft, creamy texture when cooked, and a flavor that's a little bit nutty, a little bit earthy, and even a little bit sweet. This makes them versatile from a culinary perspective, particularly in salads, pastas, and soups, where they serve to make an otherwise light dish more satisfying and substantial (without adding a lot of calories).

A one-cup serving of fava beans provides fewer than 200 calories, but you'll still get about 13 grams of protein. You'll also get about one-third of your daily needed fiber for optimal digestive health and reduced cholesterol levels.



Lemon-Herb Pasta with Fava Beans

INGREDIENTS

2 cups shelled and blanched fava beans
 1 cup whole-wheat penne pasta
 5 tablespoons olive oil
 1 lemon, juiced
 1 teaspoon honey
 1 clove garlic, minced
 1/4 cup fresh mint, chopped
 1/4 cup fresh parsley, chopped
 1 bunch scallions, chopped
 1 cup crumbled feta cheese
 1 teaspoon salt
 1 teaspoon black pepper

Bring a large pot of water to boil and add the pasta. Cook pasta according to the directions, reserving about 1/2 cup of cooking water before draining. In a large skillet, heat 3 tablespoons of olive oil, lemon juice, honey, garlic, mint, parsley, and scallions over medium heat. Cook for approximately 2 minutes until scallions are soft. Pour in the reserved pasta water. Add the fava beans to the skillet and cook for approximately 10 minutes or until fava beans are softened. Stir in the pasta and add in remaining 2 tablespoons olive oil, along with salt and pepper (add more to taste). Stir to combine. Toss with feta cheese and serve warm.

If you find yourself lagging on energy, fava beans could be an ideal addition to your diet. They're a good source of iron, which is necessary for forming healthy blood cells to transport oxygen to every cell in your body. However, because fava beans are a source of plant-based iron (often known as non-heme iron, compared with the more easily absorbed heme iron from animal sources), it's best to eat them with a source of vitamin C, which boosts the iron's viability in your body. Tomatoes, bell peppers, and white potatoes are all excellent sources of vitamin C that are in season around the same time as fava beans and pair nicely with it in dishes.

The other energy-boosting nutrient you'll get from fava beans is folate, a B vitamin that's vital for converting food to energy and, like iron, for forming red blood cells. Diets that are full of folate are associated with a lowered risk of many health concerns, both physical and mental, including heart disease and depression.

Although you can buy frozen and canned fava beans, the flavor you get from fresh fava beans is worth the effort it takes to prepare them. You'll start with fresh pods, which you should select based on both their firmness and fullness—the pod should be strong without being hard and should have bumps indicating hearty-sized beans from one end of the pod to the other. You also want to select pods that are a vibrant green color, avoiding any pods with yellowish or whitish patches. You can store fresh pods in your fridge for up to one week before preparing them.

Start by cutting the pods open lengthwise with a knife and carefully removing the beans. Blanch the beans in boiling water for about a minute or two before straining out the boiling water and rinsing them in cold water to stop the cooking. Once the beans have cooled, the skins will be loose, and you will easily be able to remove them with just your fingers. The beans will not be fully cooked at this point, so return them to the heat, whether that's a sauté pan or another pot of boiling water. Cook until soft but not mushy.

While you can dress up fava beans with a little bit of olive oil and fresh herbs for an easy side, they make a great starting point for some standout recipes. Consider making this popular Indian dish, ful medames, or use fava beans in a lemon-herb pasta dish.



Ful Medames

INGREDIENTS:

2 cups dried fava beans
4 garlic cloves
1 medium-sized onion
1 medium-sized tomato
2 tablespoons olive oil
2 tablespoons lemon juice
1/4 teaspoon cumin
1/4 teaspoon salt
1/4 teaspoon black pepper

Allow fava beans to soak in water overnight (10 hours). Mince the garlic and

chop the tomatoes and onion into small pieces. Add soaked beans to a large pot with equal parts water and cover. Bring to a full boil and then reduce to a simmer. Add garlic, tomato, and onion to the pot and allow to soften. Use a potato masher to smash and mix the ingredients. Add olive oil, lemon juice, cumin, salt, and pepper. Continue cooking until thick, stirring if necessary. Serve warm.

