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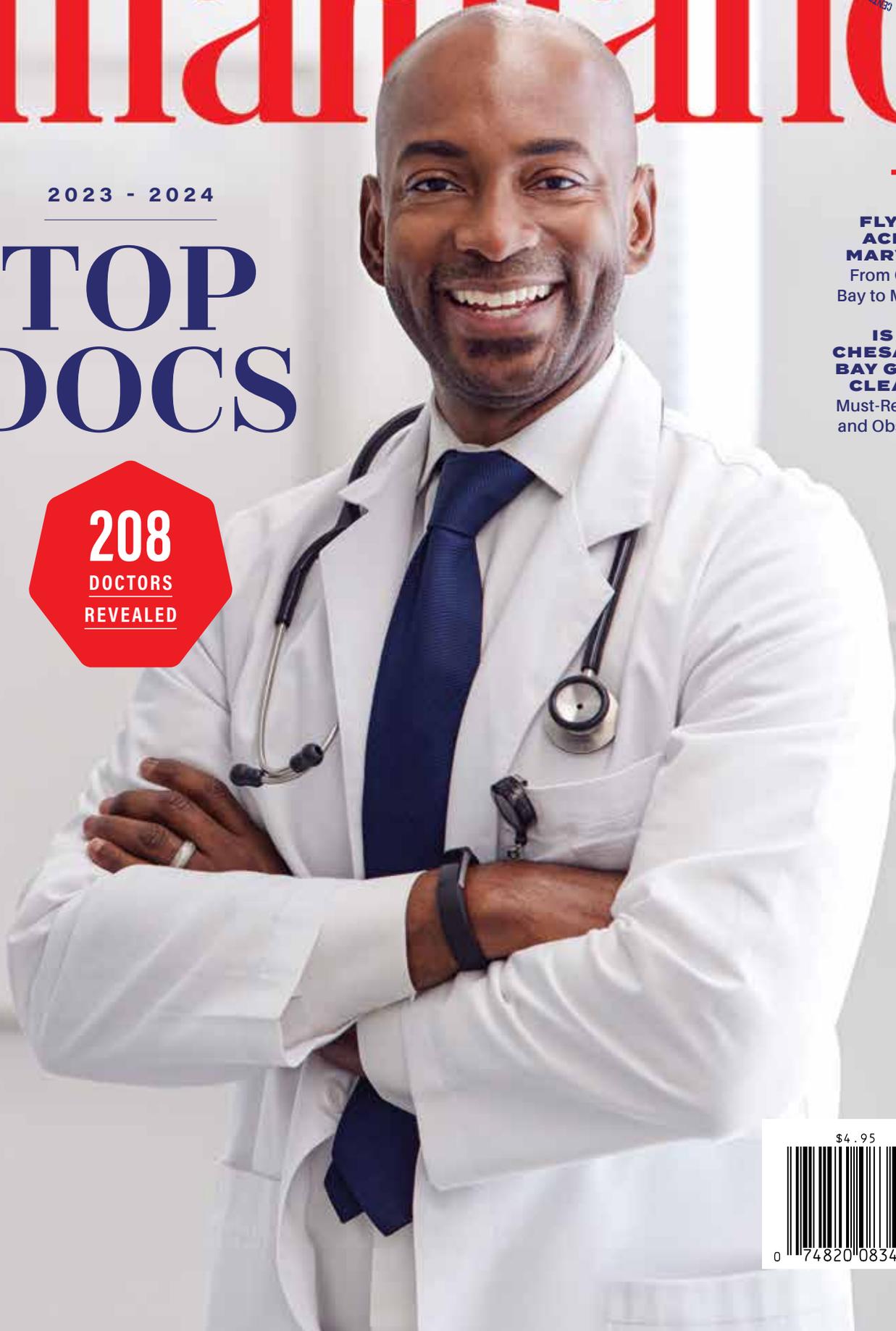
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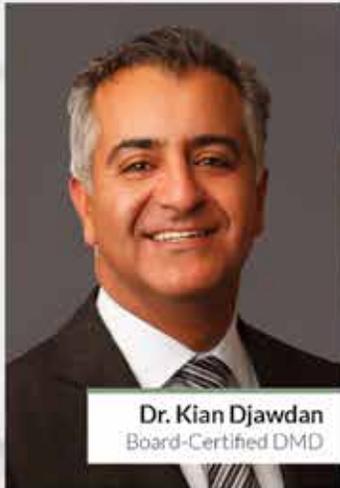
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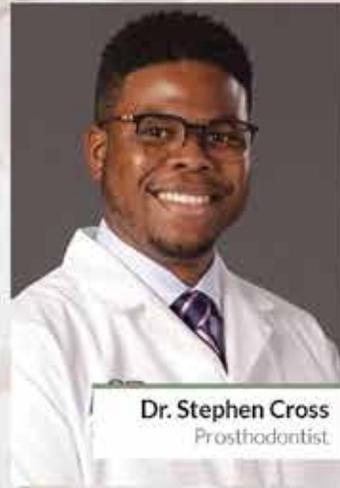
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On the Cover: We celebrate more than 150 winning Top Docs! Design by August Schwartz. Contact *What's Up? Central Maryland* online at whatsupmag.com. Please recycle this magazine.

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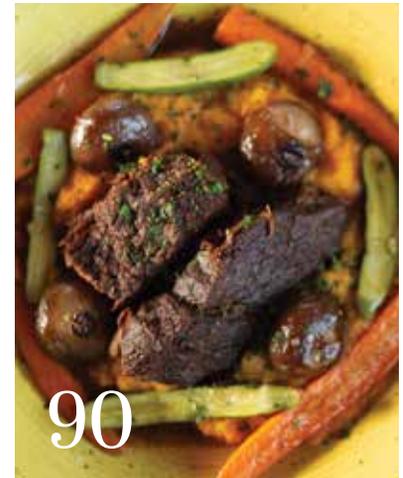
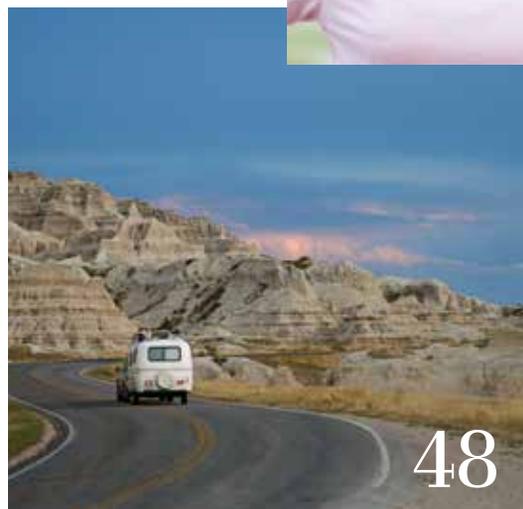
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WHAT'S UP? CENTRAL
maryland

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*Home Grown, Locally Owned: This issue of What's Up?
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October/November

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WHAT'S UP? MEDIA'S 2ND ANNUAL

HOME EXCELLENCE AWARDS



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

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through the November 30th deadline. Visit whatsupmag.com/homeexcellenceawards to learn more.



Looking for new new recipes? Find them here:



October is Learning Disabilities Awareness Month



What is a Learning Disability?

A learning disability is a brain-based condition that affects the way children learn how to read, spell, write, and/or do math. It's not just about academic learning, though. A child with a learning disability may have difficulty with short term memory, with speed of processing information, and with executive functions (which includes planning and organization).

Research has established that a learning disability does not indicate difficulties with intellectual abilities. Children with learning disabilities can achieve to their highest potential - but they need an educational setting and teachers that understand their needs and can provide instruction that does not necessarily follow traditional and conventional teaching methods.

Many educational professionals prefer to use the term "learning difference" instead of learning disability. Children deserve to understand that their learning challenges do not define them. Rather, it is important for children to understand their learning differences so they will be confident that even though they may struggle in school, that they can achieve academically.

Are there resources in our area for learning disabilities?

Luckily, here in Anne Arundel County, we have the expertise of The Summit Resource Center and The Summit School.

The Summit Resource Center provides diagnostic testing, benchmark testing, and tutoring for students outside of Summit's school program. Diagnostic testing results in a comprehensive report including assessment results, test scores, diagnosis, and recommendations for moving forward. The final report is essentially a roadmap to help parents and educators better meet the child's needs.

Now in its 35th year, The Summit School is an independent school for grades 1-8 specializing in educating bright students with dyslexia and other learning differences. Summit teachers teach differently because Summit students learn differently. Summit's unique program incorporates highly-trained teachers who implement research-based instructional strategies with multi-sensory lessons. Small class sizes enable teachers to differentiate instruction for students, when needed.

Essential learning outcomes are identified, monitored, and measured at The Summit School. Students receive progress monitoring and benchmark testing as tools for teachers to address areas of weakness. Teaching strategies are modified to meet the needs of the child. Communication with parents is frequent and transparent.

Summit's program is life-changing. The national average high school graduation rate for students who have been classified with a specific learning disability is 71%. The national average high school graduation rate for all students is 84%. The high school graduation rate for Summit students is 98%. Even though Summit's program ends at 8th grade, parents and alumni credit The Summit School with giving them the confidence, strategies, and learning tools they needed to succeed. Summit alumni are now engineers, teachers, artists, doctors, psychologists, financial analysts, entrepreneurs and more. With a strong foundation, the possibilities are endless.



For more information call us at 410-798-0005 or visit www.thesummitschool.org Edgewater, MD

What are the signs of a learning disability?

Contrary to popular belief, writing letters backwards is NOT the definition of dyslexia. Signs of dyslexia and other learning differences are not always obvious. Parents are often the first to notice that "something doesn't seem right." One or more of the following warning signs can be normal but if you notice several of these characteristics over a long period of time, consider the possibility of a learning disability. Diagnosis is the first step to intervention and success in school.

Preschool

- May speak later than most children
- May struggle with the ability to find just the right word
- Often has difficulty rhyming words
- Often has trouble with learning numbers, alphabet, days of the week, colors, shapes
- Fine motor skills may be slow to develop

Grades K-4

- Slow to learn the connection between letters and sounds
- Makes consistent reading and spelling errors including letter reversals (b/d), inversions (m/w), transpositions (felt/left), and substitutions (house/home)
- Transposes number sequences and confuses arithmetic signs (+, -, x, /, =)
- May have trouble learning about time
- May struggle with math concepts

Grades 5-8

- Slow to learn prefixes, suffixes, root words, and other spelling strategies
- Avoids reading aloud, reads slowly and inaccurately
- Trouble with word problems
- Avoids writing assignments
- Slow or poor recall of facts
- Has trouble doing homework independently

OPEN HOUSE

October 17, 2023

9:00 - 10:30 am

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Key School is one of the most sought-after college preparatory programs in Maryland because we are more than a school.

Experience the Key difference for yourself! RSVP for Key's Fall Open Houses or Information Sessions today at keyschool.org.



Fall Admission Events

<p>16 OCT</p>  <p>Lower School Information Session 9:00 - 10:30 a.m.</p>	<p>24 OCT</p>  <p>Upper School Information Session 6:30 - 7:30 p.m.</p>	<p>4 NOV</p>  <p>First School Open House 9:00 - 10:30 a.m.</p>	<p>4 NOV</p>  <p>Middle School Open House 10:00 a.m. - 12:00 p.m.</p>
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Out on the **TownE**

9 EVENT PICKS | 14 SPOTLIGHT | 16 ATHLETE

Harvest Bash

Providence of Maryland's 8th Annual Harvest Bash will be a night like no other on October 14th in Providence's Greenhouse in Arnold. The night will have a feast of fall bounty and abundant cocktails, custom donuts, live and silent auctions, and live music by The Dan Haas Band and other musicians. Find more information at providenceofmaryland.org.





OLD BOWIE FESTIVAL

Old Bowie's annual festival is back to celebrate all things Bowie. Over time, the city has become home to people from an ever-growing collection of cultures. Enjoy the day-long celebration on October 7th from 11 a.m. to 5 p.m. The festival will take place between 12th Street and Chestnut Avenue to Maple Avenue at 9th Street in Bowie. The festival will have live music, stages, local and ethnic offerings, and more. Find more information at oldbowiecelebrates.us.

↑ Hoedown on the Farm

Maryland Therapeutic Riding's Hoedown on the Farm will be October 7th from 4 to 8:30 p.m. at their campus in Crownsville. Grab your cowboy boots and enjoy a boot-scootin' good time. Celebrate 27 years of the healing power of horses with live music, games, food, and raffles. Find more information at horsethatheal.org.



LIFELINE 100 BICYCLE EVENT

Kick off October with Anne Arundel Department of Recreation & Parks, Anne Arundel County Police, and Bicycle Advocates for Annapolis and Anne Arundel County's ninth Lifeline 100 Community Bicycle Event. The award-winning event offers scenic 65- and 100-mile county tours with water views and historic sites, 15- and 30-mile flat, paved trail rides, and a free bike rodeo and family fun ride for children. The race will start at 6:30 a.m. at Kinder Farm Park in Millersville. Find more information at lifeline100.com.

↑ Suburban Maryland Fall Home Show

The Suburban Maryland Fall Home Show will be held at the Howard County Fairgrounds on October 7th and 8th. The home show's goal is to inspire, motivate, and excite you for your upcoming home improvements—whether it's a minor renovation or a major remodel. The event will have a wide selection of home improvement professionals in a fun and interactive environment. The show will have a department for kitchens, bathrooms, landscaping, siding, doors, insulation, and more. Ready to get motivated for your next project? Find more information at mdhomeshows-hf.com.





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www.fishforacure.org

Join us on November 4, 2023 as we celebrate our continued commitment to making a splash in cancer care at Luminis Health Anne Arundel Medical Center.

Photo courtesy of Annapolis Boat Shows



↑ Annapolis Sailboat Show

One of the most exciting events of the year is back at the Annapolis City Docks from October 12th to 15th. Sailors from around the globe will gather in our capital city to celebrate all things sailing. Floating docks will be lined with sailboats from manufacturers around the world and include multihulls, monohulls, cruisers, racers, sailing dinghies, and more. Find more information and get tickets to the event at annapolisboatshows.com.

Photo by Clear Sky Images



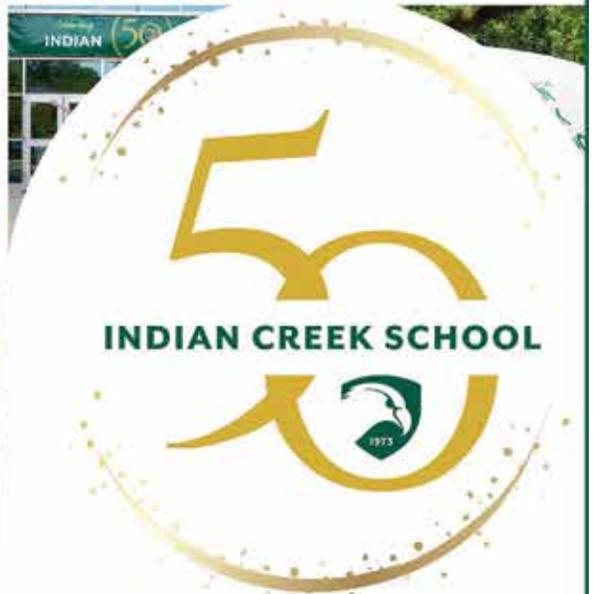
BOUNTIFUL HARVEST

Pull out your boots and bling for Friends of The Light House's 2023 Bountiful Harvest. The harvest will be Friday, October 20th at The Atreum at Soaring Timbers in Annapolis. Enjoy gourmet food by The Light House Bistro, an open bar, live and silent auctions, and live music by Misspent Youth all while raising money for safe housing and job training for the homeless. Find more information at friendslhs.org.

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INSPIRATIONS EXPANDS ↓

In June, Inspirations Assisted Living and Memory Care announced that it has purchased Woodlands Assisted Living, located close to the Chesapeake Bay in Middle River. Inspirations was positioned to purchase the community and will be adopting it into their brand. Woodlands complements the company's existing portfolio of communities in Lutherville, Linthicum, and Westminster. The new community will be called Inspirations Bayside Assisted Living and Memory Care. It will remain operating under the Woodlands name until the new license is approved, which should be very soon. Learn more about Inspirations at inspired-joy.com.



↑ Rock Kids Dental Opens in Crofton

Rock Kids Dental officially cut the ribbon at a grand opening ceremony held recently at its new location, 1631 Crofton Center, A-104, in Crofton. Founded by board certified pediatric dentist and mom of three, Dr. Irene Apata, the practice will treat children, but especially focus on pediatric dentistry for athletic and orthodontic needs. "We will do this in a beautiful, positive, and joyful atmosphere," Apata states. "You will be having fun and learning at the same time." Visit rockkidsdental.com for more information.



Let's Move Crew Organizes NAMI Walk

Annapolis and Crofton offices of Coldwell Banker Realty, led by Liz Montaner and the Let's Move Crew, organized the second NAMI Anne Arundel County Walk in downtown Annapolis on Saturday, June 10th. The goal of the Walk was to raise awareness and reduce stigma regarding mental health treatment. Additionally, they raised \$6,290 for NAMI Maryland and NAMI Anne Arundel County chapters as part of the NAMIWalks Your Way 2023 campaign. Every dollar raised will be supporting NAMI's mission of improving the lives of individuals and families affected by mental illness. Learn more at the National Alliance on Mental Illness at nami.org.





↑ CHRIS GIVES FOUNDATION HOLDS INAUGURAL EVENT

The Chris Gives Foundation held its inaugural fundraising event on June 17th, at historic Baldwin Hall in Crownsville. The 501(c)(3) charity organization was founded by Robin Mohns (pictured) to continue the legacy of her late husband Chris Mohns, Sr., who helped many people with automobile difficulties, helping them get back on the road. CGF will provide help to individuals struggling to pay for auto repairs and other transportation costs. The event was deemed a success, with more than 100 attendees enjoying music, bbq, games, silent and live auctions, and raffles. Learn more at chrisgives.com.



Lisa's Cakepops Bids Adieu

On June 28th, the Greater Severna Park and Arnold Chamber had a sweet sendoff for Lisa and Glenn Schneiderman, owners of Lisa's Cakepops. The duo closed their wonderful bakery and are relocating to sunny Florida. The couple has been active part of the Severna Park and Anne Arundel County community for many years and will be missed. We wish them well in their next chapter.

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

Supporting people with intellectual and developmental disabilities to live, work, and connect in the community.

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Photography by Steve Buchanan

TOWNE ATHLETE

Nick Pratt

Indian Creek School
Baseball

By Tom Worgo

Recent Indian Creek School graduate Nick Pratt produced some eye-popping baseball statistics this past spring. Pratt batted .603, had an on-base percentage of .724, and clubbed *two home runs in four different games.*

Opponents really didn't want to pitch to him. Pratt amassed a whopping 19 intentional walks.

“

I WAS FORTUNATE TO BE ABLE TO PLAY AT THAT LEVEL. THEY ONLY TAKE A FEW FRESHMEN ON EACH TEAM. THE LEVEL OF PITCHING I HAVE FACED IS OUTSTANDING. IT'S A STEPPINGSTONE TO COLLEGE BASEBALL.”

“When I was batting like .750 through our first 10 games, I had to start acting like that—confidence-wise,” Pratt says. “A lot of people would always tell me they are like video game numbers. It's kind of crazy when I repeat them out loud.”

The more important numbers: Pratt's height (6-foot-1) and weight (210). That size and heft account for the Severna Park resident's power and helps with his defensive game as a catcher. Yet he is also very agile for his size.

“It checks the boxes for a lot of coaches that come watch me play,” Pratt says.

Those are the qualities that earned him an athletic scholarship to a Division I college: University of Maryland, Baltimore County. Pratt also considered and visited George Washington, George Mason, Bucknell universities and Queens College. He plans to major in economics after carrying a 4.1 weighted grade-point average in high school.

“I really like the coaching staff and I could really tell they prioritize player development over just

winning,” Pratt explains of UMBC. “I knew I had the best chance to see the field (early in his college career). It's also close to home, and I want my family to come watch my games.”

UMBC Baseball Coach Liam Bowen made Pratt a priority to bring to the Retrievers' program. Bowen likes Pratt's all-around skill set.

“He is a really talented player,” Bowen says. “We are trying to go in a direction as an offense, where we hit for more power. He gives you extra-base power at a premium position. He is a great athlete, super hard-working, and he is advanced on the defensive side of the ball.”

To prepare for baseball at UMBC, Pratt joined the Gaithersburg Giants of the Cal Ripken Collegiate League this summer. It's the highest level of baseball he has faced.

“I was fortunate to be able to play at that level,” Pratt says. “They only take a few freshmen on each team. The level of pitching I have faced is outstanding. It's a steppingstone to college baseball.”

Pratt had a stellar career at Indian Creek. He earned Maryland Inter-scholastic Athletic Association B Conference Player of the Year. He posted great numbers in each of his three seasons on the varsity squad.

“He was an extreme clutch hitter,” Indian Creek Baseball Coach Matt Foster says.

The 18-year-old Pratt led the team in home runs (10) and RBIs (26) as a senior. He hit two home runs in the season opener against St. Mary’s Ryken and also smacked two home runs against MIAA A Conference foe Calvert Hall.

As a junior, he also led the team in batting average (.461), home runs (11), and RBIs (36).

“We are excited for his potential offensively,” Bowen says. “And he is a complete player for such a young guy.”

That’s why he gets high marks for his defense from Foster. Pratt only allowed two past balls in 2023 while throwing out 63 percent (19 of 30) of base runners attempting to steal. Foster loved the offense and defense he got from Pratt, but the catcher’s work ethic stood out the most to the coach.

“He would work on his hitting before school started,” Foster recalls. “He’d be hitting from like 6 or 6:30 a.m. and wrap it up by 7:30.”

