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WHAT'S UP? MEDIA SEPT/OCT 2024





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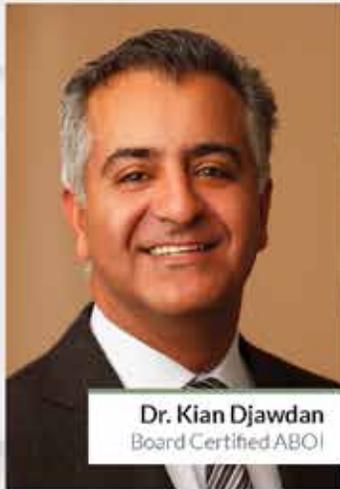


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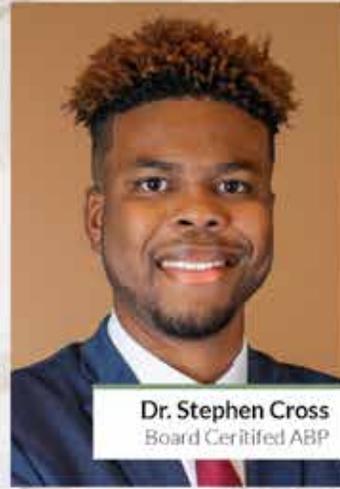
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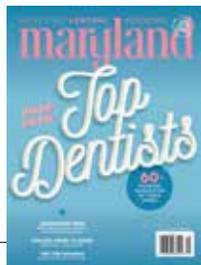
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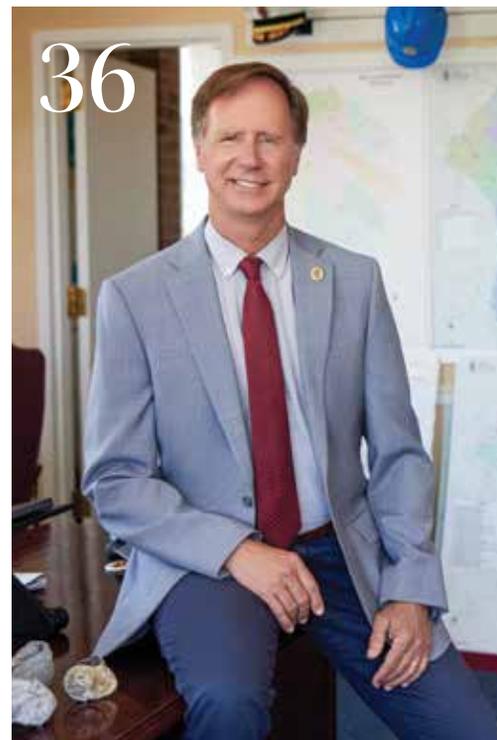
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What's Up? Media's home awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—open 9/1 and close 10/31. Visit whatsupmag.com/homeexcellenceawards2025 to learn more.



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Arts & Culture

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

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**Bowie
Baysox**

PG. 09



Photo by Edie Bernier

MARYLAND STATE FAIR

We just have a few days left to celebrate our state at the Maryland State Fair at the fairgrounds in Timonium. Enjoy the fair in the last weekend of the 2024 season on September 5th through 8th. On September 7th, run to the infield to sing and dance to live music by Big Time Rush with Crash Adams. Get your final fix of fair food, livestock competitions, drinks, and rides for the whole family to enjoy. Find more information and get your tickets at marylandstatefair.com.



Festival On the Green

The Fall Festival On the Green, hosted by Greater Crofton Chamber of Commerce at Crofton Country Club, will be back on September 21st. The festival is a great opportunity for the whole family to enjoy the community. Meet people and business' in the community with a day of vendors, demos, music, activities for children, food trucks, and more. This is a great way support local! Find more information at croftonchamber.com.



Girls on the Run Music Bingo FUNdraiser

Test your knowledge with music bingo at Homestead Gardens in Davidsonville to raise money for Girls on the Run of the Greater Chesapeake's scholarship fund by increasing program access and bringing confidence to more girls. Bring your family and friends to play music bingo with songs from different music genres on September 20th starting at 6 p.m. The night will also allow you to check out Homestead Garden's new Beer Garden and grab a pizza from a family-run pizza truck. Find more information at gotrchesapeake.org.



FRIGHTREADS BOOK FESTIVAL

The 4th Annual FrightReads Book Festival September 28th and 29th at Benfield Sportscenter in Millersville. This weekend offers Maryland's number one horror book festival with two full days of activities. There will be over 100 of the most creative authors, celebrities, and crafters packed in one building. Both days will have costume contests, an improv show, and more. Find more information at frightreads.com.



BOWIE BAYSOX

There is plenty of local baseball to enjoy this month while we finish out the 2024 Bowie Baysox season. The Baysox have a 6-home game series against Harrisburg September 3rd through 8th. Each night will have a different theme, with the series finish being a 1:05 p.m. game followed by a true Birdland Celebration. Tuesday, Wednesday, Thursday, and Saturday's games will start at 6:35 p.m. and Friday's game will start at 7:05. Enjoy Military Appreciation Night, High School College Fair, HBCU-Divine Nine Night, Cangejos Fantasmas de Chesapeake, and on Saturday there will be fireworks after the game. See some minor league games with the major league feel this September! Get tickets at milb.com.



THE WORLD IS YOUR OYSTER FESTIVAL

The Bay's biggest bivalve bash is back on September 26th at the B&O Railroad Museum in Baltimore. Get ready to shuck, slurp, and sip your way through Maryland's finest oysters, seafood, and libations with Oyster Recovery Partnership, which celebrates 30 years. This event is the perfect celebration of the Bay's revival, the resurgence of its native oysters, and our incredible community that has made it all possible. Find more information and get your tickets at oysterrecovery.org.



Fore a Cause

GOLF FUNDRAISERS THIS MONTH

There are many golfing opportunities that also give back to our community and September is a great month full of charity tournaments. Many nonprofits are hosting their annual golf outings this month. Below is a list of several tournaments to raise money for important nonprofits.

SEPTEMBER 11TH

Bello Machre Golf Tournament at Queenstown Harbor (Queenstown); bellomachre.org

SEPTEMBER 20TH

Haven Ministries Annual Golf Tournament at Prospect Bay Country Club (Grasonville); haven-ministries.org

SEPTEMBER 23RD

GiGi's Playhouse Golf Tournament at Queenstown Harbor; gigisplayhouse.org

SEPTEMBER 26TH

▲ Hospice of the Chesapeake Annual Golf Tournament at Queenstown Harbor; hospicechesapeake.org

SEPTEMBER 27TH

Dorchester Chamber Challenge Golf Tournament at the Hyatt Regency Chesapeake Bay Resort and Spa (Cambridge); dorchesterchamber.org

SEPTEMBER 30TH

Birdies for Benedictine at Talbot Country Club (Easton); benschool.org

31st Annual Boys & Girls Club of Annapolis and Anne Arundel County Bob Ferry Golf Classic at The Golf Club at South River (Edgewater); bgcaa.org

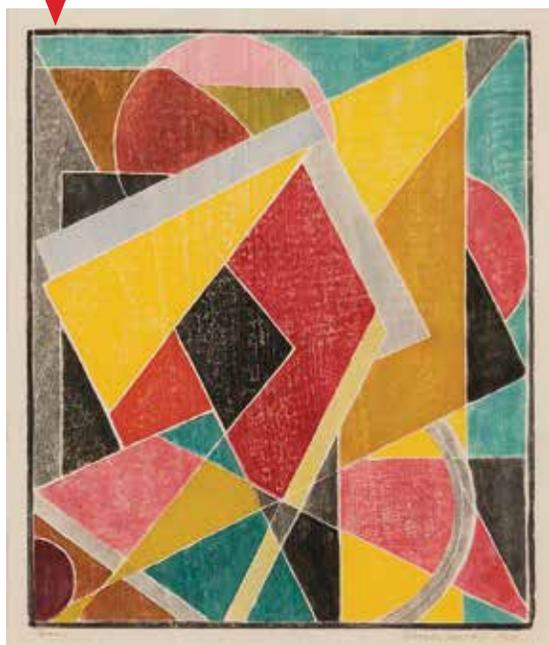
Arts

**COVERING LOCAL
EXHIBITIONS,
ARTISTS, GALLERIES,
AND MUSEUMS**

Blanche Lazzell: Becoming an American Modernist

**Academy Art Museum, Easton
Through October 20th, 2024**

Blanche Lazzell: Becoming an American Modernist explores the pioneering artist's lifelong pursuit of translating Modernism into an American art form and celebrates her largely unsung achievements in championing abstraction in the United States through painting and printmaking. This exhibition surveys the full career of Lazzell (1878–1956). Celebrated for her masterful white-line woodblock prints, Lazzell considered herself a painter first and foremost—from her early days studying in West Virginia, New York, and Paris through Depression-era Federal Art Projects and as a longtime resident of Provincetown's vibrant art colony. Find more information at academyartmuseum.org.



Buckland and Palladio: A Legacy of Design

**Hammond Harwood House, Annapolis
Through December 30th, 2024**

The Hammond-Harwood House celebrates its 250th anniversary with an exhibition of early documents, paintings, and artifacts that provide context for Matthias Hammond's house, built during Annapolis' Golden Age. When builder William Buckland designed the Hammond-Harwood House in 1774, he was inspired by the neoclassical designs of 16th century Italian architect Andrea Palladio, adapting the plan of a villa in Venice to the American colonies. His beautiful creation has endured over the years—a legacy laid in bricks. Find more information on the exhibit at hammondharwoodhouse.org.

Revisit/Reimagine: The Civil Rights Era in Maryland and Parallels of Today

**Banneker-Douglass Museum, Annapolis
Through January 4th, 2025**

2024 is the 60th anniversary of the signing of the Civil Rights Act so the Maryland Commission on African American History and Culture and Banneker-Douglass Museum are declaring 2024 as "Maryland's Year of Civil Rights." *Revisit/Reimagine: The Civil Rights Era in Maryland and Parallels of Today* remembers legacies of civil rights leaders and their effect on black Marylanders and the United States as a whole. In collaboration with Afro Charities, images of nationally- and locally-recognized civil rights leaders from the *AFRO American Newspapers* archives will be on display accompanied by the work of contemporary artists living and working in the Maryland area. Find more information at bdmuseum.maryland.gov.

Plucking the Right Strings

**MEET RON PEREMEL,
FOUNDER OF THE HIGHLY-
ANTICIPATED ANNAPOLIS
BAYGRASS MUSIC FESTIVAL**

By James Houck

This month, we interview the founder and director of the Annapolis Baygrass Music Festival, Ron Peremel. The festival will hold its second annual weekend of live music with a roots- and rock-oriented lineup boasting world-class musicians on September 21–22 at Sandy Point State Park. Visit baygrassfestival.com for full details and ticket options.

We have a lot to discuss about the genesis of the festival, how “every jam saves the Bay,” and what to look forward to, so let’s get into our questions and Peremel’s answers.

Ron, can you talk about how you were turned on to the bluegrass genre? I first learned of this beautiful music in the late-’90s when I had moved to Boulder, Colorado, and my number one music buddy would fly to Telluride to attend the Telluride Bluegrass Festival. We’d rent a house with 30 to 40 friends to experience this amazing festival and get turned on to so many new and upcoming progressive and traditional bluegrass, jamgrass, Americana, and folk artists. I was hooked! I have been going to Telluride on and off for 25 years and this festival has been an inspiration and a guide for much of what we have created at Baygrass. **How did your recent environmental work lead to creating a music festival?** I grew up in Baltimore boating, fishing, swimming, eating from, and playing in the Chesapeake Bay and its tributaries. When I moved to Annapolis in 2012 from Boulder,

THIS WORK DROVE ME TO SEARCH FOR A WAY TO SPREAD THIS AWARENESS AND EDUCATION MORE BROADLY.



I became passionate about protecting the ailing bay that I loved as a child. I got involved with the Chesapeake Bay Foundation, Watershed Stewards Academy (WSA), and other nonprofits. I became a Master Watershed Steward and applied this knowledge to my community by implementing conservation landscaping and environmental programs. This work drove me to search for a way to spread this awareness and education more broadly.

While sitting in a WSA class at the beautiful Arlington Echo Outdoor Education Center, my business mind wandered and came up with the idea of connecting people to the things they love doing with their love for the Bay. I started with the idea for a beer garden that had an environmental mission to protect the bay, that would educate guests immersively as they enjoyed local brews, ate food fresh from the Chesapeake Bay, and listened to great live music.

In 2020, I pivoted the beer garden idea into a music festival concept to reach more people and have greater impact.

How did you flesh out festival logistics? Despite being an experienced marketing and financial services businessperson and producing a few music and comedy fund raisers for my kids’ schools, I did not have experience with the inner workings of the festival space, so I turned to a friend who did. My Baltimore friend John Way had been involved in the operations of Charm City Bluegrass Festival, Delfest, and the Thursday Night bluegrass concerts at the 8x10 Club in Baltimore. John loved the idea. He is also an Army veteran, entrepreneur, and a certified mental health first-aid instructor who had a similar vision for educating festival attendees about mental health and wellness resources.

Shortly after getting the operations and marketing programing developed, John and I realized we needed another local pro who knew the bay, community, music scene, and the legal and logistical

implications. I turned to my close friend, Ron Katz, Esq., who immediately loved the idea and jumped on the team as our legal partner in the organization I had incorporated as Baygrass Festival Group, LLC.

Why did you choose Sandy Point State Park as the host site? With a mission to restore and protect the Chesapeake Bay and an education strategy focused on immersive and experiential learning, the location that made the most sense was, and is, Sandy Point State Park. With its beautiful beaches and its majestic view of the Bay, it inherently teaches attendees to love and protect this important body of water. And with its rich history, special events like the Chesapeake Bay Blues Festival, which just ended its 25-year run, the Plunge, Bay Paddle, and Seafood Festival, we knew this would be the right home for Baygrass.

This year's Baygrass lineup is exceptional—was it a challenge to secure this lineup? Our management and talent buying teams spend a lot of time identifying, deliberating, and then working with agents and artists directly to come up with a lineup that is carefully curated with our focus on progressive bluegrass, jamgrass, Americana, and sprinklings of other genres.

This year, those sprinklings include Grateful Dead, southern rock, and funk influences. We call this “fantasy festival” design. We start making our wish list a year before the next festival, which gets refined and finalized by January of each year.

We knew we had to match last year's lineup and try to attract a wider swath of the live music community, so we reached out to the agent for two-time Grammy-winning bassist Oteil Burbridge who played with the Allman Brothers for 15 years and is one of the founding members of Dead & Company. He and the all-star band will blow the doors off our Saturday night show.

The lineup is stacked with local, regional, and national artists. I'm really excited for the rich blend of musical styles and the ebb and flow of the order in which they'll perform. We have two main stages, which allow for short breaks and continuous music to keep people entertained from noon to 10 p.m. each day. We also have a workshop stage, which will include four intimate music workshops that allow our guests to get up close and personal with the artists. This is a very special gem that I discovered at the Telluride Bluegrass Festival and wanted to make part of our festival.

Another wonderful addition this year is our three artists-at-large: trumpeter and vocalist, Jennifer Hartswick, trombonist and vocalist Natalie





Cressman, and tenor saxophonist Ron Holloway. This is a rare and wonderful horn section who will blend their mastery with the other artists throughout the festival performances.

What are some of the additional festival amenities this year? Baygrass is more than a music festival, offering interactive educational workshops, beach yoga, yard and beach games, children's activities and workshops in the KidZone, local craft vendors, and an exceptional VIP experience.

Baygrass features an elevated culinary experience, including

Maryland lump crab cakes, roasted and raw oysters, gourmet barbecue, wood-fired pizzas, and other delicious vegan and vegetarian delicacies. We have also put a tremendous amount of thought and time into our beverage experience with our team led by Thom Bloom. We offer delicious drink options including microbrews, craft cocktails, and wines, as well as non-alcoholic beer and mocktails.

Our beer partners—Pherm Brewing Company and Idiom Brewing Company—will each have their own Baygrass brand-



ed beers: Pherm's Baytoberfest (a delicious, malty Marzen) and Idiom's Troubled Waters (a citrusy, juicy extra pale ale).

For those looking to upgrade to the beachfront VIP Village, the experience includes daily chef-prepared hot meals by festival partner Chesapeake Chef Service. Other perks include access to VIP viewing areas, VIP bars with discounted drinks and free samplings from local beer and spirits partners, air-conditioned bathrooms, exclusive VIP onsite parking, discounted massages, a commemorative stainless steel pint cup, Baygrass poster, and more.

The festival motto is "Every Jam Saves the Bay." Can you talk about the intent and action behind that statement? The Baygrass philosophy is to help people learn about conservation, sustainability, and mental health in a way that combines education and fun. We have committed to donating proceeds from ticket, food, beverage, and merchandise sales to Maryland-based nonprofit organizations including Watershed Stewards Academy, Oyster Recovery Partnership, and Alliance for the Chesapeake Bay. Each of these organizations will provide immersive education workshops and exhibit booths in our Bay Guardian Village with more information about bay conservation.

Our slogan indicates that people just need to show up to help the cause of protecting the Chesapeake Bay. It's that easy. And remarkably, people get it!

FOR MORE INFORMATION,
VISIT **BAYGRASSFESTIVAL.COM** OR SCAN THIS QR CODE:





Chip in for the Arts

On May 15th, the Chesapeake Arts Center hosted the 11th annual fundraising golf tournament, Chip in for the Arts: A Tribute to Lou Zagarino at Compass Pointe Golf Course in Pasadena. This year's tournament honored Zagarino, a longtime CAC Board member and North County business and community leader. Attendees joined Zagarino's family for a day of golf to remember him and helped raise funds to CAC, one of the many nonprofit organizations he supported for so many years. Learn more at chesapeakearts.org.

1. A foursome enjoys the course
2. Carts are lined up
3. Golfers gather for awards lunch
4. CAC Executive Director Donna Anderson
5. Zagarino's family honored
6. Winning golfers receive their awards
7. Ready to play a round





The Spalding Gala

On March 23rd, Archbishop Spalding High School hosted its annual Spalding Gala on site at the school's new gymnasium in Severn. Spalding alumni, parents, staff, and supporters enjoyed an evening of delicious dinner, drinks, live music, dancing, auctions to benefit the private school. Learn more at archbishopspalding.org.