Heat Therapy... But with Less Heat

INFRA-RED SAUNAS ARE GAINING POPULARITY; HERE'S WHY

By Dylan Roche

If you've ever enjoyed a brief sit inside a sauna and left feeling refreshed and invigorated, there's some science behind that—the short period of high heat is actually good for you. But now there's a growing trend in how that heat gets applied to your body. Infra-red saunas have become increasingly popular.

Unlike traditional saunas, infra-red saunas don't use steam or flame to heat up an entire enclosed space. Instead, these new types of saunas use electromagnetic lamps to deliver warmth directly to the skin, which can warm up your body without warming up the entire room. The benefit to this is that it's much more comfortable—the temps usually hit somewhere between 110 and 130 degrees Fahrenheit, versus the nearly 190 degrees Fahrenheit you might sit in with a traditional sauna—while still offering the therapy people look to get from heat.

What might that therapy look like? For starters, high heat stimulates a response from the body similar to exercise: As the body works to cool itself, the heart rate increases, and blood vessels open up to drive blood flow to your skin. This improved circulation is good for recovery after intense exercise because it sends more blood (and more oxygen) to your muscles. People undergoing regular heat therapy will often see better heart health, lower blood pressure, and less chronic pain.

But there are mental and emotional benefits as well. Warmth is good for

helping your body relax, so people who use infra-red saunas are less likely to experience bouts of depression and anxiety, and they may even enjoy improved sleep.

While scientific research supports the use of heat therapy in these regards, it's important to note that there are some misconceptions about heat therapy that don't have as much research to back them up. Don't fall for the notion that the heavy sweating you experience in a sauna is necessary for removing toxins from the body—your body does a sufficient job of detoxifying itself without excessive perspiration. In fact, this is one reason it's important to be moderate in your use of heat therapy. Monitor your hydration to replace any water you lose from sweating, as you don't want to become dehydrated. Additionally, never stay in a sauna for longer than 30 minutes, and don't use the sauna more than three or four times per week. Even with the reduced heat you experience in an infra-red sauna, it's important to remember the body is still being exposed to high temperatures and caution should be exercised.



Multipurpose Beauty Miracle

WHY ARGAN OIL IS GROWING IN POPULARITY FOR HAIR AND SKINCARE

By Dylan Roche

No matter what the season, your hair and skin can suffer some damage from the elements. Whether it's from the dry air throughout the winter or the harsh sun during the summer, hair gets frizzy, scalps get itchy, faces get dull, and even your fingernails can get brittle.

While you could fill your bathroom shelves with all kinds of specialty products, there's one simple oil that can offer nourishing hydration without being heavy or greasy: Argan oil, a multipurpose product that's been hailed by people for its cosmetic purposes for thousands of years. The oil is made from nuts of argan trees that flourish in the semi-desert climate of Morocco. Because the trees have evolved to hold up to Morocco's heat and dryness, its nuts yield an oil with a unique nutritive profile and texture. Argan oil contains essential fatty acids, specifically linoleic and oleic acids, antioxidants, and vitamin E, all of which are good for maintaining healthy hair and skin.

FOR YOUR HAIR...

Argan oil works to restore shininess and silkiness to dried-out or frizzy hair, making it smooth and pliable without any greasy residue or heaviness that would weigh it down. The vitamin E content in the oil stops flakes and dandruff from forming along the scalp. Although argan oil won't get rid of split ends, it will sleeken them to reduce their appearance.

To get the maximum effect from argan oil, comb it through freshly cleaned wet hair and give it about 20 to 30 minutes for the oil to fully absorb into the follicle. If necessary, you can tuck your hair under a shower cap to encourage absorption. After 20 to 30 minutes, rinse it out and style hair as you normally would.



FOR YOUR SKIN...

Because it's so light, argan oil works for most skin types, ranging from dry to oily. Applying argan oil regularly improves the skin's natural barrier to the elements and even improves its elasticity, which can reduce the appearance of wrinkles and fine lines. Argan oil absorbs into the skin easily, so there's none of the shininess you would get from thicker, heavier moisturizers. Finally, thanks to argan oil's anti-inflammatory properties, it can reduce pain when applied to scratched or injured skin.