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



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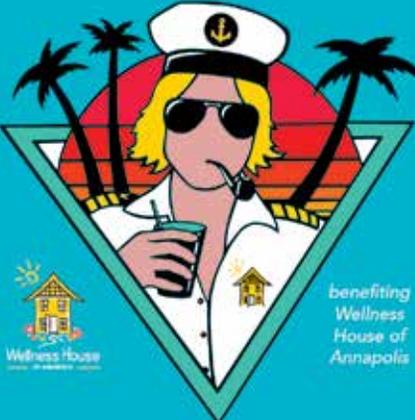


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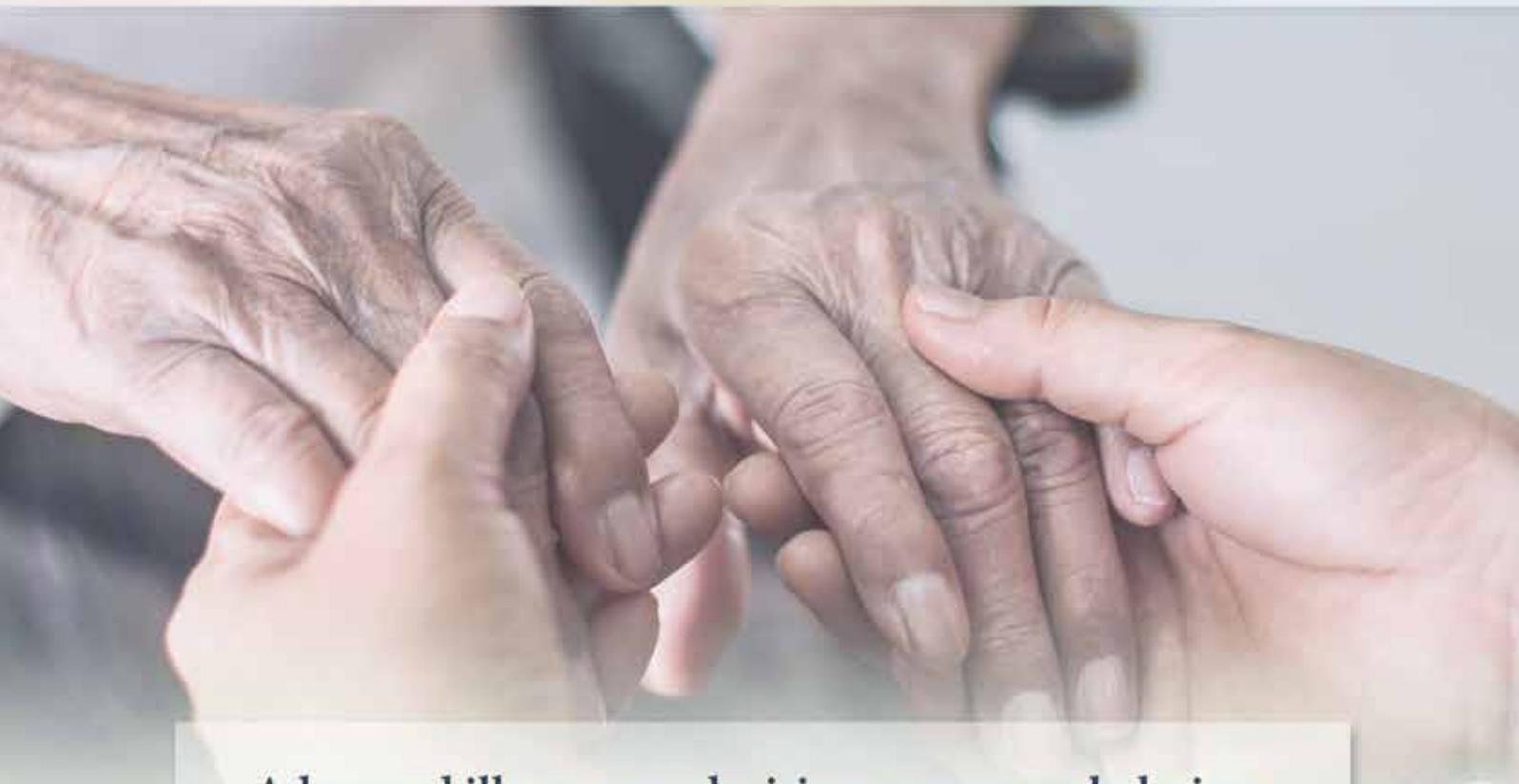
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Anne Arundel Gastroenterology Associates, P.A.

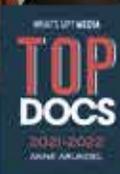
“Setting the Standard for Gastroenterology”

ABOUT US

Anne Arundel Gastroenterology Associates has been a pillar of the local healthcare community for over four decades diagnosing and treating all symptoms and diseases associated with the GI tract (esophagus, stomach, small bowel, colon), pancreas, liver and gallbladder.

WHAT WE TREAT

Common symptoms and diseases include gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD) including Crohns disease and Ulcerative colitis, colon cancer prevention, Celiac disease, fatty liver and pancreatic inflammation, cysts and cancer.



AAGA includes ten physicians and six midlevel providers who are all taking new patients and are excited about caring for our community. Our main campus is located in Annapolis, and we have satellite offices located in Greenbelt, Odenton, Bowie, Pasadena and Kent Island. Feel free to visit us at www.aagastro.com or call to schedule an appointment at **410-224-2116**. We look forward to meeting you soon!

A light blue stethoscope graphic is centered in the background, with its chest piece at the bottom and earpieces at the top. The word 'TOP' is positioned above the chest piece, and 'DOCS' is positioned below it. A white box with a thin red border is placed over the 'TOP' text, containing the years '2023-2024'.

2023–2024

TOP DOCS

The Greater Chesapeake Bay region's top peer-nominated doctors

We welcome this year's class of medical doctors who have been recognized by their peers for exceptional patient care, bedside manner, professionalism, and expertise!

This is What's Up? Media's eleventh biennial **Top Docs** project, dating back to 2003. And each campaign requires an amazing amount of time and energy to execute. Top Docs has been a seven-month process that began in March with the surveying of medical doctors practicing within the distribution region of our publications *What's Up? Annapolis*, *What's Up? Central Maryland*, and *What's Up? Eastern Shore*.

Doctors were asked to participate in an online, secure survey, which listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recommend their most qualified peers, in their opinion, for each category

of specialty/condition. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). Surveys were collected by deadline, vetted, and the results tallied.

The Top Docs honored herein represent the individual doctors who received the *most substantial* number of nominations from their peers relative to the amount of voting taking place within each category. Every doctor on the following list was fact-checked with the Maryland Board of Physicians to ensure their certification and practice are in good standing with the state.

Knowing who medical professionals consider the best in their respective fields is a valuable asset. We thank the many doctors who completed the survey and congratulate those who've earned the following accolades!





ALLERGY & IMMUNOLOGY

Dealing with allergies and an exaggerated immune response or reaction to substances.

Dr. Duane Gels
Annapolis Allergy & Asthma; 129 Lubrano Drive, Ste. 200, Annapolis; 410-573-1600; annapolisallergy.com

Dr. Jamie Olenec
Centers for Advanced ENT Care; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Dr. Monica Bhagat
ENTAA Care; 129 Lubrano Drive, Ste. L100, Annapolis; 410-760-8840; entaacare.com

Dr. Richard Bernstein
Privia Health; 133 Defense Highway, Ste. 109, Annapolis; 410-224-5558; rbernmedicine.com

Dr. Timothy Andrews
Allergy & Asthma Associates; 277 Peninsula Farm Road, Arnold; 410-647-2600; annapollendocs.com

ANESTHESIOLOGY

The practice of blocking pain, discomfort, or distress during surgery or an obstetric or diagnostic procedure.

Dr. Christine Cattaneo
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

Dr. Courtney Masear
Johns Hopkins; 4940 Eastern Avenue, Ste. A3W, Baltimore; 410-550-0942; hopkins-medicine.org

Dr. Egal Gudal
UM Baltimore Washington Medical Center; 301 Hospital Drive, Glen Burnie; 410-787-4000; umms.org

Dr. Glenn Gilmore
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

Dr. Kevin Malone
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

Dr. Michael Webb
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

Dr. Richard Ro
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

CARDIOVASCULAR DISEASE

Dealing with the heart, its actions, and diseases.

Dr. Asghar Fakhri
UM Baltimore Washington Heart Associates; 7845 Oakwood Road, Ste. 106, Glen Burnie; 410-768-0919; umms.org

Dr. Baran Kilical
Annapolis Heart LLC; 128 Lubrano Drive, Ste. 301, Annapolis; 443-607-2299; annapolis-heart.com

Dr. George Clements
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

Dr. Jennifer R. Brown
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

Dr. John Kennedy
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

Dr. Lawrence D. Jacobs
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

Dr. Scott Katzen
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

Dr. Valeriani Bead
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

Dr. William Maxsted
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

COLON & RECTAL SURGERY

Dealing with surgery involving the colon and rectum.

Dr. Mari Madsen
Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Annapolis; 410-573-1699; annapoliscolon.com

Dr. Vincent Cifello
Colon Rectal Surgical Associates, LLC; 1404 Crain Highway, Ste. 111, Glen Burnie; 410-760-9996; colonrectal.net

Steven Proshan
Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

CRITICAL CARE MEDICINE

Providing life support or organ support to patients who require intense monitoring.

Dr. Faith Armstrong
UM Baltimore Washington Medical Center; 301 Hospital Drive, Glen Burnie; 410-787-4000; umms.org

Dr. Kanak Patel
Luminis Health; 2001 Medical Parkway, Annapolis; 443-481-1750; luminishealth.org

Dr. Steven Resnick
Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolis-pulmonary.com

DERMATOLOGY

Dealing with the skin and its diseases.

Dr. Christine Ambro
Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; usdermatologypartners.com

Dr. Gail Goldstein
Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; usdermatologypartners.com

Dr. George Gavrila
ProMD Health; 166 Defense Highway, Ste. 302, Annapolis; 410-449-2060; promd-health.com

Dr. Heather Pacheco
Johns Hopkins; 231 Najoles Road, Ste. 460, Millersville; 410-883-8563; hopkinsmedicine.org

Dr. Katina Miles
Skin Oasis Dermatology; 2401 Brandermill Boulevard, Ste. 240, Gambrills; 410-402-5207; skinoasisderm.com

Dr. Kelly McGuigan
Anne Arundel Dermatology; 180 Admiral Cochrane Drive, Annapolis; 410-263-5439; aadermatology.com

Dr. Lesley Sutherland
Dockside Dermatology; 8601 Veterans Highway, Ste. 201, Millersville; 410-934-5400; docksidederma.com

Dr. Lisa Kates
Center for Dermatology and Skin Care of Maryland; 2200 Defense Highway, Ste. 201, Crofton; 410-451-5500; dermofmd.com

Dr. Lisa Renfro
Anne Arundel Dermatology; 2002 Medical Parkway, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

Dr. Megan Casady Flahive
Current Dermatology and Cosmetic Center; 810 Bestgate Road, Ste. 450, Annapolis; 410 384-3045; current-derm.com

Dr. Molly Walterhoefer
Current Dermatology and Cosmetic Center; 810 Bestgate Road, Ste. 450, Annapolis; 410 384-3045; current-derm.com

Dr. Natalia Biles
Advanced Dermatology and Cosmetic Surgery; 200 Harry S. Truman Parkway, Ste. 400, Annapolis; 410-897-0272; advanced-derm.com

Dr. Stephanie Clements
Dockside Dermatology; 8601 Veterans Highway, Ste. 201, Millersville; 410-934-5400; docksidederma.com

ENDOCRINOLOGY, DIABETES & METABOLISM

Dealing with the endocrine glands, involved in the secretion of hormones.

Dr. Barbara Onumah
The Diabetes & Endocrine Wellness Center LLC; 970 Appollo Drive, Ste. 401, Largo; 240-825-3040; dewdoctor.com

Dr. Elizabeth Parker
Parker Place; 49 Old Solomons Island Road, Ste. 303, Annapolis; 410-844-8998; parker-placeannapolis.com

Dr. Kathleen Prendergast
UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 9, Glen Burnie; 410-787-4940; umms.org

Dr. Kristin Michelle Flammer
UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 9, Glen Burnie; 410-787-4940; umms.org

Dr. Onala Telford
Chesapeake Endocrinology; 2191 Defense Highway, Ste. 308, Crofton; 410-216-4445; cendomd.com

GASTROENTEROLOGY

Dealing with the structure, functions, diseases, and pathology of the stomach and intestines.

Dr. Barry Cukor

Gastro Health (formerly Digestive Disorders Associates); 621 Ridgely Avenue, Ste. 201, Annapolis; 410-224-4887; gastro-health.com

Dr. Chris Olenec

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Ste. 1A, Annapolis; 410-505-4265; aagastro.com

Dr. Kevin Wolow

Gastro Health (formerly Digestive Disorders Associates); 621 Ridgely Avenue, Ste. 201, Annapolis; 410-224-4887; gastro-health.com

Dr. Melanie Jackson

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Ste. 1A, Annapolis; 410-505-4265; aagastro.com

Dr. Paraveena Velamati

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Annapolis; 410-505-4265; aagastro.com

Dr. Raja Taunk

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Ste. 1A, Annapolis; 410-505-4265; aagastro.com

Dr. Steve Epstein

Woodholme Gastroenterology Associates; 802 Landmark Drive, Ste. 129, Glen Burnie; 410-863-4899; woodholmegi.com

GENERAL SURGERY

Dealing with diseases and conditions requiring or amenable to operative or manual procedures.

Dr. Gina Massoglia

Chesapeake Surgical Associates; 2009 Tidewater Colony Drive, Annapolis; 410-571-9499; chesapeake-surgery.com

Dr. Vincent Sayan

Vincent Sayan MD, FACS; 134 Holiday Court, Ste. 300, Annapolis; 410-224-4404; sayansurgical.com

GYNECOLOGY

Dealing with the diseases and routines physical care of the reproductive system of women.

Dr. Heather Herman

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Dr. Julia Lubsky

Luminis Health; 2000 Medical Parkway, Ste. 304, Annapolis; 410-224-1133; annapolisobgyn.com

Dr. Marcus Penn

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Dr. Pablo Argeles

UM Baltimore Washington Medical Center; 203 Hopsital Drive, Ste. 308, Glen Burnie; 410-553-8260; umms.org

Dr. Susan Peeler

Mercy Institute for Gynecologic Care at Annapolis; 888 Bestgate Road, Ste. 208, Annapolis; 443-949-3401; mdmercy.com

Dr. Teresa Diaz-Montes

Mercy Institute for Gynecologic Care at Annapolis; 888 Bestgate Road, Ste. 208, Annapolis; 410-332-9200; mdmercy.com

HEMOTOLOGY & ONCOLOGY

Dealing with the blood and blood-forming organs (hematology) and dealing with the treatment and management of cancer (oncology).

Dr. Arun Bhandari

Chesapeake Oncology Hematology Associates; 129 Lubrano Drive, Ste. 201, Annapolis; 410-573-0090; cohamed.com

Dr. Carol Tweed

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Dr. Harvinder Singh

UM Baltimore Washington Medical Center; 305 Hospital Drive, Glen Burnie; 410-553-8360; umms.org

Dr. Jason Taksey

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Dr. Ravin Garg

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

HOSPICE & PALLIATIVE MEDICINE

Providing relief from the symptoms, pain, and stress of serious illness.

Dr. Elizabeth Grady

UM Baltimore Washington Medical Center; 301 Hospital Drive, Glen Burnie; 410-787-4000; umms.org

Dr. Ruth Gallatin

Crofton Internal Medicine (affiliate of Hospice of the Chesapeake); 2401 Brandermill Boulevard, Ste. 220, Gambrills; 410-451-7214

INTERNAL MEDICINE

Dealing with the diagnosis and treatment of non-surgical diseases.

Dr. Aditya Chopra

Aditya Chopra, MD, PC; 600 Ridgely Avenue, Ste. 231, Annapolis; 410-266-8186; adityachopramdpc.com

Dr. Timothy Woods

Annapolis Internal Medicine; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

Dr. Titus Abraham

Annapolis Internal Medicine; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

NEPHROLOGY

Dealing with the structure, function, and diseases of the kidneys.

Dr. Ali Ipakchi

Central Maryland Nephrology; 7331 Hanover Parkway, Greenbelt; 301-345-0605; cmneph.com

Dr. Andrew Briglia

Annapolis Nephrology Associates; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333; annapolisneurology.com

Dr. Shahab Khan

Mid Atlantic Nephrology Associates; 6934 Aviation Boulevard, Ste. F, Glen Burnie; 410-760-3588; manapa.com

NEUROLOGICAL SURGERY

Dealing with nervous structures such as nerves, the brain, or the spinal cord.

Dr. Brian Sullivan

Maryland Brain, Spine & Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbbsp.com

Dr. Clifford Solomon

UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 208, Glen Burnie; 410-533-8160; umms.org

Dr. Danny Liang

UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 208, Glen Burnie; 410-533-8160; umms.org

NEUROLOGY

Dealing with the nervous system, especially in respect to its structure, functions, and abnormalities.

Dr. Daniel Hexter

Annapolis Neurology Associates; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333; annapolisneurology.com

Dr. Molly Price

Annapolis Neurology Associates; 122 Defense Highway, Annapolis; 410-266-9694; annapolisneurology.com

Dr. Nicholas

Capozzoli
Luminis Health; 122 Defense Highway, Ste. 100, Annapolis; 410-263-9490; luminis-health.org

Dr. Samip Patel

Luminis Health; 2002 Medical Parkway, Ste. 510, Annapolis; 443-481-6700; luminis-health.org

OBSTETRICS

Dealing with the physical care of the reproductive system of women, birth, and its antecedents and after-effects.

Dr. Ifeyinwa Stitt

Luminis Health; 2000 Medical Parkway, Ste. 304, Annapolis; 410-224-1133; annapolisobgyn.com

Dr. Jessica Russell

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Dr. Julia Lubsky

Luminis Health; 2000 Medical Parkway, Ste. 304, Annapolis; 410-224-1133; annapolisobgyn.com

Dr. Marcus Penn

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Dr. Nicolle Bougas

Women OB/GYN of Annapolis; 2003 Medical Parkway, Ste. 250, Annapolis; 410-224-2228; womenobgyn.com

**Dr. Pablo Argeles**

UM Baltimore Washington Medical Center; 203 Hopsital Drive, Ste. 308, Glen Burnie; 410-553-8260; umms.org

OCULOPLASTIC SURGERY

Includes a wide variety of cosmetic surgical procedures that deal with the orbit, eyelids, tear ducts, and the face.

Dr. Elba Pacheco

Center for Eye & Laser Surgery / Adoro Medical Spa; 692 Ritchie Highway, Ste. 2B, Severna Park; 410-647-0123; myeyelids.com

OPHTHALMOLOGY

Dealing with the structure, functions, and diseases of the eye.

Dr. Heather Nesti

Chesapeake Eye Care & Laser Center; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

Dr. John Avallone

Ophthalmology Associates of Greater Annapolis; 83 Church Road, Arnold; 410-757-2778; annapoliseyecare.com

Dr. Maria Scott (retired June 2023)

Chesapeake Eye Care & Laser Center; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

Dr. Sachin Kalyani

Kalyani Eye Care; 7556 Teague Road, Ste. 410, Hanover; 410-782-3233; kalyanieye.com

Dr. Samuel Boles

Anne Arundel Eye Center; 127 Lubrano Drive, Ste. 301, Annapolis; 410-224-2010; annearundeleynecenter.com

Dr. Tamara Fackler

Chesapeake Eye Care & Laser Center; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

ORTHOPEDIC SPORTS MEDICINE

Dealing with the medical and therapeutic aspects of sports participation and physical activity.

Dr. Alexander Shushan

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Benjamin Petre

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-280-4717; drpetre.com

Dr. Charles Ruland

The Centers for Advanced Orthopaedics; 2003 Medical Parkway, Ste. 400, Annapolis; 410-473-2530; cfaortho.com

Dr. Daniel Redziniak

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. John Paul Rue

Mercy Medical Center; 7927 Ritchie Highway, Glen Burnie; 410-539-2227; mdmercy.com

Dr. Louis Ruland, III

The Centers for Advanced Orthopaedics; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; cfaortho.com

ORTHOPEDIC SURGERY

Dealing with conditions involving musculoskeletal systems.

Dr. Alexander Shushan

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Benjamin Petre

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Clayton Alexander

Mercy Medical Center; 7927 Ritchie Highway, Glen Burnie; 410-332-9032; mdmercy.com

Dr. Justin Cashman

Performance Orthopedics; 130 Admiral Cochrane Drive, Ste. 303, Annapolis; 410-571-4338; jlcashman-md.com

Dr. Justin Hoover

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Louis Ruland, III

The Centers for Advanced Orthopaedics; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; cfaortho.com

ORTHOPEDIC SURGERY (HAND)

Dealing with surgery of the hand.

Dr. Alexander Shushan

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Christopher Jones

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Clayton Alexander

Mercy Medical Center; 7927 Ritchie Highway, Glen Burnie; 410-332-9032; mdmercy.com

Dr. Garth Smith

The Centers for Advanced Orthopaedics; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; cfaortho.com

Dr. Leon Nesti

Annapolis Hand Center; 127 Lubrano Drive, Ste. 202, Annapolis; 410-544-4263; annapolishandcenter.com

Dr. Thomas Dennis

Annapolis Hand Center; 127 Lubrano Drive, Ste. 202, Annapolis; 410-544-4263; annapolisfootandanklecenter.com

ORTHOPEDIC SURGERY (HIP)

Dealing with surgery of the hip.

Dr. Hal Crane

UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 207, Glen Burnie; 410-553-8170; umms.org

Dr. Justin Hoover

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Michael Anvari

The Centers for Advanced Orthopaedics; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; cfaortho.com

Dr. Paul King

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

ORTHOPEDIC SURGERY (KNEE)

Dealing with surgery of the knee.

Dr. Benjamin Petre

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Daniel Redziniak

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. James MacDonald

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Justin Hoover

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

Dr. Paul King

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

OTOLARYNGOLOGY

Dealing with the ear, nose, and throat.