1. Guests enjoy the live auction 2. The school's rock band performs 3. Guests enjoy camaraderie 4 & 5. Attendees show off their dance moves 6. Auction items for bid



Hospice of the Chesapeake Nurse Receives Presidential Award

Rachel Sherman, DNP, APRN, FNP-BC, ACHPN, was honored with the 2024 Presidential Lifetime Achievement Award at the Juneteenth Celebration of Black Excellence Networking and Awards Event at the Overdue Recognition Art Gallery in Bowie, Maryland. The award recognizes volunteerism and is sponsored by AmeriCorps and the Office of the President of the United States. Sherman completed more than 4,000 hours of volunteer work in her lifetime. “That is quite the feat, but we aren’t surprised given her tireless work advocating for patients and families in our communities,” Hospice of the Chesapeake President and CEO Becky Miller said. “She is tenacious and fearless in promoting health equity and access to hospice and palliative care for all. Dr. Sherman’s role and daily focus adjusted recently at Hospice of the Chesapeake to Director of Advocacy and Legislative Affairs.” Sherman is an advanced care nurse practitioner, an Army veteran, community activist, educator, and entrepreneur with a passion for addressing issues of discrimination, equity, and social justice. Sherman is the co-founder of We the People of Prince George’s County and is a member of the National Association Against Police Brutality, The NAACP–Prince George’s County Branch, The Maryland Academy of Advanced Practice Clinicians, and the Hospice and Palliative Nurses Association. In 2023, she was appointed by Gov. Wes Moore to the Maryland Board of Nursing. Learn more at hospicechesapeake.org.

FOREVER FIT OPENS IN CROFTON

Forever Fit Physical Therapy & Wellness recently celebrated its grand opening in Crofton at 2200 Defense Highway. Congratulations to founder Krista Frederic and the entire Forever Fit team! Learn more at foreverfitptw.com/crofton.



LUMINIS HEALTH EARNS ACCOLADE

Luminis Health Anne Arundel Medical Center (LHAAMC), the premier healthcare institution in Annapolis for nearly 125 years, has been named by *U.S. News & World Report* as a 2024-2025 Best Hospital. LHAAMC ranked No. 8 in Maryland and No. 6 in the Baltimore Metro Area. The hospital was recognized as a high performing hospital in eight specialties for common procedures, including cardiac care, cancer services, and orthopedics. *U.S. News* evaluated nearly 5,000 hospitals across 15 specialties and 20 procedures and conditions. Hospitals awarded “Best” designation excelled at factors such as clinical outcomes, level of nursing care and patient experience. Learn more at luminishealth.org.



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Expert of the Month



Kari Rea

Kari Rea | English Teacher
Archbishop Spalding High School



Kari Rea has been an English teacher for 20 years, including six years at Archbishop Spalding High School. She has taught Writing and Rhetoric, American Literature, Honors World Literature, and International Baccalaureate (IB) English 12.

Rea received her English Language and Literature degree in 2000 from the University of Maryland, College Park and graduated as a UMD Senior Marshal. She continued her studies at UMD as part of the Master of Library Science program. During July 2014, Rea traveled to Germany on a Fulbright grant to study the German education system.

What inspired you to pursue education as a career?

My 8th grade English teacher, Mrs. Linda Mills, inspired me to teach English. There was something magical about her ability to bring literature to life. So I decided to become a "Mrs. Mills" for others. She helped me realize that educators do more than teach a subject. We also teach soft skills and help students become more confident. Ultimately, I want my students to feel the way I felt when I left Mrs. Mills' classroom: a bit stronger than when they entered it. I want them to be effective communicators, critical readers, resilient learners, and helpful citizens.

What excites you most about your profession?

I enjoy the energy in the classroom. I like spirited discussions, "a-ha" moments, and the challenge of planning lessons that students find engaging, useful, and relevant. My favorite college professor told us that we should never consider ourselves "educated" because that implies there's nothing left to learn. I love being able to say, "That's a great question, and I don't know the answer. Let's find out."

What makes Archbishop Spalding High School stand out from other schools in the area?

Archbishop Spalding has many opportunities for students. They can pursue their passions (theater, art, music, sports, robotics, engineering, etc.) through coursework and clubs. If they can't find a club that represents their passion, a new one can be formed. There is also a genuine sense of community: the way that students treat each other in the hall, the way they support each other's endeavors, and the way they sign up to volunteer for activities.

8080 New Cut Road
Severn, MD 21144 | 410-969-9105
archbishopspalding.org

Meet Student Athlete Malik Washington

THIS ARCHBISHOP SPALDING SENIOR QUARTERBACK WILL SIGN WITH THE MARYLAND TERRAPINS THIS FALL

By Tom Worgo

Archbishop Spalding has produced its share of great athletes over the past decade, and then there's senior Malik Washington.

Washington could play Division I football or basketball in college. He's that good an athlete and has dominated both sports.

Washington, a 6-foot-5, 210-pound quarterback, decided this year that his future was in football. He received 24 scholarship offers, including offers from Top-25 programs such as Penn State University and Oregon University. He also could have gone to UCLA, Texas A&M University, or the University of Colorado.

Washington threw for more than 5,000 yards during his two years as starter. The Cavaliers went 21-3 during that stretch and 16-0 in conference play.

"These were some of the teams I watched growing up," Washington says of the colleges recruiting him. "It was surreal. It was a really long recruiting process, and I am glad that it is over," he adds. "A weight was lifted off my shoulder. It was a lot to keep up with; you are getting calls, texts, and emails from coaches."

The four-star recruit ended up picking the University of Maryland and committed to the school in late June. The 17-year-old will sign a National Letter of Intent in December.

"I like to build things," Washington says of one of the reasons he chose the Terrapins. "Especially some players that are going to Maryland, I know. And I really liked the coaching staff. They have the same goals as I."

Washington turned into a hot college recruit in his first year of varsity in 2022. He threw for 2,903 yards and 21 touchdowns while running for six more scores and 225 yards to help the Cavaliers to their first Maryland Interscholastic Athletic Association A Conference championship in school history.



"Is he the best quarterback the county has ever produced?" Archbishop Spalding Offensive Coordinator Anthony Messenger asks. "You would be hard pressed to find a resume that's as good as his at this point of his career."

Washington's best game that season came against Gonzaga of Washington, D.C. He tossed five touchdown passes and threw for more than 400 yards in a blowout victory. Washington earned *Baltimore Sun* First-Team All-Metro honors and County Player of the Year honors. He is a two-time co-captain of the Cavaliers.

"I love his leadership abilities," Messenger says. "He is great with adults. He does a great job of being endearing to the people around him regardless of age. He can galvanize a group and make them feel confident when he is on the field. He is someone you really want to follow."

Washington had another stellar year as a junior. He threw for 2,979 yards, completed 59 percent of his passes, and accounted for 29 rushing and passing touchdowns. He repeated as County Player of the Year, the *Sun's* Offensive Player of

the Year, and Spalding won the A Conference title again.

He became The Touchdown Class of Annapolis' two-time Rhodes Trophy winner. It had been 19 years since another county player accomplished the same feat.

"He can make every throw on the field," Messenger says. "He has a real effortless release. It never looks like he is straining to throw the ball hard when he just putting a little touch on the ball or throwing it down the field. And he can really damage a team with ability to run the ball."

Washington also has made quite an impact for the Spalding boys basketball team. The forward averaged 18.5 points and 10 rebounds per game in 2023. He recorded 15 double doubles. As a sophomore, he averaged 17 points and nine rebounds.

"He did it all for us," Archbishop Spalding Boys Basketball Coach Josh Pratt says. "He helped set the culture for our program. He could pass, rebound, and defend well. He could guard any position on the floor. I think he could have played at Maryland."

He just chose the school for another sport.



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DENTAL ANESTHESIOLOGY

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

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

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

Dr. Kian Djawdan
Djawdan Center for Implant and Restorative Dentistry; 200 Harry S Truman Parkway, Ste. 210, Annapolis, MD 21401; 443-569-8764; smileannapolis.com

Dr. Stephen Cross
Djawdan Center for Implant and Restorative Dentistry; 200 Harry S Truman Parkway, Ste. 210, Annapolis, MD 21401; 443-569-8764; smileannapolis.com

Dr. Todd Patton
Patton Smiles; 104 Forbes Street, Ste. 204, Annapolis, MD 21401; 410-295-1000; annapolis.dental

Dr. Yeremi Canizales
Severn River Dental; 572 Ritchie Highway, Ste. F, Severna Park, MD 21146; 410-647-4094; severnriverdental.com

ENDODONTICS

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

Dr. Charles P. Herbert
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis, MD 21401; 410-224-6150; annapolisrootcanals.com

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

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

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

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

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

Dr. Michelle Rappulla
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis, MD 21401; 410-224-6150; annapolisrootcanals.com

GENERAL DENTISTRY

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

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

Dr. April Calton
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis, MD 21401; 410-691-3228; aboutsmilesdentistry.com

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

Dr. David Morabito
Morabito Family Dental; 200 Forbes Street, Ste. 301, Annapolis, MD 21401; 443-603-9000; mfdannapolis.com

Dr. Dennis Cherry
Cherry Family Dental; 900 Ritchie Highway, Ste. 204, Severna Park, MD 21146; 410-793-5802; cherryfamilydental.com

Dr. Earl L. Chambers, III
Chambers Family Dentistry; 621 Ridgely Avenue, Ste. 206, Annapolis, MD 21401; 410-224-2660; chambersfamilydentistry.com

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

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

Dr. Katherine Holtzapfle
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis, MD 21401; 410-691-3228; aboutsmilesdentistry.com

Dr. Kathryn Ehmann
Ehmann Dental Care; 600 Ridgely Avenue, Ste. 217, Annapolis, MD 21401; 410-224-1105; ehmanndds.com

Dr. Keith Polizoos
Chesapeake Bay Dentistry; 43 Old Solomons Island Road, Ste. 103, Annapolis, MD 21401; 410-266-8250; chesapeakebaydentistry.com

Dr. Meredith Esposito
Chesapeake Dental Arts; 1509 Ritchie Highway, Arnold, MD 21012; 410-883-5546; chesdentelarts.com

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

Dr. Scott Finlay
Annapolis Smiles; 1460 Ritchie Highway, Ste. 203, Arnold, MD 21012; 410-989-6681; annapolisdentistdds.com

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

Dr. Valerie Vitagliano
Dental One Associates; 2623 Housley Road, Annapolis, MD 21401; 410-793-4922; dentalone-md.com

ORAL & MAXILLOFACIAL PATHOLOGY

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

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

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

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

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

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

ORAL & MAXILLOFACIAL RADIOLOGY

This specialty is concerned with performance and interpretation of diagnostic imaging used for examining the craniofacial, dental, and adjacent structures.

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

ORAL & MAXILLOFACIAL SURGERY

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

Dr. Borek L. Hlousek

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

Dr. Christopher B. Chambers

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

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Dr. Kenneth Kufta

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

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

OROFACIAL PAIN

The specialty of dentistry that encompasses the diagnosis, management, and treatment of pain disorders of the jaw, mouth, face, head, and neck.

Dr. Edward Zebowitz

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

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS

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

Dr. John A. Benkovich, III

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

Dr. Julie Langguth

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

Dr. Karina Spivak

Spivak Orthodontics; 690 Ritchie Highway, Severna Park, MD 21146; 410-647-0800; bracesinthepark.com

Dr. Mairead M. O'Reilly (retired)

Family Orthodontics of Annapolis; 888 Bestgate Road, Ste. 301, Annapolis, MD 21401; 410-216-5258; annapolisortho.com

Dr. Ora Reinheimer

Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis, MD 21401; 410-263-5600; marylandbraces.com

Dr. Robert Bolton

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Stephen Labbe

Labbe Family Orthodontics; 114 Forbes Street, Annapolis, MD 21401; 410-267-7300; labbefamilyortho.com

PEDIATRIC DENTISTRY

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

Dr. Beverly A. "Sissy" Jimenez

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

Dr. Devin Langguth

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

Dr. Gregg T. Behling

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Jessica Lee

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

Dr. Kenny Zamora

Bayside Kids Dental; 1350 Blair Drive, Ste. I, Odenton, MD 21113; 443-698-8180; baysidekidsdentist.com

Dr. Maya A. Vernon

Vernon Pediatric Dentistry; 900 Ritchie Highway, Ste. 101, Severna Park, MD 21146; 410-544-4888; vernonpediatricdentistry.com

Dr. Michelle Decere

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Tyson Bross

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

PERIODONTICS

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

Dr. Angela Miele

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

Dr. Cary Bly

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

Dr. David A. Mugford

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

Dr. Edidiong Umoh

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

Dr. Elizabeth Polak

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

Dr. John Bruce

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

Dr. Ramz Khleif

Dental One Associates; 2623 Housley Road, Annapolis, MD 21401; 410-793-4922; dentalone-md.com

Dr. Robert Bouffard

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

PROSTHODONTICS

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

Dr. Arezoo A. Bahar

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

Dr. John Davliakos

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

Dr. Sara Satin

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DR. IRENE APATA

ROCK KIDS DENTAL

Dr. Irene Apata (Ahpatah) is a board-certified pediatric dentist who received her undergraduate degree in Biology from Stockton University in New Jersey and her Doctorate in Dental Surgery from the University of Maryland School of Dentistry in 2012. After completing her dental education, she practiced as a general dentist until 2017 when she decided to specialize in pediatric dentistry due to her love for working with children and teenagers. She completed a residency in General Practice at Sacred Heart Hospital in Allentown, PA, and finished her specialty training in Pediatric Dentistry at the University of Florida.

Dr. Apata has a wealth of experience providing care to families from diverse backgrounds and has been providing musically fun oral health care at Rock Kids Dental in Crofton for the past year. Rock Kids Dental serves as a dental home for many families in Anne Arundel County, Maryland. Dr. Apata has quickly garnered a reputation as someone who is gentle, compassionate, and willing to go the extra mile to provide excellent care to her patients. She has privileges at Anne Arundel Medical Center, where she routinely provides comprehensive dental treatment in the operating room for anxious children, and children with special needs.

Outside of the clinic, Dr. Apata enjoys

spending time with her family, church, and pursuing her other interests including songwriting and collaborating with other artists and musicians in the Maryland and Nashville area.

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Trusted Expertise

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- Thyroid disorders

- Adrenal imbalances
- Polycystic Ovary Syndrome (PCOS)
- Menopause management
- Osteoporosis prevention
- Weight management

A Holistic Approach

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- Nutrition education tailored to menopausal hormonal changes

Why choose Chesapeake Endocrinology?

- Highly trained and experienced staff
- A patient-centered approach
- Collaboration with nutritionists and diabetes educators
- Upcoming specialized menopause care
- We are proud to have been voted a What's Up? Top Doc in two categories for 2023-2024 by our patients in Annapolis and Central Maryland.

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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 Chief of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.

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ALL STAR PAIN MANAGEMENT AND REGENERATIVE MEDICINE

DR. ZVEZDOMIR ZAMFIROV

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

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

With over 30 years experience in Orthopedics, our founder, Dr. Zamfirov (Dr. Zed), is one of the pioneers in regenerative medicine in the area. He built a successful practice with the goal of helping his patients obtain relief from their arthritis, neck and back pain, sports injuries, or chronic pain due to an orthopedic condition. Our innovative approach offers a wide variety of treatment options that are customized to our patients' individual needs and provide life-changing results.

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Q: How Can I Quit Smoking?

A: Smokers may have a better chance of quitting with a support program. Research suggests the best smoking cessation programs include individual or group counseling. When thinking about entering a program, look for a program where

the session duration is at least 30 to 90 minutes. It's also best to plan to attend at least four to seven sessions over a four-to-eight-week timeframe. The group leader should be certified to teach a smoking cessation class and the group should also have a health care provider who can provide medications that can increase your success. Need help with quitting smoking? Register for UM BWMC's free Quit Smoking class at umbwmc.org/calendar or call 410-787-4779.

KATRINA A. ROUX-BERNSTEIN, CRNP

Pulmonary Care Specialist at University of Maryland
Baltimore Washington Medical Group



Q: Do I need to go to the emergency room for sports injuries?

A: Some injuries should be treated as soon as possible. The emergency room is the right choice if you are bleeding or experiencing significant pain that requires immediate attention. However, there's no need

to go to the ER for injuries such as sprains, tears, strains, and most fractures. While many injuries seem like they need emergency care, most orthopedic and especially sports injuries are best evaluated and treated at the orthopedic office. At Luminis Health Orthopedics, we have same-day appointments available during the day, evening, and weekend hours for urgent visits. We also have imaging, casting, and bracing services and can deliver specialty-trained expert care without ER wait times. For your sports injuries, visit Luminis.Health/Orthopedics to book a same-day appointment.

BENJAMIN PETRE, MD

Orthopedic Surgeon, (410) 268-8862, Luminis.Health/Orthopedics



Q: At what age should a child see a dentist?

A: As soon as they have teeth, by the age of 1. That first dental visit is very important and used to educate and provide information to parents that sets children up for a lifetime of excellent oral health and beautiful

smiles. We perform a detailed oral exam, noting any findings that could be considered different. These early visits also condition your child to the dental environment at a young age, which can be crucial in helping them avoid or overcome dental anxiety for future visits.

DR. IRENE APATA

Rock Kids Dental



Q: How can I decrease the risk of colorectal cancer (CRC)?

A: Prevention is the key! Lifestyle factors that decrease the risk of CRC include a diet high in vegetables/fruits and low in processed meats, a healthy weight, remaining physically active and avoiding smoking and excess alcohol. Average

risk CRC screening is recommended to start at 45. Colonoscopy is the only method of screening which can detect and simultaneously remove precancerous polyps. Colonoscopy has long been considered the gold standard of CRC prevention and was recently shown to be the most effective method of screening, with a mortality reduction of 73%.

DAVID JENCKS, MD

Anne Arundel Gastroenterology Associates



Q: What makes your dental practice stand out among others in Central Maryland?

A: Our practice is unique in offering both surgical and restorative dental solutions under one roof. We specialize in comprehensive dental care, including advanced

implant and restorative dentistry. With our state-of-the-art in-office lab using CAD/CAM technology, we design and fabricate full arch restorations, crowns, and more, often in a single visit. Plus, we provide sedation for any procedure, ensuring a comfortable experience for even the most anxious patients. Our goal is to create custom treatment plans that align with your dental health goals, all in a compassionate and welcoming environment.

KIAN DJAWDAN, DMD

Djawdan Center for Implant & Restorative Dentistry



Q: What options besides surgery are there for my arthritis or musculoskeletal injuries?

A: For many musculoskeletal conditions, several options exist instead of steroid injections and anti-inflammatory medications to treat pain and restore function. Your body has the ability to repair itself! Sometimes,

you just need a little help from a physician to harness your healing abilities and precisely direct them to the injured area.

An evidence-based example of restorative treatments is platelet rich plasma (PRP). PRP is created by drawing your blood and concentrating it in a special centrifuge. We then inject your own platelets into your damaged tissue using precise ultrasound guidance. This procedure optimizes your body's own ability to heal without surgery and is performed in conjunction with physical therapy.