WHAT TO LOOK FOR

Interested in giving argan oil a try? Check the label to make sure it's pure argan oil, which indicates it is not made with artificial additives or fragrances, which could be irritating to your skin and hair. A high-quality argan oil will come in a dark glass bottle to protect it from light damage. As with any cosmetic product, test a small dab on your skin or hair to check for a reaction before you apply generously.

Give the Gift of Life

APRIL IS NATIONAL
DONATE LIFE MONTH

By Dylan Roche

An estimated 100,000 people in the United States are waiting—right now—for an organ transplant that could save their life

according to the Mayo Clinic. Every nine minutes, a new name is added to that list. And every day, as many as 20 people across the country pass away in need of an organ.

While these numbers sound distressing, there's good news. Most people, whether they're young or old, whether they're in ideal health or feeling a little wear and tear, are eligible to donate organs and tissue that could change these situations and these lives. For some people, that donation might be one they make while they're still alive (a choice that's available for a surprising number of organs and tissues). For others, they might agree to donate after they pass away. A single organ donor might be able to save up to eight lives, and a tissue donor can save up to 75!

To spread awareness of these hopeful numbers, and to encourage more people to register as donors, the organization Donate Life America deemed April to be Donate Life Month in 2003, and in the 20 years since, it has grown to be a poignant annual observance in the conversation surrounding organ and tissue transplantation.



Believe it or not, anyone can register as an organ and tissue donor, encompassing people of all ages, races, ethnicities, genders, and religious backgrounds. Organs that can be transplanted include kidneys, hearts, lungs, livers, pancreases, and intestines. Body tissue can be donated, as well as tendons, skin, bones, corneas, arteries, and heart valves. While some of these organs will be transplanted from a person after they die (as the donor cannot survive without them), you might be surprised by how much you can donate when you're still alive and healthy—without much significant impact on your life.

Most notably, living people can donate one of their two kidneys, as one healthy kidney is able to sufficiently remove waste from the body by itself. (Thus, a kidney is the most donated organ.) Living donors can also give part of their liver, lungs, pancreas, and intestines. Liver cells will regenerate, allowing a liver that was partially donated to grow back to its previous size. While the lungs, pancreas, and intestines don't regenerate in this way, you can still survive just fine without the full tissue.

Some donors make a point of donating blood and bone marrow on a regular basis, and if they've had surgery, they have the option of donating any removed tissue, such as skin removed during a cosmetic procedure or bone that was removed during a hip/knee replacement.

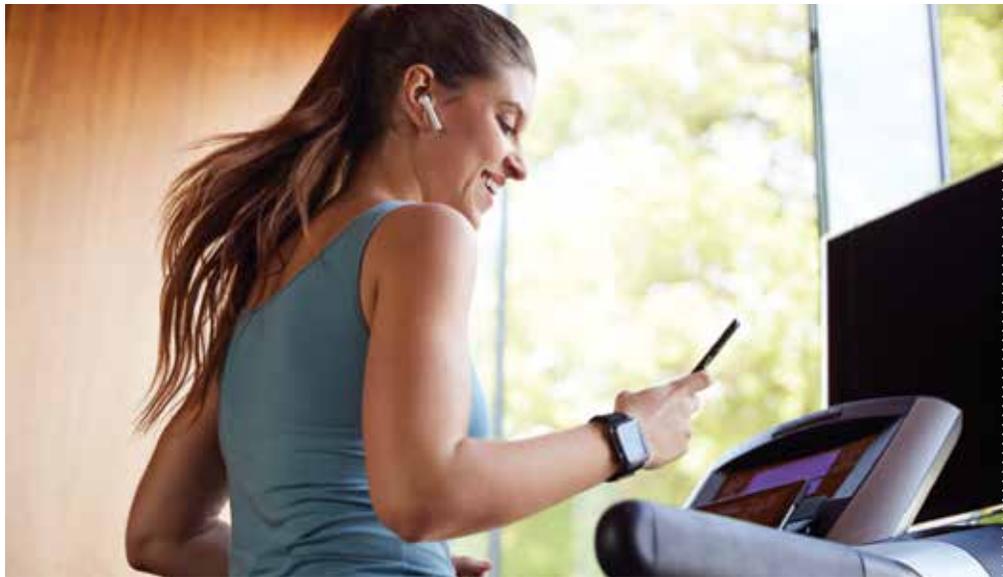
And for anyone feeling a little queasy about the idea of donating organs and