Dr. Avron Marcus

ENTAA Care (Johns Hopkins Medicine); 129 Lubrano Drive, Annapolis; 410-760-8840; hopkinsmedicine.org

Dr. Carolina Travino Guajardo

ENTAA Care (Johns Hopkins Medicine); 802 Landmark Drive, Ste. 119, Glen Burnie; 410-760-8840; hopkinsmedicine.org

Dr. Joydeep Som

Centers for Advanced ENT Care; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Dr. Matthew Hilburn

Centers for Advanced ENT Care; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Dr. Michael Pardo

Centers for Advanced ENT Care; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

PEDIATRICS

The medical sciences caring for children.

Dr. Andre Gvozden

Gvozden Pediatrics; 251 Najoles Road E, Millersville; 410-729-0690; gvozdenpediatrics.com

Dr. Charles Parmele

Annapolis Pediatrics; 200 Forbes Street, Ste. 200, Annapolis; 410-263-6363; annapolispediatrics.com

Dr. Faith Hackett

Severna Park Doctors; 844 Ritchie Highway, Ste. 206, Severna Park; 410-647-8300; spdocs.net

Dr. James Rice

Annapolis Pediatrics; 200 Forbes Street, Ste. 200, Annapolis; 410-263-6363; annapolispediatrics.com

Dr. Jeralyn Jacobs

Mid-Atlantic Permanente Medical Group; 301 Hospital Drive, Glen Burnie; 800-777-7904; umms.org

Dr. Piyumi Fonseka

Annapolis Pediatrics; 200 Forbes Street, Ste. 200, Annapolis; 410-263-6363; annapolispediatrics.com

Dr. Rebecca Vickers

Arundel Pediatrics; 1460 Ritchie Highway, Ste. 209, Arnold; 410-789-7337; arundelpediatrics.com

PHYSICAL MEDICINE & REHABILITATION

Dealing with the evaluation, treatment, and care of persons with musculoskeletal injuries, pain syndromes, and other physical or cognitive impairments or disabilities.

Dr. Brian Kahan

The Kahan Center; 170 Jennifer Road, Ste. 240, Annapolis; 410-571-9000; thekahancenter.com

Dr. Damean Freas

Clearway Pain Solutions; 116 Defense Highway, Annapolis; 410-571-2946; clearwaypain.com

Dr. Sean Mulvaney

Regenerative Orthopedics & Sports Medicine; 116 Defense Highway, Ste. 203, Annapolis; 410-505-0530; drseanmulvaney.com

Dr. Zvezdomir

Zamfirov
All Star Pain Management & Regenerative Medicine; 166 Defense Highway, Ste. 300, Annapolis; 443-808-1808; allstarpainmanagement.com

PLASTIC SURGERY (ENHANCEMENT)

Dealing with modifying or improving the appearance of a physical feature using the techniques of plastic surgery.

Dr. Claire Duggal

Sandel Duggal Center for Plastic Surgery; 104 MD-436, 2nd Floor, Annapolis; 410-266-7120; sandelduggal.com

Dr. Haven Barlow

Chesapeake Plastic Surgery; 802 Bestgate Road, Annapolis; 410-224-2394; barlowmd.com

Dr. Henry Sandel

Sandel Duggal Center for Plastic Surgery; 104 MD-436, 2nd Floor, Annapolis; 410-266-7120; sandelduggal.com

Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 410-266-7215; annapolisplasticsurgery.com

Dr. Kelly Sullivan

Sullivan Surgery & Spa; 130 Admiral Cochrane Drive, Ste. 300, Annapolis; 410-571-1280; sullivanurgery.com

Dr. Robert Howard

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticsurgeryspec.com

PLASTIC SURGERY (FACIAL)

Dealing with plastic and reconstructive surgery of the face, nose, head, and neck.

Dr. Bryan Ambro

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 410-266-7215; annapolisplasticsurgery.com

Dr. Daniel Laughlin

Laughlin Plastic Surgery; 127 Lubrano Drive, Ste. 102, Annapolis; 410-205-5629; laughlinplasticsurgery.com

Dr. Henry Sandel

Sandel Duggal Center for Plastic Surgery; 104 MD-436, 2nd Floor, Annapolis; 410-266-7120; sandelduggal.com

Dr. Lee Kleiman

Anne Arundel ENT & Facial Plastic Surgery; 479 Jumpers Hole Road, Ste. 304, Severna Park; 410-544-9988; aaentmd.com

PLASTIC SURGERY (RECONSTRUCTIVE)

Dealing with the restoration of appearance and function following injury or disease or the correction of congenital defects using the techniques of plastic surgery.

Dr. Christopher Spittler

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticsurgeryspec.com

Dr. Derek Masden

Luminis Health; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; luminis-health.org

Dr. James Bruno

Bruno Brown Plastic Surgery; 203 Hospital Drive, Ste. B-100, Glen Burnie; 301-215-5955; brunobrownplasticsurgery.com

Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 410-266-7215; annapolisplasticsurgery.com

PODIATRY

Dealing with the diagnosis, treatment, and prevention of diseases of the human foot.

Dr. Diane Lebedeff

Diane Lebedeff, DPM Foot Specialist & Surgeon; 273 Peninsula Farm Road, Ste. 2E, Arnold; 410-647-4534;

Dr. Lance Caffiero

Dr. Lance Caffiero, DPM; 4000 Mitchellville Road, Ste. A400, Bowie; 301-262-1171; bowiefoot.com

Dr. Lauren Newnam

UM Baltimore Washington Medical Group Orthopedics; 255 Hospital Drive, Ste. 207, Glen Burnie; 410-533-8170; umms.org

Dr. Lyle Modlin

Annapolis Foot & Ankle (a division of Potomac Podiatry Group); 43 Old Solomons Island Road, Annapolis; 410-263-3100; annapolisfootandankle.com

PRIMARY CARE MEDICINE

Provides first-contact care for persons with any undiagnosed sign, symptom, or health concern and comprehensive care for the person which is not organ- or problem-specific.

Dr. Andrew McGlone

Luminis Health; 2002 Medical Parkway, Ste. 670, Annapolis; 443-481-4080; luminis-health.org

Dr. Janna Davis

UM Baltimore Washington Medical Group Primary Care; 8601 Veterans Highway, Ste. 111, Millersville; 410-553-2900; umms.org

Dr. Rita Shkullaku

Annapolis Internal Medicine; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

Dr. Robert Scott Eden

Luminis Health; 2002 Medical Parkway, Ste. 670, Annapolis; 443-481-4080; luminis-health.org

Dr. Ruth Gallatin

Crofton Internal Medicine (affiliate of Hospice of the Chesapeake); 2401 Brandermill Boulevard, Ste. 220, Gambrills; 410-451-7214

PSYCHIATRY

Dealing with the science and practice of treating mental, emotional, or behavioral disorders.

Dr. Melissa Wellner

Waypoint Wellness Center; 1190 Winter-son Road, Ste. 160, Severna Park; 410-684-3806; waypointwellnesscenter.com

Dr. Michael Labellarte

CPE Clinic, LLC; 130 Admiral Cochrane Drive, Annapolis; 410-979-2326; cpeclinic.com

Dr. Nancy Wheeler

Nancy C. Wheeler, MD, PA; 133 Defense Highway, Ste. 114, Annapolis; 410-266-9181; nancywheelermd.com

PULMONOLOGY

Dealing with the function and diseases of the lungs.

Dr. Ira Weinstein

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolis-pulmonary.com

Dr. Keith Goulet

Luminis Health; 2003 Medical Parkway, Ste. 310, Annapolis; 443-951-4277; luminis-health.org

Dr. Peter Olivieri

UM Baltimore Washington Medical Center; 300 Hospital Drive, Ste. 121, Glen Burnie; 410-533-8240; umms.org

RADIATION ONCOLOGY

Dealing with the use of radiant energy in the treatment of disease.

Dr. Angel Torano

Annapolis Radiology Associates; 2001 Medical Parkway, Annapolis; 410-266-2770; annapolisradiology.com

Dr. Mary Young

Annapolis Radiology Associates; 2001 Medical Parkway, Annapolis; 410-266-2770; annapolisradiology.com

Dr. Wendla Citron

UM Baltimore Washington Medical Center; 305 Hospital Drive, Ste. 2A, Glen Burnie; 410-533-8100; umms.org

RADIOLOGY

Dealing with the science of X-rays and other high energy radiation, especially in the use of such radiation for the treatment and diagnosis of disease.

Dr. David Todd

Annapolis Radiology Associates; 2001 Medical Parkway, Annapolis; 410-266-2770; annapolisradiology.com



Dr. Hardeep Rosy Singh

Advanced Radiology at Aeillo Center; 203 Hospital Drive, Ste. 100, Glen Burnie; 410-918-3260; advancedradiology.com

Dr. Kevin Berger

Chesapeake Medical Imaging; 810 Bestgate Road, Ste. 100, Annapolis; 855-455-8900; cmirad.net

Dr. Mark Baganz

Chesapeake Medical Imaging; 810 Bestgate Road, Ste. 100, Annapolis; 855-455-8900; cmirad.net

RHEUMATOLOGY

Dealing with rheumatic diseases or any of the various conditions characterized by inflammation or pain in muscles, joints, or fibrous tissue.

Dr. Ashok Jacob

Annapolis Rheumatology; 166 Defense Highway, Ste. 200, Annapolis; 410-897-1941; arheum.com

Dr. Ashu Mehta

Anne Arundel Rheumatology; 1655 Crofton Boulevard, Ste. 101, Crofton; 443-292-4872; annearundelrheumatology.org

Dr. Erinn Maury

Mid-Atlantic Rheumatology; 231 Najoles Road, Ste. 160, Millersville; 410-787-9400; midatlanticrheum.com

Dr. Susan Berger

Annapolis Rheumatology; 166 Defense Highway, Ste. 200, Annapolis; 410-897-1941; arheum.com

THORACIC SURGERY

Dealing with the repair of organs located in the thorax or chest.

Dr. Gavin Henry

UM Baltimore Washington Medical Center; 301 Hospital Drive, Glen Burnie; 410-787-4000; umms.org

Dr. Stephen Cattaneo

Luminis Health; 2003 Medical Parkway, Ste. 301, Annapolis; 443-481-3300; luminis-health.org

UROLOGY

Dealing with the urinary or urogenital organs.

Dr. David W. McDermott, Jr.

Anne Arundel Urology; 600 Ridgely Avenue, Annapolis; 410-266-8049; aaurology.com

Dr. Eric J. Schwartz

Anne Arundel Urology; 600 Ridgely Avenue, Annapolis; 410-266-8049; aaurology.com

Dr. Rian Dickstein

Chesapeake Urology Associates; 7580 Buckingham Boulevard, Ste. 110, Hanover; 410-760-9400; unitedurology.com

Dr. Steven Rock

Anne Arundel Urology; 600 Ridgely Avenue, Ste. 220, Annapolis; 410-266-8049; aaurology.com

VASCULAR TREATMENT (NON-SURGICAL)

Treating the structural and aesthetic abnormalities of veins/vascular system.

Dr. Kelly O'Donnell

O'Donnell Vein and Laser; 166 Defense Highway, Ste. 101, Annapolis; 410-224-3390; odonnellveinlaser.com

VASCULAR TREATMENT (SURGICAL)

Dealing with a tube or a system of tubes for conveyance of body fluids, such as blood vessels.

Dr. John D. Martin

Vascular Surgery Annapolis; 116 Defense Highway, Ste. 100, Annapolis; 410-571-5545; umms.org

Dr. Kapil Simlote

Maryland Vascular Specialists; 1811 Crain Highway S C, Glen Burnie; 443-761-6630; mvsdoctors.com

Dr. Mark Peeler

MedStar Health; 2002 Medical Parkway, Ste. 520, Annapolis; 410-571-8430; medstar-health.org

CONDITION—BACK PAIN

Dr. Brian Kahan

The Kahan Center; 170 Jennifer Road, Ste. 240, Annapolis; 410-571-9000; thekahancenter.com

Dr. Chad Patton

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-267-5584; drchadpatton.com

Dr. Charles Simmons

Clearway Pain Solutions; 127 Lubrano Drive, Ste. 100, Annapolis; 410-224-0144; clearwaypain.com

Dr. LeeAnn Rhodes

All Star Pain Management & Regenerative Medicine; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; allstarpainmanagement.com

Dr. Wai Leong Foo

Clearway Pain Solutions; 810 Bestgate Road, Ste. 120, Annapolis; 833-301-7246; clearwaypain.com

Dr. Zvezdomir Zamfirov

All Star Pain Management & Regenerative Medicine; 166 Defense Highway, Ste. 300, Annapolis; 443-808-1808; allstarpainmanagement.com

CONDITION—BREAST CANCER

Dr. Carol Tweed

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Dr. Cynthia Drogula

UM Baltimore Washington Medical Center; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-533-8351; umms.org

Dr. Hardeep Rosy Singh

Advanced Radiology at Aeillo Center; 203 Hospital Drive, Ste. 100, Glen Burnie; 410-918-3260; advancedradiology.com

Dr. Jeanine Werner

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Dr. Lorraine Tafra

Luminis Health; 2000 Medical Parkway, Ste. 200, Annapolis; 443-481-5300; luminis-health.org

CONDITION—DIABETES

Dr. Kristin Flammer

UM Baltimore Washington Medical Center; 300 Hospital Drive, Ste. 119, Glen Burnie; 410-787-4940; joslin.org

Dr. Onala Telford

Chesapeake Endocrinology; 2191 Defense Highway, Ste. 308, Crofton; 410-216-4445; cendomd.com

CONDITION—IRRITABLE BOWEL SYNDROME

Dr. Mark Flasar

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Ste. 1A, Annapolis; 410-505-4265; aagastro.com

Dr. Paraveena Velamati

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Annapolis; 410-505-4265; aagastro.com

CONDITION—LYME DISEASE

Dr. William Vickers

Mid Atlantic Health; 71 Old Mill Bottom Road, Ste. 102, Annapolis; 443-317-3393; midatlantichalthinstitute.com

CONDITION—MACULAR DEGENERATION

Dr. Deborah Reid

The Retina Group of Washington; 2002 Medical Parkway, Ste. 450, Annapolis; 410-224-6680; rgw.com

Dr. Sam Boles

Anne Arundel Eye Center; 127 Lubrano Drive, Ste. 301, Annapolis; 410-224-2010; annearundeleyecenter.com

CONDITION—MEDICALLY SUPERVISED WEIGHT LOSS

Dr. David Anderson

Annapolis Medical Weight Loss; 2401 Brandermill Boulevard, Ste. 360, Gambrills; 410-721-9862; annapolismedicalweightloss.com

CONDITION—SLEEP APNEA

Dr. Ira Weinstein

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolis-pulmonary.com

Dr. Joydeep Som

Centers for Advanced ENT Care; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Dr. Matthew Hilburn

Centers for Advanced ENT Care; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Visit whatsup-mag.com for the complete list of Top Docs winners practicing on Maryland's Eastern Shore.

Community Wellness Day

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

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Fun and healthy activities for the entire family.

- Health screenings
- Flu shot vaccinations for ages 3 and up
- CPR demonstrations
- Educational tables
- Grab and go meals
- Kids activities
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At **University of Maryland Baltimore Washington Medical Center**, we're committed to keeping our community healthier and stronger. We couldn't do that without our University of Maryland Baltimore Washington Medical Group providers, University of Maryland School of Medicine colleagues, and community physicians who deliver superior care to our patients and families. We're proud to recognize our physicians selected as *What's Up? Top Doctors 2023 - 2024*. **Congratulations to all those recognized with this honor!**

Allergy & Immunology

Timothy Andrews, MD

Anesthesiology

Egal Gudal, MD

Breast Cancer

Cynthia Drogula, MD

Breast Cancer/Radiology

Hardeep Rosy Singh, MD

Cardiovascular Disease

Asghar Fakhri, MD

Colon & Rectal Surgery

Vincent Cifello, MD

Critical Care Medicine

Faith Armstrong, MD

Diabetes/Endocrinology, Diabetes & Metabolism

Kristin Flammer, MD

Endocrinology, Diabetes & Metabolism

Kathleen Prendergast, MD

Gastroenterology

Steve Epstein, MD
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Pablo Argeles, MD

Hematology & Oncology

Arun Bhandari, MD
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Ophthalmology

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Hal Crane, MD

Otolaryngology

Avron Marcus, MD

Pediatrics

Jeralyn Jacobs, MD

Physical Medicine & Rehabilitation/Back Pain

Zvezdomir Zamfiov, MD

Plastic Surgery/Enhancement

Claire Duggal, MD

Plastic Surgery/Enhancement and Reconstructive

Kelly Sullivan, MD

Plastic Surgery/Facial

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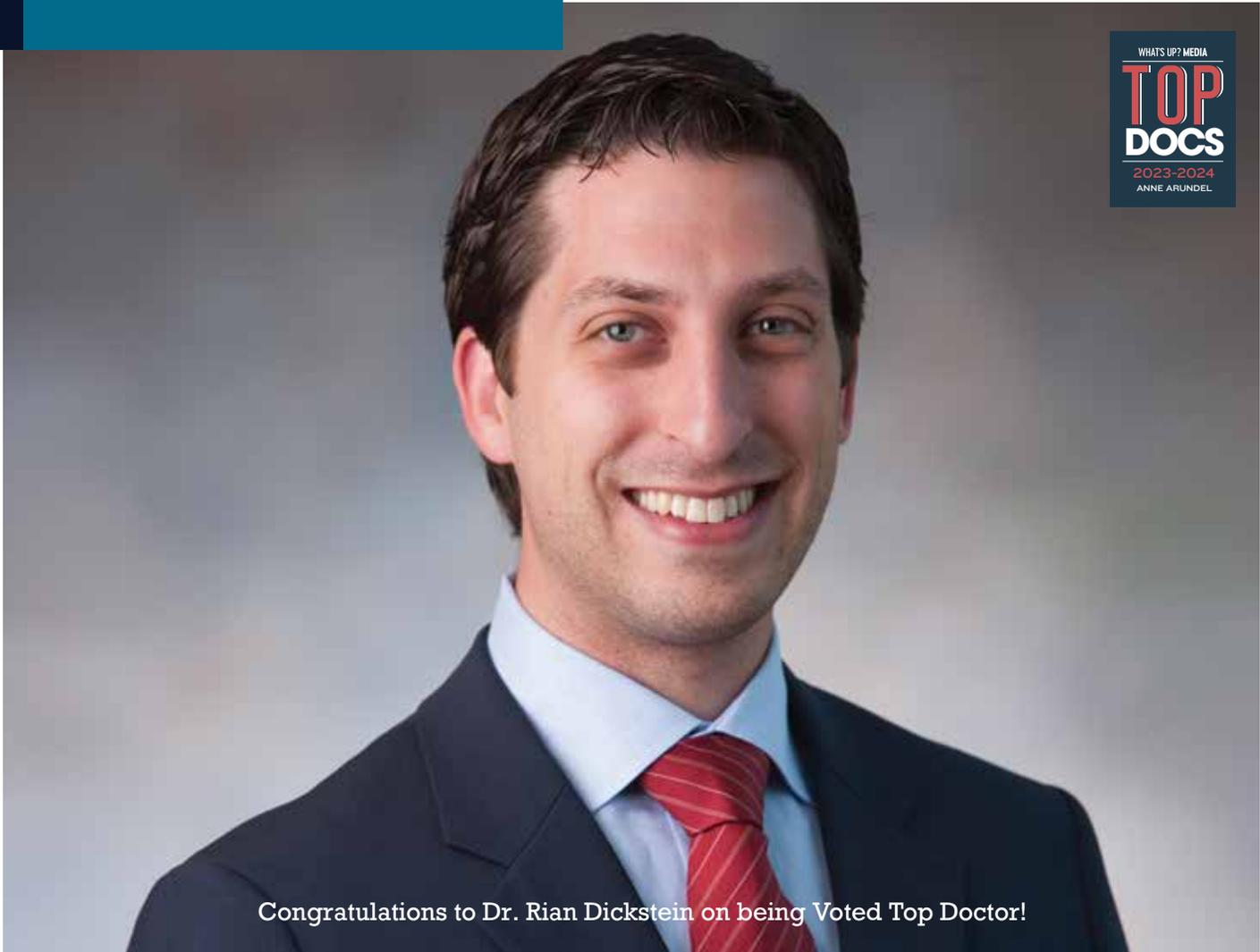
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Congratulations to Dr. Rian Dickstein on being Voted Top Doctor!

DR. RIAN DICKSTEIN

Chesapeake Urology

Dr. Rian Dickstein serves as the Chief of Urology at the University of Maryland Baltimore Washington and also holds the position of Director of the Bladder Cancer Program at Chesapeake Urology. With a focus on urologic cancers, Dr. Dickstein is a specialist in performing open, laparoscopic, and robotic surgeries. His expertise encompasses the treatment of bladder cancer, kidney cancer, and prostate cancer.

Chesapeake Urology is dedicated to ensuring that each patient has an exceptional experience. This commitment drives our organization and shapes every aspect of our work. Our primary goal is to make

a meaningful impact on the lives of our patients, surpassing their expectations. We are dedicated to providing accessible, high-quality, and cost-effective care as part of our vision and commitment.

As the largest urology practice in Maryland and the Mid-Atlantic region, Chesapeake Urology offers a comprehensive range of urologic services to patients. With medical offices and AAAHC-certified ambulatory surgery centers spanning Anne Arundel, Baltimore, Harford, Howard, Carroll, Montgomery, Prince George's, Wicomico, Worcester in Maryland, as well as Baltimore City and Sussex County in Delaware, we maintain a staff of over 850 professionals, including over 90 physicians and more than 25 advanced practice providers.

Our approach to urologic care is integrated and holistic, granting patients access to specialists, a comprehensive support team of healthcare professionals, advanced diagnostic tools, cutting-edge treatments and therapies, and the opportunity to participate in the latest clinical trials.