JAMES H. LYNCH, MD

All Star Pain Management and Regenerative Medicine



Q: How do I know if my thyroid is causing my troubles with hair and nails?

A: Changes in hair and nails can be a sign of an underlying thyroid issue. Your primary care provider is the best place to start. They can assess

your overall health, check your thyroid levels, and rule out other potential causes like nutritional deficiencies. If thyroid problems are identified, treatment may improve hair and nail health over several months. However, persistent issues might warrant consultation with an endocrinologist or dermatologist for further evaluation and specialized care.

DR. ONALA TELFORD

Chesapeake Endocrinology



Q: How do you cater to patients who are fearful or embarrassed about their dental health?

A: We understand that many people avoid dental visits due to fear or embarrassment. Our practice is dedicated to creating a supportive and non-judgmental

atmosphere. We offer sedation options for any procedure to help you relax and feel at ease. Our team is skilled in handling complex cases, including hopeless and missing teeth, with customized treatment plans that restore both function and aesthetics. Additionally, we provide complimentary consultations with 3D imaging to discuss your needs and goals without any pressure. Our mission is to help you regain confidence in your smile with compassionate, expert care.

KIAN DJAWDAN, DMD

Djawdan Center for Implant & Restorative Dentistry



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: What are Dental Implants?

A: When you are missing teeth, you may feel uncomfortable eating, speaking or worst of all SMILING. Dental implants offer a permanent solution to these problems. Dental implants are titanium replacements for missing teeth that act as a strong

foundation to support new crowns, bridges or anchor slipping dentures. The implant procedure is painless and involves placing the implant under the gums and into the jawbone just like the roots of your own natural teeth. Recovery time is usually no more than 24 hours and total treatment time from the day of your implant placement to the time of attaching the new teeth range from 2 months to as little as 1 day. Dental implants are the next best thing to your own teeth...IT'S TIME TO SMILE AGAIN!

NEIL SULLIVAN, DMD

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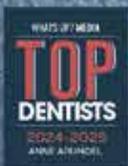
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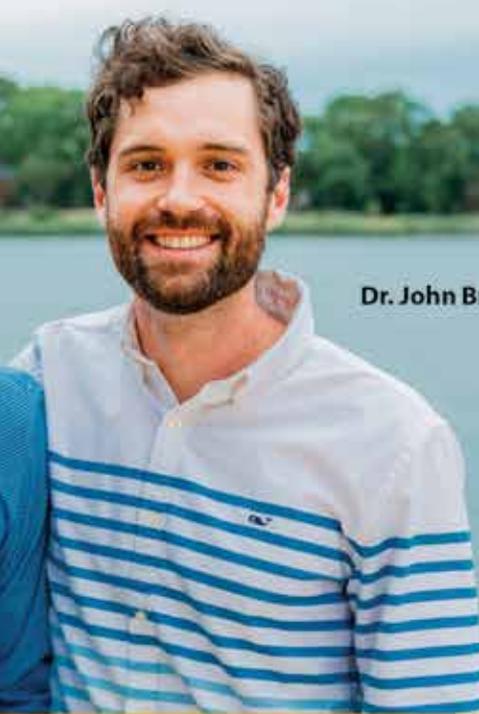
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Dr. David Mugford, DMD



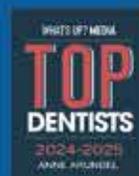
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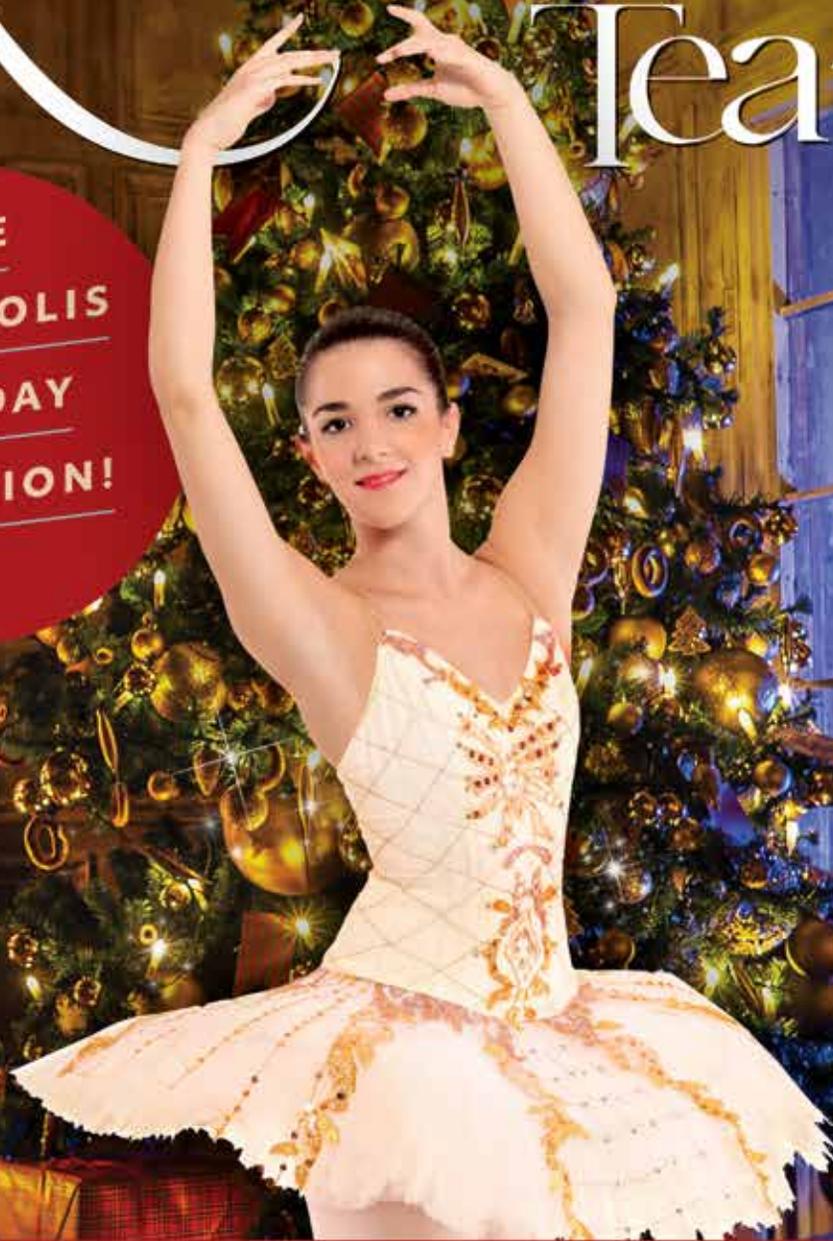
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WHAT'S UP? MEDIA

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Get your tickets at whatsupmag.com/nutcrackertea



to sell a VISION

Anne Arundel
County Executive
Steuart Pittman
reflects on his
past, discusses
present goals,
and eyes
the future

By Lisa Hillman
Photography by Tony Lewis, Jr.

It's a skill every politician needs and Steuart Pittman has mastered it. He can talk and eat salad at the same time. Halfway through his second term in office, on an early spring day—over lunch and other venues across several months—the Anne Arundel County Executive (CE) offered us unfettered access to his life, both inside and outside of politics. He even revealed a sneak preview of what might come next.



n the corner of his fourth floor Arundel Center office in Annapolis, mounted on the wall, is a painting of a large chestnut-colored horse. Bearing a white diamond that trails down his muzzle, the horse commands the room. It epitomizes much of Pittman's

life—from his upbringing on a farm, to his lifelong passion for animal welfare, to his work as a community organizer, to his entrance into politics.

Even the stallion's name is emblematic of Pittman's life and administration: "Salute the Truth."

THE FARM BOY

At six feet two, 185 pounds, Stuart Pittman is easy to spot in a crowd. Approachable and contemplative, the CE is very much the product of an unusual—if not privileged—upbringing, one that's led him to the county's highest office and offered a, sometimes, self-critical review. He grew up with one foot on the farm and one in the city.

The 550-acre farm in Davidsonville where his wife, two sons, two sisters, two nieces, and their families now live, has been in his family for generations. "I'm the eighth," Pittman says. A Scottish ancestor, George Hume Stuart, came to America in 1745 and acquired the property in the 1740s. Somewhat of a scoundrel, says Pittman, Stuart served as mayor of Annapolis and lived in a house on the site of the current Governor's Mansion.

Today, the farm, two-thirds of it woods, is not only home to the extended family, but also supports their varied interests. Pittman's sister Polly, with a career in public health and husband Tom, a physician, oversee The Vineyards at Dodon. Pittman's

younger sister Romey leads a group of educators in establishing a charter school for special students. His daughter and 12 nieces all work in public service.

"My family bridges the gap between political service and interest in other fields," Pittman says. "They're all trying to change the world."

His father, a lawyer, held several high-level positions with the federal government. While Pittman spent summers on the farm, he spent the school year in Washington, D.C., where he attended St. Albans. Moments of embarrassment hint at a certain shyness that still emerges: "It was all boys. Girls knew we didn't know how to talk to them."

Another youthful embarrassment came with four legs. "My first pony was Eric. My Mom called him 'King Shit' because he was so mean. I must have been 7 or 8. Every time I rode him, I fell off at least once. He had a way of dumping me." But he got back up every time.

THE ORGANIZER

After earning a degree in political science and Latin American studies from the University of Chicago, Pittman worked for ACORN, the Association of Community Organizations for Reform Now. In Chicago and Iowa, he fed his interest in serving communities "where there was no investment," addressing poverty, housing, open space, and agriculture. He also honed his political skills, helping to elect the mayor of Des Moines.

Ten years later he left ACORN because "I felt I wasn't making enough of a difference. But I always had the feeling I would come back to that world."

The equestrian world was also honing his skills. As President of the Maryland Horse Council, he was forced into public speaking. He taught others how to train horses. Self-confidence grew.

Pittman's grassroots and marketing approach to problem-solving led to another

"My family bridges the gap between political service and interest in other fields."

er effort. In 2010 he founded The Retired Racehorse Project, a 501(c)(3) nonprofit organization whose primary mission is to increase demand for thoroughbred ex-racehorses. The Project has given thousands of thoroughbreds second careers.

"As an organizer I was taught you never put yourself out front. You were always in the background. You put the leaders out front...And there also was a sense that being the politician was selling out. The best people were the organizers."

At the time the farm business was successful, and he'd always thought "the Retired Racehorse Project would be what I was remembered for in my life." But now there were staff who could run it. "I realized I could do something else. I'm not tied down."

There was another sign. His beloved stallion, Salute the Truth, died after 22 years.

"He had sort of defined my career in many ways. I was the only person who could handle him. There was a sense after he died. It was like a signal that there were other things in my life I could do."

THE CANDIDATE

His entry into Anne Arundel County issues was, appropriately enough, through the Farm Bureau and the Soil Conservation District. Trying to influence "the County bureaucracy" was increasingly frustrat-



ing. Others felt the same. Unable to move county leadership, along with the 2016 presidential election, he began “to think.” Maybe he could help. After all, he had skills in community organizing. He could build a coalition with environmental advocates, women who had marched recently in Washington, public employees, and union members, all who wanted change.

He first considered running for County Council in District Seven. A campaign consultant questioned his chances of winning as a Democrat in a predominantly “red” district. It was a District 30 legislator who first encouraged him to consider the county executive race. At the time, Sarah Elfreth was a rising leader in the local Democratic Party running for state Senate. For two months Pittman weighed his decision. “My odds of winning seemed higher as county executive,” he says. Besides, the countywide race led him back to what he loved—community organizing.

“It was a little uncomfortable at first, because I was comfortable speaking in front of people when it was about a cause, other than me. But when you’re running for office, you can’t avoid that it is about you.”

“I was comfortable speaking in front of people when it was about a cause, other than me. But when you’re running for office, you can’t avoid that it is about you.”

On November 6, 2018, the front page of the *Capital Gazette* read “Pittman pulls off upset, beats Schuh for Anne Arundel Executive.” The article went on: “If there is one thing he wants to accomplish in four years, it is restoring peoples’ faith in government.” And in a nod to the theme of his upcoming administration, Pittman is quoted as saying “Anne Arundel County is going to be better than the best place to work, live, and start a business.”

THE COUNTY EXECUTIVE (CE)

Thirty men and women sit around squared tables in the basement of the Arundel Center. Jeff Amoros, the CE’s Chief of Staff, is front and center. Methodically, he goes ‘round the room and calls out key staffers to share updates.

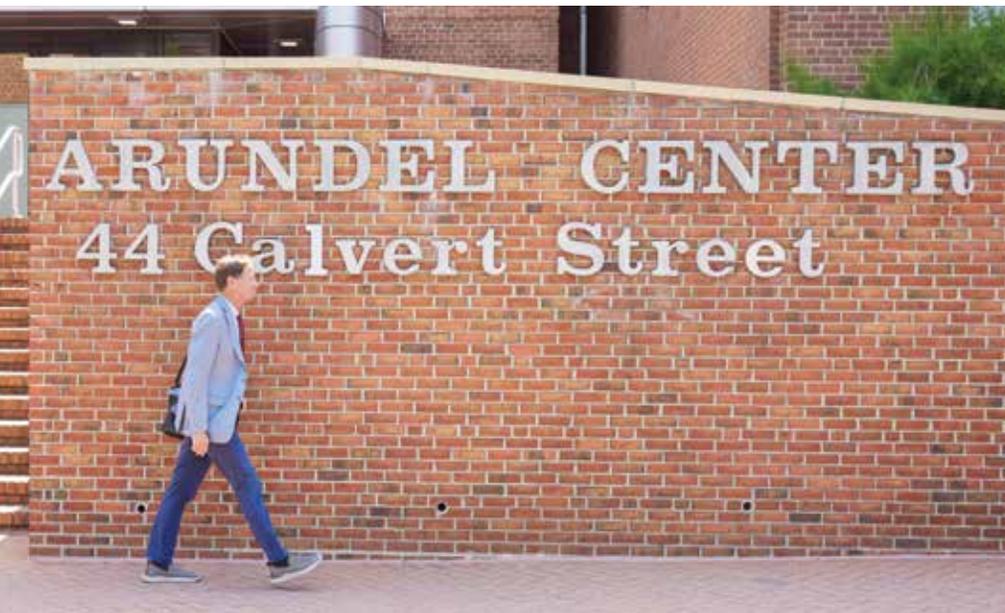
This is the bimonthly meeting of Pittman’s staff, and the tempo is rapid-fire. Lots of events are planned, like River Days at the Maritime Museum and a day of service at Bacon Ridge.

Government Relations applauds passage of the Civil Rights legislation. The Equity and Human Rights leader calls it “a new era in Anne Arundel County.” A disparity study to test bias in housing is underway. The Resilience Authority is gaining national prominence. The mood in the room is light. Morale seems high. Comments are punctuated by laughter. Eyes often turn to the man next to Amoros who comments as they speak—with a light touch.

At first, one might wonder why the CE attends this meeting. His Chief of Staff has it under control. And surely the items mentioned are no surprise, nor of such consequence they need the Executive’s presence.

But comparisons with other leaders, other bosses, emerge. It’s the “walk the halls” style management. How just being there, present where your workers are, can solve or prevent so many problems.

“Creating a walkable, livable place where people can live, work, and play was always the vision, and now it’s being created.”



He’s building trust with those he must entrust constituents’ needs.

Pittman prefers a flat organization: “I hate a filter.” He likes and enjoys healthy debate. “I love having smart people in the room challenging me, challenging each other.” He points to Budget Officer Chris Trumbauer, “a fierce protector,” and Chief Administrative Officer Christine Anderson, “a fierce woman.”

“I love seeing the two of them going at it. You gotta be pretty smart to survive here.” He is the last to speak. Crownsville is on his mind. He’s had a peak at the consultant’s preliminary plans which he can’t share yet. He reminds his team that they will likely not see it “come to fruition” during his last two years in office, but he clearly is enthused over its promise.

ACHIEVEMENTS

Modernizing County Government

Ask Pittman to name what he considers his top achievement, and he returns to “trust.” “Restoring trust in government in the ultimate goal, making it more effective and efficient, and making it possible to deliver for more people.” He aims for transparency wherever possible—whether it’s an open budgeting process within each councilmanic district or land use planning with nine stakeholder regions involving more citizens, including young people and renters, many for the first time.

Bond Rating

For only the second time in county history—and in a back-to-back achievement following last year—Anne Arundel County received a triple AAA bond rating from all three Wall Street rating agencies this year. Pittman admits budgeting is “the hardest part of the job,” and he credits budgeting and planning “in a responsible” way for the county’s impressive rating. He also notes the newly established Resilience Authority. “We are a jurisdiction with 530 miles of coastline. Bonding agencies also look to that.”

Crime Prevention

In the last five years Pittman has increased the level of sworn police officers from 700 to nearly 800 and funded major upgrades to crime-fighting technology. While social media and a 24-hour news cycle cause alarm, data show crime is down. Newly funded programs like “violence interruption” coupled with private initiatives like Man Up, Kingdom Cares, and Chase your Dreams put people to work within communities. Pittman credits the efforts of State’s Attorney Anne Colt Leitess in ensuring that “stuff doesn’t slip through the cracks.” Overall, he says, “This is a bad place to commit a crime.”

Crownsville

After Anne Arundel County acquired the 544-acre Crownsville State Hospital property from the State of Maryland in 2022, Pittman convened a 14-member advisory committee to study its future uses. One gets the sense that creating a “healing place” out of this former, segregated mental hospital—with its dark history immortalized in Antonia Hylton’s book “Madness”—is almost personal to him.

Janice Hayes-Williams affirms that it is. A local historian who studies blacks in Annapolis, she has spent more than 20 years trying to create the “Crownsville Hospital Memorial Park.”

Meeting Pittman during his first campaign, she knew she'd met an advocate.

"We talked about our roots, how long each of us has been in the county. His family was from the 1600s. Mine, just before the revolution."

They discussed Crownsville: "He wanted to be part of it. He said, 'Let's go get it.'"

Pittman is pleased Crownsville is getting national attention. His goal is to create a center for healing after years of unspeakable abuse. He recently welcomed Bowie State University as one of several partners on the site. Hayes-Williams watches closely as these plans unfold. She is grateful for the CE's strong support. "He's my knight in shining armor, and I am right behind him with the spear."

THE CRITICISM

It is hard to find someone who doesn't like Pittman for his honesty and transparency. But like any political figure, he is not without critics.

Just mention Riva Road. Speaking recently to a group of well-connected women in Annapolis, the CE was forced to defend the high-density development at Annapolis Town Center and its impending impact on traffic—including the 7-story parking structure that towers over Route 50.