tissues, the Cleveland Clinic notes that most transplants are able to be done without any visible scarring, and most people are able to return to their normal daily lives within a month.

It's also important to dispel many of the pervasive myths and misconceptions that make people unsure of donating. The Mayo Clinic emphasizes that the family of a deceased person will never be charged extra fees for donating their organs, and organ donation does not cause funeral delays or imply a funeral cannot be done with an open casket. Additionally, there is no such thing as a doctor "letting a patient die" because they want to use their organs for a transplant. A doctor's priority will always be to save the life of the sick or injured person, regardless of whether they are a donor or not.

Although organ and tissue transplants have such significant power to save and transform lives, less than half of Americans are registered to be organ donors after they die. You have the option of listing yourself as an organ donor when you get your driver's license, but it's also important to talk to your loved ones about what you wish to have happen to your body if you die.

To sign up with the Health Resources & Services Administration's official registry—and to read up on personal stories of people who received organ transplants, or to find information about upcoming official National Donation Awareness events—visit organdonor.gov.



Fitness Tips

CAN SMART TECHNOLOGY IMPROVE YOUR WORKOUT?

By Dylan Roche

It's time to start training smarter, not harder. As in, it's time to start training with the assistance of SMART technology. Although you might think of SMART tech getting its name from the way non-sentient objects interact with us and guide our behavior, it's actually an acronym for self-monitoring, analysis, and reporting technology. And having the ability to monitor, analyze, and report the way your body responds to physical activity means you have a better ability to maximize every workout you do.

SMART fitness tools take many forms. It could be as simple as an app on your phone—such as a pedometer app, which tracks your steps and miles walked. On the more complex side, you have fitness equipment that can guide your workout and assess your progress. Although SMART fitness had been gaining in popularity for several years before 2020, the onset of the Covid-19 pandemic—when many people were isolated at home and couldn't get to the gym—brought an explosion of interest in SMART fitness capabilities.

Think of Peloton, the SMART stationary bike that had 4.4 million users by the end of 2020. These bikes guided people through home workouts, helping them challenge themselves in new ways by automating the amount of resistance behind the pedals and measuring their progress. Similarly, Bowflex SMART dumbbells and JaxJox SMART kettlebells allowed strength trainers to adjust the weight of their equipment with just the push of a button—no more need to store tons of weights at home, where most people do not have as much dedicated workout space as they would at the gym.

Even now that many gyms have opened their doors back up, fitness enthusiasts like the convenience and efficiency they are able to get right from their own homes with SMART equipment.



SO, WHY DOES SMART FITNESS CONTINUE TO BE SO POPULAR IN 2023?

HERE ARE THE MAJOR REASONS:

It's easier to track your workout. SMART equipment comes with motion sensors that measure things like the steps you've taken or the reps you've lifted. There's no need to count when you have tools that will do it for you.

You can monitor your heartrate with devices like a smartwatch, of which Apple Watches continue to be the most popular. Heartrate monitoring gives you an idea of how hard your body is working so you can push yourself while still ensuring you don't overexert yourself. This is especially important if you have a heart condition or similar health concern.

It's easier to store your data with your SMART devices and track your

progress over weeks or months. No more need to write everything down on paper and try to do the math in your head. You can even download your data to your phone or computer if they are synced up to your SMART devices.

SMART technology can adapt to your schedule and provide reminders to you when it's time to work out—and that's some accountability that many people can use. After all, you might be less inclined to skip your Monday morning workout if you get a notification telling you it's time to get moving.