CHESAPEAKE UROLOGY
HANOVER

7580 Buckingham Blvd.
Suite 110
Hanover, MD 21076
410-787-1911



We are pleased to announce **Dr. Ali Bukhari** has joined Maryland Oncology Hematology and will use his skills and experience to provide personalized patient care. Dr. Bukhari will see patients in our Annapolis and Easton locations



MARYLAND ONCOLOGY HEMATOLOGY

Expert Care Close to Home

Patient-Centered Approach

Maryland Oncology Hematology provides patients with advanced, comprehensive cancer therapies in a community setting that allows patients to receive care near their support systems. Our highly trained and experienced physicians work closely with a talented clinical team that is sensitive to the needs of cancer patients and their caregivers. The best of care, close to home.

Patients can be assured that as an independent practice, MOH physicians are able to send patients to the best specialists or make recommendations based on specific care needs. We are never beholden to a health system or network. Unlike some of the major hospitals, our doctors are focused solely on oncology, giving patients the expert care that they deserve.

Maryland Oncology Hematology is a community-based practice, entirely owned and run by Maryland physicians. Our team is devoted to providing state-of-the-art patient care for hematology and oncology, working on behalf of our community for the benefit of patients.

Expertise in One Place

Our board-certified oncology and hematology experts are dedicated solely to treating cancer and blood disorders. Our nationally recognized providers work together as a group to provide the best possible treatment.

- **Chemotherapy** and other medical oncology therapies destroy cancer cells, oftentimes with targeted approaches that cause less damage to normal, healthy cells.
- **Immunotherapy** treatment uses drugs that target a body's own immune system to help fight cancer.
- **Hematology** treatment for blood disorders using the latest in therapies and technologies. Our physicians work closely with radiation oncologists, pharmacists, and other specialists to ensure comprehensive care for our patients.
- **Scalp Cooling** is clinically proven to reduce hair loss due to chemotherapy treatments. Our practice offers Paxman Scalp Cooling Technology which can

help patients with one of the most traumatic side effects associated with cancer treatment.

MARYLAND ONCOLOGY HEMATOLOGY

Annapolis Office
810 Bestgate Road
Suite 400
Annapolis, MD

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Coming Soon

410-897-6200
www.MarylandOncology.com



KATINA BYRD MILES, MD, FAAD

Skin Oasis Dermatology

Whether you need a thorough skin cancer screening or you want that flawless facial rejuvenation, Katina Byrd Miles, MD, FAAD, of

Skin Oasis Dermatology in Gambrills, Maryland, is eager to restore your skin to its usual glow. A board certified dermatologist who specializes in children, adolescents, and adults, Dr. Miles diagnoses and treats a wide variety of skin disorders as she specializes in skin care for people of all ages. Dr. Miles is also a specialist in skin of color. She is passionate about treating and preventing hair loss and other skin conditions that commonly affect ethnic skin.

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

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

SKIN OASIS DERMATOLOGY

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



DR. ZIAD BATROUNI

Maryland Oral Surgery Associates

Maryland Oral Surgery Associates (MOSA) offers the full scope of Oral and Maxillofacial Surgery with an emphasis on dental implants, permanent teeth in a day, extractions (including wisdom teeth), bone grafting, cosmetics, oral pathology, facial reconstruction, and in-office Intravenous Sedation and General Anesthesia. MOSA of Annapolis and Crofton offer Teeth-in-a-Day solution for failing dentition. This utilizes the latest 3-D imaging for treatment planning and implant placement. In the vast majority of cases patients will leave with a full set of teeth, and will be able to function immediately with minimal dysfunction to their daily routine. MOSA also offers

cosmetic procedures including cheek and chin implants, facial liposuction, and cosmetic injectables (Botox, Juvederm, and Voluma). Voluma is a new cosmetic procedure that adds volume to the apples of your cheeks, giving the appearance of an instant facelift. The MOSA team is happy to be a part of the Crofton/Annapolis community, providing top quality Oral and Maxillofacial Surgery.

Dr. Ziad Batrouni, joined Maryland Oral Surgery Associates in 2006. He received his B.A. in Biochemistry from Virginia Tech and his Doctor of Dental Surgery Degree from Northwestern University Dental School. Dr. Batrouni completed his internship and residency in Oral and Maxillofacial Surgery at the New York

Presbyterian Hospital, Cornell University Medical Center. Dr. Batrouni is a Board Certified Oral and Maxillofacial Surgeon, and a Diplomate of the National Dental Board of Anesthesiology. Dr. Batrouni is Vice Chairman of the Department of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.

MARYLAND ORAL SURGERY ASSOCIATES

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



Q&A

QUESTIONS AND ANSWERS WITH THE AREA'S TOP MEDICAL PROFESSIONALS



Q: What happens after a tooth is extracted?

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

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

ZIAD BATROUNI, DDS, Maryland Oral Surgery Associates



Q: Who is a candidate for sedation dentistry?

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

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

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



Q: What are you most requested facial plastic procedures?

A: At AAENT, our facial plastic surgeons perform aging face procedures such as face lifts, upper and lower blepharoplasties (AKA eye lift), and liposuction surgeries tailored to the individual. We perform

many aesthetic and functional rhinoplasties, sometimes in combination with sinus surgery, if indicated. We often combine our MediSpa and laser services to some cosmetic procedures. Most importantly, we are advocates of skin cancer prevention with SPF and anti-aging products and procedures.

LEE A. KLEIMAN, MD, FACS,
Anne Arundel ENT & Facial Plastic Surgery



Q: What is the purpose of a dermatologist?

A: A board certified dermatologist purpose is to help maintain the health and integrity of the largest organ of the body — the skin. There are over 2,500 medical skin conditions. Some skin conditions provide clues about our general health. The most important dermatology visit is a yearly skin examination to monitor for cutaneous cancers. Diseases

such as acne is often minimized and considered a frivolous nuisance. However research has shown that acne, eczema, psoriasis are all conditions that cause significant distress, can affect self esteem and lead to time missed time from work and school. Treatment of skin conditions boost confidence and helps to alleviate the daily symptoms of pain and itching that can be associated with these conditions. Dermatologist are also specially trained to perform cutaneous surgery to remove skin cancers, atypical moles, and cysts to name a few. Dermatologist also receives extensive training during residency to perform and cosmetic procedures such as laser hair removal, fillers, Botox, hair loss restoration, and laser skin rejuvenation. Your dermatologist goal is to help you look and feel your best by providing comprehensive medical, cosmetic and surgical dermatologic care.

KATINA BYRD MILES, MD, FAAD, Skin Oasis Dermatology



Q: What does it mean to have an irregular heart beat?

A: Heartbeats can stray from their regular rates and rhythms for several reasons. Arrhythmias, palpitations and atrial fibrillation are common heartbeat changes that can occur. Arrhythmias happen when the heart fires too fast, too slow or irregularly due to

flaws in its usual electrical signals. Palpitations are feelings that one's heart is beating rapidly, fluttering or skipping beats. Atrial fibrillation occurs when the heart beats at an irregular, often rapid pace. While not all heartbeat changes are harmful, some can be life-threatening. If you experience persistent symptoms, contact your doctor. To learn more about our cardiology services and to find a provider, visit umbwmc.org/heart.

ASGHAR FAKHRI, MD, Cardiologist at University of Maryland Baltimore Washington Heart Associates



Q: How can my family and I prevent sports injuries?

A: Proper equipment, including footwear, is a must. Helmets, pads and other protective gear must fit well, be in good condition and sized appropriately. Remember to always stretch before practices and games. If you

need cleats for the game, you need to wear them in practice too. Do not use regular running shoes on the field or court, as this can lead to injury. If you're returning to sport after a break, ease back into physical activity before starting practice multiple days a week.

LAUREN NEWNAM, DPM, FACFAS, Chair of Podiatry, Department of Orthopedics at University of Maryland Baltimore Washington Medical Center



Q: When should I start getting mammograms?

A: Most women should start receiving mammograms at 40-years-old. Talk to your doctor about your risk factors for breast cancer to determine if you should start mammograms sooner or if you would benefit from any additional screening

options. Annual mammograms are the best way to detect breast cancer early and give you the opportunity to start treatment when it will be the most effective. At Luminis Health, we offer mammograms at several locations, with convenient hours during evenings and weekends. Visit Luminis.Health/Breast to schedule your mammogram today. .

MARIT DUFFY, MD, 888-909-9729 Luminis.Health/Breast



Q: What should people know about bladder cancer?

A: Bladder cancer is more common than people think; in fact, it is the sixth most common type of cancer in the U.S. Bladder cancer, however, is not as well-known or talked about as other urologic cancers such as

prostate cancer, which is why awareness is critical. There may be very few or no symptoms in the early stages of this disease. Your first warning sign may be hematuria (blood in the urine that may be visible or only evident under a microscope). Anyone experiencing unusual urinary symptoms or pelvic pain should be evaluated by a urologist.

DR. RIAN DICKSTEIN, Chesapeake Urology



Q: What new technology is guiding cancer care?

A: When tumor cells are shed into the bloodstream, their extracellular strands of DNA (termed circulating tumor DNA or ctDNA) can be detected and carry diagnostic, prognostic, and therapeutic implications. Through next-generation

sequencing, ctDNA detection from a peripheral blood sample can report the presence of targetable mutations. From there, changes in variant allelic frequency or detection of new mutations can guide additional lines of therapy. More recently, we are seeing that the presence or absence of ctDNA following curative-intent treatment is not only prognostic but can also play a role in treatment escalation or de-escalation. This innovative, yet minimally invasive, technology aims to improve patient outcomes at multiple timepoints and will continue to play a role going forward with cancer treatment.

DR. ALI BUKHARI, Maryland Oncology Hematology

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Brandon M. Wachal, MD

Lee A. Kleiman, MD, FACS

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to Anne Arundel ENT
& Facial Plastic Surgery

Julia Mundt, CRNP
Emily Drury, D.O.
Courtney Mandus, PA-C



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410.573.9191 | www.aalentmd.com

BY GARY JOBSON

RALLY FOR THE CHESAPEAKE



AN EXAMINATION OF THE PROGRESS AND CHALLENGES OF SAVING THE CHESAPEAKE BAY

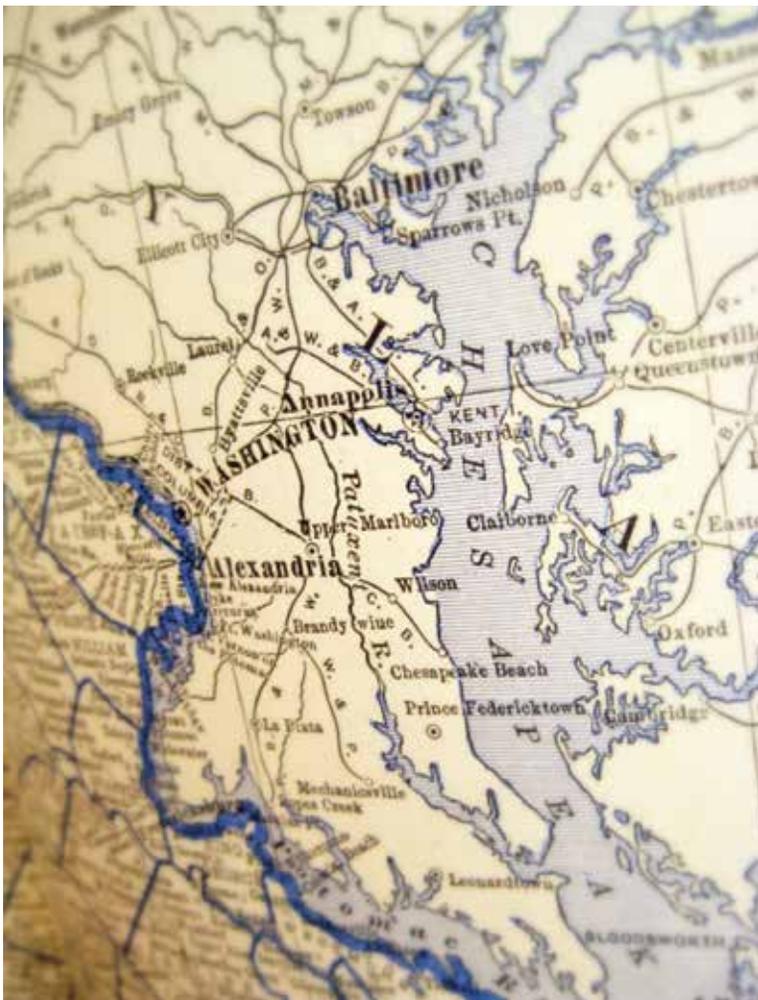
Like many people around Annapolis and the Eastern Shore I try to spend lots of time on the Chesapeake Bay. We are lucky to have such a spectacular body of water for sailing, swimming, boating, fishing, kayaking, paddle boarding, exploring, and, sometimes, just enjoying the sight of the sparkling waters. The Bay is also vital for transportation of goods and for the supply of local seafood.

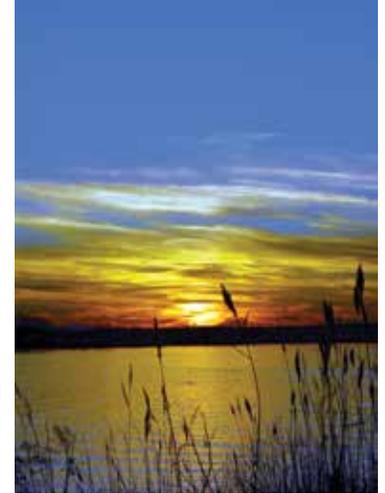
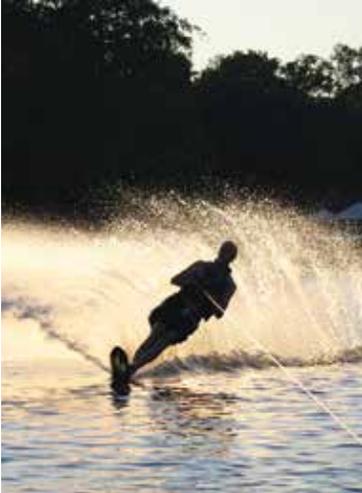
The Bay is a large estuary that began forming at the end of the last Ice Age about 12–18 thousand years ago. The Bay stretches nearly 200 miles north to south and ranges in width from 3.4 miles across from Aberdeen to 35 miles by the mouth of the Potomac River. The water surface covers some 3,200 square miles with 5,600 miles of shoreline. The average depth of the bay is only 21 feet although there are channels that are 100 feet deep. Interestingly, there are estimates that indigenous peoples populated

the Chesapeake region since 8,000 B.C. Captain John Smith was the first European explorer to navigate the Bay in 1608. Millions of gallons of freshwater flow into the Bay from the Susquehanna River. The watershed includes Maryland, Pennsylvania, New York, Virginia, West Virginia, Delaware, and the District of Columbia.

With all the highways, farms, and urban areas from which stormwater, irrigation, and waste flow into the Bay, it was inevitable that the waters would become polluted, and the environment stressed. About 50 years ago environmental groups took on the task of “Saving the Bay.” It has been a worthy cause supported by citizens, municipalities, the state and federal government, the newly formed Environmental Protection Agency (EPA), and many local groups dedicated to cleaning up the Bay. The EPA set an ambitious program with 32 different goals to clean up the Bay that included stream buffers, improving wetlands, water quality, and reducing nutrient, phosphorus, and sediment run off. The original plan was to be completed by the year 2025. With just over one year to go before reaching the original deadline, most of the goals will not be met.

In July, Governor Wes Moore announced a new strategy for the Bay. The new plan will focus on water quality, human engagement, and more emphasis on human health. The program is titled, “Beyond 2025.” This new approach is to study how people want to use the Bay, and define what actions are feasible. Dr. Jana Davis is the head of the Chesapeake Bay Trust, a grant making organization established by the State of Maryland in 1985 to provide grants to applicants working to improve the environment. The Trust has a rigorous review process selecting which groups receive grants. The funds range from small (\$2500) to large (several hundred thousand dollars). In 2022–2023 the Trust distributed about \$30 million in grants. When asked if the Bay is getting cleaner Dr. Davis reports, “Yes, slightly. Many of the (original) goals were set before serious pollution became a problem. The main goals were set in the middle of the Bay where most critters don’t live, and few people live. The scientists and government officials say we should focus on shallow areas where critters live, and people live. The Bay is getting cleaner, but there is considerably more work to do.”





My own unscientific survey of the health of the Bay looks better to me. Happily, boating enthusiasts are conscious about protecting the Bay. No longer do people throw garbage in the water or drain boat holding tanks in the Bay. Yacht clubs, marinas, and other maritime facilities and organizations have created Sustainability Committees to address environmental issues. Just a few years ago, I was horrified to see deflated party balloons floating on the surface of the Bay. In the past two years I am happy to report that it has been rare to see balloons and other floating objects. Tar-covered bulkheads, leaking oil tanks, highway runoff, harmful pesticides, and dangerous fertilizers are a few of the blights that pollute our waters. Planners, engineers, developers, and builders are mindful of pollution issues and add solutions to new construction.

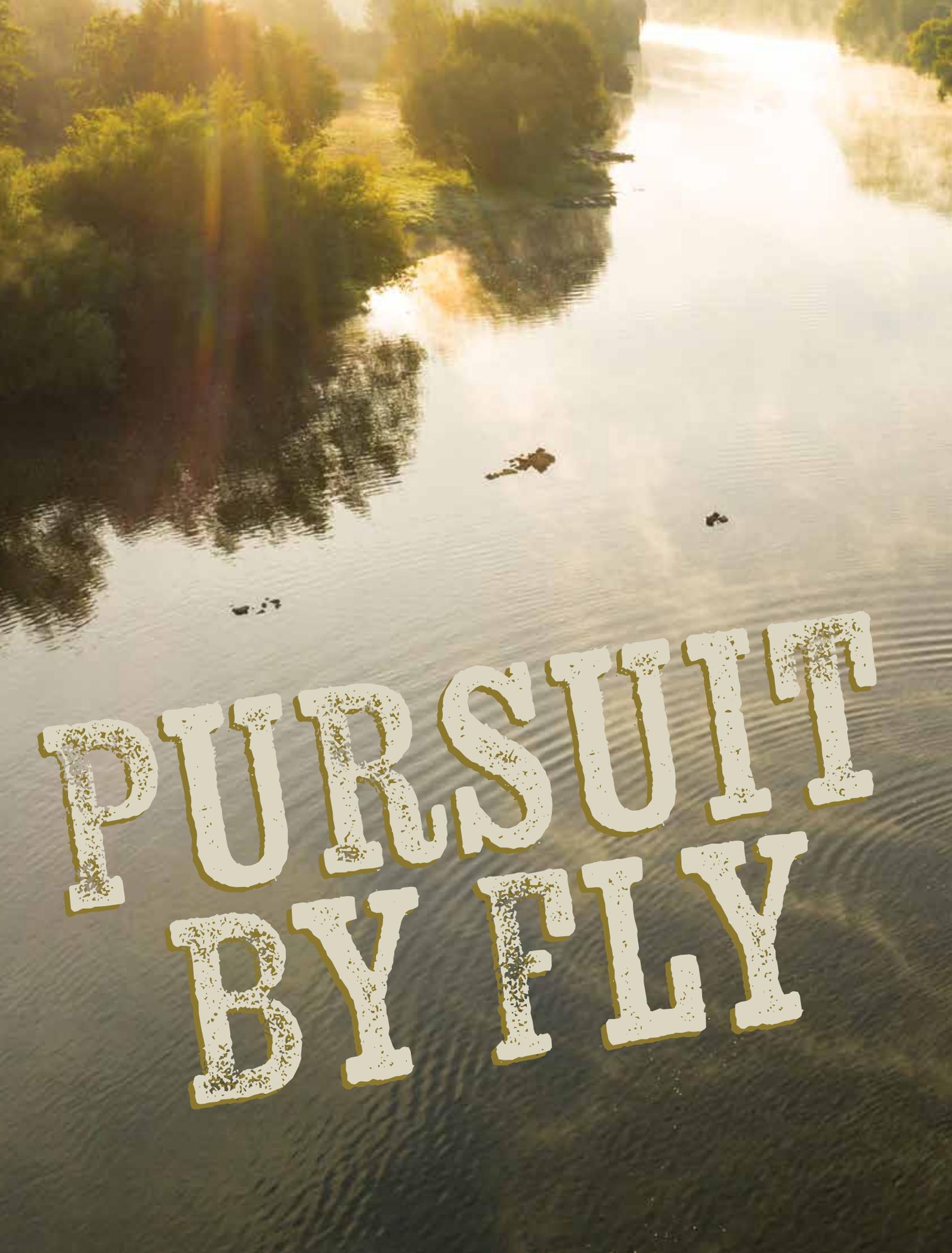
I have sailed up and down the Bay many times over the past sixty years. I never tire of seeing the land pass by. Recently, I became intrigued by the environmental work toward the Eastern Shore of the Bay on a remote place called Poplar Island. At one time, Poplar was over 2,000 acres but the island has been slowly disappearing due to rising water levels and erosion. In 1990, only a few acres were still visible above water. But over the past decade, the residual material dredged from shipping channels leading to Baltimore has been transported and deposited around Poplar Island—all part of an ambitious restoration project. I took an interesting tour (available to everyone) early this summer. The plan over the next ten years is to rebuild Poplar Island to its original size. When

the work is completed in 2030 another disappearing island fifteen miles south of Poplar will be the next project. Each day a tour group of about 25 people board a small ferry for a 30-minute ride from Tilghman Island. Once on the island, a van takes the tour group around the it with a guide explaining the operations. I was intrigued to learn that 250 species of birds live around the island. To book a tour call 410-770-6503 or email poplartours@menv.com. Poplar Island is a good example of how a vital but dying piece of land in the Bay watershed can be brought back to a vibrant existence.

