

WHAT'S UP? **CENTRAL**

SERVING ANNE ARUNDEL &
PRINCE GEORGE'S COUNTIES

Maryland



Chesapeake Dinner Table

Coveted Recipes with
the Bay's Bounty

PURRFECT PETS!

Reader Photo
Contest Winners

**BEST HOLIDAY
PARTIES!**

All for Great
Causes

**WILD WEEKENDS
AHEAD**

Waterfowl Festival,
Bay Bridge
Run & More!

+

**THE HEARTBEAT
OF HEALTHCARE!**
Excellence in
Nursing 2024
Honorees

WHAT'S UP? MEDIA NOV/DEC 2024

\$4.95

11>

0 74820 08344 4

Experience Extraordinary

What is an extraordinary education?



ACADEMIC EXCELLENCE

Guided by exceptional faculty, our students experience a rigorous, innovative curriculum using a project-based approach to learning.

DEDICATED COMMUNITY

Fun, diverse and committed to student well-being and academic success. That's the portrait of a Key School family.

EXCEPTIONAL OUTCOMES

Key fosters critical thinking, creativity and independence, empowering students to become resourceful, thriving graduates.

RECOGNIZING EXTRAORDINARY

Key School now offers merit scholarships to recruit talented students (grades 6-12) who demonstrate academic, athletic, artistic, and/or leadership promise!



Best Private
K-12 Schools

- #1 Private High School in Anne Arundel County
- #1 Private K-12 School in Anne Arundel County
- #6 Private K-12 School in Maryland

READ MORE



See what our families and graduates have to say about Key!

PLAN YOUR VISIT



Experience extraordinary for yourself. Attend one of our fall admission events or schedule a private tour of campus today!

30 years of Trustworthy Expertise.

At Djawdan Center for Implant and Restorative Dentistry, we're not just experts: we're pioneers in transforming smiles and lives. Our Board-Certified doctor brings specialized expertise in diagnosing and treating intricate prosthetic and implant challenges. Whether you need dental implants, full arch restorations, or advanced cosmetic and restorative dentistry, our team is equipped to provide top-tier patient care at the forefront of dental innovation.



American Board of
Oral Implantology

Dr. Kian Djawdan (pronounced jav-dan) has devoted his practice to helping adult patients with complex dental problems. We have created a unique dental practice where adult patients with complex dental problems can have all of their treatment completed in one office with one dentist. Dr. Djawdan is Board Certified by the American Board of Implantology/Implant Dentistry and is considered an Expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical or restorative dental procedure.

Call or Text 410-266-7645 Now
to Schedule Your Judgement Free (No Fee) Consultation

- ✓ *Decades of Specialized Experience*
Our 30-year legacy ensures that you'll enjoy stellar care and beautiful results from the hands of a seasoned expert.
- ✓ *Board-Certified Precision*
As a Board-Certified specialist, Dr. Djawdan possesses the profound knowledge and skill required to handle the most complex dental cases.
- ✓ *Integrated Dental Solutions*
Our ability to handle all aspects of your treatment ensures seamless coordination over fewer visits, more consistent care and superior results.
- ✓ *Advanced Sedation Options*
Experience anxiety-free procedures with our comprehensive sedation options, tailored to your comfort and specific needs.

Djawdan Center
for Implant and Restorative Dentistry
Restoring Hope & Confidence

133 Defense Hwy, Suite 210
Annapolis, Maryland 21401

410.266.7645

www.smileannapolis.com



Our Professional
Training & Dental
Credentials



GRADUATE
KOIS CENTER



Contents



NOVEMBER/DECEMBER 2024

◀ **On the Cover:** We share traditional and unique holiday recipes from local restaurants/chefs. Design by Lauren Ropel. Photography by Stephen Buchanan. *What's Up? Central Maryland* online at whatsupmag.com. ♻️ Please recycle this magazine.

Arts & Culture

8 Events highlight special celebrations and activities to enjoy this month BY MEGAN KOTELCHUCK

14 Arts covers local exhibitions, artists, galleries, and museums

15 Theater covers upcoming plays, performers, and venues

16 Social showcases photographs of recent charity events

18 Business & Community 18 local business and community news

20 Education profiles local student athletes, performers, and programs



◀ **49 Our Beloved Pets** presents the winning photographs, plus a few favorites, of our annual readers' pet photography contest

Home & Garden

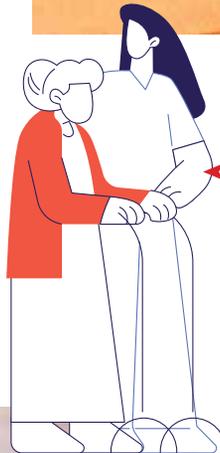
54 Interior: Dinner is Served... explores myriad customizations, accessories, and décor within the dining room BY LISA J. GOTTO

58 Garden: Between the Leaves offers twelve books worth gifting to your resident green thumb this holiday season BY JANICE F. BOOTH

60 Severn Style & Splendor offers an insider look to this \$2.8 million custom-built home on a wooded lot with views of the river BY LISA J. GOTTO

62 Traditional with Upgraded Twists profiles a charming, estate-style property with access to all the amenities of waterfront living BY LISA J. GOTTO

Features



◀ **24 Excellence in Nursing** names more than 100 exceptional nurses in 17 nursing specialties, all voted by their peers into the 2024 class!

34 Save the Date! Our winter/spring philanthropic calendar has something for everyone; all great events for great causes!

39 Chesapeake Holiday Dinner Table features eight magnificent recipes with photos of dishes shared by local restaurants, chefs, and caterers



8



39



54

Meet some of our staff's favorite four legged friends!