There's a sense of community behind SMART fitness. Most equipment syncs with guided programs where you can be shown what to do by professional trainers. You can even get an on-demand class 24/7. And because some equipment gives you the option of sharing your most recent workout stats to social media, you might find yourself more motivated to earn bragging rights among your peers who do that same SMART workout.

While some SMART fitness is expensive (SMART bikes and treadmills sometimes cost thousands of dollars, regardless of the brand), many users find that it's a worthwhile investment.

So, no matter what your fitness goals are, you might consider jumping on the bandwagon and finding ways you can take advantage of the latest technology. After all, it's about working smarter, not harder.



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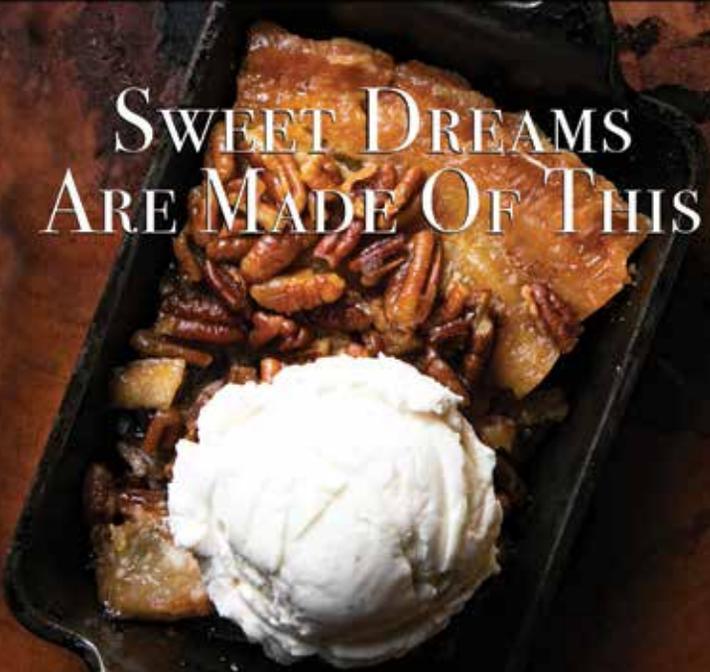
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BEST OF CENTRAL MARYLAND 2022

Dining

90 DINING REVIEW | 92 SAVOR THE CHESAPEAKE | 94 RESTAURANT GUIDE



Fettuccine
Mediterraneo at
Galliano Italian
Restaurant &
Wine Bar

WHAT'S UP? READERS
RESTAURANT
REVIEW

Calling All Food Critics!

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at whatsupmag.com/promotions.

Italian Escape to the “Big Apple”

By Rita Calvert | Photography by Stephen Buchanan

Galliano Italian Restaurant and Wine Bar serves fine food from the old world...Italy that is, with the famous Italian liqueur as its title. What a bonus for the western Anne Arundel County area with few Italian white-tablecloth dining options available.

Rest assured, there are some talented foodies behind this concept, which cues its style from Manhattan spots with high-energy, eclectic atmosphere and a distinctive vibe designed to reflect the fashionable big city. The management team brings tremendous depth, gleaned from owning or managing the operations of several high-profile restaurant concepts in Maryland and Virginia. The first Galliano restaurant opened in Maple Lawn while the Waugh Chapel location opened spring 2021.



Once you enter the curved brick walkway that sparkles with small white lights, you are in a private courtyard with tables for outdoor dining in warm weather. The interior vibe is attractive without being stuffy and has a dark private club appeal with white linen tablecloths and black cloth napkins. Tufted-back booths stand out with a variety of tables, some with upholstered chairs, and date-night two-tops. Large old-timey, black and white photographs fill some of the wall space depicting ladies, should I say, slurping their pasta and even some photos of Sophia Loren. The lounge/bar area quietly sports sofa and comfy chair seating at one end, while a tv is subtly placed over the bar.

The craft cocktails and signature martinis such as Pineapple-tini (given five stars by a diner) were tempting, but the Ambrosia Bellini could not go unexplored. The cocktail was a delightful infusion of three subtle flavors: fig vodka

(Figenza), pomegranate liquor (PAMA), tequila, and prosecco (Riondo). Definitely try it for a smooth yet powerful delight.