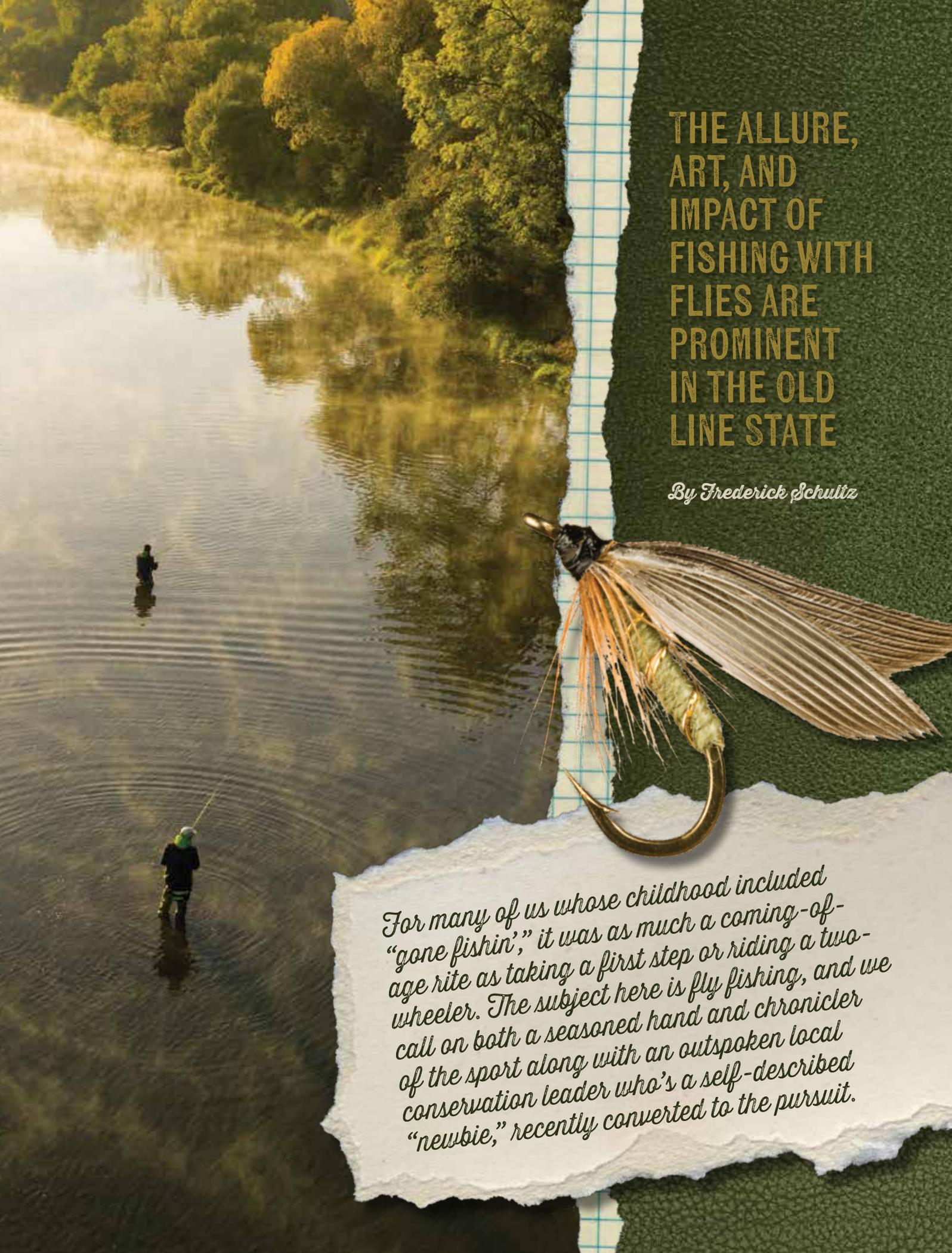
Environmental topics are frequently in the news these days with discussions and debates about climate change, devastating storm and fire events, sustainability initiatives, rising sea levels, pollution, erosion, air quality, greenhouse effects, and clean air and water. It is up to all of us to support environmental improvement efforts including those for the Chesapeake Bay. Our precious Bay is important for recreation, transportation, industry, harvesting food, and sometimes just relaxing by the water. My take is that the Bay is cleaner than it was when pollution was rampant, but we have a long way to go to restore the Chesapeake to its once pristine condition.



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PURSUIT BY FLY



THE ALLURE, ART, AND IMPACT OF FISHING WITH FLIES ARE PROMINENT IN THE OLD LINE STATE

By Frederick Schultz



For many of us whose childhood included “gone fishin’,” it was as much a coming-of-age rite as taking a first step or riding a two-wheeler. The subject here is fly fishing, and we call on both a seasoned hand and chronicler of the sport along with an outspoken local conservation leader who’s a self-described “newbie,” recently converted to the pursuit.



While the setting is in and around Missoula, Montana, for many anglers in these parts, the Norman Maclean novella or the movie *A River Runs Through It* may have been their introduction to the art and craft of fly fishing. And if you know the meaning of “matching the hatch” or the characteristics of a Cat’s Whisker or a Woolly Bugger, chances are, you’ve been converted already.

What’s more, if the late Bernard “Lefty” Kreh is among your personal pantheon of all-time local sports heroes, you’re likely to have been “hooked” long ago. A Maryland native, World War II veteran, and outdoor editor for the *Baltimore Sun*, Kreh not only was among the first anglers to try explaining saltwater fly fishing in a book, among the more than 30 he wrote, he also had a fly named for him—Lefty’s Deceiver, one of the world’s most popular flies, which was featured on a U.S. postage stamp.



▲ A nice sized brown trout caught from Beaver Creek in Washington County. This fish was caught in autumn with fall spawning color and was released.

Tucked away in Paul Schullery’s exhaustive resume is his service from 1977–82 as the executive director of the American Museum of Fly Fishing in Manchester, Vermont. His book credits span a vast array of topics, including the subject of this story. His breadth of work in that realm, from *American Fly Fishing* to *If Fish Could Scream: An Angler’s Search for the Future of Fly Fishing* (among many others), has won him both high critical and scholarly acclaim. And he generously agreed to help with this story.

By sheer coincidence, Schullery mailed a copy of the Winter 2022 *Fly Fisher* magazine he had just received even before he got wind that we were tackling the subject at hand. It’s Fly Fishers International’s official publication, and, also as luck would have it, one of the featured articles in that issue is “Brackish Water, Clear Solutions,” written by Kate Fritz, CEO of the Alliance for the Chesapeake Bay, headquartered in Annapolis. So, we called her immediately for a short interview.

Even though Fritz had first tried fly fishing only recently, she quickly pointed out the sport’s significance in improving the water quality of the saltwater Chesapeake Bay and its feeding systems of fresh water. The sport offers the Alliance opportunities to educate groups such as the greater fly-fishing population. Based on recent research, she has determined that depleted fisheries can be attributed largely to air and water pollution upstream.

Indeed, Fritz agreed that the “Save the Bay” slogan from the 1980s, which was amended with “We All Live Downstream,” still applies. “We need to keep building a resilient drinking-water source for 18 million people. One way is to extoll the benefits of healthy trees and vegetation, as well as cleaner air,” she stresses, “which naturally have an effect on the fish population.”

While noting that it’s been 15 generations since Captain John Smith first saw the significance of the Chesapeake watershed, Fritz aims to restore the human connection to nature, at least in part by supporting the sport of fly fishing.

In her *Fly Fisher* article, she details the upstream/downstream relationship. In addition to Maryland, the Alliance also maintains offices in Virginia,

Pennsylvania, and Washington, D.C. The work runs the gamut of forests, green infrastructure, agriculture, stewardship, and engagement, with all efforts aimed at reinforcing the determination that “what ails the bay also ails our local waters.”

When asked about conservation efforts often being political targets, she quickly responded: “The Chesapeake Bay is a shining example of bipartisan efforts at the federal level. We were able to fund it, which is proof of how engaged our citizens are.” Fritz told us that talking to people “who understand the dire impact of poor water quality and as such the rise in water temperature because of elimination of vegetation as filters and shade,” is a key to delivering the message that cool and clear fish habitat is dwindling. “Instead of being part of the

problem,” however, she asserts that more people are becoming “part of the solution.” Obviously, Fritz takes the term “alliance” seriously.

She admits that one challenge is fly fishing’s reputation as being a pursuit for elites. “I’ve been a conventional fisher, and fly fishing seemed almost unapproachable,” Fritz says. “I determined that the sport is rhythmic (see the Presbyterian pastor/patriarch’s “rhythmic” metronome he used as a teaching tool for fly casting in *A River Runs Through It*). It just started to speak to me. I’m a perpetual learner, and this is an infinite sport in that respect. From standing in the middle of pristine freshwater streams, to the fact that you can also fly-fish for stripers (striped bass) and white perch, is incredible, especially when you think through what’s going on in each ecosystem.”

Kate Fritz has fun with showing her catch during an early-spring fly fishing excursion. Photo by Will Parson, Chesapeake Bay Program.



WHERE THE FLY FISHING'S GOOD

Since Schullery figured that, because most of the readers of this magazine already live on or near one of the largest saltwater estuaries in the world (which yields striped bass, cobia, red drum, and others that are taken on flies), he concentrates here on the freshwater streams in the immediate vicinity for this brief survey. Central Maryland's rivers and streams—along with those in fairly close proximity, namely in West Virginia and Pennsylvania—cover a wide swath of fly-fishing waters.

“One thing that’s especially nice about so much of this region,” Schullery emphasizes, “Is the diversity of such waters that are still close together. Around the Harrisburg-Carlisle area, for example, you can go from fishing for trout in the Letort (which literally flows through the town of Carlisle and is one of the most famous of the ‘limestoners’) to fishing for smallmouth bass in Conodoguinet Creek to fishing for all sorts of fish in the Susquehanna, all in the same day, if you’ve a mind to.”

The Susquehanna, Shenandoah, and Potomac rivers are famous for smallmouth bass (along with a number of other species). The streams in Shenandoah National Park and all along the Blue Ridge are best known for native brook trout. Pennsylvania and



▲ A selection of wet fly nymphs. The goal of fly fishing is to “match the hatch” with the most accurate fly presentation possible given many variables.

Maryland “limestone” country features many small, spring-fed streams famous (some even world-famous) for their challenging brown trout fishing.

FROM BULL REDS TO BROOKIES

When the subject of fly fishing arises practically anywhere else in the United States, images of the grand streams of the mountain west pop to mind. But here in Maryland, that’s begun to change. Just more than a year ago, the state’s “fly fishing trail initiative” (a collaboration among its Departments of Commerce and Natural Resources, along with its Office of Tourism and a group of five enthusiasts dubbed the “Maryland Fly Fishing Trail Team”) became a reality.

Maryland is now the first state in the nation to establish a statewide fly-fishing trail with sites *in all 23 of its counties and the city of Baltimore.*

These Trail champions have partnered with more than a dozen fly fishing and nonprofit conservation groups from across Maryland to expose the wonders of the sport to more women, young anglers, anglers of color, and those of varied economic status. One singular aspect of the trail is its inclusion of not only the state’s own picturesque cold-water mountain streams, but also warmer coastal and Chesapeake Bay saltwater, where certain fish species lurk that are equally well-



▲ Brook Trout caught during October at Big Hunting Creek in the state of Maryland. Brook Trout display their most beautiful colors at this time of year.

known for satisfying the “sport” in sportfishing. For some anglers, even avid ones, the thought of fly-fishing in saltwater simply never occurred to them.

In addition, the new “Trail” initiative steers anglers to “less-pressured” sites across the state as alternatives to popular ones that tend to be over-crowded and thus over-fished. It also introduces anglers to an array of guides, fly shops, tackle stores, and a dozen or so like-minded fly-fishing groups across the state that are “closest to each trail site” and can provide “valuable information, mentoring opportunities, and gear for trail users.”

Perhaps the most astonishing aspect of this initiative is its reinforcement that, because Maryland considers itself “America in Miniature,” it’s entirely possible to fish and catch a wide array of fish in dramatically different habitats across the state, “all within a few hours’ drive.”

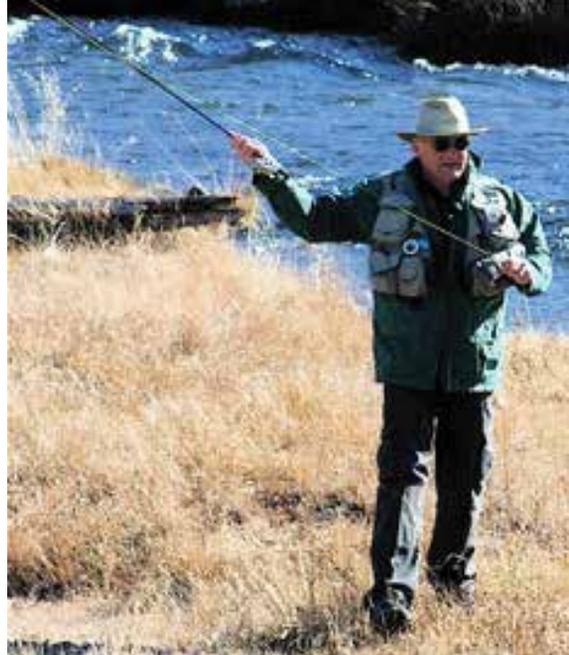
SO, YOU WANT TO TRY YOUR HAND AT FLY FISHING

Saltwater fly fishing has wildly broadened the definition of a “fly,” which of course originally (centuries ago) was often a real fly—any of several types of small freshwater insects such as mayflies, caddisflies, stoneflies, and so on. Nowadays, even freshwater “flies” also are made to imitate small fish, leeches, crayfish, frogs, even mice and anything else that might find its way into the water.

A fly-fisherman removes the hook from a fish in his net, during the shad run along the Susquehanna River.



▶
Paul Schullery fly fishing the Gibbon River, Yellowstone National Park. Photo by Marsha Karle.



Trout are most often fished for with relatively small flies that imitate insects. The brook trout in small mountain streams are notably indiscriminating in their culinary preferences and are taken by a variety of small “attractor” patterns that may not look like any specific life form but are generally “buggy” enough to suit the brookies.

The Royal Coachman—perhaps the most famous attractor pattern—looks more like a Christmas tree ornament than an insect. The extreme in small flies are those used on the Letort, Yellow Breeches, and others of the legendary limestone trout streams in Pennsylvania’s Cumberland Valley and western Maryland. On bass streams, fly fishers use a variety of insect and small-fish imitations (generally known as streamers or bucktails, typically anywhere from one to three inches long); and in saltwater it’s most often larger streamers up to several inches long that imitate the prey species of the striped bass and others; in some places, large imitations of shrimp and crabs are popular.

Perhaps the best advice for aspiring fly fishers is first to tour a fly shop, especially if someone there is willing to spend a few minutes with you. Prepare to be amazed at how extensive this is.

WHAT TO MAKE OF ‘PUT AND TAKE’

According to Paul, many people not surprisingly assume that an important part of the trout-fishing scene is stream stocking with fish raised in hatcheries. This is a typical misconception among countless people who assume that fishing, whatever else might be great about it, is above all about taking home as much meat as possible.



Photo by Adam Miller, Alliance for the Chesapeake Bay

“Fly fishing is fascinating to me. You must think through what’s going on in each particular ecosystem.”

—KATE FRITZ, CEO OF ALLIANCE FOR THE CHESAPEAKE BAY

From this limited perspective, it is imagined that all fishers naturally want to see their favorite waters regularly stocked with hatchery-raised fish. This is known commonly as “put-and-take fishing.”

“This is no longer a trustworthy generalization,” Schullery warns, “especially among trout fishers and even more especially among fly fishers. Stocking hatchery trout might be the best thing for the most ecologically forlorn waters—either because they are naturally marginal trout habitat, or that they’ve been so deeply damaged by various kinds of human abuse. Make no mistake,” he asserts, “many fishers—probably the majority, most of whom fish with lures or bait—still feel strongly that their day’s trout fishing is a failure unless they catch their limit. Consequently, state fisheries-management agencies must cater to their desires by spending substantial portions of their budgets on operating large hatcheries, essentially fish factories that ‘manufacture’ many, many thousands of catchable-size trout that can be trucked all over the state.”

Schullery relates that research and experimentation all over the country “have shown that many trout streams, managed correctly and with very conservative creel limits or catch-and-release fishing, can sustain healthy populations of fish that reproduce abundantly. This matters to fly fishers especially, because so many of them are now aesthetically and ethically inclined to prefer fishing for native or at least stream-bred “wild” fish. They’re not interested in taking fish home, and they [the fishers themselves] are now numerous enough that management agencies must cater to them, too. In some heavily fished catch-and-release trout streams, each trout might be caught and released several times over the course of trout season.

THE FISHING IS THE POINT, NOT NECESSARILY THE ‘KEEPERS’

Schullery and Fritz agree that the condition of the various waters covered here affects the fate of the fish and thus the quality of the fishing, stocking ne-

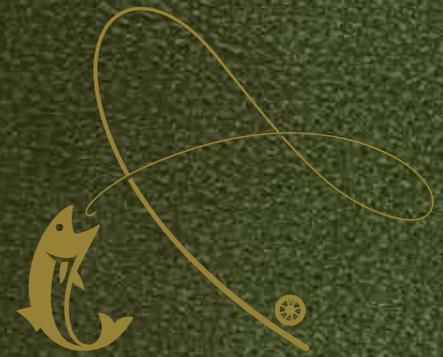
cessities, and overall attraction to the sport. Yes, the stripers are in big trouble. And trout streams are ecologically fragile little ecosystems that are universally and permanently in peril from casual pollution, from individuals and the proliferation of massive condominium developments, shopping malls, highways, and factories. In her *Fly Fisher* article, Fritz refers to the building boom as “Paving Paradise.”

Fritz concluded our interview with her assessment of the topic at hand: “People ask, ‘Where can I fly fish?’ I answer, ‘Nearly everywhere one fishes. It’s a style, a different mechanism from the conventional rites, with the physics of how you cast, the recall, and then what you put at the end of your line. You must know what would be attractive to a fish. And that’s just part of it. Fly fishing is fascinating to me. You must think through what’s going on in each particular ecosystem.’”

A famous 20th-century fly fisher named Lee Wulff (many may recall his appearances with sportscaster Curt Gowdy on the Saturday afternoon TV series “American Sportsman”) insisted that a game fish is too valuable to be caught only once. In other words, as recreational trout fishing has drifted away from any need to harvest the fish, trout have become in effect a renewable resource. Schullery recalls, “As my late pal Bud Lilly, a long-time dean of western flyfishing outfitters, used to put it, thanks to catch-and-release, ‘trout fishing is a lot like golf; you don’t have to eat the ball to have a lot of fun.’”



▲ Wild brown trout caught in the Gunpowder River near Baltimore. These trout tend to run small but are vibrantly colored during October. Bigger fish are possible but tough to catch.



On Catch-and-Release

Studies have shown that the incidental mortality of fish caught and released on flies is often less than 5 percent; it’s much higher—as much as 50 percent—when fishing with bait, which the fish tend to swallow more deeply, making the hook harder to remove even if you do want to let it go.

Many saltwater fly fishers also release some or all of their catch, but that’s a somewhat different arena because there isn’t a traditional and well-established hatchery industry for saltwater species. Lee Wulff’s statement applies just as clearly here. Also proliferating are “Special Regulation Waters” (the designation goes under various names and has a host of variant approaches), because those are of special interest to fly fishers.

Some of these trout waters might even be restricted to fly-fishing only, or to catch-and-release fishing, or otherwise have highly specific rules for which sizes of fish you can keep and which ones you have to put back. For a start and a good example, search online for something such as “Special Management Areas—Trout, Maryland,” or words to that effect, to see how your state is handling these places, which cater most specifically to fly fishers.—Paul Schullery

Road

TRIPPING

23

THROUGH AMERICA



OUR COUNTRY'S HIGHWAYS ARE PATHWAYS TO ADVENTURE AND DISCOVERY

By Ellen Meyer



It wasn't itchy feet, that wanderlust urge, that set my mom and dad (and me) on a cross-country travel trip in 1945. It was a trip to visit my father's parents who had moved from their life-long home in Kalamazoo, Michigan, to El Monte, California, to be near their daughter and dad's sister, my Aunt Marie. My grandmother's health was also failing so off we went from Towson, Maryland, in a new Dodge with a water bag strapped to the front.

The first memory from my domain in the back seat was meandering westward on Maryland's U.S. Route 40. I can still imagine the fields and rolling hills in the twilight evening of our journey—a scene that hasn't changed much in 80 years. At some time and somewhere the next day, we switched to U.S. 30. We stopped on top of a mountain—well, really a foothill—and looked down upon the construction below of what was planned to be a major, new highway...the Pennsylvania Turnpike. (Years later, we would follow that route on our annual trip to Michigan to visit my relatives on both sides of the family.)

The Turnpike went to Pittsburgh and, for me, felt like an eternity until we stopped and started through the city. After Pittsburgh and into Ohio, we found a roomy house (with sulfur smelling water) to stay over. It was the beginning of what would become bed and breakfast spaces decades later, in the town of Maumee, Ohio.



Badlands

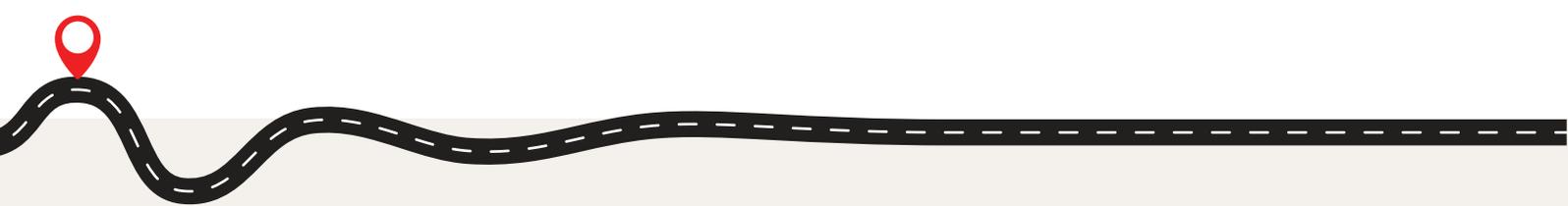
In 1945, motels were new, but I don't remember staying in one as we trekked through middle America. To amuse me, my father suggested I count and record the animal fatalities we saw. Somewhere, we picked up U.S. Route 66. And then our first motels. I remember a semi crisis with a big blood sucking bug of some kind on a visitor's neck in Flagstaff, Arizona. Dad helped save the day.