Despite his efforts to explain that the 500 units of housing and commercial space are all part of the plan for the Town Center, he fails to convince his audience. And he knows it.

"I understand how people are terrified seeing big buildings go up, but I think the criticism is unjust," he comments later. "Annapolis town center was designed to be a town center. Properties were paved over and not being used. Creating a walkable, livable place where people can live, work, and play was always the vision, and now it's being created."

Third District Republican Councilman Nathan Volke is one of his most vocal critics. He disagrees with the CE's approach to



development—and lots more. Taking office with Pittman six years ago, Volke faced his first argument over ending the immigration screening program. "I thought it was effective; he did not."

Volke also fought against raising taxes that first year. And he is concerned with creating density in specific areas, like Pasadena, and around the county. "We agree that we both want to make Anne Arundel County the best it can be," he says. "But we disagree fundamentally on what that should look like."

WHAT'S NEXT

With two years remaining in his term, Pittman still has a long list of what he wants to accomplish. One of his biggest frustrations is insufficient funds. Federal dollars post-Covid are depleted.

He laments that he hasn't done enough for affordable housing: "People who have a housing crisis don't get heard." He remains concerned about food insecurity for many residents. He wants to establish a small dollar and public financing program for candidates seeking county offices. And it's all interrelated.

"It's frustrating for me and my peers spending so much time with donors. I told my scheduler at the outset I wanted to spend time with people who don't normally spend time with the CE...Having been out there [in food distribution lines]...now I get it"

And, of course, there's Crownsville. There are not many who don't admire Pittman for his tenacity and his relentless

pursuit of the truth. Even Volke admits, "I may think he's misguided, but it is entirely him thinking the right thing to do."

A bit of a soothsayer, Pittman has emerged from the last state and local elections as a kingmaker. While, so far, he has shunned future office for himself, he doesn't shy away from backing others. The candidates he endorses win. He was the first county executive in Maryland to back Wes Moore for governor, an effort that's paid off with a close friendship, and perhaps a future role.

The future also promises more writing. Introspective, a reader of history, and a man who just has a lot to say, Pittman has taken to writing weekly essays in the form of a letter emailed to some 50,000 followers. Transparency is obvious. Topics range from the county budgeting process to youth gun violence prevention, to why he attended the International Shopping Center conference in Las Vegas. There's a book he's pondering, but he needs the time.

And despite the upheaval in American politics and the threats to democracy, his reading of history inspires him. More sanguine than many in public office. Pittman is optimistic about the future of our county and our country.

"A big part of my job is to sell a vision, and to remind people of the value of government. Nothing is more important to me than leaving the body politic in a better position than when I came." ♦

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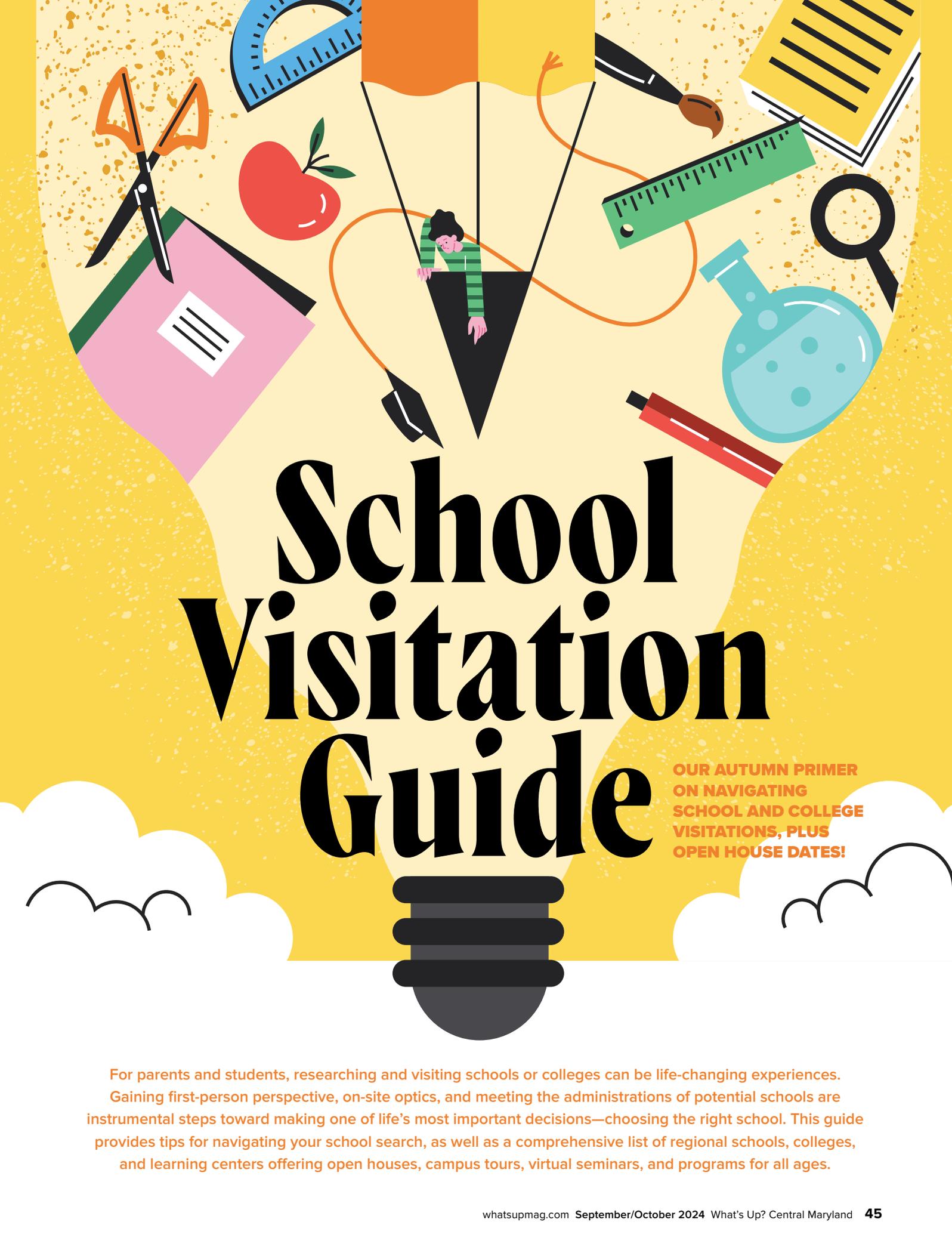
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School Visitation Guide

**OUR AUTUMN PRIMER
ON NAVIGATING
SCHOOL AND COLLEGE
VISITATIONS, PLUS
OPEN HOUSE DATES!**

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental steps toward making one of life's most important decisions—choosing the right school. This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open houses, campus tours, virtual seminars, and programs for all ages.



IF YOU'RE CONSIDERING SCHOOL VISITATIONS THIS FALL, OR IN THE NEAR FUTURE, HERE ARE SEVERAL TIPS AND CONSIDERATIONS WHEN PLANNING.

1 Make a list and map the schools out. Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.

2 Order matters. Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see, and you will know what to look for by then.

3 Timing is crucial. Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.

4 Explore on your own. The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.

5 Talk to current students. It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?

6 Document every visit. If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.

7 Keep an open mind. Your priorities during your initial school search may completely shift once you start touring, so remain open minded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.

Annapolis Area Christian School

Lower School Annapolis Campus – 710 Ridgely Avenue, Annapolis; 410-846-3504; aacsonline.org; September 25th, October 30th, November 22nd – 9 to 10:30 a.m. Lower School Severn Campus – 61 Gambrills Road, Severn; 410-846-3505; aacsonline.org; October 1st, October 24th, November 14th – 9 to 10:30 a.m. Middle School – 716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; October 19th, December 12th – 9 a.m. to Noon Upper School – 109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; October 28th, November 25th – 9 a.m. to Noon

Anne Arundel Community College

101 College Parkway, Arnold; 410-777-2222; aacc.edu; October 9th, 5 to 7 p.m.

Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; October 27th – Noon to 2 p.m.

Benedictine School

14299 Benedictine Lane, Ridgely; 410-634-2112; benschool.org; Contact school directly for guidance on visitations, tours, etc.

Boys' Latin School of Maryland

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.org; Contact school directly for guidance on visitations, tours, etc.

Calvert Hall College High School

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; November 9th, 10 a.m. to 1 p.m.

Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; November 6th, 6:30 p.m.

Chesapeake College / Eastern Shore Higher Education Center

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Contact school directly for guidance on visitations, tours, etc.

Holy Trinity: An Episcopal School

Primary – 13106 Annapolis Road, Bowie; 301-262-5355 The Daisy Lane School & High School Prep – 11902 Daisy Lane, Glenn Dale; 301-464-3215; htrinity.org; October 17th, November 11th, January 10th, 9:30 a.m. to 1:30 p.m.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-923-3660; indian-creekschool.org; Upper School – November 7th, December 5th, 6 to 7:30 p.m.; Middle School – November 14th, 9 to 10:30 a.m.; Lower School – November 21st, 9 to 10:30 a.m.

Johns Hopkins Peabody Preparatory

1 East Mount Vernon Place, Baltimore; 667-208-6500; peabody.jhu.edu; Contact school directly for guidance on visitations, tours, etc.

Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Contact school directly for guidance on visitations, tours, etc.

Key School

534 Hillsmere Drive; 410-263-9231; keyschool.org; Grades 1–4: October 8th; Grades 5–8: October 22nd; Grades 9–12: October 24th; 2.5 years to Kindergarten: November 9th

Lighthouse Christian Academy

931 Love Point Rd Stevensville; 410-643-3034; lcademy.org; November 6th

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McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mc-donogh.org; Upper School – September 12th, 20th, and 23rd, October 2nd, 9th, 16th, and 22nd, November 8th, 13th, 20th, and 25th, December 5th; Middle School – September 13th, 19th, 26th, and 30th, October 10th, 17th, and 24th, November 7th, 14th, and 21st, December 4th

Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Contact school directly for guidance on visitations, tours, etc.

Montessori International Children's House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessoriiinternational.org; Contact school directly for guidance on visitations, tours, etc.

Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; nap-school.org; Contact school directly for guidance on visitations, tours, etc.

Oldfields School

1500 Glencoe Road, Sparks; 410-472-4800; oldfieldsschool.org; Contact school directly for guidance on visitations, tours, etc.

Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffe-creekschool.org; Call school to schedule a tour

Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; Open House – October 7th and February 3rd, 9–11 a.m. Exploring Junior Kindergarten and Kindergarten Open House – October 18th, 9–11 a.m. Preview Night – November 8th, 7–9 p.m.

Saint Andrews Day School

4 B Wallace Manor Road, Edgewater;

410-266-0952; school.standrewsum.org; November 7th, 9–11 a.m.

St. Anne's School of Annapolis

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; stannesschool.org; October 16th, 7 p.m. (Virtual). Lower/Middle School – November 8th, 9 a.m. Program for Young Children (ages 2–4) – December 5th, 10 a.m.

Saint John the Evangelist Catholic School

669 Ritchie Highway, Severna Park; 410-647-2283; stjohndschool.org; October 8th, Advance registration is required. Please contact lfish@stjohnsp.org for more information.

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; st-margaretsdayschool.org; October 16th, January 15th – 9:30 to 10:30 a.m.

St. Martin's in the Field Episcopal School

375 A Benfield Road, Severna Park; 410-647-7055; stmartins-md.org; October 16th, January 15th, 10 a.m. to noon

St. Martin's Lutheran School

1120 Spa Road, Annapolis; 410-263-4723; stmartinsonline.org; January 24th and March 14th – 9 to 11 a.m.

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St. Mary's Annapolis

High School – 113 Duke of Gloucester Street; 410-263-3294; stmarysannapolis.org; October 26th, 2 p.m., October 29th, 6–8 p.m. (Athletic Open House at Pascal Field) Elementary (Pre-K through Grade 8) – 109 Duke of Gloucester Street, Annapolis; 410-263-2869; stmarysannapolis.org; November 8th, 9 a.m.

Sts. Peter & Paul Elementary and High School

High School – 1212 S. Washington Street, Easton; 410-822-2275; hs.sspeaston.org; October 27th, 1 to 4 p.m. Elementary School – 900 High Street, Easton; 410-822-2251; hs.sspeaaston.org; Contact school directly for guidance on visitations, tours, etc.

St. Vincent Pallotti High School

113 St. Mary's Place, Laurel; 301-725-3288; pallottihs.org; November 3rd – 2 to 5 p.m., April 24th – 6 to 8 p.m.

Severn School

Lower School – Chesapeake Campus: 1185 Baltimore Annapolis Boulevard, Arnold; 410-862-3684; severnschool.com; October 2nd, 9 a.m. Middle and Upper School – Teel Campus: 201 Water Street, Severna Park; 410-862-3684; severnschool.org; October 17th, 7 p.m.

The Country School

716 Goldsborough Street, Easton; 410-822-1935; country-school.org; Contact school directly for guidance on visitations, tours, etc.

The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; October 20th, 11 a.m. and 1 p.m., November 17th, 11 a.m., January 12th, 11 a.m., April 27th, 11 a.m.

The Summit School

664 E. Central Avenue, Davidsonville; 410-798-0005; thesummitschool.org; October 10th, November 12th, January 23rd, February 26th, March 18th, April 29th, 9 to 10:30 a.m.

University of Maryland Eastern Shore

30665 Student Services Center, Princess Anne; 410-651-7747; wwwcp.umes.edu; Contact school directly for guidance on visitations, tours, etc.

Washington College

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; November 9th

Wye River Upper School

316 S. Commerce Street, Centreville; 410-758-2922; wye-riverupperschool.org; October 24th – 10:30 a.m. to Noon, January 23rd, March 6th

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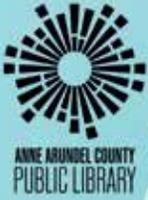
Thursday, November 14
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CYCLING

S H O R E

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S H O R E

WHETHER YOU LIVE WEST OF THE
CHESAPEAKE BAY BRIDGE OR EAST,
THERE ARE EXCELLENT CYCLING
OPTIONS AND GROUPS TO ENGAGE WITH
THIS POPULAR SPORT BY KAT SPITZER

Annapolis, Anne Arundel County, the Eastern Shore, and the surrounding region have no shortage of ways to explore the outdoors and enjoy the scenery. Because of our prime location, locals and visitors often direct their focus to the water. That's always an excellent choice. But it turns out an equally viable source for adventure and beauty can be found on our roads and trails.

Imagine the wind brushing your skin as you cruise past hills, ponds, historic barns, horses, flowers. You don't have a care in the world as you feel the road underneath you and hear the bleats of the goats you just passed. You inhale the fresh air and can't help but feel relaxed even though you are getting a fabulous workout. Then you'll reach a charming destination and gather with the rest of the group who have been riding by your side the entire way. Together you will lightheartedly chat over a coffee and snack. The rest of the day, you will feel invigorated and revitalized. This is the world of cycling, and you all are invited.

Most of us learned to ride a bike when we were young children. You may not have ridden one in a while, or you might enjoy periodic short rides around the neighborhood with loved ones, or you might consider cycling as a primary source of exercise. No matter your skill level, cycling can be an amazing source for overall physical and mental health. Area cyclists couldn't agree more.

“CYCLING GIVES ME FOCUS, MENTAL CLARITY, PURPOSE, AND ORGANIZATION WHILE BEING A DEPENDABLE HEALTHY OUTDOOR OUTLET FOR EXERCISE AND ENJOYMENT.”

“Cycling benefits my mental health, overall health, and general fitness, even in that order,” said local cyclist, Mark Kavanaugh. “Cycling gives me focus, mental clarity, purpose, and organization while being a dependable healthy outdoor outlet for exercise and enjoyment. It takes some, but very little, discipline to enjoy. It’s really for everyone.”

As cycling enthusiast Lisa Lauer puts it, “I enjoy cycling because it’s easier on my joints than running. I enjoy feeling the speed and the wind against my face. I’m always surprised by the calories I burn during each ride, because it feels so effortless sometimes!” For less advanced cyclists, riding in the back of a group of riders can also allow them to draft off the group, making the ride feel even easier.

Many riders come from other activities and sports and discover their love for cycling later in life. “I was a marathon runner who always trained solo,” said local enthusiast, Chris Boyd. “When my knees and joints gave out, I decided to take up cycling. Recently, I decided to meet up with a group and just kind of follow behind. But the group ended up being so welcoming and supportive. In a total surprise to me, I found myself wanting to stick around after the rides for the group coffee at a local shop. Now, I’ve been riding with this group regularly for over a year. They are my social group.”

“It’s so easy to find a group to ride with,” Kavanaugh says. “I simply googled riding groups in the area and information will pop up about local rides with times and locations. The first time you ride up to the group is the hardest part. But it’s never a problem. Groups are always excited and happy to welcome you on a ride. And now everyone is on the App, Strava. Once you’ve ridden with people, they will show

up on your Strava, and then you can always be in contact with them for future rides. It is completely acceptable to reach out to cyclists you’ve only ridden with once to join them again. There are endless opportunities. People will post that they want to ride a certain distance and tell people to just show up!”

This may all sound like it’s for people who ride all the time and already know the ropes, but area cyclists insist that even beginning riders can feel welcomed into group rides to enjoy the activity. Riding alone on the road can be daunting for safety purposes, and some might find it boring to go long distances by themselves. Riding with a group provides a sense of camaraderie, support, and safety. “There is no judgment,” Boyd says. “There is a huge range of riders with all levels of gear. And some groups will specifically say that the whole group will only go as fast as the slowest person. It’s all about enjoying the activity.” These are referred to as “No Drop” rides. The Severna Park Peloton has an organized ride on Saturday mornings





**MEMBERS OF BIKEAAA RIDE
ALONG THE CHESAPEAKE BAY.
PHOTOS COURTESY BIKEAAA.**



Littlejohn. “I thought this was such a nice neighborhood and then I discovered the trails. I am so thankful at how much I can ride on the nice trails and roads around here.” The main trail he is referring to is the B&A Trail. Cyclists love that they can hop on that trail and go into downtown Annapolis or ride all the way up to the airport without having to deal with much, or any, traffic. “The trails and roads around here are beautiful, and people are very accommodating. Nobody is upset about cyclists,” said local cyclist, Chip Adams. “In fact, it’s fun to ride the trail, then stop at the Big Bean in Severna Park as a group, where they have tables right off the trail.”