Appropriate for a wine bar, there is a good selection of wines by the glass and an extensive selection of bottles. There are eight champagne and sparkling wine offerings. Reds make the majority of the menu with Italian varieties divided into categories of Northern Region, Piedmont, Tuscany, Chianti, and Brunello di Montalcino. Galliano cleverly labels those which are not in the Italian category as Worldly reds or whites. Many U.S. west coast labels are listed.

Just as we were seated, our server immediately delivered a plentiful basket of toasted bread with a small bowl of olive oil and herb-cheese mixture on the side. Delightful for munching as we carefully examined the menu.

The menu consists of classic Italian dishes, a few American favorites...pork

chops, artisan pizzas, two soup offerings, salads, and a healthy choice category offering salmon or shrimp and sea scallops over spinach. Traditional Italian dishes—Eggplant Parmigiana, Chicken Marsala, and Pappardelle Bolognese still reign. Overheard at the water fountain were a few highlights worth mentioning: the burrata appetizer is thought to be incredible with focaccia bread, fresh tomatoes, and burrata drizzled with balsamic and pesto. Though some of the pasta is not made in house, the risotto and gnocchi are. In the case of Truffle Gnocchi, the deep, rich black truffle oil makes it shine. Another favored item is Fettuccine Mediterraneo with creamy parmesan sauce and an abundance of shrimp, sea scallops, and lump crab meat; you can also choose marinara sauce.

Of course, we had to order the Beef Carpaccio. The large plate arrived with beautiful attention to detail. Paper thin filet mignon slices circled the out-



er rim and were zigzagged with aioli made in the kitchen and a sprinkling of capers. An abundant pile of dressed rocket greens in the center were mixed with sliced mushrooms. Shaved Parmigiano Reggiano cheese graced the top of the salad, and a drizzle of white truffle oil completed the masterpiece.

We couldn't have dinner here without tasting the signature marinara, so the meatball appetizer was our choice. The three meatballs, made from veal, beef, and pork were perfectly tender, cooked with no superfluous filling. The red/orange marinara sauce was smooth, a recipe one could imagine was handed down from generations of Italian grandmothers.

I ordered the Grilled Mediterranean Branzino for my main course. The dish arrived on a long rectangular plate with two filets of fresh grilled branzino propping one another skin-side up, which is currently in vogue. The delicate white fish was drizzled with lemon-infused, fresh herb olive oil. The tasty long-stemmed broccoli on the side also seemed flavored with that same tasty olive oil. As a novel addition, greens tossed with quinoa, olive vinaigrette, and walnuts nestled the side.

Thumbs up on the Chicken Rollatini for our second entree. The lightly bread-



ed chicken breast, rolled with prosciutto and mozzarella, was topped with a divine aromatic marsala and mushroom sauce. Impressively presented, three thick rolled chicken breast slices showcased the stuffing. Side dishes of sautéed spinach and Tuscan potatoes were equally flavorful. This was a dazzling and upscale dish that we plan to order again.

We had to try Galliano's version of Tiramisu along with some coffee to finish. This classic house made sponge cake is soaked

with rich espresso and layered with decadent mascarpone. The dish arrives in a short martini-style glass, taking creative license away from the typical square serving. The top is dusted with cocoa powder and a dollop of whip cream.

Take a break from the surrounding shopping spots and detour into Galliano for lunch, brunch, or dinner. Wednesday evenings feature half-price bottles of wine, and on other nights there is live music or special wine-tasting events.

Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.



Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

We are in the thick of Spring now. Our adjacent Dining Guide highlights many restaurants that offer farm-to-table, locally sourced, and clean eating options. Here we have a list of restaurants opening, closing, and how our amazing local businesses and organizations are contributing goodwill to our communities.

On the Dining Scene...