WHAT'S UP? CENTRAL **maryland**

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Raymond (x1115)



Gingerbell



Tucker

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice Booth, Tom Worgo

Staff Photographers

Tony Lewis, Jr.

Contributing Photographers

Nima Mohammadi/ReCreative Photography,

ShowingTime Plus,

Stephen Buchanan



Piccola

Art Director

August Schwartz (x1119)

Graphic Designers

Matt D'Adamo (x1117), Lauren Ropel (x1123)

Web Content Specialist

Arden Haley

Production Coordinator

Amanda Stepka

Marketing and Social Media Specialist

Maria Dimalanta



Scout, Scrappy, and Kilo



Mango

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Beth Kuhl (x1112), Nina Peake (x1106),

Michelle Roe (x1113)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)



Otis

WHATSUPMAG.COM



What's Up? Central Maryland is published by What's Up? Media 201 Defense Highway, Suite 203, Annapolis, MD 21401, 410-266-6287, Fax: 410-224-4308.

No part of this magazine may be reproduced in any form without express written consent of the publisher. Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 20,250 copies with an estimated readership of 60,855; 19,526 copies are mailed free to households in the Central Maryland area, with additional magazines distributed to waiting rooms and local hotels throughout Central Maryland. ©2024 What's Up? Media. **Home Grown, Locally Owned: This issue of What's Up? Central Maryland employs more than 25 local residents.**

DISCOVER THE

CREEK!

Indian Creek School is the premier **Pre-K - Grade 12** independent school in the Annapolis area where **kindness** is currency, **well-being** is priority, and **excellence** in education is relentlessly pursued.



INDIAN CREEK SCHOOL

FALL OPEN HOUSE EVENTS:

Lower School
(PK-Grade 5)
Thursday, November 21
9:00 - 10:30 a.m.

Middle School
(Grades 6-8)
Thursday, November 14
9:00 - 10:30 a.m.

Upper School
(Grades 9-12)
Thursday, November 7
& Thursday, December 5
6:00 - 7:30 p.m.

Join us for an Open House or schedule a personal tour of our beautiful 114-acre campus, just minutes from Annapolis: admission@indiancreekschool.org

indiancreekschool.org

Contents

COMING UP IN JANUARY/FEBRUARY 2025

Private School Guide, Maryland's Poet Laureates,
The Blue Catfish Puzzle

Health & Beauty

BY DYLAN ROCHE

- 66 Temp Check
- 67 The Color Black: A Safe Fashion Choice
- 68 Colostrum Trend
- 70 7 Big Skincare Mistakes
- 71 Virtual Reality Therapy



Food & Dining

◀ **74 Classics Rule the Roost** is our dining review of Hunan L’Rose in Odenton BY JAMES HOUCK

76 Readers’ Dining Guide features local restaurant listings for your consideration

In Every Issue

80 Where’s Wilma? Find the *What’s Up?* Media mascot and win

From the EDITOR

They’re our neighbors, they’re our friends, they’re confidants, worker bees, caretakers, lifesavers. Nurses. They are—as our cover states—the heart-beat of healthcare. You probably know someone working in healthcare; perhaps you personally know a nurse. You’ve probably gotten to know a few by name. After all, when we visit the doctor’s office or hospital, in good times or worse, nurses are on the frontlines greeting and treating us.

In this issue we honor more than 100 exemplary nurses in our region. They were nominated by their nursing peers as shining individuals within their hospital, practice, or organization. I hope you enjoy reading the endearing comments that nurses shared about each other in this year’s class of “Excellence in Nursing” honors.

We have plenty more in this issue—lots of holiday content, for sure. Recipes that call on tradition and local ingredients in “Chesapeake Holiday Dinner Table.” Festivities that bring communities together. The winter-through-spring guide to philanthropic events. Gift giving ideas, and even reader-curated content (check out “Our Beloved Pets” and the “Readers’ Restaurant Reviews”).



**THE AIR IS COOL, THE LEAVES HAVE
TURNED. THE HOLIDAYS ARE COMING.
BE WELL AND ENJOY THE SEASON.**

A handwritten signature in black ink, appearing to read 'James'.

Expert of the Month



Kathleen Webster

Kathleen A. Webster, ChFC®
Wye Financial Partners



Kathy Webster is a Chartered Financial Consultant ChFC® and LPL Financial Advisor at Wye Financial Partners, a division of Shore United Bank N.A. Her 33 years of experience in investment management, financial planning, and risk management solutions helps guide her clients every day. Webster explains the complex topic of Roth conversions.

What is a Roth conversion?

A Roth conversion involves taking pre-tax retirement dollars in an IRA or 401(k) and moving them to an after-tax Roth IRA. The downside is that taxes are due in the year of conversion, while the upside is that once the funds are in the Roth, withdrawals are tax-free (after age 59½ and 5 years). The potential growth after conversion is tax-free! Converting to a Roth can be a great way to benefit from historically low tax rates, create tax diversification, and minimize taxes for your heirs. The SECURE Act of 2019 eliminated the ability of non-spouse beneficiaries to stretch distributions from inherited IRAs over their life expectancy. Heirs are now required to deplete funds within 10 years, creating a possible tax bill. Funds inherited in a Roth still must be depleted in 10 years. However, distributions are tax-free.

Who should consider a Roth conversion?

If you have significant assets in pre-tax accounts, it can create a tax burden in retirement. Depending on your birth year, you must start taking Required Minimum Distributions (RMDs) at age 73 or 75. Large RMDs can lead to a higher tax bracket and increased Medicare premiums. Consider a Roth conversion after you retire and before you reach the RMD age. This allows for smaller amounts to be converted over several years, reducing the tax impact. Ideally, the taxes due on the conversion are paid from savings outside the retirement account, allowing as much tax-free growth as possible in the Roth.