“The trails continue to develop and improve, which makes me feel so lucky,” Boyd says. “There are also wonderful roads to take to Davidsonville, or through the countryside to South [Anne Arundel] County, down to Chesapeake Beach, or up to Ellicott City. I have discovered so many quaint and scenic places that I might not have seen before if it wasn’t for cycling.”

that operates like this. “When riding with others, I feel safer because there is more visibility with a larger group,” Lauer says. “I also really enjoy the camaraderie and the competitiveness. We are all there to support, push, and learn from each other.”

The routes to enjoy cycling are plentiful. “I was living in Mitchellville, when a ride I was on brought me to this area,” said Severna Park cyclist, Jim

Cyclists can also transport their bikes across the Bay Bridge and enjoy fantastic routes starting on the Eastern Shore. The Harriet Tubman Underground Railroad Scenic Byway offers 125 miles of scenic country roads from Cambridge to Goldsboro. “You feel like you are in the middle of nowhere and it’s so peaceful,” Kavanaugh says. “But then you come across an interesting museum, cute town, and other interesting historical sites. It’s really a lot of fun.”



CYCLING FRIENDS GATHER AT THE BIG BEAN ALONG THE B&A TRAIL IN SEVERNA PARK FOR A POST-RIDE CUP OF COFFEE. PHOTOGRAPH BY KAT SPITZER.

**“ I JUST NEVER
THOUGHT I WOULD
BE EXCITED TO
WAKE UP EARLY IN
THE MORNING TO
GO FOR A RIDE AND
THEN SOCIALIZE
WITH MY FRIENDS.”**

There are many gorgeous, quiet country roads that also lead out to Rehoboth Beach. “I’ve even worked with other cyclists to put together Capital-to-Capital-to-Capital rides (Annapolis to D.C. and back), which takes us right to the middle of the National Mall,” Kavanaugh explains. It seems if the will is there—which it seems to be among cyclists—there is a way to enjoy cycling in several stunning environments.

“I have lived here for 30 years,” Adams says. I started cycling after meeting a fellow enthusiast and I have now been part of the “5:45 Ride” for 20 years. I have no plans for stopping anytime soon.” That’s 5:45 a.m. for those who are interested. But rest assured that other groups go at different times with safety always the primary consideration.

I will admit that my husband is also an avid cyclist. I am what you might call a “Bike Widow.” He rides early in the mornings and then takes long rides on the weekends over 100 miles. I wondered if he was alone in his feverish love of cycling. What I discovered when interviewing local cyclists is that they could rhapsodize for hours about their experiences. “Talking about biking is like a break to me,” Kavanaugh says with a laugh.

“I just never thought I would be excited to wake up early in the morning to go for a ride and then socialize with my friends. But now I’m like a toddler at the holidays. I wake up early and wish that it was already time to go,” Boyd says in agreement.

“I don’t want to ever let go of it,” Adams says. “It’s such a big part of my life and I love it so much. To me, this is the one thing I do that is the centerpiece of everything else.”



LOCAL CYCLING GROUPS

HERE IS A SAMPLING OF ORGANIZATIONS THAT PROMOTE CYCLING AND ORGANIZE RIDES THROUGHOUT OUR REGION. FOR EVEN MORE CLUB LISTINGS, VISIT BIKEMARYLAND.ORG.

ANNAPOLIS BICYCLE CLUB – annapolisbicycleclub.org; Founded in 1993, the nonprofit, service marked, growth oriented cycling organization is dedicated to advancing cycling skills in endurance, speed, performance, route variety, group dynamics, and the interests of recreational cycling enthusiasts. Schedules hundreds of group rides annually.

BIKEAAA – bikeaaa.org; Short for Bike Annapolis & Anne Arundel, BikeAAA is a cycling advocacy and ride organization based in Arnold, but covering the regional scene. The nonprofit is behind events, such as the Life-line 100 ride, and many community programs, including Wheels of Hope, Cycling Without Age, and more.

BLACK PEOPLE RIDE BIKES – blackpeopleride-bikes.com; Black People Ride Bikes (BPRB) is a Baltimore-based cycling and advocacy organization of black cyclists in every age bracket, from children to adults. The organization is made up of both casual riders and avid cyclists, who regularly participate in cycling events throughout the country.

CHESAPEAKE CYCLING CLUB – ridec3.org/road-cycling-club-maryland-eastern-shore-easton; Adult bike club located on Maryland’s Eastern Shore, offering multiple cadence and distance options for people who love road cycling.

CHESAPEAKE WHEELMEN – chesapeakewheelmen.org; Founded in 1946 is one of the oldest clubs in the United States and the oldest in the state of Maryland.

CLUB CRABTOWNE – clubcrabtowne.org; Club Crabtowne is an Annapolis-based ski, cycling, and events club that has been organizing exciting events for more than forty years.

SHORE VELOCITY – facebook.com/ShoreVelocity-Cycling; Eastern Shore group based in Salisbury that organizes distance rides throughout the region.

Maryland Department of Agriculture Secretary Kevin Atticks (left) leads a farm tour with Department of Natural Resources Secretary Josh Kurtz (center) and Governor Wes Moore.





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SMART ENERGY POLICY, AND
ENVIRONMENTAL CONSERVATION

STORY BY **RITA CALVERT**

PHOTOGRAPHY COURTESY **MARYLAND
DEPARTMENT OF AGRICULTURE**



G

ood news is on the horizon for Maryland’s diverse and vibrant agriculture industry. Our Department of Agriculture’s creativity and commitment to farmers was invigorated when Maryland Governor Wes Moore appointed Grow and Fortify LLC founder

Kevin Atticks as Secretary of Agriculture in 2023. Atticks joined an administration aiming to create a more competitive Maryland and brings an impressive background to his new role at the table.

For two decades, he worked on behalf of local wineries, breweries, distilleries, and grape growers while promoting and advocating for Maryland’s wine industry and supporting value-added agriculture through an organization called Grow and Fortify LLC. The first assessment of the state’s value-added agricultural industry was published by Grow and Fortify. Atticks explains, “Wineries, breweries, creameries, meat processing, agritourism, equine, and dozens of other industry

segments yield 74,000 jobs and bring a total economic impact of over \$20.6 billion annually to the state’s economy...We need to expand our agricultural base, provide farmers with new opportunities to grow profit, and educate our citizens about the incredible products grown and produced locally.”

In early 2024, Atticks delivered a stirring keynote address in his own very friendly voice, to Future Harvest’s annual conference entitled, *Agriculture as the Solution*. The keynote speech was so inspiring we decided to find out more from Secretary Atticks, interviewing him to gain perspective of his first year in office.

THE SPEECH

HIS MAIN POINTS (PARAPHRASED) ABOUT THE OPPORTUNITIES AND CHALLENGES TO MARYLAND AGRICULTURE INCLUDED:



Agriculture is Food. Local is more resilient, more nutritious, more available. Food grown locally is a boon for our schools, foodbanks, farmers. Subsidies in food are not necessarily for the healthiest food. The goal is to get the money where it needs to go for those who need it most, such as food grown for our school system.

Agriculture is Economy. Farming is the No.1 commercial industry in our state...and guess who knows that? Farmers! Guess who doesn’t know? Everybody else! When you think about the economy and how

agriculture supports it—food obviously—think about the jobs in rural areas. When farms come, so, too, do homes. This grows a semblance of population within a rural area, which then grows business, community, and economy. Beyond that is tax revenue. Farming is a driver of business to other local venues.

The act of growing is a move of conservation. When you are working the land, and you need that land to be fertile, you use practices to grow the soil health and quality.

Agriculture is Conservation.

The act of growing is a move of conservation. When you are working the land, and you need that land to be fertile, you use practices to grow the soil health and quality—plant cover crops, plant trees, making sure to keep

nutrients on the farm. The act of agriculture is much about the surrounding ecosystem. This could be a whole presentation about the Bay, air quality, and carbon sequestration, but it doesn't need to be, because those things should be built into our everyday standard practices.

Agriculture is Preservation. Our agency in the state and also our counties pay a lot to purchase development rights so that agriculture can be preserved. The best way to preserve the land is to make agriculture profitable. One of our former secretaries said the P in preservation stands for profitability. It's true we're paying farmers and landowners for their development rights because we can pay more than they are making off their product. In our country, money is going to a dozen different people and corporations before it ever gets to the farmer. Figuring out how to make our farmers more profitable is a top priority in our agency. In the meantime, we are buying up as much development right access as we can because perpetuity is a pretty nice thing.

Agriculture is Energy. This is a little controversial because in Maryland we've got a very strong goal to be fossil fuel independent in the 2030s. There's a real push to put commercial solar on our farms in a big way. We believe there's a way to integrate energy generation on farms so that farms in rural areas are doing their part for the grid. That can be done with agrivoltaics (the use of land for both agriculture and solar energy generation), wind power,

We believe there's a way to integrate energy generation on farms so that farms in rural areas are doing their part for the grid.

er, biodigestics, and more. Unfamiliar with these new terms? They're worth keeping an eye on in the agriculture world.

Agriculture is Education. I believe education would fix everything! If every child and adult in the state knew where food comes from, we'd be in a much better place because we would start choosing how and where to spend our money. This is an opportunity to learn how food grows, an opportunity to grow for yourself and your community, and the spark to connect with farming as a product to buy, as a field of study, as a career. There are incredible opportunities to learn how food grows by visiting a farm...for example, by picking pumpkins at a farm or following

Maryland's Ice Cream Trail. Now it's up to farms and family to bring people to a farm, be it a creamery, berry picking, or a winery. We also need more FFA (Future Farmers of America) programs to engage students.

Agriculture is Tourism. Visitors spent \$19.2 billion [here in Maryland] in 2022. Visitors

will travel 1 to 1.5 hours to local destinations. People come in from way out of town and bring their money and spend it at your place, the local restaurant, and local businesses.

Support for Thinking Differently. We need to make sure we are creating the situation that if someone wants to get into the small animal business, the creamery business, beer, wine, spirits, or kombucha, we have created a regulatory situation so that it *can* happen here.

Challenges to Maryland Farms. Development pressure is intense, largely because of our proximity to major metropolitan areas. We also have other issues, such as identifying many thousands of acres to establish industrial solar power facilities. The state has a renewable energy goal of 50 percent by 2035. That's admirable, but we shouldn't choose generating solar energy over growing food. We need to find balance. This vision aligns with the broader goal of ensuring the resilience and sustainability of Maryland's agricultural sector.

Gone are the days when it's agriculture versus the environment. Farmers are looking for solutions *within* the environment. Maryland Department of Agriculture is meeting with groups now that the agriculture industry probably would not have met with [years ago]—various conservation groups be it water, soil, environment—to figure out how to collaborate, move the needle in the right direction. We're running out of time and it's up to all of us to engage and affect change in support of our food system.

Gone are the days when it's agriculture versus the environment. Farmers are looking for solutions within the environment.





THE INTERVIEW

As Maryland Secretary of Agriculture, Atticks has inherited many ongoing challenges in his first year. The responsibilities in this position are vast, including tasks one wouldn't expect. Pumping your gas? Look for a Maryland Department of Agriculture (MDA) sticker on the pump. Even veterinarians and pets fall under MDA jurisdiction. Who knew?

We were fortunate to have a chance to talk with Secretary Atticks directly for a summary of his very busy first year in office.

How do you feel you've acclimated to and fared on the job so far? Great! There are some top priorities. It's so important that Maryland's Ag is profitable and not just relevant. Our first hire is a person to help new businesses open.

Another priority is deer management. Deer are an incredible problem on farmland with wide open spaces. We are working with the Department of Natural Resources to figure out opportunities to better manage the deer, so we are not giving them three free meals a day.

We are attending four summits this year: The Rural Summit, The Maryland Deer Summit, The Chesapeake Bay Summit, and the Chesapeake Global Summit where we'll emphasize the importance of using data, science, and collaboration to solve complex issues.

Successes? Getting out and meeting with the community has been a success. The first year, our leadership team went out to every county in the state. We held public meetings to hear the issues and concerns—what we were doing well and what we could be doing better. That really informed what we did last year. Not to rest on our laurels, we are doing it again on our 2024 tour of the state.

Another of our big accomplishments last year was supporting our Latino farmers who haven't been connected with our agency in the past. We went on a trade mission to Guatemala and El Salvador. We are definitely looking into external markets for Maryland farmers to sell their products in Central America. I returned from a trip to India and there are incredible opportunities there for our producers and I will be hosting a virtual presentation about that trip. Pretty soon, we're headed to Ireland, where we see market opportunities for our businesses. The goals are to get there, expose these markets to what we have to offer, and then introduce our producers directly to them.

Challenges? One set of challenges is that while our overall mission is promoting the industry, there are at least a hundred sub-industries. Some of those are crop production, fisheries and aquaculture, livestock production, forestry and wood products, textiles, apparel and leather products, et cetera.

Another primary challenge we face is the dual role of regulating industry *and* making sure our food and farm producers are producing in a way that's safe for consumers and the Bay.

Our top two challenges are our top missions. We spend a lot

of time figuring out how we can do better with limited resources and staff in an increasingly diversifying industry.

What pleased you from this year's General Assembly/legislation? There were two bills that we were pleased to support and be involved with. One is the Whole Watershed Act, which re-allocates some of our resources and encourages our agency and soil conservation agencies to think differently about conserving the Bay. Basically, instead of implementing best management practices all over the state at the same time, with our Department of Environment and Department of Natural Resources, we will select any watershed—a tributary, a river, and along that waterway, we will center our best management practices. So, in a focused way, we throw everything we have at one waterway and record those improvements.

Another bill we are pleased with is the implementation of a new set of regulations around a product, that while helpful to farmers, has caused real consternation to neighbors. Animal byproducts, which can be used as soil amendment or fertilizer. When used sparingly...no problems. When used heavily, it smells. We were pleased with the results while working with the Farm Bureau, Chesapeake Bay Foundation, ShoreRivers, and some others to support that bill to craft regulations that made sense.

What are you advocating for with the General Assembly? We are really about awareness and making sure they understand the benefits of agriculture and the challenges that our producers face in trying to stay competitive in a state like Maryland with neighbors like Pennsylvania and Virginia.

What I mean by that is, we have gotten to be quite a regulatory-minded state. To the point where our dairy producers have given up on being able to make consumer products. Instead, they sell their products to co-ops or other states. We should be producing that here. We have lost touch with how difficult our regulatory schemes are.

My passion is my goal of streamlining those regs and that's why our first hire was to help our dairy producers make cheese or ice cream, help our meat producers process in our state. It is important we produce it here! We need to work on incentives to bring it here.

Are there any specific programs of the Department of Agriculture that you are especially proud of advocating for? Other than all of them?

I'll pick two that, to me, are fascinating and critical. One is our Weights and Measures Division. Every commercial scale, every gas pump in the state, is regulated by our Weights and Measures Division. Next time you're pumping gas, you'll see a MDA sticker on the pump, which means we've inspected that gas pump to make sure it is working properly. The same with every grocery store scale, which we have calibrated to make sure you are getting what you pay for. This summer we

Let's clean things up, let's make it work better, let's talk about small business.

started regulating electric vehicle charger stations. Up to this point, they have not been monitored. We hear from consumers that every third station is inoperable.

Another program of pride is our Farmers Market Nutrition Program. We know that there is food insecurity across the country and in this state. That means we have individuals who cannot meet their nutritional needs and in certain cities. Farmers markets fill a critical void. They are a lifeline, bringing fresh food to food insecure areas. Our Farmers Market Nutrition Program actually helps folks who are on government nutrition programs. We add money to their account which then enables them to buy more local food.

What have you started/introduced on your watch so far?

The things I am focusing on are not flashy new things. It's making our department work better for the industry. We are working on regulatory efficiency to be more consumer proactive. Let's clean things up, let's make it work better, let's talk about small business. We can't get completely out of their way because part of the enforcement role is to be the referee. I'm a firm believer that businesses know how to be successful if we can truly just get out of their way!



What is Future Harvest?

As a nonprofit, Future Harvest works to improve agriculture in the Chesapeake region in order to support farmers, communities, and the environment. In order to create a sustainable foodshed—where food is produced in a way that supports the local food economy, strengthens farming, and safeguards the land, water, and air—they offer research, networking opportunities, and advocacy in addition to education. Learn more at futureharvest.org.

In agriculture, what is value-added?

Penn State Extension explains value-added agriculture generally focuses on production or manufacturing processes, marketing, or services that increase the value of primary agricultural commodities. Perhaps by increasing appeal to the consumer and the consumer's willingness to pay a premium over similar but undifferentiated products. An example would be milk turned into yogurt, ice cream, or butter.

What is agrivoltaics?

The Department of Energy defines agrivoltaics as co-location, also known as dual-use solar, and is defined as agricultural production, such as crop or livestock production or pollinator habitats underneath solar panels or adjacent to solar panels.

How development rights support agriculture

Land preservation programs separate the "development rights" associated with zoning from the other property ownership rights. This allows landowners to sell their property's development potential without selling the entire land, enabling them to retain ownership and continue agricultural operations.



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Home & Garden

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Creating a Comfort-Based State of Mind

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Smooth Landing

CREATING A COMFORT-BASED STATE OF MIND

By Lisa J. Gotto

Into every life a little thing called retirement must come. And when it does, it's nice to know that the plan you put in place will roll-out as effortlessly as you intended it to. To that end, it's nice to have someone in your corner, especially if that plan involves a new home; someone who will understand that retirement is more than a dream house, it's a comfort-based state of mind.

THE PROJECT: A new build that will fit within an 1,100 square-foot plot of land in a planned community of newer homes that affords the homeowner maximized water views, as well as three bedrooms, two-and-a-half baths, the ability to age-in-place, and an exterior aesthetic that would blend in with the community's colonial traditional vibe.

THE PLACE: Chester River Landing, Chestertown. A premier Eastern Shore location of single family, semi-detached, and townhomes that falls within the parameters of a planned Homeowners Association (HOA) community and subject to architectural committee scrutiny. This particular community offers amenities including private sand beaches, a clubhouse with pool and adjacent grill and picnic area, a fishing and crabbing pier, and jogging paths along the shoreline. It is also prized for its proximity to the Chester River Yacht and Country Club, and downtown Chestertown business and shopping district.





EXECUTING THE PLAN: The team at Paquin Design Build in Grasonville was chosen to help conceive what retirement would look like for this particular client. And that someone who would understand that retirement is more than a dream house, would be company President, Brent Paquin

“This one is unique,” says Paquin of the project, “because we had a limited footprint to play with.”

The client, he says, worked from a base plan of his conception and then Paquin’s team added the client’s wish list. One of the keys to having it all within the smaller footprint was elevating the home, Paquin says.

Starting with a design that incorporated a two-car garage at the dwelling’s lowest level provided essential parking, enabled additional opportunities for storage, and the height necessary to maximize water views from the home’s primary living spaces and its screened-in porches.