↑ Father-son team Fredy and Harry Salmorán opened another location of **Senor's Chile Café**. The new Severna Park location is the fourth in the family's growing portfolio of restaurants. The grand opening was on January 13th at 594 Benfield Road. The family has been expanding over Anne Arundel County over the past few years, starting with their first location, Mi Lindo Cancun Grill in Annapolis over five years ago, followed by Senors Chile in Edgewater in January of 2020, which they expanded in 2021, before opening their third location, Maryland Senor Chile Cantina in Arnold. Find Senor's Chile's menu at senorschile.com.

Nando's Peri-Peri located in the Westfield Annapolis Mall, across from Chipotle, closed its doors on December 23rd. This said, it's not too late to enjoy their delicious, 24-hour marinated chicken and assortment of sauces. Nando's still has 13 other locations in Maryland, including two in Anne Arundel County: one at Waugh Chapel and the other in Hanover at the Arundel Mills Mall. Find more information at nandosperiperi.com.

Chesapeake Materials has been making annual donations of turkeys, hams, chickens, and other holiday fixings to the Anne Arundel County Food Bank for those in need within our community. This past November, Chesapeake Materials donated 78 turkeys, 78 hams, and 18 whole chickens along with holiday sides, and brought another round in December. And when they came back in December, they brought the support of their partners: Fidelity First Financial and CFG Bank. Together, the businesses donated \$12,050, which allowed the food bank to purchase 648 turkeys! See what you can donate at aafoodbank.org/donate.

Lots of love was shown to our county food bank during the holidays. **Medieval Times Dinner & Tournament** in Arundel Mills, Hanover, donated \$10,000 in December to the Anne Arundel County Food Bank. This was a part of a \$100,000 nationwide donation effort within the 10 communities the company operates. The performance restaurant showcases medieval role play in an arena-like setting. For more information, visit medievaltimes.com/baltimore.

Clean eating can still taste amazing, and **Fresh Green** is proving that! Fresh Green believes that clean eating should be accessible, adventurous, and downright delicious. After being founded in 2018 and opening the first location in Laurel, the brand opened locations in Upper Marlboro and Bowie. And now, there will be a Crofton location coming this year! Fresh Green will open the fourth location in Waugh Chapel, as well as locations in Capital Heights and Brandywine. Find more information and a menu at freshgreensalads.com.

The Rotary Club of Easton, along with co-sponsors Easton High Interact Club, St. John's Foundation, and Holy Trinity Church, gathered more than one hundred volunteers to pack thousands of meals for the organization's 2023 Rise Against Hunger event. The event, which was held on January 21st in Downtown Easton, provided 20,000 meals to send overseas for those facing hunger. This brings the event's grand total to 70,000 meals packed since it was established locally in 2018.

Rotary's goal is to pack 100,000 meals by 2025. Learn more about the event and how you can help next time at eastonrotary.org and riseagainsthunger.org. ↓

The **St. Michaels Community Center** paired with the **Talbot County Health Department** to host two, 6-week classes promoting healthier living that were free to the public. These small group classes held at St. Michaels Community Center included cooking demonstrations to prepare healthy meals from ingredients in the pantry and provided dinner to the class. The first class, which started March 2nd, focused on chronic disease self-management while the second class, on March 22nd, focused on Diabetes self-management. For upcoming programs and classes, like these, visit stmichaelscc.org.

After 18 years in Cambridge, **Katie's at the Airport** closed on January 31st. The mother-daughter team, Kay and Katie, were sad to see their family-friendly restaurant close. Katie posted on their Facebook page on January 16th that their last day would be at the end of the month and many patrons enjoyed their favorite meals for the last time. Katie's at the Airport was located at 5263 Bucktown Road in Cambridge.



Drink Up...

Heard of Starbucks' Pink Drink? Well, the National Cherry Blossom Festival in D.C. is upon us, which gives good reason to showcase another pink concoction! Try out these delicious pink cocktails to enjoy in honor of the cherry blossoms blooming!

Spring Fever

Ingredients

- 6 medium strawberries, quartered
- 3/4 ounce elderflower syrup
- 3/4 ounce lemon juice
- 4 dashes rhubarb bitters
- 3 ounces sparkling rose wine, chilled

INSTRUCTIONS

Add the strawberries, elderflower syrup, lemon juice, and bitters into a shaker with ice and shake until well chilled. Strain into a wine glass over fresh ice. Top with sparkling rose wine. Garnish with a lemon wheel.