How do I know if a Roth conversion is right for me?

Deciding to convert to a Roth requires a comprehensive look at your financial picture. Work with your financial advisor to review your retirement income and goals. Then contact a tax professional to help alleviate any tax consequences. Don't leave your financial future to chance; reach out today!

Traditional IRA account owners have considerations to make before performing a Roth IRA conversion. These primarily include income tax consequences on the converted amount in the year of conversion, withdrawal limitations from a Roth IRA, and income limitations for future contributions to a Roth IRA. In addition, if you are required to take a required minimum distribution (RMD) in the year you convert, you must do so before converting to a Roth IRA. This information is not intended as tax or legal advice, so always consult a tax or legal professional.

Kathleen A. Webster, ChFC® | Wye Financial Partners
LPL Financial Advisor
3035 Leonardtown Road | Waldorf, MD 20601
800-309-8124 | www.wyefinancialpartners.com

Securities and advisory services are offered through LPL Financial (LPL), a registered investment advisor and broker-dealer (member FINRA and SIPC). Insurance products are offered through LPL or its licensed affiliates. Shore United Bank N.A. and Wye Financial Partners **are not** registered as a broker-dealer or investment advisor. Registered representatives of LPL offer products and services using Wye Financial Partners and may also be employees of Shore United Bank N.A. These products and services are being offered through LPL or its affiliates, which are separate entities from, and not affiliates of Shore United Bank N.A. or Wye Financial Partners. Securities and insurance offered through LPL, or its affiliates are: **Not Insured by FDIC or Any Other Government Agency | Not Bank Guaranteed | Not Bank Deposits or Obligations | May Lose Value.**



UNHASSLE THE HOLIDAYS



Scan for our
Holiday
Gift Guide!

What's the secret to hassle-free holidays? The answer is simple. The Village at Waugh Chapel is your go-to destination with everything you need—gifts, groceries, great looks and more. Choose convenience and ring in a stress-free holiday season here.



**THE
VILLAGE**
AT WAUGH CHAPEL

Safeway • Marshalls • HomeGoods • LA Fitness • For our store directory please visit shopwaughchapel.com

or follow us on  for more information.