In the morning, we followed Route 89 to a place called Sedona. It was only a small gas station back then with amazing red rock formations that have been engraved on my mind ever since...the most vivid and memorable experience of our trip across America. My father took pictures with his little Bantam Kodiak camera of me standing on a rock in the stream that meandered next to us in Oak Creek Canyon. That camera only took eight slide pictures at a time. He mastered the camera and recorded our trip and captured our memories.

For the first time I saw Native Americans. They were gathered along the highway selling handmade pottery. My mom bought a small pot. I still have it, though it is in pieces. The road passed through an ice cave, which was scary and dark, then lava fields, where I picked up a piece of black basalt pierced with holes. It captured my curiosity. Many moons later, my own children took it to share in elementary school and it never returned. But I continued my fascination with geology.



Sedona



Long Beach

I know we visited the Grand Canyon and hoofed one mile down, searching for the blue of a river. We parked at the Badlands and petrified forest national monuments to explore the painted desert. In the petrified forest a rainbow tree crossed a gulley and I walked across it. Several years ago, I revisited this area, now part of the National Park system. The petrified rainbow bridge tree still exists but is surrounded by fencing to prevent anyone from walking across it as I did. Sedona in 2021 was no longer a single gas station, but a thriving tourist attraction city. The red rocks are still there. But the visual impact I experienced in 1945 is very different.

In Los Angeles, my cousin Dick, a marine who had fought on Iwo Jima, took me on a roller coaster ride at Long Beach. This was the highest and scariest roller coaster. I had only done the small one at Gwynn Oak Park in Baltimore. Thank goodness I had my cousin as my protector. At Long Beach, I also saw an ant circus. Or was it fleas dressed up that we viewed under a magnifier? I haven't seen anything like it since.

My grandparents, after a lifetime in Michigan, would both be buried in an historic cemetery near Los Angeles—the oldest American non-sectarian protestant cemetery, dating to the 1850s, for the new people coming West to California.

Returning east on U.S. Route 50, we traveled through Kansas, which was having a bumper crop of wheat.

Grain was piled high outside of silos all across the state. Kansas was not a boring driving state then, as some declared it to be. In small towns on later travels, I always found interesting antiques that I brought back home.

Over the years, I would drive back and forth across this great nation of ours, with my kids, a dog, and a babysitter visiting National Parks. Sometimes we camped or took horse trips over the mountains in Washington state or through South Dakota, just marveling at the landscapes and stories that nature and small towns had to tell.

The breath taking vistas are a different experience when you see them for real. Sedona in 1945 taught me that. And the soul riveting vistas of the Grand Tetons taught me that to see and be enveloped in such an environment is to experience the majesty of our given world.

I drove to Alaska in 2015 and promised myself to write a blog...but I never did. I also thought about writing a book on my American highway experience. I was jealous when *Blue Highways* was published. I could have done that but hadn't crafted any writing skills then. So, next year I will tell some short stories in this publication about our early U.S. highways that crisscrossed Maryland and beyond. Did you know U.S. Route 50 was designed in 1926 from a once-bustling desert town, now a ghost town, to end in Annapolis?

I may have been nine years old when I first discovered America, but I did get itchy feet and I kept on traveling, curious to explore. I rediscovered parts of Route 66 several years ago retracing part of my family's 1945 journey. Next year, when iconic 66, from Chicago to Santa Monica celebrates another anniversary, I intend to be on America's Mainstreet, the Mother Road. How about you?

Editor's Note: A special "Road Trips" series by Ellen Moyer is planned for 2024, in which the stories of roads and highways with historical significance in Maryland are told.



Kansas

CHESAPEAKE DRIVES



PERFORMANCE



LUXURY



SAFETY



ECO-FRIENDLY



OFF-ROAD



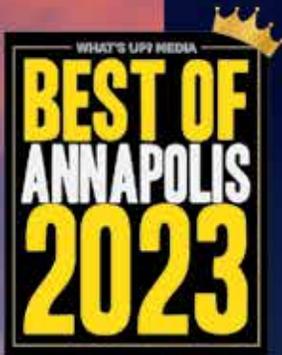
YOUR GUIDE TO ALL THINGS AUTOMOTIVE IN THE CHESAPEAKE REGION

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60 CHANGE IN PLANS | 71 YES! ANTIQUES ARE STILL A THING
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Change = Plans

A SERENDIPITOUS RETREAT
TO A STYLISH REMODEL

Story by *Lisa J. Gotto*

Photography by *Stephen Buchanan*

In 2019, our feature homeowners just returned to their native New York urban lifestyles after living in Alexandria for several years, when they decided they enjoyed the Chesapeake Bay area so much, that they would start looking for a weekend family retreat in Annapolis. With their younger son in the Naval Academy, and their older son already a commissioned Naval officer, a Naptown location would be key—and something on the water—would be even better.





Origin Story

The couple had some familiarity with Annapolis from previous visits to see their son, and remark that they had stayed in some local homes, including one in Bay Ridge, that they loved for their locations, their vibes, and the glimpses they saw of what life might look—and feel like—if they could live there some of the time; perhaps even offering the home to midshipmen when on leave or during Commissioning Week. Soon enough, they would be working with a real estate agent to tour homes and move forward with their plans to purchase a second home.

While on the hunt, they would learn that the homes they liked best, and even some of the previous residences that provided them lodging had one thing in common: Their floorplans were all designed on the desktops of Purple Cherry Architects (PCA) in Annapolis. This was not the first time that name had popped up for the couple on this journey, as the husband tells it:



“We had asked...four or five people for their opinions [on architects] if you were doing something in Annapolis, who would you contact? And there was one or two names that were on everybody’s list, and Cathy [Purple Cherry] was one of them.”

So, it was fortuitous that when they did find the property that they were looking for along the Severn River, their real estate agent knew Cathy and brokered an introduction. The couple was grateful she agreed to conduct a walk-through of the house to assess it before they closed on it.

This encounter sealed the deal in many ways for the couple. The house would, indeed, need work. The original or base part of the structure was built in 1940 and had been added to with at least two renovations since then, leaving the house in a chockablock condition with smaller, darker living and transition spaces, and less than advantageous views to the water.

This was especially evident upon entry to the home, which, at that time, provided no sightline to the water, thanks to an ill-positioned stairway. However, the home did have a prime location in eyeshot of the Old Severn River Bridge, a lovely backyard entertaining area with an in-ground pool and patio (a must-have for the couple), and ample potential to become that vacation residence and that home-away-from-home for midshipmen and their families.





The Central Issue

Right away, the couple knew they were facing a significant and maybe even radical remedy to the problem of the obstructed view and chopped up floorplan.

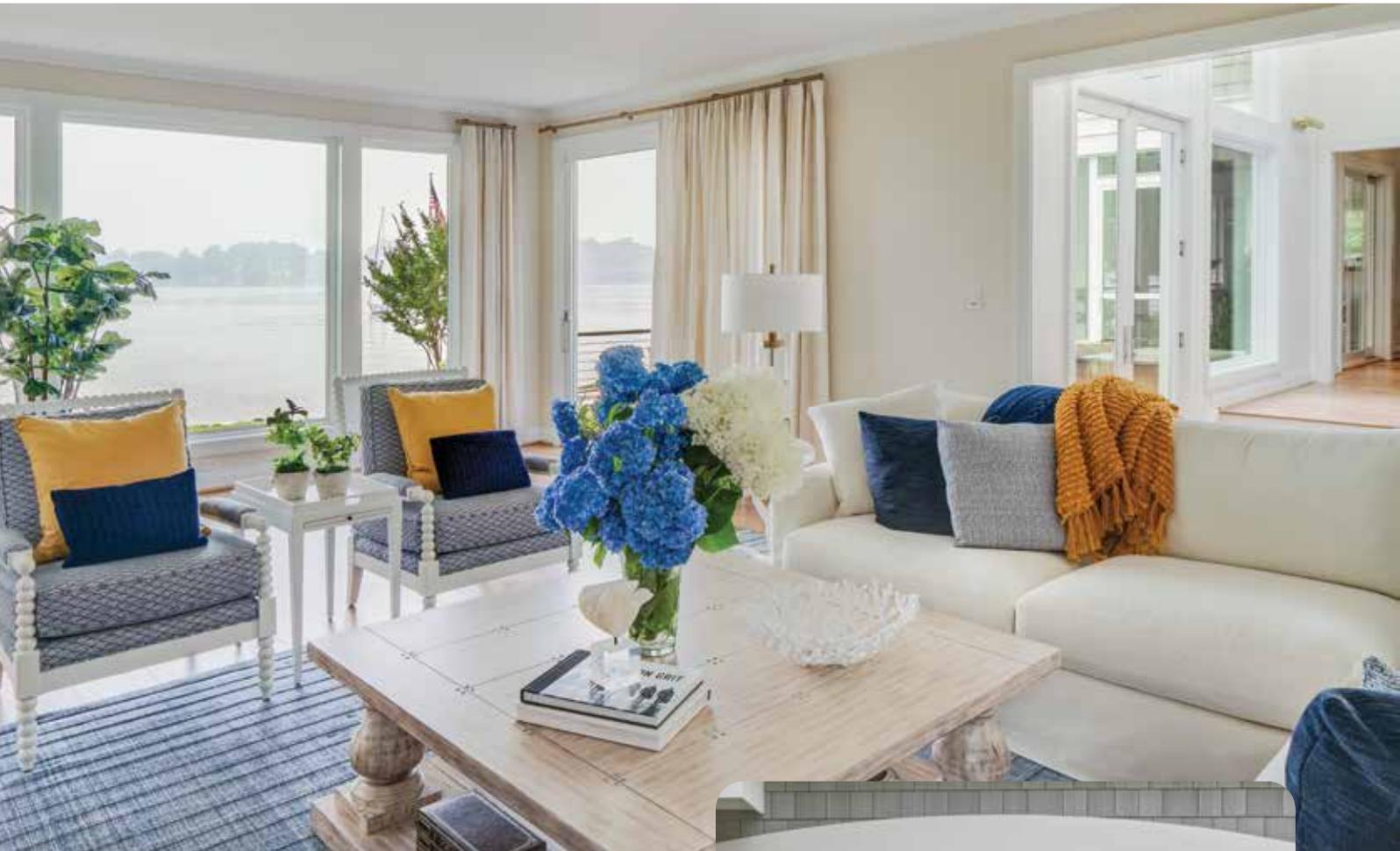
“To my husband and I, and we’ve never done anything quite like this, there were a couple of big things that we thought [about] and we’re like, ‘Are we crazy to think about moving a staircase?’ Cathy came here and in 15 minutes just in walking through the house, she says, ‘Oh, you’ve got to move your staircase.’ She pointed out all these things in such a quick walkthrough that my husband and I had already been thinking [about]. So, we were like, ‘Okay. She gets it.’”

With contracts executed and in-hand at the end of 2019, the couple returned to Manhattan, and allowed Cathy’s team to finalize a floorplan that would address a flawed first floor with little intuitive flow. Walls would be removed, windows and doorways would be enlarged, and a new staircase would be introduced to address what Purple Cherry described as a “very closed in and contained” house.

“There was not a lot of airy-ness, not a lot of openness, not a lot of connectivity,” Purple Cherry explains.

The couple would then choose luxury custom builder, Mueller Homes of Annapolis, to execute the completed floorplan that would provide the home with major first floor interior upgrades, including ripping out the existing staircase and installing a new one to the right of where it had been. As a result, two stories of volume would be created and generous skylights would then be added to infuse the home with natural light upon entry instead of the closed off, dark, stair-facing foyer they once had. That was the plan that the couple went back to Manhattan with.





Timing is Everything

And then the plan changed. The plan changed in a big way. The fact was that everyone's plans were changing in a very big way as an epidemic took hold. As the couple tells it, by March 2020, many people were leaving New York for the less dense countryside, suburbs, or second homes in sunny places in hopes of avoiding the scourge that was COVID-19.

Even though work had yet to begin on their Annapolis escape, the couple retreated from New York once the wife, an attorney, was given the okay from her law firm that she could work from home. He would reason that with his career in finance soon to be in the rear-view window, anyway, it was not only time to retreat, but it was also time to make the move from the city, a permanent one.

While it was far from ideal to be living in the home while renovations were underway, the husband chose to take a lighter view of their circumstances.



“So, we’d get up and it’d be like that old movie, *The Money Pit*, where you see your contractor through the bathroom mirror or something.”

The two years ahead of them would be challenging ones for all concerned with the sick days, delays, and supply chain issues they had to contend with, and as they worked through creating a flawless and highly-functioning first floor plan, they noticed a few things—like what happens when you have a home that is nearly 100 years old and that has been updated on a few separate occasions.

Reno Anew

“There was a wing renovation in the ’70s, and then there was another wing renovation in the ’90s, but nothing was ever really seamlessly connected,” the husband explains. “So, one of the things that we tried to do when we got here was to make it no longer three pieces of a home but make it one complete home.”

Along with making sure that the home’s plumbing and electrical was up to date, the homeowners ascertained quickly that this was no superficial renovation. An especially notable event occurred when all the old floors were ripped out in favor of luscious American black walnut hardwoods. They noticed just how formal and outdated some other aspects of the home were.

From windows that were all a tad undersized relative to the view, to porch railings and second floor bathrooms that were just functional but not contemporaneously attractive to a roof that had seen its best days, the couple realized that if they weren’t all in, there could be some unattractive consequences.



“It literally would’ve been a half, spanking brand-new house and a half, 30-year-old house,” the husband explains. And so, a decision to create and conquer on the main and upper levels, inside and out began in earnest.



From the front door on, everything about the house now looks as beautiful as it is functional. Inside, the sightlines from the entry flow right through and out to the property’s outdoor living space. Along the way, the homeowners pass their gorgeous architectural staircase now located to the right of the entry hall. A sparkling, sphere-shaped, sea-glass studded lighting fixture floats above the staircase and above that, an attractive skylight helps bathe the first floor with welcoming light. The home’s formal living room with its outstanding waterfront views is located to the left of the entry foyer.



Speaking of welcoming, glimpses of the old Severn River Bridge can now be seen through the glass-panels of its new front door. The entire front façade has been updated to include a curved porch beam with mahogany ceiling inlay, turning a tired and traditionally dated entrance into a conversation piece before you even enter the home.

The entry foyer also provides two access points to the home’s totally re-imagined open-plan living space. It is as lovely as the wife had hoped it would be with a subtle homage to Chesapeake living in its tones and textures; a vibe she had seen and prized in those previous guest lodgings.

“What I love about what they did with the aesthetic is that there are these really nice subtle touches throughout the house that just make it have a nautical type of feel. Like the fan that we have in the den that is made of sailcloth instead of just wood. [It’s] touches like that,” the wife says.

The entire length of the open-plan space looks out to the river with its interior flow mimicking that of the river in a sense, giving the homeowners the comfortable, calming retreat they had desired.

The meticulously chosen materials in this space were selected under the creative supervision of PCA’s lead interior designer, Annie Kersey.

Shades of muted navy, warm, white upholstery, and wood tones prevail here. A kitchen cabinetry package in the Shaker style is accented with applied bead detail. A trio of heirloom brass white pendant lights with navy stripes from Nash are suspended from the ceiling over the Polarstone quartz-topped island.

The base of the island was tailored to provide storage below, a convenient prep sink above, and breakfast bar seating. A customized blue stain was created specifically for the piece and applied like a wash to enhance the room’s understated nautical feel. A companion piece, a coffee and wet bar, in this blue wash stain is located on the water-facing wall, framing where the family will gather for meals. A specially-sized dining table with a reclaimed timber finish was created just for this space and sourced from Tritter Feefer; the dining and host chairs from Thibaut, sport a Dune Avery Linen fabric.

The intentional design and materials flow into an equally gorgeous and relaxing seating area with a fireplace on one side, and out to an extended screened-in porch on the water side. The decision to go “all-in” certainly played itself out well, as this area was smartly enhanced when a dated railing with smaller openings to the water was replaced with larger expanses and sleek, stainless



An exclamation mark of a first-floor powder room is most notable for the punch of panache delivered via bold palm frond wallpaper and its sumptuous vanity of ripsaw white oak.

steel cable railings with Ipe toppers. A beadboard ceiling was added above and floors of Ipe were added under foot to bring warmth and a boat-on-the-river feel to this exceptional gathering space.

With the exception of an upgraded bathroom and the addition of a subtly curved corridor off the landing, the second floor required only “soft upgrades,” as Purple Cherry likes to call them.

To accentuate the primary suite’s amazing water views, Kersey says the homeowners wanted to pull in the soft and soothing sea foam greens inspired by the wife’s choice of area rug for the room. This was balanced by purposeful layers of window sheers and drapes, bedding with natural linen accents, and the wistful flock of waterfowl sculpture above the bed.



The Big Finish

The crowning touches to this project came outside the home with: an enhanced hardscape and curated landscape by McHale Landscape Design, Inc. of McLean Virginia; Purple Cherry’s suggestion to replace the existing dated beige siding with NuCedar, an innovative, no-rot exterior siding; and the husband’s plea for a breezeway replacement that kept him from getting wet when it rained.

“It had a flat roof, so there was constant dripping off the sides after a rain,” the husband says. “There were no gutters. And that was always very annoying to me, and I didn’t like the way it was finished off.”

The solution came in the form of an elegant barrel roof walkway with mahogany inlay spanning the length of the pathway from the house to the garage.

“It turned out exactly the way I wanted it to. With the dark wood and the beams and the drop lights that we have; it turned out perfect,” says the husband, who later reflected on how the initial scope of their home plans may have changed, but the end result was something that exceeded their expectations.

“It was a long haul, but everybody made it through great. Mueller Homes did a great job. Cathy and her team did a great job,” he says. “I don’t think there was anything that we wanted, that we didn’t get.”



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Yes! Antiques Are Still a Thing

KEEP YOUR EYE OUT FOR THESE CLASSIC FINDS

By Lisa J. Gotto

Historically, tag sale, vintage, and second-hand store shopping has been a popular form of retail therapy for many, especially when you add in the potential of scoring a rare find. However, there are some cultural conversations going on recently about antique collecting and how it has fallen out of favor entirely with some consumer groups.

While this thinking may have some merit when it comes to certain types of collectibles and antiques, Barbara Ranson of Oxford Vintage & Trade has first-hand experience with collectors, sellers, and browsers of all interest levels and is certain about one thing: “Quality never goes out of style.”

“Older, better-made items from the past will always be well-loved and treasured,” she adds.

What designers and merchants of these wares are actually seeing is not as much as a downturn, as it is a re-evaluation of these particular goods by consumer groups based on generational attitudes about value based on what resonates with them contemporarily.

For example, what millennials are looking for and value differs somewhat from what their parents were looking for, and even what Gen Z’ers are looking for. All groups, fortunately, are indeed still looking.



TERMINOLOGY:
VINTAGE VS. ANTIQUE

Since we often hear these two terms used to describe older, previously held goods, we thought a deeper dive into whether or not they are interchangeable in discussion might be helpful. While you certainly might find items under the same retail umbrella labeled “vintage” or “antique,” there is a unique distinction: Antiques are commonly described as items that are at least 100 years old. Vintage, by way of the Merriam-Webster definition, relates to items that are typically 40 years old relative to a specific point in time.

Millennial Inclinations

This generation, described as being born between the early 1980s and late 1990s, is now considered to be the largest consumer group. They are looking for high-quality items that lend a sense of status and permanence to their surroundings—an aesthetic they are not finding at the big box stores or online at import-heavy sites.

Quality original art, such as oil paintings, high-quality and low-production lithographs, and watercolors from both the vintage and antique eras are popular. Vintage clothing, home decor, and furnishings, including sterling silver serving pieces, are also sought after. And antique side tables, porcelain tableware, and chinoiserie lamps are among the wares that this group finds most valuable.

In Their 20s

When it comes to Gen Z’ers or 20-somethings, they are most interested in items that have personal appeal. Because most shoppers in this age group have yet to establish an independent household, they gravitate to items that will enhance their sense of personal style. They love vintage costume jewelry, vintage clothing, and accessories. Raised with a more experiential take on lifestyle, they are also refreshingly mindful when shopping with an event in mind.



Planet Pride

Recent and growing awareness of personal environmental impact and economic influences is also playing a noteworthy role in this particular retail space. Purchasing previously-owned and cherished items appeals to the Earthwise consumer, who is acutely aware of the environmental implications of mass-produced products manufactured using plastics, glues, and other unknown chemicals. Buyers worry about product origins in countries with unsavory human labor costs.

Another little-known statistic involves the transportation cost of pollution on imports, known as consumption emissions. These factors weigh on the minds of today’s consumer. Of course, repurposing and reusing also means using landfills less. In short, new products can’t beat the sustainability rewards of the secondary-purpose market.

Making It All Work

Some of the most cohesive and stylish interior schemes are those that ingenuously incorporate older, perhaps, even heirloom-type furnishings with the modern-day amenities and other goods.

Ranson suggests knowing the “why” of your purchase is key. “If you need a small table by your front door for a lamp and your keys, consider the style you like and the function of this piece. I almost never purchase a piece because it will ‘increase in price’ or even ‘hold its value.’ Rather, I buy a quality piece that is made of wood, marble, iron, etc.,” Ranson says. “I look for dovetail features, quality fittings, and finishes. I prefer ‘patina over plastic.’ To me, it’s better to have a small scuff and know the item is solid wood.”

It’s also a good idea to not only communicate with your retailer about what you are specifically looking for, but to ask about how to integrate what you have into your current interior scheme, especially if you have just happened upon something that speaks to you and that you feel compelled to own. Knowing how to best use your one-of-a-kind find in the current context of your home will also add value.

Many antiques and vintage retailers use social media to connect with clients about what is new in the store, but also create posts to provide context for an item’s use. Solid retailers do their research regularly so they can readily provide advice on usage and care of your most prized finds.