“It all flows really well together, and from all angles you have views out to the water from that space,” Paquin says, who adds, there is 1,000 square-feet of completely unobstructed space in the main living area.

The added elevation also created design advantages for both interior and exterior standpoints.

“By elevating your first level, there are no neighbors at eye level with your main living space, which is nice. One of the things that we did, [exteriorly] when you look at the front elevation is on the top level where the screen porch is, we put in a knee wall there; that wall kind of stops the porch roof at that location, but also creates a little bit more privacy from the primary bedroom out to the screen porch.”

Balancing the client’s exterior wish list items with the interior aspects and furnishings that make a house a home, was, in part, the job of Jessica Johnson, Interior Design Specialist for Paquin Design Build.

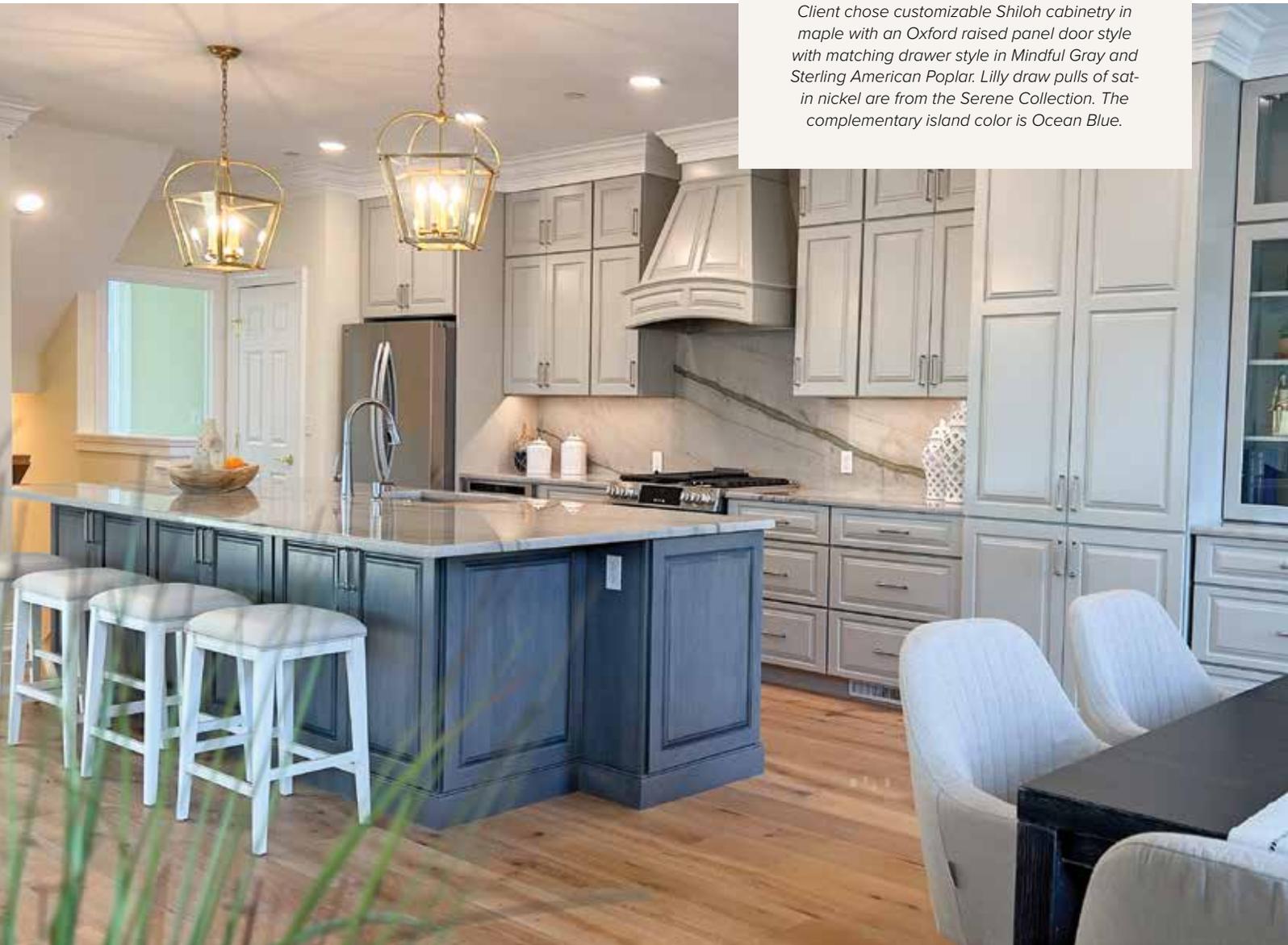
“So, this was a new build, and my immediate thoughts were how great the location was and also that this was a three-level home and that provided these amazing views of the area,” Johnson says.

Starting with location as inspiration and then adding in the client’s thoughtful wish list, that 1,000 square-feet of main level living space became very distinctive and customized very quickly.

“That is a very large open space and [the client] wanted it to convey the feeling of two different rooms in one,” Johnson explains. “She wanted it to feel divided, but still [appear as] one open space. So that’s why we did continue the cabinetry along the entire wall.”

“IT ALL FLOWS REALLY WELL TOGETHER, AND FROM ALL ANGLES YOU HAVE VIEWS OUT TO THE WATER FROM THAT SPACE”





Client chose customizable Shiloh cabinetry in maple with an Oxford raised panel door style with matching drawer style in Mindful Gray and Sterling American Poplar. Lilly draw pulls of satin nickel are from the Serene Collection. The complementary island color is Ocean Blue.

Client chose quartzite countertops and antique burnished brass pendant lighting by Visual Comfort. Style: Riverside. The flooring throughout the main level living area is H.F. Design's Brentwood Hills Collection. Color: 'Hawthorne'.

During the design of the cabinetry, Johnson continues, they decided to bring forward the pantry, which is a floor-to-ceiling-height pantry, near the center of the space to break it up and then mimic the refrigerator and floor-to-ceiling pantry on the left side of the kitchen.

"This client was looking for a more traditional style, so that's why you'll see raised panels on the door front, as well as the style of the range hood. It has a traditional, yet leaning-toward-modern feel," Johnson says.

"Another thing we did to feel that sort of separation was put glass fronts in the wall cabinets in the den area. Those glass fronts help make that space [feel] different."

Johnson notes that the client fell in love with the veining of her chosen slab of quartzite, and the room's color palette took off from there, including its tranquilly unifying paint color, 'Muslin' by Sherwin-Williams.



The client chose a coffered ceiling treatment in the living room, says Johnson, to convey her more traditional approach to design, and the hardwood floors were specifically chosen to partner with the furnishings she currently uses and loves.

Because this space looks out onto the river, the client was especially interested in creating a unique area outdoors on the screened porches that felt more like indoor living areas.

For the porch ceilings, says Johnson, the client really wanted to convey a wood vibe, but without the wood-vibe maintenance, so a tongue- and groove-style vinyl was chosen. The ‘Cottage’-colored decking is from Fiberon’s ‘Good Life’ Collection, and the James Hardi Cream Collection siding was chosen in a particular shade of yellow called ‘Cottonwood’— an absolute favorite of the homeowner.

The aesthetics, Johnson says, were extremely important to the client since one of the porches extends from the home’s primary suite. This personalized oasis and its exterior counterpart creates the sanctuary and helps end the day in the “comfort-based state of mind” that inspired the entire project.



This all-white oasis speaks volumes of the client’s appreciation of traditional style. Note its applications in the beveled-edge mirror and the oval sink by Kohler; which is the traditional choice over today’s more modern rectangular iterations. Client chose Italian marble floor and shower tile from Caslagrande; style, Marmoker; color, Statuario Grigio Honed, lighting from Visual Comfort; style, Utopia, and shower system from Kohler’s Purist/ Avid Styles Collection in Vibrant Brushed Nickel.



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Rugs Rule

AN UNDERFOOT MATERIAL & TREND REPORT

By Lisa J. Gotto

Whether you're into exotic hardwoods, Mexican ceramic tile, or benefiting from the newest engineered flooring types, hard interior surfaces, at times, require the extra layer of comfort and texture that only an area rug can provide.

Before you make your next purchase, always account for how you're using that space on a daily basis and choose the best material and method of construction to meet your long-term needs and style goals. Here's a run-down of some of the most popular techniques and trends in area rugs.



The Flexibility of Flatweave

Among the best low-pile options in this category is the **flatweave rug** which uses a technique done on a loom or by hand that involves the simple practice of interlacing vertical and horizontal threads.

This technique can employ various materials, including wool, and is available in many patterns such as chevron, houndstooth, and stripes. With this lightweight variation being highly recommended for its durability, practicality, reversibility, and ease-of-care, flatweave is always a popular choice for the no-fuss homeowner.

Photo courtesy of rugtraders.uk.tifdanarugandcarpet.com

GOING ORGANIC

Jute rugs primarily feature all-natural fibers and neutral tones and work well for homeowners who love to introduce subtle textures. Interiors experts recommend placing your jute rug in a living room, hallway, or entryway. This type of fiber can be braided or handwoven creating basic designs such as chevrons and stripes. Jute is durable enough for high-traffic areas and is often blended with other natural fibers to create a softer foot feel. Another popular natural option is **sisal**. Sisal's fibers come from the agave plant and the result is said to be an even more durable option than jute for high-traffic areas. Like jute, sisal can be dyed and woven into chunkier weaves, so you can use it to personalize a room with style and color.



Photo by braided-rugs.com

BRAID & STITCH

Natural fibers and strips of fabric combine to create the bulkier characteristics of the **braided rug**. The fibers and fabrics, which can include wool, jute, cotton, and synthetic materials, provide a unique tactile beauty that transcends the traditional oval pattern that most often comes to mind when thinking about braided rugs. You will find the braiding technique used in area rugs of various shapes and designs for the contemporary homeowner, as well. Braided rugs do require a modicum of standard care and are best when regularly shaken or beaten to remove surface debris that can collect in its characteristic nooks. Care needs to be exercised when vacuuming and around pets that like to scratch, to protect this rug's trademark stitching.

Beauty, By-Hand

Hand-knotted rugs are among the pricier area rug options favored by homeowners, but for good reason. The process used to make them is an intricate one where every individual fiber is tied by hand onto the rug until a desired thickness in pile is achieved. While it is a time-intensive process, these rugs, which are generally made of natural wool or silk, reflect a wide range of creativity in its designs. A popular type of rug in this category is the Persian rug which is most often used as a statement-making feature in a living room or bedroom.



Photo by rejuvenation.com



Photo courtesy of medium

NEXT-LEVEL KNOTTING

The more modern process of **hand-tufting** uses updated tools and a specific pattern that is applied to a canvas or sheet comparable to the material of the rug. The rug's materials are then pulled through the backing along the pattern with a tufting tool. This method allows for a good deal of flexibility in design, durability, and a rug that is thicker than most handcrafted rugs.

NOSTALGIC & NOTEWORTHY

Just too good to be relegated to the annals of design history, **the shag rug** has once again regained favor among interiors experts. More often than not, shag area rugs are handwoven. Using a process of hand-knotting, hand-looping, or hand-tufting, the shag rug is a compilation of loop-like fibers. Popular fiber types include polyester and polypropylene, but other materials such as wool, faux and real fur, leather and acrylic, are helping boost the desirability of shag styles among contemporary consumers.



Photo courtesy of bobvila.com



Today's Floor-Top Trend

Anything that gets walked on as much as a rug does is bound to create a palpable amount of anxiety for any homeowner who stresses about cleanliness. In fact, the thought of tracking the outside world's dirt into the house is a bridge too far for some homeowners; the ones who make a rule of checking shoes at the door for all who enter. How relieved those homeowners must be now that we have entered the world of truly washable rugs that can be peeled from their surface backing and thrown into the washing machine and dryer. No more beating, spot-cleaning, or fretting about juice stains. Today's original washable rugs are stain-resistant, water-resistant, and designed specifically so they can be thrown into a standard home washing machine, even the 9- by 12-foot styles. How does it work? The first iterations of these rugs consisted of a primarily low pile, flatwoven cover or topper designed to work in conjunction with a non-slip rug pad that remains on the floor during the washing process. These options are especially nice for high traffic, beachy, vacation homes—sound familiar? The best news is the manufacturing process in this category continues to improve and now the machine-washable offerings have expanded to include tufted and more plush varieties including shag.

Photo courtesy of ruggable.com

Take It Easy on Autumn Gardening Chores

4 SUGGESTIONS THAT CUT BACK ON SEPTEMBER'S TASKS IN THE GARDEN

By Janice F. Booth

“Autumn shows us how beautiful it is to let things go.” (Anon.)

Yes, radical as it may sound, I'm recommending we gardeners ease up this fall, do rather less than more work as our gardens begin to close down in preparation for winter. I'm calling this the **Leave It Alone** fall gardening plan.

To implement this approach to autumn gardening tasks, let me offer you 4 ways to lessen your chores and enjoy your garden even more. Less can, indeed, be more.

1. Rake less
2. Create more brush piles
3. Leave 'em high,
4. Drinks all around (water, of course)

If you have a gardening service, you may want to caution them to ease up on their over-zealous tidying of your garden. If you have a gardener, she/he may already understand the value of minimalist fall clean-up, and only need your approval. Of course, if the clean-up tasks in the fall are all yours, I'm confident you'll appreciate this revised plan.



1. FALLING LEAVES

First, step away from that rake.

Not completely, of course, but reconsider how you dispose of the leaves that tumble into your garden. Dead leaves can provide a pretty, warm layer of protection for the plants and shrubs that must ride out the long months of winter. Rake the leaves, preferably mulched, onto the flower beds, arrange them around the plants, and let those piles of leaves settle into place. When the rains come, the leaf blanket will hold the moisture around the roots and keep the soil from eroding. (More on this in the fourth part of the Lazy Gardener's Fall Clean-Up Plan.) As you prepare the leaves, try to break down or mulch them so they're a finer blanket and can more effectively serve their purposes.

2. Brush Piles

Pile 'em up!

As you know, fall is a perfect time for pruning shrubs and trimming trees. Add to those branches the detritus that falls from the trees during the winds and storms of September and October. Depending on the availability of open spaces in your garden, use those branches to create brush piles. Think of the work of American sculptor Patrick Dougherty. You may have seen his sculpture, “Old Home Place,” on the grounds of Maryland Hall in Annapolis. That sculpture may be larger than the brush piles you’ll fashion, but who knows, your creativity may lead you to build an imaginative brush sculpture. Once built, these brush piles will collect leaves and, eventually, snow among the branches—natural snow fences for those of us who have larger lawns and open spaces. More important will be the shelter these piles give to all kinds of creatures—lizards, frogs, chipmunks, rabbits, even bumble bees will find safety under these branches and twigs when winter winds blow cold. One final benefit alluded to when I mentioned Dougherty’s sculptures. These naturalist piles of twigs will add a certain mystery and natural artistry to your winter garden.



3. LEAVE 'EM HIGH

Instead of chopping off your asters, mums, and dahlias, let the dying plant stems stand tall. One advantage is the potential re-seeding that can occur as the last blossoms droop and seeds fall to the ground—soon covered by a warming, moist blanket of leaves. These tall, drying stems will also help weave the blanket of leaves and snow that protect the roots and dormant seed.

Additionally, as much as 25 percent of native bees hibernate in cavities in these friendly garden standing stems. Finally, as the earth settles into winter, these tall forms against the flattened garden will add a touch of elegance and artistry. If you’re wondering when *is* the right time to cut back these stems, most horticulturalists recommend patience until the spring soil temperatures are regularly around 50°F.

4. DRINKS ALL AROUND

Perhaps, like me, you've noticed an increase in the dying conifers in our neighborhoods—those tall and once elegant pines, firs, and spruce. One likely cause is, no surprise, the rising temperatures. Conifers need sufficient water, particularly in the fall. Without well-watered roots they'll turn brown and die—it seems overnight! Once you've collected the blanket of leaves and left some of nature's standing foliage and brush piles, you're ready to give your garden and lawn a deep watering. Don't rush. There's lots of time. Rather than turning on your entire sprinkler system, you might simply arrange a hose in a particular flowerbed or under your small grove of trees. Set a timer, and let those roots enjoy a long, deep drink. (Sometimes I imagine I can hear the roots of my holly sigh with pleasure when I do this late-season watering.)



A Few Other September Suggestions

- ◆ If you have a pond, spread netting over the water. (I use the tall shepherd hooks to support the netting.) This will keep most of the leaves from falling into the water. But leave 3–4 inches of opening between the netting and the ground so birds and small critters can slip under the netting and get to the water.
- ◆ If you feed the birds, now's the time to clean the feeders and dump old nests out of your birdhouses. (Wear a mask and gloves. The dust can be nasty.)
- ◆ Re-examine the placement of your birdhouses. Consider whether there is sufficient shade in summer to keep the hatchlings cool. Is the opening away from prevailing winds and rain? You may want to move or replace some of your birdhouses in preparation for new nests in the spring.

Our gardens can do their part to improve the environment by:

- ◆ Filtering rainwater through the stable, secure garden soil.
- ◆ Provide habitat for small creatures, particularly the pollinators.
- ◆ Reduce carbon dioxide in the atmosphere.
- ◆ Feed us all: humans, birds, animals, and insects.



The “Have-it-All” Character Home

By Lisa J. Gotto

Everything a classic home should be and so much more, this pre-war beauty was built in 1941 and has been meticulously maintained and architecturally updated to provide its owners with the best of two worlds: a seamless mix of classic charm and modern convenience.

Located in Murray Hill, this home offers tremendous curb appeal with its solid brick exterior, arch-style front door, sloped-roof entry detail, and extensive hardscaping.

Other details begin in the entry with its wall of built-ins and the beginnings of all the enhanced trim and molding treatments highlighted throughout the home. Warm-toned, classic hardwoods flow throughout the large living room just past the entry and one of two home offices on the left.

Primary Structure Built: 1941

Sold For: \$1,500,000

Original List Price: \$1,500,000

Bedrooms: 3

Baths: 1 Full, 2 Half

Living Space: 2,672 Sq. Ft.

Lot Size: .18 acres

The step-down living room features a gorgeous Federal-style fireplace and accent windows with crosshatch grills. This room flows under a large, curved arch to the formal dining room that features three, bow-style casement windows providing a wealth of natural light. A handsome set of pivot doors provide entry into this home’s custom kitchen and great room.

The kitchen is a great gathering spot with flow around its central island topped with dark granite and fitted with a cooktop and breakfast seating for two. Light wood cabinetry blends effortlessly with the room’s neutral tile floors, and an all-stainless-steel appliance package.