Arts & Culture

8 EVENTS

14 ARTS

15 THEATER

16 SOCIAL

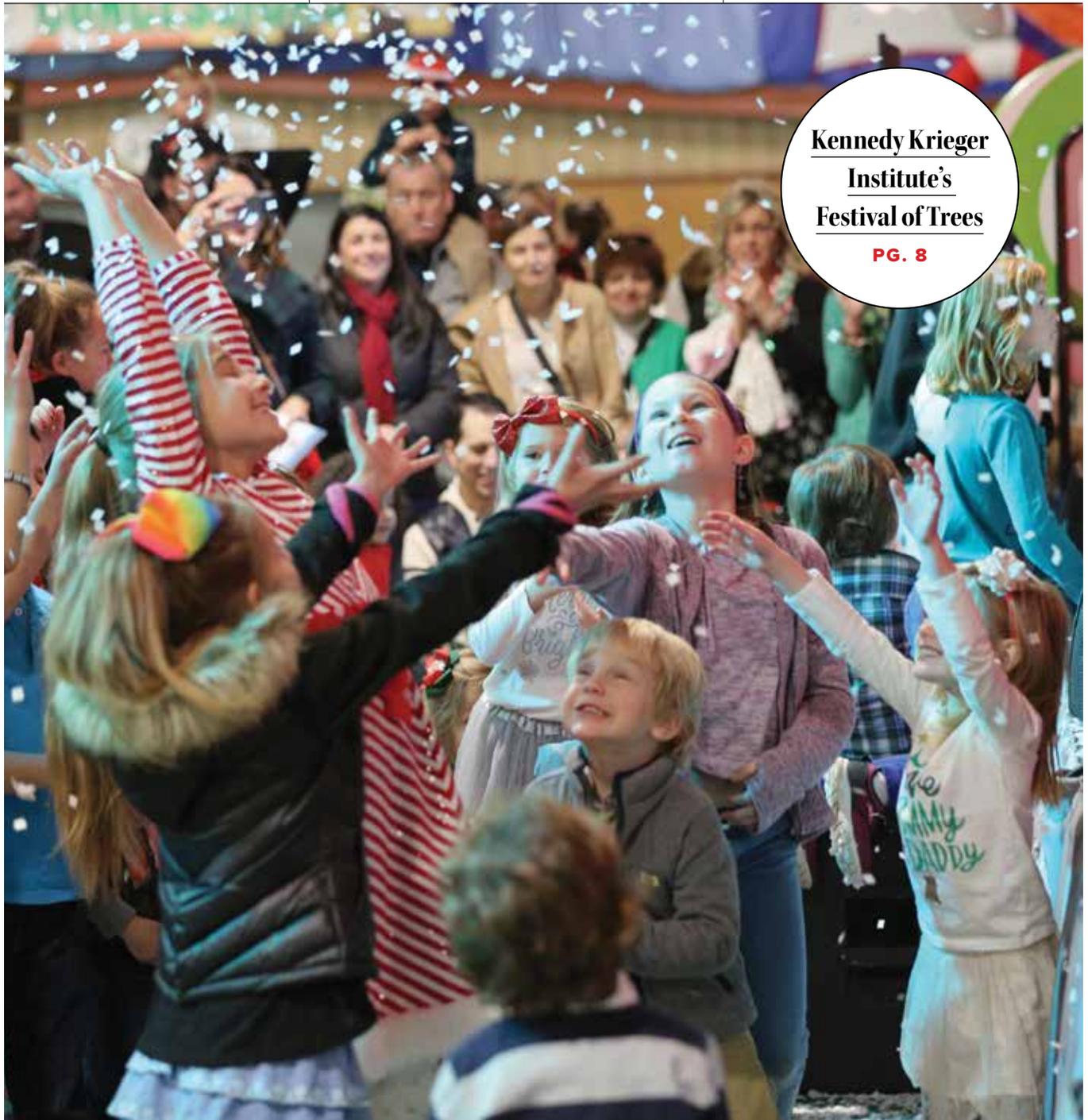
18 BUSINESS & COMMUNITY

20 EDUCATION

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

**Kennedy Krieger
Institute's
Festival of Trees**

PG. 8



50TH ANNUAL MARYLAND IRISH FESTIVAL

Celebrate Irish culture with great music, amazing performances, food, vendors, and more at the Maryland Irish Festival at Maryland State Fairgrounds in Timonium on November 8th through 10th. The festival is presented every November by Irish Charities of Maryland and features local, regional, and international Irish music, dancers, traditional cuisine, cultural exhibits, workshops, and vendors of Irish/Celtic goods. Find more information and get tickets at irishfestival.com.



Kennedy Krieger Institute's Festival of Trees

The 35th Annual Festival of Trees with Kennedy Krieger Institute is returning to the Maryland State Fairgrounds in Timonium on Thanksgiving Weekend, November 29th through December 1st. Hundreds of designer-decorated trees, wreaths, and gingerbread houses will be on sale and displayed, turning Cow Palace into a winter wonderland. Visit Santa, artisan vendors, and holiday entertainment! The three days of holiday cheer will benefit the patients, students, and programs at Kennedy Krieger Institute. Find more information at kennedykrieger.org.



BAY BRIDGE RUN

Your only chance to run or walk across the majestic Chesapeake Bay Bridge this year is November 10th. The 10-kilometer (6.2 mile) race will take runners over the eastbound span of our Bay Bridge, which reaches 186 feet at the tallest point. This unique experience is only once a year, and allows you to travel from Anne Arundel County to Kent Island in Queen Anne's County, and will finish with a huge post-race party. Find more information at bikesignup.com/race/md/annapolis/baybridgerun. Photo courtesy of Corrigan Sports.



Bull & Oyster Roast

Partners in Care's annual Bull & Oyster Roast will raise money to help older adults live and thrive independently. The event will be on November 2nd from 6 to 10 p.m. at Bleues on the Water in Glen Burnie with music by A Classic Case. Partners in Care helps provide the support that is otherwise hard for older adults to find and navigate, in an easily accessed and welcoming way. Support the great cause and find more information at partnersincare.org.



WATERFOWL FESTIVAL

The 53rd Annual Waterfowl Festival offers three days of the best local wildlife, nature, art, heritage, food, and fun! This year, the festival will be in the streets of Easton from November 8th to 10th. This is a great way for locals and visitors to discover the town, through a tradition that has been going on for generations. Art collectors find exceptional wildlife art from renowned master artists, along with a variety of events and vendors with everything from fishing lures to all-terrain vehicles and boats. Those looking for entertainment can take in retriever demonstrations, Dock Dogs competitions, goose and duck calling contests, and street musicians. Holiday shoppers can find unique items for everyone on their list. And after an afternoon of fun and exploration, visitors can sample Eastern Shore cuisine, supplied by local nonprofit organizations raising important funds for their worthwhile causes. Find more information at waterfowlfestival.org.



Stars, Stripes and Chow Chili Cookoff

Want to put your taste buds to the test? Stars, Stripes and Chow Chili Cookoff will be on November 2nd from 1 to 4:30 p.m. at Oriole Park at Camden Yards. This event is a chili cook-off fundraiser supporting homeless veterans who are overcoming obstacles to regain self-sufficiency through The Baltimore Station. Enjoy the best chili in Baltimore in addition to music and kids' activities. Find more information and get tickets at baltimorestation.org.



LIFE ON *Your* TERMS

OFFERING ASSISTED LIVING
& MEMORY CARE

SCHEDULE
A TOUR
TODAY!

FOR MORE INFORMATION
CALL KENNETH REYNOLDS
(301) 485-4654

17300 MELFORD BLVD
BOWIE, MD 20715

TRIBUTEATMELFORD.COM



FISH FOR A CURE TOURNAMENT

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 17 years, F4AC has raised more than \$5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center’s Geaton and JoAnn DeCesaris Cancer Institute. The 18th Annual F4AC Tournament, Paul C. Dettor Captain’s Challenge, and Shore Party will take place at Safe Harbor Annapolis, the new tournament home, on November 9th. The shore party will have food and drinks, and most importantly, a dance floor, and will announce the winners of the day’s tournament. Find more information at fishforacure.org.



CASABLANCA GALA

Join Anne Arundel County CASA in celebrating 27 years of advocacy with the upcoming CASAblanca Gala at the Westin Annapolis Hotel on November 2nd. The night will be one to remember with dinner, drinks, dancing, and live and silent auctions. CASA (Court Appointed Special Advocates) believes every child who has been abused or neglected deserves to have a dedicated advocate speaking up for their best interest in court, at school, and within our community. Find more information and get tickets at acasa.org.



Looking Ahead

A FEW EVENTS WORTH JOTTING DOWN ON YOUR DECEMBER CALENDAR.