Today’s Most-prized Finds

Experts agree that rugs, lamps, antique mirrors, and costume jewelry are trending when it comes to the most sought-after wares. Why? Rugs are the foundation for most design and décor, and they serve to ground a space and enhance a room.

Quality rugs and floor coverings are an important element of a well-dressed environment and establish the ambiance of a room. Ironically, antique or vintage rugs are often the final purchase for consumers as they finish their design and provide the finishing touch.

Lamps can be a great way to inexpensively update an outdated space. Because sources of lighting have specific purposes, it is smart to layer your lamps thereby

changing the mood of a room. For example, sometimes an antique Chinese pottery ginger jar lamp complements a coastal motif in an elegant manner and in a way no shiny new lamp can.

Mirrors are popular options because they have often served the function of opening spaces up, so dark rooms appear lighter and brighter, and mirror frames often add an artistic design element. And costume jewelry is an inexpensive way to express your personal taste and style. Vintage costume jewelry is unique and often much better quality than current market offerings. It can be a fun way to accent specific attire or show off hobbies and tastes.

When Collecting is Your Passion

It’s easy to fall in love with something that was sought-after and now found, but you shouldn’t necessarily treat your find as if it were a museum piece. “Love what you own and use what you have!” Ranson says. “At our house, we have a favorite saying, ‘If you aren’t good enough for your good stuff, then who is?’ I use my sterling silver every day with cloth napkins and (one of my sets) of good China and crystal glasses. I use quality rugs on the floor, and I have oil paintings on the walls. Not everything in our house is in perfect condition, but most have a story of what it is, where it came from, and who used it before me.” And it’s the stories that they evoke for consumers that will most likely keep antiques and vintage finds from ever totally falling out of favor. Anyone else up for a little retail therapy?



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Harnessing What Comes Naturally

LIGHTING THE WAY IN YOUR GARDEN

By Janice F. Booth

Thirty percent of all outdoor lighting in the U.S. is wasted, not serving the purpose for which it was installed. That's about \$3.3 billion in energy cost and the release of 21 million tons of carbon dioxide per year. To offset all this carbon dioxide, we'd have to plant 875 million trees annually. This, according to statistics released by the U.S. Energy Information Administration (EIA) and the International Dark-Sky Association (IDA).

We—homeowners, gardeners, even apartment dwellers—can light our homes, our patios, and our gardens with more attention to protecting the environment. You may want professional help or to make this a Do-It-Yourself re-lighting project. A DIY job will cost approximately \$20/fixture, 10¢/ft. of cable, and \$200 for a transformer, then the trenching starts. An outdoor lighting specialist's fees will start around \$2,000.

Either way, let me offer some helpful information:

- 1** The main **CRITERIA** for environmentally responsible lighting,
- 2** The **TYPES OF LIGHTING** customarily used for residences, and
- 3** **TIPS** to help you work with your electricians or succeed as a Do-It-Yourselfer.

A key resource is the International Dark-Sky Association. They have criteria for ecologically responsible lighting and provide an evaluation and Seal of Approval that is granted to manufacturers of outdoor lighting fixtures and materials. Look for or ask for the IDA Seal of Approval on equipment you purchase or have installed.



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- auto time controls, where appropriate
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- minimize brightness
- minimize Blue Light emissions—prevent light that interrupts circadian rhythms (animal and human)
- maximize shielding (lights directed, preferably down) to avoid “sky glow”



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- Battery operated accent lamps.
- Battery powered curtain lights; dramatic strings of lights hanging down, creating a wall or cascade of tiny lights.
- Glow-in-the-dark paint, an often-overlooked option, adds an extra measure of safety along paths and on steps.
- Reusable glow sticks—LED or rechargeable.
- Solar and electric outdoor chandeliers
- Firepit: a cozy option for short-term gatherings.

**3. IN ADDITION,
CONSIDER THESE
TIPS WHEN YOU'RE
PLANNING AND
DESIGNING YOUR
ECO-FRIENDLY
EXTERIOR LIGHTING.**

- What is the purpose of the lighting: atmosphere, emphasis, security, safety?
- Five traditional locations for lighting:
 - House façade, avoid direct lighting on the front door or windows. Use a softer, spreading light directed at an architectural feature or plants near the entry.
 - Trees, if you are using ground lights up, aim for the trunk and leaves. If you only aim at the tree's crown it will look disconnected from the earth. If you can, add a few lights high in the tree aiming down, mimicking the shadows of leaves in the moonlight.
 - Garden walls should be lit close to the wall to emphasize texture.
 - Flower beds and pathways are perfect for shielded ground lights.
 - Paths can be lit with well lights—circular and buried in the path.

Here are four final cautions to help you accomplish a satisfying project:

- Motion sensors cut down overuse of lighting and add security.
- Low wattage, outdoor bulbs, 50 watts or less, usually work best.
- Avoid bright lights streaming into neighbors' windows and gardens.
- Use downward not upward lighting whenever possible to avoid dark-sky pollution.

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Perfect Year-Round Retreat

By Lisa J. Gotto | Photography by Michele Sheiko

Wouldn't it be great to feel like you're on vacation all year long? No doubt, that's exactly what the new owners of this 2,800-square-foot custom, coastal waterfront residence experience every day.

Situated on beautiful Brickhouse Creek in protected South River Farms Park, the home's views expand out to the Chesapeake Bay.

Upon entering, you are immediately greeted with forward-looking views to the waterfront and with just a few steps, you enter a wonderfully executed open floorplan that delivers an incredible amount of natural light and a space that flows effortlessly from kitchen to living, to outdoor living areas.



Just past the central hall entry, is a gorgeous custom kitchen outfitted with light maple cabinetry and gleaming granite countertops. There's a quiet counter corner for breakfast bar seating and a more formal dining space adjacently located. A peninsula with sink overlooking the water will make visual delights out of daily chores, and cocktails can be stirred from the nearby maple wet bar.

Step down from this area into the home's central living space. Outfitted with a series of floor-to-ceiling sliding doors, this space brings the outdoors in on a breeze. Light-colored hardwoods flow throughout this space, which is also highlighted with custom built-ins and railings, and the convenience of an efficient pellet stove for cooler days.

This room opens to a spacious screened-in patio that offers total "on-vacation" vibes, and room for another chill zone and dining area with the waterfront as the primary focal point. From here, the homeowners have eyes to their 125-foot deep-water dock with six feet of mean low water, and the step-down to a charming backyard area perfect for staging their Adirondack chairs and fire pit.

The home's main level also offers a convenient primary bedroom with its own screened-in balcony facing the water. An additional bedroom and bath are located on this floor. Two guest bedrooms and two full baths are located on the home's unique upper level with loft—because when you're living like you're on vacation, guests will certainly come a'knockin'!



Listing Agent: Alex Tower Sears; TTR | Sotheby's International Realty; 209 Main Street, Annapolis; m. 443-254-5661; o. 410-280-5600; alextowersears@gmail.com; ttrsir.com **Buyers' Agent:** Scott Schuetter; Berkshire Hathaway Home Services; PenFed Realty; 1997 Annapolis Exchange Parkway, Annapolis; m. 410-900-7668; o. 410-266-0600; scott@scottschuetter.com; penfedrealty.com

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86 WHAT DOES RESILIENCE MEAN REGARDING MENTAL HEALTH? *plus more!*



Fresh Take

QUINOA

By Dylan Roche

Twenty years ago, very few people had heard of quinoa—today, it's one of the more popular health foods on the market. Once people started to hear about its impressive nutritional profile, not to mention its versatility in the kitchen, quinoa started appearing on more and more menus, often for any and every meal of the day.

So, what's the big deal behind this grain? For starters, you might be surprised that quinoa (pronounced "keen-wah"), botanically speaking, isn't a real grain. It's actually a seed that cooks up in a way similar to cereal grains like rice or oats. It originates in the Andean region of South America, where it has been a staple food since ancient times. When prepared, this pseudo-cereal has a light nutty flavor, and it works well in both savory and sweet dishes.

One of the most noteworthy nutritional benefits of quinoa is its protein content. Quinoa delivers about 8 grams of protein per 1-cup serving, but unlike other plant-based sources of protein, quinoa has all essential amino acids your body needs for growth and repair, making it what's known as a complete protein. Quinoa's a great option for people



Quinoa Stuffed Peppers

INGREDIENTS

4 large bell peppers (any color)
1 cup cooked quinoa
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, minced
1 cup diced tomatoes
1 cup cooked black beans
1 cup corn kernels
1 teaspoon ground cumin
1/2 teaspoon paprika
1/2 teaspoon dried oregano
Salt and pepper to taste

Preheat oven to 375F. Chop the tops off the bell peppers and remove the insides (seeds and membranes); then rinse and set aside. Warm the olive oil in a skillet over medium heat. Add onion and garlic. Once the onion and garlic have had a chance to soften and become fragrant, add the diced tomatoes, cooked quinoa, black beans, and corn. Stir until all ingredients are thoroughly combined. Add cumin, paprika, and oregano. Bring the ingredients to simmer for approximately 5-10 minutes before removing from the heat. Spoon the mixture into each bell pepper, patting down occasionally to pack it in. Set the stuffed peppers in a baking dish and cover with foil. Bake for 25-30 minutes. Serve warm.

following a vegetarian or vegan diet, or for anyone who is interested in replacing some of the animal protein in their diet with a plant source for more nutritional diversity.

It's not just protein, however—quinoa has many nutrients that the average American diet usually gets from meat or other animal-based foods, such as iron for transporting oxygen to your cells, B vitamins for energy production, and zinc for a strong immune system.

Plus, quinoa delivers on fiber. That 1-cup serving of quinoa has about 5 grams of fiber, which is essential for healthy digestion and keeping you full between meals. Fiber helps regulate your blood sugar for a steady stream of energy all day, and studies have even shown that it helps keep cholesterol levels in check.

Quinoa tends to be a pretty safe food for people with dietary restrictions, including those aforementioned vegetarians and vegans, as well as people with allergies or sensitivity to gluten. Quinoa contains no gluten, so it's a suitable alternative to wheat-based options, such as couscous, or other grains that contain gluten, such as rye or barley.

Plus, quinoa is just a fun food to incorporate into your rotation. Part of the reason for quinoa's popularity is its versatility. Its mild flavor blends seamlessly with various ingredients, so it's suitable for a wide range of dishes, from salads to main courses and even desserts.

Most of the time, you'll find quinoa sold uncooked as a dry good, either in a bag or occasionally in bulk. Once you bring the quinoa home, it's important to give quinoa a good rinse to remove the saponin, a natural coating that will give quinoa a bitter taste. The easiest way to do this is by putting the quinoa in a sieve with fine mesh and letting it run under cold water while gently rubbing the seeds with your fingers.

Allow the quinoa to drain, then combine in a saucepan with 2 cups of water for every 1 cup of quinoa. You can always opt to use slightly more water for a soupier consistency to your quinoa, or if you want your quinoa

slightly courser, you can use less. Bring the water to a boil; then reduce the heat to low and cover the saucepan with a lid. Simmer for approximately 15 minutes or until all water is absorbed. Keeping the lid on, remove the saucepan from the heat and allow to sit for an additional five minutes so the quinoa can steam up, reaching a light, fluffy consistency.

This quinoa is ready to go—all you need is some oil, salt, pepper, and maybe a few cooked veggies to stir in. But if you really want to get creative, store plenty of quinoa on hand and find ways to make it the star of the next dish you prepare.



Quinoa Cookies

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup rolled oats
- 1/2 cup almond flour
- 1/4 cup honey
- 1/4 cup almond butter
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup dark chocolate chips

In a large mixing bowl, combine the cooked quinoa, rolled oats, almond flour, baking powder, and salt. Stir well and set aside. Melt the coconut oil and transfer to a medium-sized bowl to combine with the almond butter, honey, and vanilla. Stir until it achieves a smooth consistency. Mix the wet ingredients with the dry ingredients and stir until well combined. Fold in chocolate chips. Transfer the dough to the fridge for approximately two hours to chill. Once the dough is chilled, preheat oven to 350F and line a baking sheet with parchment paper. Spoon 1-tablespoon-size portions onto the baking sheet. Bake for 15 minutes or until the cookies are golden brown. Remove from the oven and allow to cool before serving.



Quinoa Buddha Bowl

INGREDIENTS

- 2 cups cooked quinoa
- 1 cup roasted sweet potatoes, cubed
- 1 cup roasted Brussels sprouts
- 1 cup cooked chickpeas
- 1 cup cut broccoli florets
- 1 ripe avocado, sliced
- 1 cup shredded purple cabbage

- 1 cup sliced cucumber
- 1/2 cup grated carrots
- 1/4 cup tahini
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 clove garlic, minced
- 1 teaspoon honey
- Fresh parsley

Preheat oven to 400F. Spread sweet potatoes, broccoli, and Brussels sprouts on separate baking sheets and drizzle with olive oil. Toss to coat; then transfer

the baking sheets to the oven. Roast for 20–25 minutes until the vegetables are tender and slightly caramelized. Remove the oven but keep warm. In a small bowl, stir together tahini, lemon juice, water, garlic, and honey. Whisk until smooth, adding more water if necessary to achieve the desired consistency. Divide the cooked quinoa evenly among four bowls. Top each serving with

roasted sweet potatoes, broccoli, and Brussels sprouts. Add chickpeas, avocado, cabbage, cucumber, and carrots. Drizzle each bowl with the tahini dressing and serve immediately. Remember that the idea of a Buddha bowl is flexible, and you can customize to suit your own tastes and nutritional needs. Vary this recipe with the use of beets, radishes, edamame, nuts, seeds, tempeh, or tofu!

Fitness Tips

WHY 10,000 STEPS?

By Dylan Roche

How many steps a day does it take to be healthy?

If you're like most people, you've probably accepted the idea of 10,000 steps a day. That's the number often touted by fitness enthusiasts and even some health experts. Although there's not much scientific evidence to back up that number.

Because the idea of 10,000 steps is so steeped in our culture at this point, you might not have stopped to wonder where it comes from. It turns out that it might have once been nothing more than a marketing ploy introduced in the 1960s by a company trying to sell pedometers. People quickly bought up these devices that measured the number of steps they took every day because they wanted to meet a specific goal for good health. From there, the idea gained traction, and it's easy to understand why: 10,000 is an easy number to remember, and having a specific goal makes people feel more motivated.

Although there's no science supporting the idea of 10,000 steps specifically, there's decades of research to encourage regular moderate-intensity aerobic activity such as walking. It elevates your heart rate and improves blood circulation throughout your body, ultimately lowering your risk of heart disease and high blood pressure. Additionally, walking can help you maintain a healthier weight, build strong bones and muscles, and reduce the risk of joint problems. You'll even find that walking is good for your mental health and increases your energy levels. Most importantly, regular physical activity in the form of walking is good for your longevity, as it boosts your immunity and helps stave off chronic disease.

These benefits explain why the Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity every single week.

IF YOU WANT TO MEET THAT GOAL THROUGH 10,000 STEPS, THERE ARE A FEW SMALL CHANGES YOU CAN MAKE TO BE MORE ACTIVE THROUGHOUT THE DAY.

NEED IDEAS?



Start your day with a brisk walk. Just taking 15 minutes to walk around the block can help you hit 1,000 steps before you've even done anything else, and it will put you in the mindset of being active all day long.



Take brief walk breaks throughout your workday. Get up to use the restroom. Take a lap around the parking lot of your office. Make a point of standing up every hour to move around in some way.



Take a walk while you're on the phone or ask colleagues if they'd like to have a meeting on their feet instead of around a conference table.



If weather and safety permit, use walking as a form of transportation for short distances. Walk to a friend's house, to work, to the grocery store, or anywhere else you have errands.



Make a point of enjoying nature. Going for a walk around a local park or along a scenic route will not only give you a light workout but will also put a little bit of beauty in your day.



Find a local walking group for accountability—or start your own. Knowing that you can use walking as a social activity to catch up with a friend will encourage you to be more active.



Remember that consistency is key. Some days will have you walking more than others. If you hit only 8,000 steps one day, just remember that there are other days where you'll be hitting 12,000 steps. It's all about being active in the long term.

So, go ahead and lace up your shoes, step outside, and start moving toward better health—one step at a time.

Breast Cancer Awareness

CONTINUES TO BREAK THROUGH BARRIERS

By Dylan Roche

It's been nearly 40 years since the American Cancer Society established October as Breast Cancer Awareness Month. Beyond the pink ribbons and memorable slogans, it's proved to be a campaign that has served—and continues to serve—a crucial role by encouraging early detection, raising funds for research, and reducing the stigma associated with breast cancer. The National Breast Cancer Foundation estimates the disease will affect close to 300,000 women in 2023.

Much of the success of National Breast Cancer Awareness Month comes from the traction the campaign gained with charities, healthcare professionals, and women's organizations, not just in the United States but also around the entire world. The Susan G. Komen Foundation, the Y-Me National Breast Cancer Organization, Planned Parenthood, the Women's Health Initiative, and Bright Pink, among many others, have participated in spreading awareness and raising money for research every October.

Thanks to these efforts, early detection and improved screening practices have led to higher detection rates. The American Cancer Society estimates that the number of women ages 50 and older who get mammograms at least once every two years has more than doubled since the 1980s.

Survival rates have also improved, with the National Breast Cancer Foundation reporting that the five-year relative survival rate for all types and stages combined is 91 percent in the United States. This is thanks in large part to the develop-



ment of health care like surgery, radiation therapy, chemotherapy, targeted therapy, and hormonal therapies, all of which have better outcomes and improved quality of life during treatment.

Breast Cancer Awareness Month has also created a culture that encourages survivorship care, with women who have battled (or are battling) breast cancer having access to programs, clinics, and other resources that address the emotional and psychosocial needs they have because of this illness.

Women can be vigilant about breast cancer by performing regular self-examinations to detect any changes or abnormalities, but health experts emphasize that self-examination is not a substitute for mammograms or clinical breast exams. The Centers for Disease Control and Prevention recommends that women ages 50-74 get a mammogram every two years, though women ages 40-49 should talk to their doctor about specific recommendations based on their personal risk factors.

For resources or to find a fundraiser happening this October, go online to the National Breast Cancer Foundation (nationalbreastcancer.org), the Komen Foundation (komen.org), or BreastCancer.org.



What Does Resilience Mean Regarding Mental Health?

By Dylan Roche

Resilience takes on an especially important meaning in the realm of mental health and psychology. When a person is mentally and emotionally resilient, they are able to adapt to and cope with significant life stressors that potentially trigger conditions like depression and anxiety.

According to the American Psychology Association, resilience comes from “mental, emotional, and behavioral flexibility and adjustment to external and internal demands.” It doesn’t mean that difficult circumstances don’t affect you—instead, it means you have the ability to maintain mental well-being and function in the face of these stressors.

Your own capacity for resilience will depend, of course, on varying factors,

including access to mental health resources and knowing specific coping strategies. While resilience looks different based on individual experiences and needs, resilient people do tend to have many of the same general characteristics:

- They recognize their emotions, and they know how to control their emotions instead of letting their emotions control them.
- They have positive outlets for stress.
- They can be flexible and adaptable in the face of new challenges and circumstances.
- They have clear goals and values that keep them motivated.
- They maintain good relationships with friends and/or family who can offer emotional support and encouragement.
- They see challenges as an opportunity for growth and learning.

Being resilient is a skill that people develop, either from an early age or through deliberate self-work in later years, often with the help of therapeutic interventions.

If you’re somebody who wants to improve your resilience—and, in turn, your ability to cope with hardship—consider the following approaches:

DETERMINE YOUR SUPPORT NETWORK.

Think of three people you would call if you found out life-changing good news you wanted to share. It’s likely these same three people are ones you would reach out to if something bad happened instead of something good. Remind yourself that you can call or text these contacts when you need emotional support.

FIGURE OUT SHORT-TERM AND LONG-TERM COPING STRATEGIES.

You will need different coping strategies for when you’re in the moment and when you’re handling ongoing stress. A short-term, in-the-moment strategy might be taking deep breaths and counting backward from 10 to help you maintain your composure. A long-term strategy could be a favorite workout that helps you unwind.

SET GOALS AND FOCUS ON PROBLEM-SOLVING SKILLS.

When you have realistic, achievable goals (especially if they’re broken down into manageable steps), you’re better able to stay motivated every day, even if you’re dealing with problems that would otherwise make you feel hopeless or in despair.

Although building resilience is an important practice for your mental health, it’s important to remember that building resilience is a gradual process. Be kind to yourself and be patient as you’re putting in the effort, and remember that small steps taken consistently can make a big difference over time!

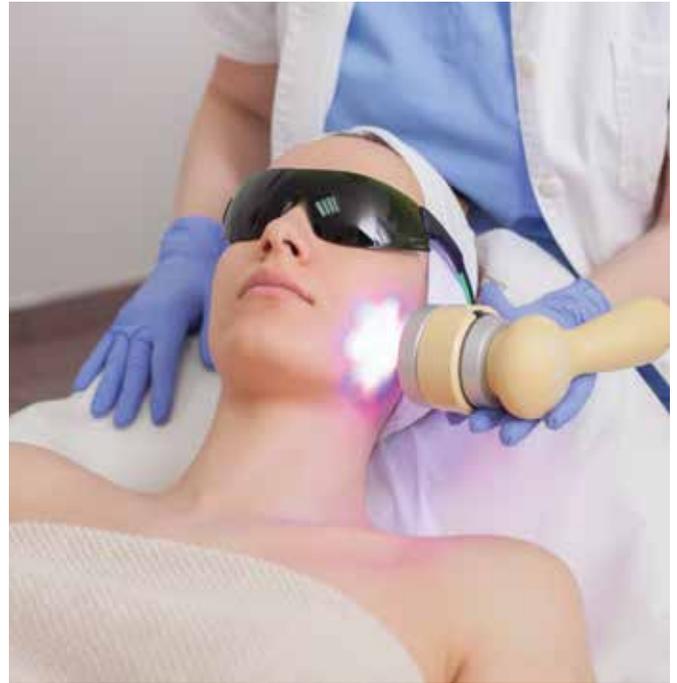
Shedding Light on IPL Therapy

By Dylan Roche

Technology is a beautiful thing—medical advances mean more and more noninvasive options for improving your health with impressive results, and the latest development in cosmetic procedures is a treatment called Intense Pulsed Light therapy, often called IPL for short.