Hosts will have ample access to their guests in the adjoining great room. This engaging gathering space is highlighted with a curved wall of casement windows and offers access to the property’s beautifully envisioned hardscape and outdoor living area with courtyard, pond feature, and gardens.

The main level of the home also offers a lovely family room with custom built-ins.

Upstairs, the home’s primary suite is large, light, and bright. Warm hardwood floors continue here and lead into an exquisite owner’s bath with rustic, Tuscan appeal. Amber tile and granite vanity tops are balanced by all white cabinetry and the abundant natural light from a series of large windows lining the tub wall. A deep, jetted garden tub and a large, glass shower complete the relaxing spa-like experience.





This floor also features an additional bedroom for guests and an amazing home office with French doors opening to private, second floor deck overlooking the backyard and the property's beautiful hardscaping.

A lower-level gym and an additional powder room complete the package for this "has-it-all" character home.

"My clients had been looking in Murray Hill and when I saw this come on the market, I thought it would be perfect for them," said Buyers' Agent, Reid Buckley. "They appreciate the care the owners have taken and are delighted to be within walking distance of downtown."

Listing Agent: Alex Tower Sears, TTR | Sotheby's International Realty, 209 Main St., Annapolis, m. 443-254-5661, o. 410-280-5600, alextowersears@gmail.com, ttrsir.com
Buyers' Agent: Reid Buckley, The Mr. Waterfront Team of Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org

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Health & Beauty

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86 10 MOVES TO INCLUDE IN YOUR EMOM WORKOUT

**What Does
a Color
Analysis
Look At?**

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Debunking Berberine, the So-Called “Natural Ozempic”

By Dylan Roche

The hope for an easy weight loss solution continues, and this time, the focus is on a supplement called berberine, hailed by social media influencers as a natural alternative to Ozempic. While some research shows that supplemental berberine could offer positive benefits, health experts are emphasizing that the title “nature’s Ozempic” isn’t accurate.

Berberine is a compound found in plants that has medicinal uses tracing back millennia to traditional Chinese medicine and the Indian practice Ayurveda, which used it to treat digestive discomfort. Today, people have started using berberine based on claims it can stabilize blood sugar, suppress appetite, and promote weight loss.

But Harvard Medical School points to this as an example of why we shouldn’t look to social media for “so-called health advice”—because although these claims

sound great, there’s no science to back them up.

Of course, much of the hype around berberine has encouraged researchers to take a closer look at it. The Mayo Clinic notes that studies are currently exploring how berberine could be used to treat diabetes, high cholesterol, and obesity, and Memorial Sloan Kettering Cancer Center points to preliminary data showing it could help with IBS and PCOS.

If you’re taking berberine and find it helps keep your appetite in check or it soothes indigestion, you may be safe to continue taking it—emphasis, of course, on *may*. Just because a supplement is natural doesn’t mean it’s without risk factors. Health experts note that it can still interfere with other medications, so anyone who is supplementing their health routine with berberine should check with their doctor to determine whether it’s safe and, if so, in what amounts.

And until the scientific research says otherwise, don’t expect berberine to be a miracle cure for anything.

**HEALTH EXPERTS
ARE EMPHASIZING
THAT THE TITLE
“NATURE’S OZEMPIC”
ISN’T ACCURATE.**



Color Me Curious

WHAT YOU CAN LEARN FROM A COLOR ANALYSIS

By Dylan Roche

Maybe green just isn't your color. Or yellow makes you look washed out. But how are you supposed to know? Figuring out the colors that look best on you isn't always obvious, even when a friend consistently compliments the way you look in blue or somebody tells you that gold jewelry pairs well with your complexion. Sometimes you just need an expert's opinion.

That's why many people rely on a color analysis, and the Internet age makes it easier than ever to get one done online or find a professional near you who can help. A color analysis determines what colors look best with your skin tone, eye color, hair color, and even your natural lip color. Then you can create a wardrobe that works for you.

WHAT DOES A COLOR ANALYSIS LOOK AT?

Our natural coloring isn't as simple as beige or brown skin, or even blond or brunette hair. Our natural coloring includes:

Undertones: These are subtle colors under the surface of your skin. Your undertones might be cool (hints of blues or pinks) or they might be warm (hints of peach or gold). Cool colors like blue and purple tend to complement cool undertones, whereas warm colors like yellow and orange look good on people with warm undertones.

Intensity: Some coloring can be saturated, meaning they are bright and vibrant, or they can be more muted. This is especially the case in people who have high contrast between hair, skin, and eye colors—for example, a dark complexion with light eyes.

WHAT CAN I EXPECT FROM A COLOR ANALYSIS?

Every color analysis will look different depending on your analyst, but in general, you'll have a chance to:

- ◆ Discuss your personal preferences and goals. If you want to wear pink but it doesn't match your natural coloring, an expert can help you find shades of it or ways to wear it that it will look good on you.

- ◆ Relax and present your natural appearance. Sometimes stress can make our faces flushed, or makeup can affect the way your coloring looks. Going to an analysis as natural and as baseline as possible will render the most accurate results.

- ◆ Sit in natural lighting and wear neutral clothing that won't reflect other colors. This allows an analyst to see your skin, hair, eyes, and lips as they really are, without the interference of other factors.



WHAT CAN I DO WITH MY COLOR ANALYSIS?

Start to build wardrobe confidently with colors you know work for you. If you have fair skin with cool undertones and muted ash blonde hair, your color analyst will likely recommend soft pastel colors and silver or platinum jewelry. On the other hand, if you have brown skin with warm undertones and dark hair, your analyst may encourage vibrant colors and earth tones with bronze or rose gold jewelry.

10 Moves to Include in Your EMOM Workout

By Dylan Roche

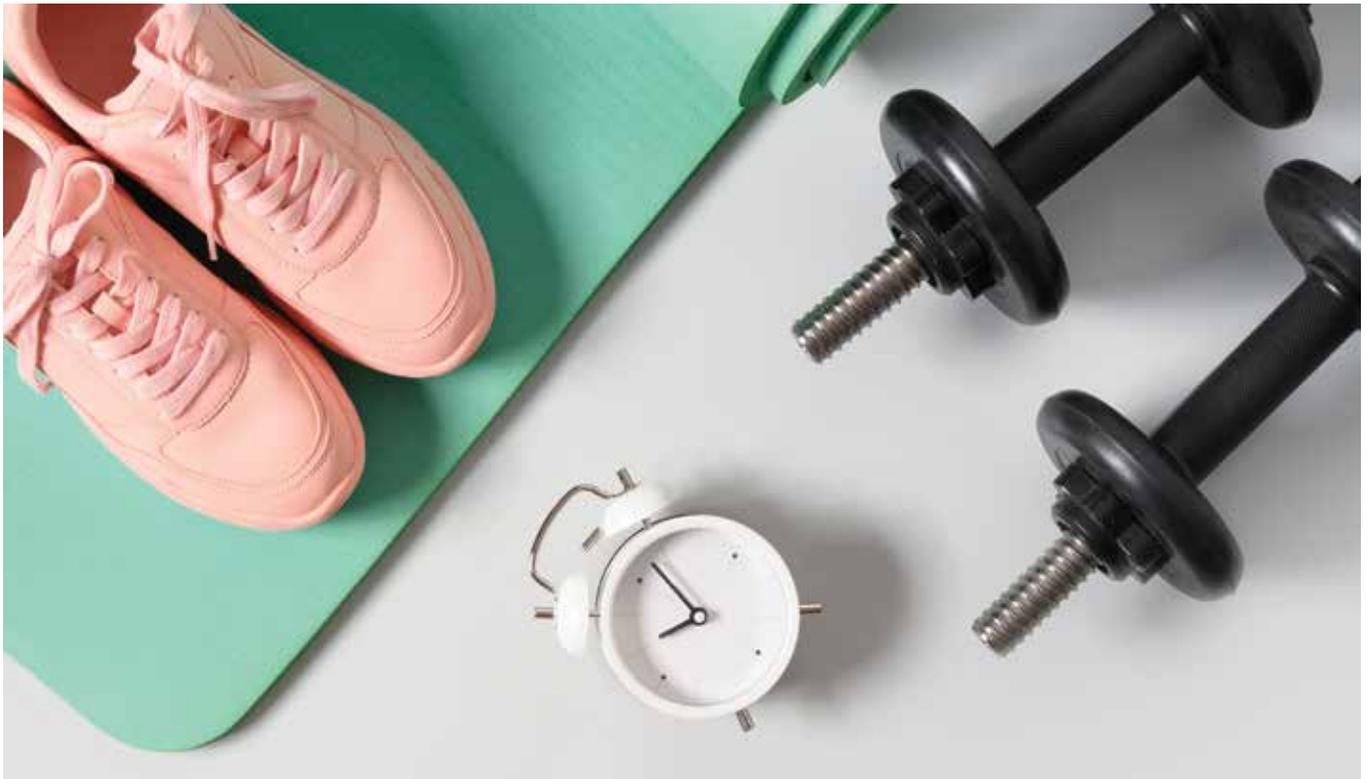
There are a few common reasons people give up on workout routines. They're boring. There's not enough time in the day. They get too challenging too quickly. If you've ever felt this way, you're not alone.

The reality is that the majority of people who set a fitness goal abandon it within the first month—depending on which survey you look at, anywhere between 50 to 90 percent of people!

But EMOM workouts could be the solution to your workout woes and the motivating option that keeps you sticking with your routine.

EMOM might remind you of some other acronym-named workout options, such as HIIT (high-intensity interval training) or AMRAP (as many reps as possible). But where EMOM, short for “every minute, on the minute,” differs is that it doesn't require you to push yourself to the point of exhaustion. Measuring your heart rate in the case of HIIT or repeating a move until fatigue stops you from doing any more in the case of AMRAP are excellent options if you have big goals. But if you just want to stay healthy? EMOM could be more approachable and, therefore, easier to embrace.

Here's how it works: As the name suggests, you begin an exercise at the start of a minute, and as soon as you finish, you have time to rest until the next minute starts. So, you could start a timer for 10 minutes, and every minute you have to do 10 squats or 10 pushups. By the end of 10 minutes, you've done 10 sets of these exercises. You could do a set of the same exercise over and over again for 10 minutes, or you could mix it up and work a different muscle group every minute.





Sounds simple enough, right? The thing you have to remember is that there's no guaranteed rest time between your sets. You have to move quickly, which can up the intensity of the workout. If you finish the set in 30 seconds, you have 30 seconds to rest. Finishing the set of moves in 20 seconds could be a little more challenging, but the tradeoff is you get an extra 10 seconds of rest.

SOME OF THE BENEFITS OF EMOM WORKOUTS ARE:

- ◆ **They're efficient.** Because you're working under a time constraint, you're not going to procrastinate or goof off. This is especially good if you've been putting off a workout because you're busy—you'll be amazed at what you can get done in 10 minutes.
- ◆ **They're adaptable.** You can combine whatever exercises you want to, and you can aim to do as many of each move per minute as you want to aim for. You could do an upper-, lower-, or full-body workout. You could take it easy or go hard.
- ◆ **They're interesting.** No two workout sessions are going to be the same because you're constantly mixing it up.
- ◆ **They're great for measuring progress.** You might notice that it gets easier to do 10 of a certain move in 30 seconds and feel ready to push it up to 15 or 20 of that move.

So, what sort of moves work well in a EMOM workout? Start with this plan below—do an exercise every minute, on the minute, for 10 minutes. Then adapt to your own goals. To build overall strength, add more weight and use fewer reps, or to build endurance, focus on doing more reps faster:

- ◆ 10 dumbbell squats
- ◆ 10 pushups
- ◆ 10 squats
- ◆ 10 bicycle crunches
- ◆ 10 burpees
- ◆ 10 hip thrusts
- ◆ 10 kettlebell swings
- ◆ 10 lunges
- ◆ 20 jumping jacks
- ◆ 20 mountain climbers



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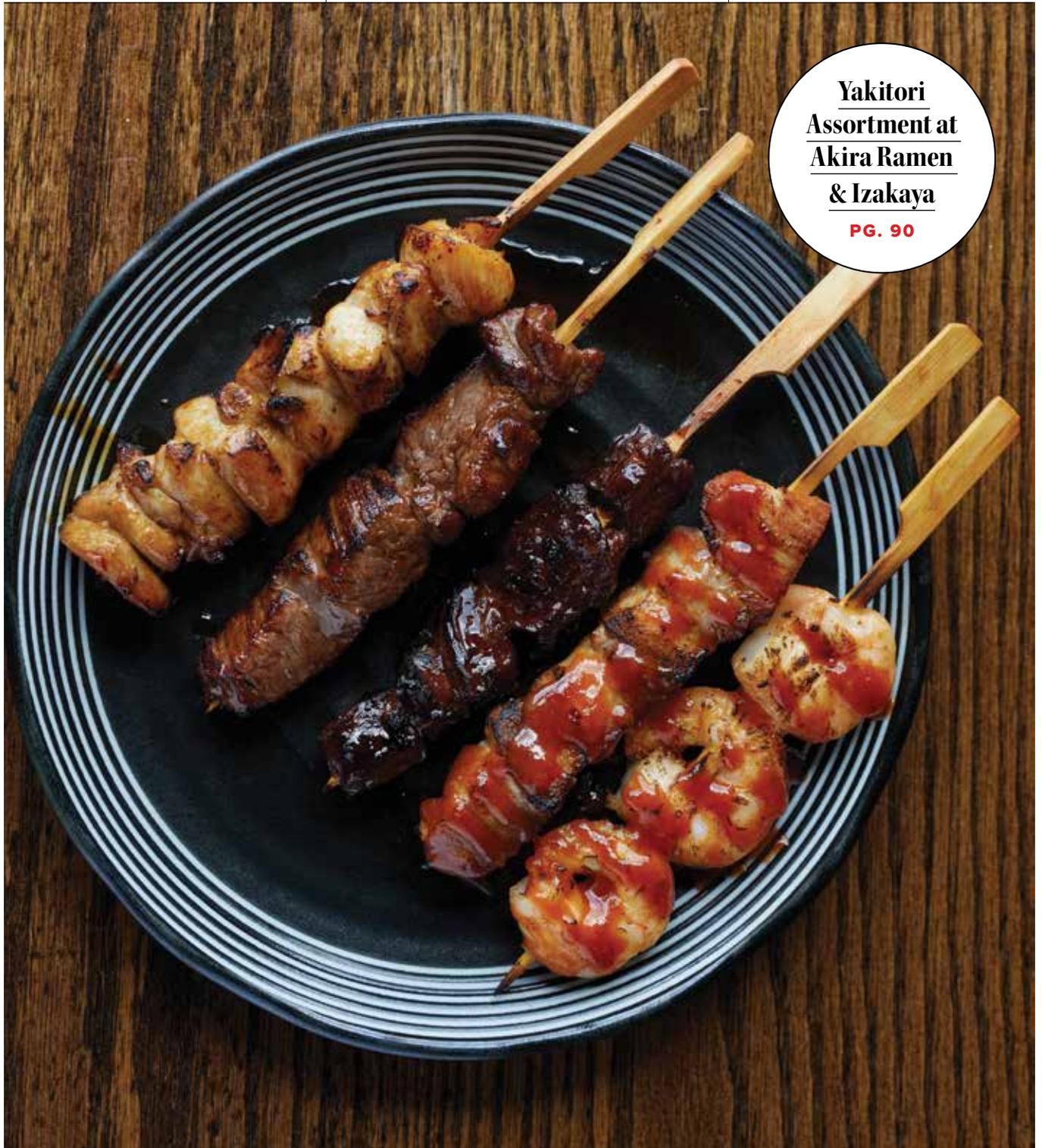
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Yakitori
Assortment at
Akira Ramen
& Izakaya

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Creative Comfort Food

By James Houck

Akira Ramen and Izakaya is a legitimate ethnic dining experience. Very enjoyable, even for first-timers new to ramen cuisine, which is the star of a plentiful Japanese menu. The growing regional chain of Akira restaurants has developed a devoted following that seeks tasty twists on the popular noodle-and-broth dish. But the menu goes much deeper than bowls of ramen, as we learned when visiting the Waugh Chapel location (Gambrills/Crofton) on a warm summer evening.

Located between the behemoth Dick's Sporting Goods and Regal movie theater, Akira still stands out with a modern design and visible signage. A walk through the entrance lands you in front of the hostess for prompt seating. During our visit, the dining room was beginning to fill with eager diners, allowing us the choice between booth seating or stand-alone tables. We chose a booth to squeeze our family of four into. Chestnut-brown wood for tables/chairs are matched to black trim and backing. There are metal lattices and silver/black tilework throughout the space. The pitch-black painted ceiling is juxtaposed to light gray flooring. A semi-open kitchen and separate drink station offer peeks at the activity of your meal's preparation.

**VERY ENJOYABLE,
EVEN FOR FIRST-
TIMERS NEW TO
RAMEN CUISINE.**



AKIRA RAMEN & IZAKAYA

1417 S. Main Chapel Way, Ste. 108, Gambrills;
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The menu is easy to understand with the visual aid of photographs for most dishes. Descriptions help, too, but you'd be wise to pick the brain of your server for detailed explanations and recommendations. Our server was on point and steered each of us toward options that befit our preferences. Real ramen—made with traditional wheat noodles, a selection of broth, and a variety of proteins and vegetables—can seem a touch unnerving when ordering it for the very first time. What exactly *is* good? I'm a rookie, so I needed some help. There are many flavors, ingredients, and combinations to consider. With our server's help, we figured it out.

I opted for Akira's most popular ramen dish, the Akira Volcano Ramen (a spicy option), and my wife chose Shrimp Tempura Ramen (a safe option). Our kids flexed the menu's muscles by ordering a couple sushi rolls (Rainbow and California rolls) and Karaage Don (steamed white rice with fried chicken cutlet and accoutrements). There is much more than ramen from which to choose your dinner adventure.

To warm up our taste buds, we chose several appetizers from the twelve options listed—the Waugh Chapel Crab Dumplings, Vegetable Spring Rolls, and Seaweed Fries. To wash it down, I selected a UCC-brand Oolong Tea; my wife, the Green Tea. Both served in ice cold cans. A nice touch was the carafe of ice water set on our table (replenished often, too).

Each dish came from the kitchen piping hot and, after a few minutes, we started nibbling. The crab dumplings were light pockets of fried dough filled with a cream cheese and crab blend. Simple, tasty. The salty fry of the dumpling was nicely balanced by a delicate sweetness within. The spring rolls were on the mark—crisped

perfectly and holding an appropriate veggie blend inside. The dipping sauce—not unlike an orange duck sauce—offered a dash of sweet tang with each bite. The fries were wide cut and dusted with seaweed flakes. Served with ketchup, they were a hit with the kids but fell flat with the adults.