Nutcracker Tea – December 1st at Graduate Hotel in Annapolis; multiple seatings; whatsupmag.com

Festival of Trees – through December 3rd at Tidewater Inn in Easton; festival-of-trees.org

11th Annual Lights of Kindness – December 5th–8th at Homestead Gardens in Davidsonville; rotarylightsofkindness.org

Chocolate Binge Festival – December 8th in Downtown Annapolis; annapolischocolatefestival.com

Christmas in St. Michaels – December 12th–15th in Downtown St. Michaels; christmas-in-st-michaels.org

Eastport Lights Parade – December 14th at Eastport Yacht Club in Eastport; eastportyc.org

Santa Swim – December 14th at Hyatt Regency Chesapeake Bay Resort in Cambridge; careandsharefund.com



Your Comeback Starts Here

Sudden injuries deserve immediate care

Luminis Health is here for you with **same-day or next-day appointments**. And we're open every day, including **weekends and evenings**, to take care of the bumps and bruises that come with being active.

To book an appointment today, call **410-268-8862** or visit **LuminisHealth.org/Orthopedics**

Annapolis | Bowie | Easton | Lanham | Mitchellville | Odenton | Pasadena

Arts

COVERING LOCAL EXHIBITIONS, ARTISTS, GALLERIES, AND MUSEUMS



Trang Huynh's "Tangled Affections"

Maryland Hall, Annapolis
Through December 26th
Marylandhall.org

"Tangled Affections" offers a deeply personal journey through Trang Huynh's memories, exploring the tangled web of emotions that are influenced by her past. Through a multimedia showcase with a primary focus on painting, complemented by print-making, collage, and intricate laser-cut patterns, this exhibition serves as a visual memoir of love, pain, and forgiveness. Amidst the complexity and turmoil, "Tangled Affections" also offers a message of hope and resilience. By shining a light on the importance of forgiveness and the transformative power of healing, the exhibition encourages viewers to confront their own emotional landscapes and embark on a journey towards inner peace and understanding.



Theatre of Turmoil

The Mitchell Art Museum at St. John's College, Annapolis
Now through December 8th; Sjc.edu/mitchell

The history of art is filled with images of chaos and turmoil. Some—of famous battles or revolutions—commemorate transformative, if violent, moments or episodes. Others depict mythic stories by Homer and others have been handed down through centuries. Still others visualize the more troubling aspects of daily life, such as fatal accidents or domestic violence. This exhibition of black-and-white reproductions from the Baroque to the present—featuring Gentileschi, Géricault, Goya, and many others—is intended to stimulate conversation on the role of such images in art, how these artworks reflect the anxieties of life, and the psycho-emotional impacts both have on us.



Small Originals: Members' Exhibition

Waterfowl Building, Easton
November 22nd through
December 29th
Academyartmuseum.org

For the 2024 season, the Academy Art Museum invited members to get creative, imaginative, and experimental around a Small Originals theme in any medium. The resulting exhibition will kick off the holiday season, when family visits and holiday cheer are at their peak. This year brings new awards in Fiber and Sporting Art, along with the traditional roster of awards for painting, prints, ceramics, and wood pieces.

Theater

**COVERING UPCOMING
PLAYS, PERFORMERS,
AND VENUES**



Twelfth Night

**Anne Arundel Community College, Arnold
November 8th through 17th; Aacc.edu**

Set in the fictional kingdom of Illyria, this William Shakespeare play follows the twins Viola and Sebastian, who are separated in a shipwreck. Viola disguises herself as a young man, Cesario, and enters the service of Duke Orsino. As Cesario, Viola becomes the intermediary in Orsino's pursuit of the countess Olivia, leading to a series of comedic misunderstandings and romantic entanglements. The subplot involves the antics of Olivia's steward, Malvolio, who becomes the unwitting victim of a prank orchestrated by Olivia's household. This production is directed by Madeline Austin.

Same Time, Next Year

**Compass Rose Theatre at
Maryland Hall, Annapolis
Through November 17th
Compassrosetheatre.org**

One of the most beloved romantic comedies of the century, "Same Time, Next Year," won a Tony® Award for the captivating performance by Ellen Burstyn. The story follows Doris and George, each married to someone else, as they meet for a secret rendezvous once a year. Over 25 years, their love affair unfolds with hilarious and touching moments, capturing the evolution of manners and morals in a truly unforgettable way.

The Winslow Boy

**The Colonial Players, Annapolis
Through November 16th
Thecolonialplayers.org**

What begins as a small incident ultimately grows into a "cause celebre" nearly shaking the foundations of the government. The incident is simply that of a youngster in an English government school who is expelled for an alleged theft. As a matter of fact, the youngster was entirely innocent, but practically all the evidence was against him. The boy's family, in particular his father, proceed to contest the decision of the school and challenge its right, as a government-run institution, to damage the reputation of a boy without sufficient legal safeguards. The issue that began as a private matter involves the right of official agencies to impose their authority on the individuals of any democracy and, as the play moves relentlessly forward, we see, in effect, citizens of a democracy challenging the forces of bureaucracy, and thus keeping alive the issue of the basic rights of the individual.

Guys & Dolls

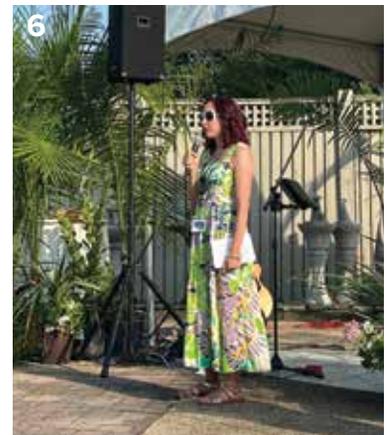
**Community Players of Salisbury
November 1st–3rd
Communityplayersofsalisbury.org**

Guys and Dolls is a musical romantic comedy involving the unlikeliest of Manhattan pairings: a high-rolling gambler and a puritanical missionary, a showgirl dreaming of the straight-and-narrow and a crap game manager who is anything but. Add a group of gamblers, dancers, and missionaries along with wonderful songs, and you have Guys and Dolls.