Photo and recipe courtesy of liquor.com



Smokey Mezcal Paloma

Ingredients For Jalapeno Simple Syrup:

- 1/4 cup sugar
- 1/4 cup water
- 1 halved jalapeno

For the Rim:

- Smoked salt
- Chipotle powder

For Paloma:

- Ice
- 1.5 ounce mezcal
- 2 ounces fresh squeezed grapefruit juice
- 1 ounce fresh squeezed lime juice
- 1/2 ounce jalapeno simple syrup
- Splash club soda or sparkling water

INSTRUCTIONS

Make the jalapeno simple syrup. In a small saucepan, combine the water, sugar, and jalapeno. Bring to a simmer, stirring occasionally, until the sugar is dissolved. Turn off the heat, cover and let cool to room temperature. Once cool, strain into a glass jar and refrigerate until ready to use. Make the smoked salt rim. On a small plate, mix a small amount of smoked salt and a couple pinches of chipotle powder. Wet the rim of a glass with a lime wedge. Roll in the salt mixture. Fill the glass with ice. Add mezcal, grapefruit juice, lime juice, and simple syrup to the glass. Top with soda and give it a little stir. Garnish with jalapeno and lime slices.

Photo and recipe courtesy of livelytable.com

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

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Where's Wilma?

FIND WILMA AND WIN!

Our faithful, flying mascot Wilma is on a mission to look, feel, and, simply, be her very best. So, she's flying from town to town and visiting many reputable salons, gyms, and medical pros to help her achieve physical and mental bliss. Where will she land next?

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

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

Entries must be received by April 30, 2023. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Central Maryland.

Absolute Design Studio.....	LHDP
Anne Arundel Medical Center–Fish For A Cure.....	13
Baltimore Washington Medical Center.....	ATD, BC
Bowie Baysox.....	11
Bowie Siding & Roofing, Inc.....	75
Bowman Jarashow Law LLC.....	IBC
Ciminelli's Landscape Services, Inc.....	72
Crunchies Natural Pet Foods.....	95
David's Natural Market.....	80
Djawdan Center for Implant and Restorative Dentistry.....	1
Drs. Walzer, Sullivan & Hlousek, PA.....	5
Fichtner Home Exteriors.....	2
Franke Beckett LLC.....	LLP
Galliano Italian Restaurant & Wine Bar.....	88
Hague Quality Water of Maryland.....	75
Harvest Thyme Modern Kitchen & Tavern.....	87
Hospice of the Chesapeake.....	20
Hunan L'Rose.....	87
Jess Young Real Estate Team–ReMax Executive.....	72
Let's Go! Music Festival.....	8
Lime & Salt.....	87
Long & Foster–Crofton.....	64
Long Fence.....	62
Luminis Health AAMC.....	3, ATD
Mamma Roma.....	88
Maryland Oncology & Hematology.....	ATD
Monsignor Slade Catholic School.....	95
National Carpet & Flooring.....	79
Odenton Masonic Lodge No. 209.....	95
O'Donnell Vein and Laser.....	IFC
On The Green Inc.....	79
Pacesetters Annapolis.....	95
Perfect Pet Resort.....	80
Regal Paint Centers.....	71
S & K Roofing Siding Windows.....	76
Sinclair Prosser Gasior.....	LLP
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WL. Staton.....	76

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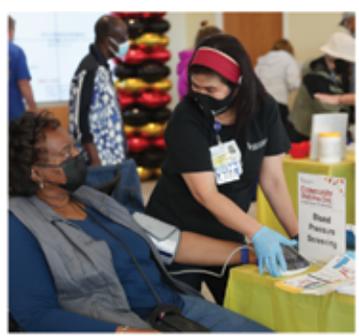




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Join the University of Maryland Baltimore Washington Medical Center (UM BWMC) and Chase Brexton Health Care for a **FREE** spring health and wellness fair.

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umbwmc.org/wellnessday