Then, the stars of dinner arrived. Two large, deep bowls of ramen, well-crafted sushi rolls, and the rice 'n chicken plate. The spread looked good, smelled good, and would prove the kitchen's competence at quick preparation of fresh ingredients that, together, make for comforting, delicious dishes.

Each of us was pleasantly surprised at how hearty a broth-based dish can be. We opted for the pork broth—a foundation on (or rather, in) which curly noodles, fishcake, egg, beansprouts, corn, scallion, bamboo shoots, wood ear, and nori were added. My selection—the Akira Volcano—had chashu (pork), plus the “volcano” red chili oil/spice blend. The Shrimp Tempura bowl came with two large, plump shrimp on the side, both battered in tempura and fried. Eating ramen is authentically accomplished with chopsticks for picking and prodding *and* a chirirenge—a massive wooden spoon for sipping the broth.

I found the experience fun. The chili spice kept me zinging along, but the pace of picking a bite or slurping a spoonful kept the heat in check. The morsels of pork, fishcake, mushroom... you name it, offered a variety of textures. The taste was mostly rich, succulent umami. The tempura shrimp of my better-half's selection was fine accompaniment to this symphony.

Sushi was a complete hit, too. The rolls were tight, made with premium grade short-grain rice, fresh fish, and the expected balance of vegetables (avocado, cucumber). No messing around with these rolls—they were simple and delightful.

The chicken cutlet served over rice was tenderized as one would a paillard (to borrow a term from French technique). Thin and gently battered, the fry on this chicken was perfect. The dish was



rounded out with egg, pickled cucumber, and radish. A curry-based sauce came with it, which gave the entrée a dose of Eastern flavor.

During the evening, our eyes would wonder to a smartly placed “dessert card” on the table that listed the day's offerings, along with their pictures. Among several varieties of cake, there was a version of tiramisu and our choice, the Hokkaido Fromage (cheesecake). We found the slice very light, airy, and less sweet than the American palate is accustomed to. It was a bit of a surprise, but nonetheless suitable for an already filling supper.

Supper—or as one would say in Japanese, “yuushoku”—may be an apt description of the Akira experience. The food is well made, hearty, full of umami flavor. It's comforting. Even on a hot, summer day, a bowlful of ramen soothed the hungry soul.

Savor the Chesapeake

RESTAURANT NEWS AND CULINARY TRENDS THROUGHOUT THE CHESAPEAKE BAY REGION

By Megan Kotelchuck

Our region continues to see new restaurants, bakeries, and more open. And the perfect way to show our support is to eat locally! I have a few new ways for you to do that now!

ON THE DINING SCENE...

Annapolis Town Center recently introduced another eatery. **Tatte Bakery & Cafe** will be taking over the spot formerly home to Brio Tuscan Grille. Tatte is known in Washington, D.C., and Massachusetts for their artisan pastries, breakfast items, and unique cafe atmosphere. In addition to breakfast, Tatte has a quiche menu, salads, shakshuka, bowls, sandwiches, and more. Find a full menu at tattebakery.com.

Broadneck Grill and Cantina ▼ recently celebrated 30 years in the Cape St. Claire community with a party! On July 27th, Broadneck Grill and Cantina's loyal patrons enjoyed live music by 24 Karat, food, drink, and dessert specials all to celebrate one of their community's favorite restaurants. Continue enjoying and supporting the Cantina with dinner tonight! You can also order takeout online at broadneckgrill.com.



Six years ago, owners of **Roberto's Pizza and Italian Restaurant** announced that they would be retiring from the restaurant business after 15 years in Easton. The family has been running an auto repair shop since closing the restaurant, but announced on Facebook at the end of June that they have signed a lease and Roberto's Pizza is coming back! Keep an eye on their Facebook page, facebook.com/robertospizza2, for updates about their new location at 8168 Elliott Road, Easton.

Rhonda and Glenn Rogers, the owners of **Nothing Bundt Cake** in Annapolis, have opened their second location. Now we can enjoy the unique flavors of bundt cakes and bundtinis at the Waugh Chapel Towne Centre in Gambrills. Grab a cake for any occasion at nothingbundtcakes.com.

Moby Dick House of Kabob recently opened a new location in Annapolis at 2496 Riva Road. Be sure to stop in and enjoy their salads, sandwiches, and, of course, kabobs. The Annapolis location is Moby Dick's 31st within Maryland, Virginia, and Washington, D.C. Find a full menu, hours, and even more locations at mobyskabob.com.

At the beginning of August, **Melting Pot** in Annapolis launched a brand-new Fondue Happy Hour. This happy hour features half-priced cheese and chocolate fondue favorites from 5 to 7 p.m. Monday through Friday at the bar. It's fondue o'clock somewhere, right? Find more information at meltingpot.com/annapolis-md.

At the end of June, **Lasang Pinoy** celebrated their first year of business! Lasang Pinoy offers Philippine cuisine in Annapolis with dishes such as pancit, whole red snapper, turon, smoothies, and so much more. You can support Lasang Pinoy at the Annapolis Mall! Find a full menu at lasangpinoyllc.com.



STAR INGREDIENT:

Coconut

Thanks to its prosperous cultivation in tropical cultures, coconut is one of those foods you just can't help associating with warm weather, pool-side retreats, and beach vacations. Hey, it's even an indulgence you can feel good about. Coconut has been hailed as good for your heart and, as an alternative to butter, it's said to potentially be able to help you lose weight. Ready to find healthy ways of incorporating coconut into your diet during the last of our warmer weather days? Here are a few suggestions:



COCONUT PINEAPPLE SMOOTHIE

Ingredients

- 2 cups frozen pineapple chunks
- 1 banana, peeled and chopped
- 1/4 cup cucumber, peeled and chopped
- 1 cup coconut milk
- 1/4 cup shredded coconut
- 1 teaspoon vanilla extract
- 1 scoop protein powder of choice (optional)

Combine ingredients in a high-power blender and process until smooth. Serve garnished with shredded coconut flakes if desired.

Readers' Dining Guide



Welcome to your regional dining. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email mkotelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

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Always Ice Cream Company
 129A Mitchell's Chance Road, Edgewater; 443-949-8309; always-icecreamcompany.com \$ ●

Bayside Bull
 108 W Central Ave, Edgewater; 410-956-6009; baysidebull.com \$ ●●

The Boathouse
 604 Cabana Blvd, Deale; 410-867-9668; theboathouse-deale.com \$\$\$ ●●●

Cappy's
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Chad's BBQ
 158 W Central Ave, Edgewater; 410-956-7774; chadsbbq.com \$ ●●

Cooper's Tavern
 173 Mitchell's Chance Road, Edgewater; 443-837-6126; coopers-tavern.com \$\$ ●●

Dockside Restaurant & Sports Bar
 421 Deale Road, Tracy's Landing; 410-867-1138; dockside-restaurantmd.com \$\$\$ ●●●●

Edgewater Restaurant
 148 Mayo Road, Edgewater; 410-956-3202; edgewater-restaurant.com \$\$ ●●

Happy Harbor Waterfront Restaurant and Bar
 533 Deale Road, Deale; 410-867-0949; happyharbor-deale.com \$\$\$ ●●●●

Harper's Waterfront Restaurant
 1107 Turkey Point Road, Edgewater; 410-798-8338; harperswaterfront.com \$\$\$, Reservation Only ●●●●

Harvest Thyme Tavern
 1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com \$\$\$ ●●

Jesse Jays
 584 West Central Avenue, Davidsonville; 240-903-8100; jessejays.com \$ ●●●

Killarney House
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Lemongrass South River
 3059 Solomons Island Road, Edgewater; 443-221-7693 \$ \$ ●●

Mike's Crab House
 3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com \$ \$ ●●●

Petie Greens
 6103 Drum Point Rd. Deale; 410-867-1488; petiegreens.com \$ \$ ●●●

The Pier Waterfront Bar & Grill
 48 South River Road, Edgewater; 443-837-6057; thepierwaterfrontbarandgrill.com \$ \$ ●●●●●

Pirate's Cove Restaurant and Dock Bar
 4817 Riverside Drive, Galesville; 410-867-2300; piratescove-md.com \$ \$ ●●●●

Sandy Pony Donuts
 620 East Bayfront Road, Deale; 301-325-8783; sandyponydonuts.com \$ ●

Senor's Chile
 105 Mayo Road, Edgewater; 410-216-2687; senorschile.com \$ \$ ●●

Skipper's Pier Restaurant & Dock Bar
 6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com \$ \$ ●●●●

South County Café
 5960 Deale Churchton Road, Deale; 410-867-6450; southcountycafe.com \$ ●

Stan and Joe's Riverside
 4851 Riverside Drive, Galesville; 410-867-7200; stanandjoesaloon.com \$ \$ ●●●●

West River Pit BBQ
 5544 Muddy Creek Road, West River; 443-223-9956; westriverpit.com \$ ●

Yellowfin Steak & Fishhouse
 2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com \$ \$ ●●●●

West and North Anne Arundel & Beyond

Akira Ramen Izakaya
 1417 S Main Chapel Way Suite 108; 301-968-2182; akiraramenizakaya.com \$ ●

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 1660 Crain Highway South, Glen Burnie; 410-761-1500; arturostrattoria.com \$ \$ ●●

Ashling Kitchen and Bar
 1286 Route 3 Suite 3, Crofton; 443-332-6100; ashlingco.com \$ \$ ●●●

The Big Bean
 558 B&A Boulevard, Severna Park; 410-384-7744; thebigbean.com \$ ● Grab and Go Daily Breakfast

Blackwall Barn and Lodge
 329 Gambrills Road, Gambrills; 410-317-2276; barnandlodge.com \$ \$ ●●●●●

Blue Rooster Café
 1372 Cape St Claire Road, Annapolis; 410-757-5232; gotoroosters.com \$ ●●

Brian Boru Restaurant and Pub
 489 Ritchie Highway, Severna Park; 410-975-2678; brianboru-pub.com \$ \$ ●●●●

The Beach Bar
 1750 Marley Avenue, Glen Burnie; 410-553-0600; Facebook \$ ●●●● Seasonal

Bean Rush Café
 1015 Generals Highway, Crownsville; 410-923-1546; beanrushcafe.com \$ ● Daily Breakfast

Broadneck Grill and Cantina
 1364 Cape St Claire Road, Annapolis; 410-757-0002; broadneckgrill.com \$ \$ ●●

Cantina Mamma Lucia
 1350 Dorsey Road, Hanover; 410-684-2900; cantinamammalucia.com \$ \$, Beer and Wine, Family Friendly

Crabtowne USA
 1500 Crain Hwy S, Glen Burnie; 410-761-6118; Crab-towne.com \$ \$ ●●

Crafty Crab
 7000 Arundel Mills Cir, Hanover; 443-820-3870; crafty-crabhanover.com \$ \$ ●●

Crazy Crab
 805 Aquahart Road, Glen Burnie; 401-777-9699; crazycrab.us \$ \$ ● All you can eat, a la carte options

Donnelly's Dockside
1050 Deep Creek Ave, Arnold; 410-757-4045; donnellysdockside.com \$\$\$ ●●●

Eggspectation
2402 Brandermill Blvd, Gambrills; 443-292-4181; eggsspectation.com \$\$\$ ●●●

Founder's Tavern & Grill
8125 Ritchie Highway, Pasadena; 410-544-0076; founderstavernandgrille.com \$\$\$ ●●●

Frisco Taphouse
2406 Brandermill Blvd, Gambrills; 443-292-4075; friscotaphouse.com \$\$\$ ●●●

Galliano Italian Restaurant
2630 Chapel Lake Drive; 410-721-5522; Gallianoitalianrestaurant.com \$\$\$ ●●●

Garten
849 Baltimore Annapolis Blvd, Severna Park; 443-261-3905; garten-eats.com \$\$\$ ●●●

Greene Turtle
1407 S Main Chapel Way STE 113, Gambrills; 410-702-9896; thegreeneturtle.com \$\$\$ ●●●

Grumps Cafe
2299 Johns Hopkins Road, Crofton; 443-292-4397; grumpscafe.com \$ ●●

The Hideaway
1439 Odenton Road, Odenton; 410-874-7300; hideawayodenton.com \$\$\$ ●●●

Hunan L'Rose
1131 Annapolis Road, Odenton; 410-672-2928 \$ ●

The Irish Pub Next Door
4594 Mountain Road, Pasadena; 410-702-2918; theirishpub-nextdoor.com \$\$\$ ●●●

Lemongrass Arnold
959 Ritchie Highway, Arnold; 410-518-6990; lemongrassannapolis.com \$\$\$ ●●●

Lime & Salt
8395 Piney Orchard Parkway, Odenton; 410-874-6277; limeandsalt.co \$\$\$ ●●●

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

Molloy's Irish Pub & Restaurant
1053 Route 3 North, Gambrills; 410-451-4222; molloyirishpub.com \$\$\$ ●●●

Mod Pizza
1350 Main Chapel Way, Gambrills; 443-494-5949; modpizza.com \$ ●●

O'Loughlin's Restaurant and Pub
1258 Bay Dale Drive, Arnold; 410-349-0200; oloughlinspub.com \$ ●●●

Pappas Restaurant & Sports Bar
6713 Ritchie Highway, Glen Burnie; 401-766-3713; cm-casella5/wixsite.com/glenburniepappas \$\$\$ ●●●

Pitaya Mexican Restaurant
497 Ritchie Highway, #2d, Severna Park; 410-421-8044; pitayamexicanrestaurant.com \$\$\$ ●●●

The Point Crab House & Grill
700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com \$\$\$ ●●●

Ram's Head Dockside
1702 Furnace Drive, Glen Burnie; 410-590-2280; ramshaddockside.com \$\$\$ ●●●

The Rangoli Restaurant
7791-C Arundel Mills Blvd, Hanover; 410-799-5650; therangolirestaurant.com \$\$\$ ●●●

The Rumor Reel Restaurant
1701 Poplar Ridge Road, Pasadena; 443-702-2188; therumorreelpasadena.com \$\$\$ ●●●

Sam & Maggie's Dockside Grill
1575 Fairview Beach Road, Pasadena; 410-360-9526; samandmaggies.com \$\$\$ ●●● Seasonal

The Seaside Restaurant
224 Crain Highway N, Glen Burnie; 410-760-2200; theseasiderestaurant.com \$\$\$ ●●●

Senor's Chile Café
594 Benfield Boulevard, Severna Park; 410-431-3000; sensorschile.com \$\$\$ ●●●

Senor's Chile Cantina
1264 Bay Dale Drive, Arnold; 410-421-1010; sensorschile.com \$\$\$ ●●●

The Social
139 Ritchie Highway Suite A, Severna Park; 410-544-2457; thesocialsp.com \$\$\$ ●●●

Sofi's Crepes
560 Baltimore Annapolis Boulevard, Severna Park; 410-647-6300; sofiscrepes.com \$\$\$ ●●●

Timbuktu Restaurant
1726 Dorsey Road, Hanover; 410-796-0733; timbukturestaurant.com \$\$\$ ●●●

Prince George's County

Amber Spice
13524 Baltimore Avenue, Laurel; 301-477-4828; amberspicemd.com \$\$\$ ●●●

BLVCK Cow
6133 Highbridge Road, Bowie; 301-798-7195; blvckcow.com \$\$\$ ●●●

Bobby McKey's Dueling Piano Bar
172 Fleet Street, National Harbor; 301-602-2209; bobbymckey.com \$\$\$ ●●●

Bond 45
149 Waterfront Street, National Harbor; 301-839-1445; bond45nh.com \$\$\$ ●●●

Busboys and Poets
5331 Baltimore Avenue, Hyattsville; 301-779-2787; busboysandpoets.com \$\$\$ ●●●

The Common
Inside College Park Marriott Hotel and Conference Center; 301-985-7326; marriott.com \$\$\$ ●●●

Crafty Crab
6800 Race Track Road, Bowie; 240-245-3715; crafty-crabrestaurant.com \$\$\$ ●●●

Fiorella Italian Kitchen & Pizzeria
152 National Plaza, National Harbor; 301-839-1811; fiorellapizzeria.com \$\$\$ ●●●

First Watch
15471 Excelsior Drive, Bowie; 301-352-3447; firstwatch.com \$ ●●

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6451 America Blvd Suite 101, Hyattsville; hunchohouse.com \$\$\$ ●●●

The Irish Whisper
177 Fleet Street, Oxon Hill; 301-909-8859; theirishwhispernh.com \$\$\$ ●●●

KitchenCray Cafe
4601 Presidents Drive, Lanham; 301-577-1425; kitchen-cray.com \$\$\$ ●●●

Looney's Pub
8150 Baltimore Avenue, College Park; 240-542-4510; looneypubmd.com \$\$\$ ●●●

Mad Cow Grill
310 Domer Avenue, Laurel; 301-725-7025; madcowgrill.com \$\$\$ ●●●

Milk & Honey Café
12500 Fairwood Parkway, Bowie; 240-260-3141; milknhoneycafe.com \$\$\$ ●●●

Portum
6400 Oxon Hill Road, National Harbor; 240-493-1003; portumnationalharbor.com \$\$\$ ●●●

Public House
199 Fleet Street, National Harbor; 240-493-612; public-housenationalharbor.com \$\$\$ ●●●

Red Hot & Blue
677 Main Street, Laurel; 301-953-1943; redhotandblue.com \$\$\$ ●●●

Redstone American Grill
186 Waterfront Street, National Harbor; 301-567-8900; redstonegrill.com \$\$\$ ●●●

Rip's Country Inn
3809 Crain Highway, Bowie; 301-804-5900; ripscountryinn.com \$ ●●●

Rosa Mexicano
153 Waterfront Street, National Harbor; 301-567-1005; rosamexicano.com \$\$\$ ●●●

Ruby's Southern Comfort Kitchen
14207 Old Annapolis Road, Bowie; 240-260-3989; rubys-bowie.com \$\$\$ ●●●

SoBe Restaurant and Lounge
10621 Greenbelt Road, Greenbelt; 240-334-2819; soberrestaurantandlounge.com \$\$\$ ●●●

Succotash
186 Waterfront Street, National Harbor; 301-567-8900; succotashrestaurant.com \$\$\$ ●●●

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Inside MGM National Harbor; 301-971-6060; mgmnationalharbor.com \$\$\$ ●●● Locally Sourced

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Where's Wilma?

FIND WILMA AND WIN!

September has arrived and with it, the beginning of autumn. Our favorite flyer, Wilma, is happily visiting towns across the Bay region to enjoy local football games, boutique shopping, and seasonal fare at quaint restaurants. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Linda M. of Odenton, who won a \$50 gift certificate to a local business.

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Entries must be received by September 30, 2024. 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. **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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