A Hanukkah Carol, or Gelt Trip! The Musical

**Round House Theatre, Bethesda
November 20th through
December 22nd
Roundhousetheatre.org**

Misanthropic millennial influencer Chava Kanipshin's internet followers are turning into haters. Desperate to regain her popularity, Chava shuns anything and anyone she sees as an obstacle, including her family, friends, and holiday traditions. But on the first night of Hanukkah, Chava is visited by the ghost of deceased social media star Mimi Marley and other spirits who warn her to change her ways—or be cursed forever. The spirits lead Chava on a madcap journey through Hanukkah's past, present, and future to help her reconnect with her spirit of generosity, her Jewish identity, and an appreciation of her real-life supporters.



A Taste of Arundel Grown

On July 19th, Anne Arundel Economic Development Corporation’s Arundel Ag signature event, A Taste of Arundel Grown, celebrated local agriculture by showcasing food, beer, and wine grown and produced by Anne Arundel County farmers. The event supports the *Buy Local Challenge* (BLC), an annual statewide initiative that encourages all Marylanders to support local farmers by purchasing locally produced farm products. Hosted by Homestead Gardens in Davidsonville, the annual event featured a one-of-a-kind menu using ingredients from 15 of Anne Arundel County’s farmers and producers; wine and beer from local producers; remarks on the importance of buying local by County Executive Stuart Pittman, AAEDC President & CEO Amy Gowan, and AAEDC Agricultural Business Development Director Shelley Garrett. Learn more at aaedc.org/agriculture/overview.

- 1. The crowd enjoys the event
- 2. Shelley Garrett
- 3. Steve Adams, James Kitchin, Erin Pittman, and Stuart Pittman
- 4. The Anne Arundel Economic Development Corporation team
- 5. Steve O’Leary, Steve Primosch, and Steve Adams
- 6. Amy Gowan
- 7. The crowd enjoys the event



Mental Health Gala & Awards Dinner

On Saturday, May 18th, the National Alliance on Mental Illness' Anne Arundel County chapter held its Fourth Annual Gala and Awards Dinner at Crowne Plaza Hotel in Annapolis. Guests enjoyed a seated dinner, awards presentation, raffle drawing, and camaraderie. The event was a success in raising funds and awareness toward mental health programs. Learn more at namiac.org.



**\$17.5 MILLION IN
COMMUNITY GRANTS
AWARDED**

The Cordish Companies, Live! Casino & Hotel Maryland, and the Anne Arundel County Local Development Council (LDC) endowed more than \$17.5 million in local impact and community grants to organizations in Anne Arundel County for Fiscal Year 2025. The recipients were recognized at the annual grantee ceremony at Live! Casino & Hotel Maryland’s Event Center in September. “Year after year, The Cordish Companies and Live! Casino & Hotel Maryland continue to make an impactful contribution to Anne Arundel County,” said Stuart Pittman, County Executive (pictured, delivering speech). “These grants provide needed funds to the community and non-profit organizations that service the residents of our county.” “We consider the role we play in the greater community as both a duty and a privilege,” said Joseph Weinberg, Principal of The Cordish Companies. “Through our partnership with the LDC, we’ve been able to make a lasting impact on the organizations that support Anne Arundel County.” For a complete list of grantees, more information about the Anne Arundel County Local Development Council, and the application process for next year’s grants, visit accsinc.org.



Rehab 2 Perform Makes Inc. 5000 List

In August, Inc. Business Media, the leading multimedia brand for entrepreneurs and publisher of Inc., revealed that Rehab 2 Perform of Maryland ranks No. 2,618 on the Inc. 5000 2024, its annual list of the fastest-growing private companies in America. The prestigious ranking provides a data-driven look at the most successful companies within the economy’s most dynamic segment—its independent, entrepreneurial businesses. Microsoft, Meta, Chobani, Under Armour, Timberland, Oracle, Patagonia, and many other household-name brands gained their first national exposure as honorees on the Inc. 5000. Rehab 2 Perform is a cutting-edge physical therapy and sports rehabilitation company with locations in Annapolis, Gambrills, and more. Learn more at rehab2perform.com.

ALWAYS ICE CREAM OPENS IN CROFTON

Always Ice Cream Company held a grand opening of its sixth location in Crofton/Gambrills on September 14th. Located at Crofton Station, 1153 MD-3 N, Ste. 90, Gambrills, MD 21054, the new store features the same delectable treats that have won hearts and taste buds across Annapolis, Baltimore, and Central Maryland. “We couldn’t be more excited about this new chapter,” says Adam Cohen, co-founder. “We look forward to becoming a favorite spot for local families and participating in community events. This is more than just a new store—it’s a new home for us.” Additionally, Always Ice Cream Company will open in Severna Park in November and Prince Frederick next summer. Learn more at [alwaysicecreamcompany.com](https://www.alwaysicecreamcompany.com).



Lash Lounge Expands to Gambrills

The Lash Lounge, known for its eyelash extension services, recently held the grand opening of its second salon, The Lash Lounge-Waugh Chapel. Located in the heart of Gambrills at the Waugh Chapel Shopping Center on Route 3, The Lash Lounge is founded by Fayth and Vinnie Ribeiro and caters to the growing demand for premium eyelash and brow enhancements. “We are thrilled to open our doors in Gambrills and introduce The Lash Lounge experience to our new community,” said Fayth Ribeiro. “Our team is dedicated to providing a healthy, top-notch service in a relaxing and welcoming environment, helping our clients look and feel their best.” Learn more at [thelashlounge.com](https://www.thelashlounge.com).