You might be surprised by how this new skin therapy works. Most of the time, we're trying to protect our skin from certain waves of light, avoiding prolonged sun exposure that can damage the skin. However, IPL uses broad-spectrum light to actually heal and repair some of those specific skin problems, including hyperpigmentation, sun damage, acne scars, rosacea, fine lines, and wrinkles.

You might've heard of IPL referred to as photorejuvenation or photofacial. High-intensity pulses of light are administered quickly via handheld device onto targeted areas of skin. Your skin's chromophores—the part of your skin molecules that give your skin its color—absorb this light energy, generating heat and selectively damaging the targeted problem cells or structures while leaving surrounding tissue unharmed. The result is evened skin tone and improved texture, as well as reduced appearance of any blemishes or marks.



Specifically, doctors can use IPL to treat:

ROSACEA: IPL can effectively reduce the persistent redness, flushing, and visible blood vessels often seen in cases of rosacea.

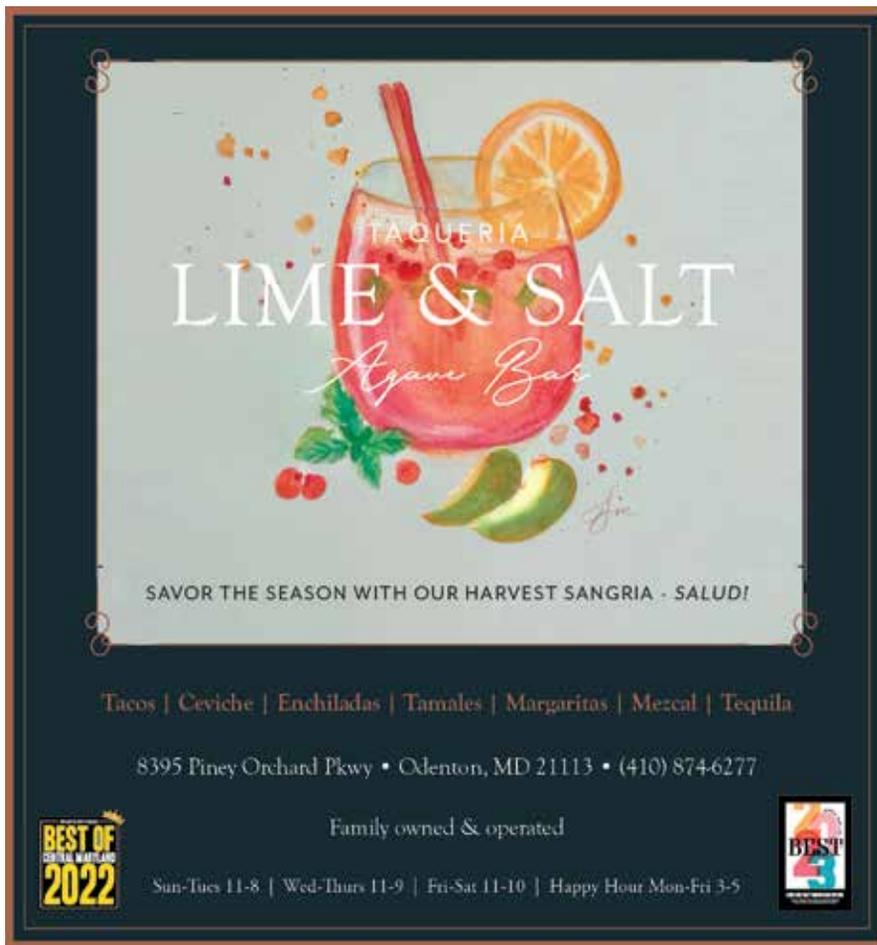
ACNE: IPL targets the bacteria that causes acne and reduces inflammation, helping to clear skin and minimize the appearance of pimples or other blemishes.

SIGNS OF AGING: IPL was not designed for wrinkle reduction, but some research points to the way it can stimulate collagen production, which naturally improves the firmness and tightness of your skin.

UNWANTED HAIR: By targeting follicles, IPL impairs their ability to grow hair, making it a safe and efficient alternative to traditional hair removal methods.

Early IPL devices saw the most success on people with fair to light skin tones, but recent developments in the technology have made the devices better suited for treating a wider range of skin types. It's important to note, however, that patients should seek specific guidance for their skin type from their doctor, as certain skin tones face a higher risk of pigmentation changes.

As with other noninvasive cosmetic procedures, the success you have could vary—IPL won't eliminate acne or rosacea, but it will provide significant aesthetic improvements. You could even say you're headed "toward the light" for clearer, more vibrant skin!



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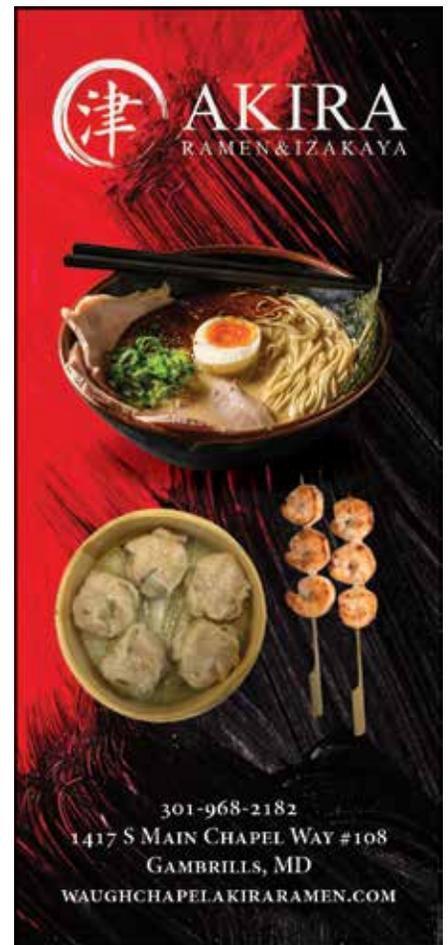
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← Titan Hospitality has announced that Smashing Grapes in Annapolis has closed and will be reopened as a new concept, **The Lodge**. The Lodge is heavily inspired by its sister restaurant, The Blackwall Barn & Lodge, in Gambrills. This restaurant will provide diners with a rustic dining experience while incorporating farm freshness. The Lodge will open this fall. For more information, visit lodgeannapolis.com.

Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

An amazing thing about our community is that it's always evolving. This month we are excited to announce that many restaurants are rebranding, opening additional locations, and more news.

On the Dining Scene...

Silver Diner opened its 21st restaurant, at the National Harbor on August 1st. The new diner is in a 7,132-square-foot location with an outdoor patio. The diner has the signature red booths and blue and white art-deco floor tiles that they are known for. Silver Diner has a flexitarian menu which includes vegan, vegetarian, and gluten-free options in addition to the classics. Find more information at silverdiner.com.

Bread + Butter is opening their 2nd east coast location at the MGM National Harbor this fall. The original location at the Borgata Hotel Casino & Spa in Atlantic City offers a robust menu with an assortment of homestyle, all-American classic dishes including loaded fries, "hangover fries," avocado toast, chicken salad sandwiches, pastries, and more. Find more information at mgmnationalharbor.mgmresorts.com.

Dave Rather, the owner of **Mother's Peninsula Grille** in Arnold has been busy building an incredible Tiki Bar behind Mother's. The area is fenced-in with picnic tables, a full bar offering fresh crushes, a small stage for live music, cornhole, outdoor games, fire pits, and more. The area was enjoyed all summer, and it's not too late to enjoy it this fall! Find more information at mothersgrille.com.

In 2020, Sunset Restaurant in Glen Burnie closed after a 60-year run, but Hyatt Commercial in Annapolis recently found a buyer for the restaurant. Tony Plera, the owner of Mike's on the South River, Mikes North, and Michaels on the South River has bought the restaurant property for \$1.5 million. Sunset Restaurant, which will be renamed **Mike's Inland at Sunset** will reopen this fall in Glen Burnie after building renovations.

Sadly, **Hellas Restaurant & Lounge** closed September 3rd after 25 years in Millersville. Hellas posted the news August 10th on their Facebook page saying that their property has sold and the decision involved many complex factors including the state of the economy, labor markets, supply chain disruptions, health of the business, and family health issues. The Stavlas Family thanked the community for including them in daily dinners and milestones and said that they will cherish the wonderful memories they were able to create with staff and guests over the last two and a half decades.

And on July 5th, **Red Bird Bar and Grille** in Glenelg announced their difficult decision to close permanently. Red Bird Bar and Grille thanked their staff for the two years they had in Glenelg and were happy to call their staff and patrons their second family. Sara and Tim Richards also reminded their Facebook followers to continue to support the businesses of Glenelg.

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WHAT'S UP? MEDIA'S 2ND ANNUAL

HOME EXCELLENCE AWARDS

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

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through the November 30th deadline.



whatsupmag.com/homeexcellenceawards

The 2nd Annual Home Excellence Awards will be revealed in the February issues of What's Up? Annapolis, What's Up? Eastern Shore, and March edition of What's Up? Central Maryland.

Wet Your Whistle

Let's be honest, when looking at a restaurant's menu, the first thing many folks look for is the cocktail list (even mocktails, if that's your thing). This month's dining guide highlights drinks and specials at some favorite bars and restaurants in the area.

Average entrée price
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Broadneck Grill and Cantina 74 Central Avenue West, Edgewater; 410-956-3366; broadneckgrill.com \$\$, Cranberry Margarita 🍹 🍸

Cooper's Tavern 173 Mitchell's Chance Road, Edgewater; 443-837-6126; coopers-tavern.com \$\$, White Cranberry Margarita: Altos Blanco Tequila, Fresh Lime Juice, Triple Sec, White Cranberry Juice, fresh Sugared Cranberries, Sugared Rim 🍹 🍸

Edgewater Restaurant 148 Mayo Road, Edgewater; 410-956-3202; edgewater-restaurant.com \$\$, Summer Blossom: Ketel One Peach & Orange Blossom Vodka, Raspberry Puree, Fresh squeezed Lemon, Mint & Topped with Club Soda, served in a wine glass with ice 🍹 🍸

Harvest Thyme Tavern 1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com \$\$, Campfire: Rye, Amaro, Bitters, Smoked Ice 🍹 🍸

Hunan L'Rose 1131 Annapolis Road, Odenton; 410-672-2928 \$, selection of cocktails 🍸

Jesse Jays 584 West Central Avenue, Davidsonville; 240-903-8100; jessejays.com \$\$, Spicy Pineapple Margarita 🍹 🍸

Killarney House 584 West Central Avenue, Davidsonville; 410-798-8700; Killarney-housepub.com \$\$, Black Jameson Mule: Jameson Black Barrel, Fresh Lime Juice, Black Currant Cordial, Q Ginger Beer 🍹 🍸

Lime & Salt 8395 Piney Orchard Parkway, Odenton; 410-874-6277; limeandsalt.co \$\$, Guava Mojito 🍹 🍸

Lures Bar and Grille 1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com \$\$, Aqua de Cocos: Coconut Vodka, Pineapple, Fresh Lime, Organic Coconut Water 🍹 🍸 ☀️

Mamma Roma 8743 Piney Orchard Parkway, Odenton; 410-695-0247; mammaromas.com \$, Espresso Martini 🍸

Mike's Crab House 3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com \$\$, Full Bar, Water front, Firecracker Frozen Drink 🍹 🍸 ☀️

The Pier Waterfront Bar & Grill 48 South River Road, Edgewater; 443-837-6057; thepierwaterfront-barandgrill.com \$\$, Mermaid Water: Captain Morgan, Malibu, Blue Curacao, Lemonade, Pineapple Juice 🍹 🍸 🌊 ☀️ 🎵

Pirate's Cove Restaurant and Dock Bar 4817 Riverside Drive, Galesville; 410-867-2300; piratescovemd.com \$\$, Jameson Irish Whiskey Crush: Jameson Orange Whiskey, Fresh Squeezed Orange Juice, Splash of Sprite 🍹 🍸 🌊

Senor's Chile 105 Mayo Road, Edgewater; 410-216-2687; senorschile.com \$\$, Killer Margarita: An exotic margarita made with 1800 Silver, Triple Sec, Grand Marnier, and a Coronita with a Tajin Spicy Rim 🍹 🍸

The Hideaway 1439 Odenton Road, Odenton; 410-874-7300; hideawayodenton.com \$\$, Honey Rose Margarita: Corazon Blanco Tequila, Fresh Lemon Juice, Acacia Honey, Orange Liqueur, and a hint of Rose Water garnished with Edible Pansies 🍹 🍸 🎵

Yellowfin Steak & Fish-house 2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com \$\$, The Yego Watermelon Crush: Watermelon Vodka, Triple Sec, Splash of Cranberry Juice, Club Soda 🍹 🍸 🌊 ☀️

Prince George's County

BLVCK Cow 6133 Highbridge Road, Bowie; 301-798-7195; blvck-cow.com \$\$\$, Herbal Smash: Bourbon, Lemon, Brown Sugar, Bitters, Herbs of the Day 🍹 🍸 ☀️

Bobby McKey's Dueling Piano Bar 172 Fleet Street, National Harbor; 301-602-2209; bobbymckey.com \$\$, Elton John Collins: Grey Goose Vodka, St. Germain Elderflower, Green Apple Pucker, Lemon Juice, and Club Soda 🍹 🍸 🎵

Bond 45 149 Waterfront Street, National Harbor; 301-839-1445; bond45nh.com \$\$, Lavender Lemon Drop: Vodka, Lemon, Lavender 🍹 🍸 🌊 ☀️

Busboys and Poets 5331 Baltimore Avenue, Hyattsville; 301-779-2787; busboysandpoets.com \$\$, DC Tap Water: Vodka, Peach Schnapps, Blue Curacao, Black Razz, Pineapple Juice,, Sierra Mist, Sour Mix 🍹 🍸 ☀️

Crafty Crab Seafood 6800 Race Track Road, Bowie; 240-245-3715; crafty-crabrestaurant.com \$\$ Beers, wines, cocktails

Fiorella Italian Kitchen & Pizzeria 152 National Plaza, National Harbor; 301-839-1811; fiorellapizzeria.com \$\$, Harbor Punch: Cognac, Pear, Lemon, Prosecco 🍹 🍸 🌊 ☀️

The Irish Whisper 177 Fleet Street, Oxon Hill; 301-909-8859; theirishwhispernh.com \$\$, Dragonberry Mojito: Bacardi Dragonberry, Simple Syrup, Soda, Muddled Lime, and Mint 🍹 ☀️

Looney's Pub 8150 Baltimore Avenue, College Park; 240-542-4510; looneys-pubmd.com \$\$, Adult Refresher: 21 Seeds Grapefruit Hibiscus Tequila, Grapefruit Juice, Pomegranate Puree, Sprite 🍹

Mad Cow Grill 310 Domer Avenue, Laurel; 301-725-7025; madcowgrill.com \$\$, Island Green Rum Cooler: Cucumber, Bacardi Light, Ginger, Pineapple 🍹 🍸

Milk & Honey Café 12500 Fairwood Parkway, Bowie; 240-260-3141; milknhoney-cafe.com \$\$, French Quarter Cooler: Rum, Midori, Blue Curacao and Pineapple Juice 🍹 ☀️

Portum 6400 Oxon Hill Road, National Harbor; 240-493-1003; portumnationalharbor.com \$\$, La Suca Suprema: Malibu, Peach Schnapps, Triple Sec, Pineapple Juice 🍹 🍸

Public House 199 Fleet Street, National Harbor; 240-493-612; publichouse-nationalharbor.com \$\$, Cucumber Elyx-ir: Absolut Elyx Premium Vodka, Stirrings Ginger Liqueur, Cucumber, Lime, Clubsoda 🍹 🍸

Redstone American Grill 186 Waterfront Street, National Harbor; 301-567-8900; redstonegrill.com \$\$, Lavender Haze Lemon Drop: Tito's Vodka, Cointreau, Lavender Simple Syrup, House-made Sweet and Sour, Crème de Violette, Lemon 🍹 🍸 🌊 ☀️

Rip's Country Inn 3809 Crain Highway, Bowie; 301-804-5900; ripscountryinn.com \$, Pinky Promise: Apple infused Whiskey and Raspberry Reduction with Prosecco 🍹 🍸

Rosa Mexicano 153 Waterfront Street, National Harbor; 301-567-1005; rosamexicano.com \$\$, Mexican Chocolate Espresso Martini: Tito's Vodka infused with Mexican Chocolate espresso, flavored to perfection with love and care 🍹 🍸 🌊 ☀️

Succotash 186 Waterfront Street, National Harbor; 301-567-8900; succotashrestaurant.com \$\$, Coffee & Cigarettes: Succotash Maker's Mark Private Select Bourbon, coffee Liqueur, Carpano Antica, Amaro, Havan & Hide Bitters 🍹 🍸

The Walrus Oyster & Ale House 152 Waterfront Street, National Harbor; 301-567-6100; walrusoysterandale.com \$\$, Tweedle Dee Green Tea: Bombay Gin, Green Tea Syrup, Passion Fruit, Lemon 🍹 🍸 🌊 ☀️

Howard County

18th & 21st 10980 Grantchester Way, Suite 110, Columbia; 667-786-7111; cured1821.com \$\$, Old Tomodachi: Akashi Japanese Whisky, Rittenhouse Rye, Yuzu Liqueur, Barrow's Ginger Liqueur 🍹 🍸 🎵

The Ale House Columbia 6480 Bobbin Center Way, Columbia; 443-546-3640; thealehousecolumbia.com \$\$, Smoked Manhattan 🍹 🍸

Busboys and Poets

6251 Mango Tree Road, Columbia; 410-734-2445; busboysandpoets.com \$\$, Hurston cooler: Tere-mana Tequila, Brandy, Guava, Banana, Lemon, Pineapple, OJ, Cranberry 🍹 🍷 🌿

Clove & Cardamom

6000 Merriweather Drive, Columbia; 443-425-3034; clovencardamom.com \$\$, Bob Marley Special: Bacardi Rum, Blue Curacao, Orange Juice, Grenadine 🍹 🍷

Cured 10980

Grantchester Way Suite 110, Columbia; 667-786-7111; cured1821.com \$\$, The Dill-icious: Cured One Last Time Gin, Dill Simple Syrup, Lime, Soda 🍹 🍷

Ellicott Distilling Co

8090 Main Street, Ellicott City; 410-988-5356; ellicottdistilling.com \$\$, Blueberry Whiskey Smash: Whiskey, Blueberries soaked with Vodka over Lemonade and Club Soda 🍹

The Iron Bridge Wine Co

10435 State Route 108, Columbia; 410-997-3456; ironbridgewines.com \$\$\$, Cherry Mai Tai: Cherry Heering, Plantation Grand Reserver 5-year Rum, El Dorado 5-year Rum, Blackwell Dark Rum, Combier Orange, Orgeat Syrup 🍹 🍷

Kitchen + Whiskey

10300 Little Patuxent Pkwy, Columbia; 443-973-5700; chicke-nandwhiskey.com \$, Oh Slap: Illegal Mezcal, Chacho Aguardiente, White Peppercorn, Strawberry 🍹 🍷

Lime and Salt Taco Bar

8865 Standford Blvd, Columbia; 240-512-0017; thelimeandsalt.com \$\$, Vampiros: Espolon Tequila, Squirt, Viuda de Sanchez Sangrita 🍹

Mad Chef Kitchen

11085 Resort Road, Ellicott City; 410-203-0327; madchefkitchen.com \$\$, Broken Shaker: Dulce Vida Pineapple Jalapeno Tequila, Fresh Lime Juice, Luxardo Cherry, Agave, Salt Rim 🍹 🍷

Madrid Spanish Taverna

8872 McGaw Road, Columbia; 443-864-4469; madrid-spanishtavernamd.com \$\$, Caribbean Pina Colada: Kalani Yucatan Coconut Liqueur, Macademia Milk, Pineapple Juice, Pineapple Rum 🍹 🍷

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Odenton: 8743 Piney Orchard Pkwy, Ste. 102 • 410-695-0247 • www.mammaromas.com

The Periodic Table Restaurant and Bar 8808 Centre Park Drive, Columbia; 410-753-0299; periodictablecolumbia.com \$\$, Fig Drop Down: Figenza Vodka, Skrewball Peanut Butter Whiskey, Vanilla Syrup, Black Walnut Bitters 🍷

Po Boy Jim Bar & Grill 10000 Town Center Ave, Columbia; 443-546-4442; poboyjim.com \$\$, Gin Then Sin: Tanqueray, Rosemary Syrup, House Made Lemonade, Topped with Champagne 🍷 🍸

The Turn House Kitchen and Drink 11130 Willow Bottom Drive, Columbia; 410-740-2096; theturnhouse.com \$\$, Rise and Shine: Mandarin Vodka, Tuaca, Pama Liqueur, Fresh Squeezed Orange and Lemon, Prosecco 🍷 🍷

Union Jack's Columbia 10400 Little Patuxent Parkway, Columbia; 410-740-5225; unionjacksolumbia.com \$\$, Dirty Divorcee Martini: Deep Eddy Orange Vodka, House-made Cranberry Syrup topped with Sparkling Wine 🍷 🎵

Victoria Gastro Pub 8201 Snowden River Parkway, Columbia; 410-750-1880; victoriagastropub.com \$\$, Liquid Gingerbread: Lost Ark Vanilla Rum, Licor 43, Hazelnut Spice Liqueur, Chai 🍷 🍷

The Walrus Oyster and Ale House 10300 Little Patuxent Parkway, Columbia; 410-730-5738; walrusoysterandale.com \$\$, Purple Waking Dream: Sparkling Cava, Elderflower, Prickly Pear, Lemon 🍷 🍷

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

Congratulations to **Gail D.** of Gambrills, who won a \$50 gift certificate to a local business.

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



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Entries must be received by October 31, 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.

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