DO YOU HAVE BUSINESS OR COMMUNITY NEWS TO PUBLICIZE? EMAIL US AT EDITOR@WHATSUPMAG.COM

Meet Student Athlete Ryleigh Osborne

CROFTON HIGH SCHOOL SENIOR IS ONE OF THE HIGHEST-RANKING FIELD HOCKEY GOALIES IN THE NATION

By Tom Worgo

Ryleigh Osborne played the mid-field position with comfort and confidence for the Freedom Field Hockey club as a sixth grader. So, when a Freedom coach looked for a tall player on the team to volunteer to jump into the goal, Osborne was surprised, but intrigued. She ended up as the goalie.

The experiment gave Osborne, now 5-foot-8, a new level of excitement for field hockey. “I really fell in love with it,” Osborne explains. “It was just the position for me. I really liked how you are able to see the whole field. You have to be obsessed with it to get to the level of field hockey I am playing.”

And the Crofton High School senior is playing the sport at the highest level, ranking as one of the best field hockey goalies in the country. She earned a spot on the MaxPreps High School Sports Class of 2025 100 Players Watch List and was a member of the 2023 USA Field Hockey U16 National Team. Atop of recent accolades, Osborne was among the USA Today Top 25 nominees for National Player of the Year last season.

“She is really that good,” says Freedom Coach Kyler Greenwalt, who also runs the Stevenson University women’s field hockey program. “She owns the goalie cage. The experiences she’s had at such a young age helped make her the great goalie she is now.”

“THE EXPERIENCES SHE’S HAD AT SUCH A YOUNG AGE HELPED MAKE HER THE GREAT GOALIE SHE IS NOW.”



It’s not surprising the 17-year-old Osborne will be attending one of the best women’s college field hockey programs in the country—the University of Maryland—on an athletic and academic scholarship. She carries a weighted 4.4 grade-point average and plans to major in business, or psychology.

“Maryland is a very competitive program, but she is definitely ready and built for it,” Greenwalt says. “She is excited to continue her growth before she gets there. She never stops with field hockey.”

The Terrapins’ winning tradition appeals to Osborne. Maryland, coached by Severna Park resident Missy Meharg, who is in her 37th year, has won eight national and 29 conference championships.

Maryland had some competition. About 35 Division I schools recruited Osborne and she received five scholarship offers. Osborne says the number of offers was low because she verbally committed to Maryland “really early,” a month after college coaches were allowed to contact her. She will sign the equivalent of a contract, a National Letter of Intent, in mid-November.

“It’s my dream school,” Osborne explains. “In my heart, I knew that’s where I wanted to be. When I was younger, I would always go to the Maryland Field Hockey Camp. It will really be an honor to represent Maryland.”

At Crofton, Osborne, a four-year starter, will leave quite a legacy. She served three years as the Cardinals’ co-captain, led the program to consecutive Class 4A state championships (2022 and 2023) and, so far, has amassed a whopping 29 shutouts across four years. Now, Osborne and her teammates will be gunning for a third consecutive state title in early November.

“I have been coaching for 16 years and she is the best high school goalie I have seen,” Crofton Field Hockey Coach Amy Skrick says. “She is extremely athletic. She can dive for a ball and get up very quickly and easily. There are balls that you don’t think she is going to save, but she does. She is just so quick to the ball.”

From time to time, Greenwalt will see Osborne, who also plays varsity girls lacrosse, shine for her high school team.

“I like how she can make great decisions and saves in the heat of the play,” Greenwalt says. “She has such confidence in goal and is very calm. When things go wrong, she is definitely able to rebound, self-evaluate, and make changes right away. That’s so important.”

Osborne’s coaches rave about her character. She’s shown that with an affinity for working with students with disabilities. Osborne does that at Crofton as a member of the Unified Bowling team and Best Buddies club.

Osborne also belongs to the American Sign Language Honor Society and has taken four years of sign language classes. She’s put them to good use, communicating with an elementary school student she babysits and several Crofton students.

“I just like to see people grow, making connections and friendships,” Osborne says. “Working with students allows me to use my platform as a student-athlete to help them.”



WANT TO NOMINATE A LOCAL STUDENT?
EMAIL US AT EDITOR@WHATSUPMAG.COM



2025 CALL FOR ENTRIES!

What’s Up? Media is seeking the next class of Up & Coming Lawyers to honor! We are calling upon local law firms practicing in the Chesapeake Bay region to nominate exemplary lawyers in the early stages of their legal career. We are currently accepting nominations from your firm’s management of young, up and coming lawyers. For editorial consideration, management must complete an online form nominating an employed lawyer within your firm that is 40 years old or younger by the deadline of December 31, 2024. Nomination forms are online here:

whatsupmag.com/upandcominglawyers2025



Each firm may nominate up to three lawyers in this unique opportunity to showcase the young talent within your organization!

Regenexx[™]

The Trusted Alternative
to Orthopedic Surgery

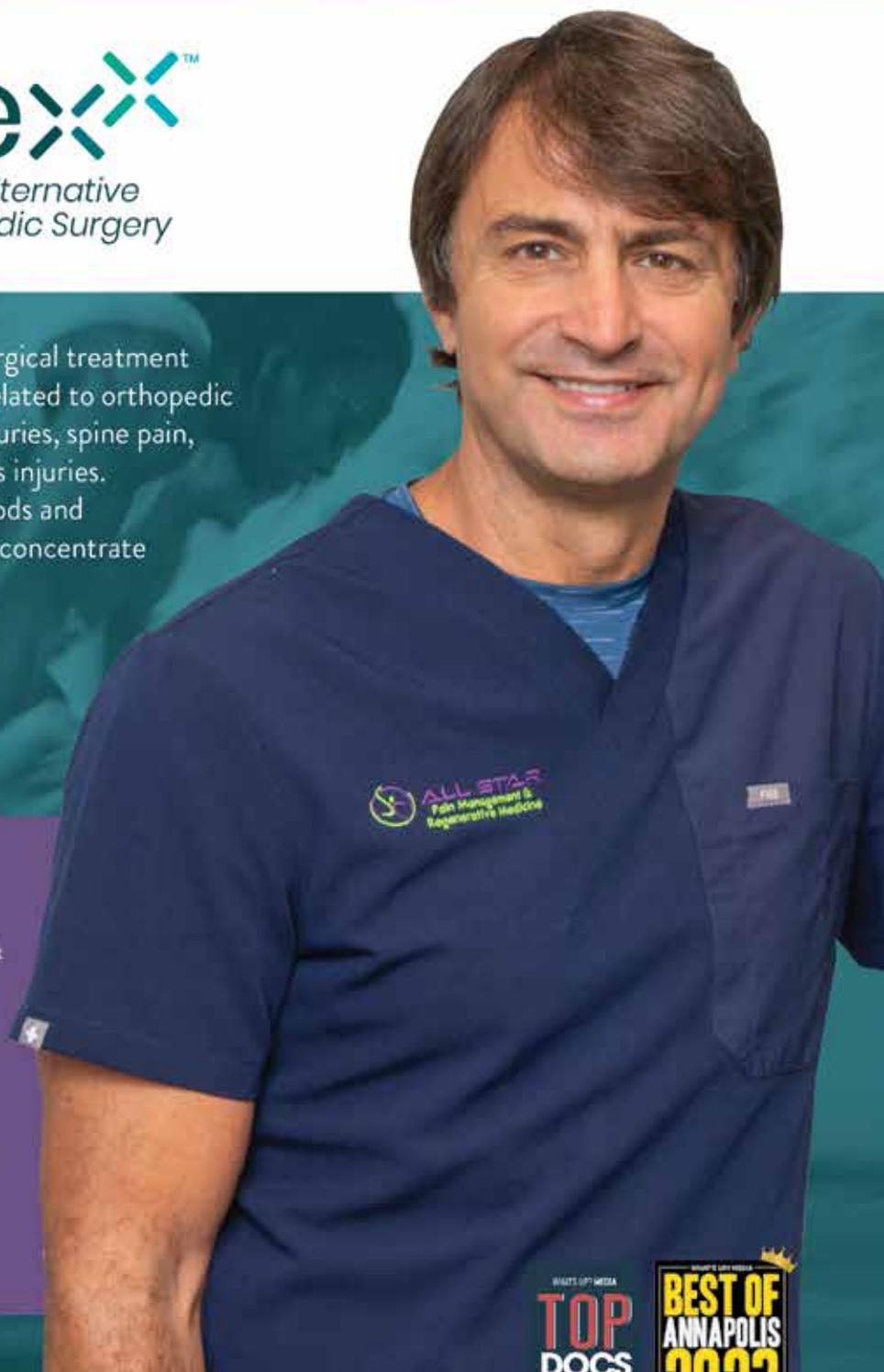
Regenexx[®] procedures provide non-surgical treatment options for those suffering from pain related to orthopedic issues including: osteoarthritis, joint injuries, spine pain, overuse conditions, and common sports injuries. Our proprietary, research-based methods and patented protocol allow our doctors to concentrate your cells and apply them precisely to your injured area.

Contact us today for a consultation
and see if Regenexx[®] is right for you.

Zvezdomir Zamfirov, MD (Dr. Zed)

Dr. Zamfirov is the founder of All Star Pain Management and Regenerative Medicine which opened its doors in February 2017.

With over 30 years experience in Orthopedics 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.



CALL TODAY (443) 808-1808
ALLSTARPAINMANAGEMENT.COM
OFFICES IN ANNAPOLIS, GLEN BURNIE AND BOWIE



Our Nurses Are Rising Together

Thank you to our nurses
for coming together to care for our community.



Join our team and rise with us at
LuminisHealthCareers.org



WHAT'S UP? MEDIA'S 2024

EXCELLENCE IN N NRSING

WELCOME TO A REMARKABLE
PROJECT—THE BIENNIAL
EXCELLENCE IN NURSING
HONORS, WHICH CELEBRATES
EXEMPLARY NURSES
PRACTICING IN THE GREATER
CHESAPEAKE BAY REGION!

Earlier this year, we surveyed local nurses practicing in Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties. We asked them to nominate and, therefore, honor the most commendable of their peers in 16 categories of nursing specialty. The response was incredible. We thank the many, and very busy, nurses for their valuable time and consideration.

This project is truly *professionals nominating professionals*. This was not open to the public. Only licensed nurses and medical professionals contributed to this survey. We also meticulously vetted nurse credentials and current licensing with the Maryland Board of Nursing, a division of the Maryland Department of Health.

And although the nominating process is kept confidential, we did ask each survey contributor's "reason for nomination" of their peer(s). And it is those responses that are truly endearing and exemplify what teamwork, leadership, camaraderie, and family mean to this profession. You'll read remarks about most of the listed honorees.

Congratulations to this year's Excellence in Nursing honorees!

LISTED ALPHABETICALLY BY FIRST NAME UNDER EACH NURSING SPECIALTY.



Advanced Practice

Masters prepared nurse in an advanced practice setting; clinical nurse specialist, certified nurse midwife, nurse practitioner, nurse psychotherapist, CRNA

AILEEN MENDEZ of Johns Hopkins Anesthesiology & Critical Care Medicine, Baltimore; *"Aileen is one of the only CRNAs in the state to provide anesthesia for pediatric patients undergoing open heart surgery. In addition, she co-administers a mentoring program for high school students interested in careers in healthcare. She is one extraordinary CRNA!"*

ALICIA BLAKE-HALL of Eat Healthy to B-Healthy, Pasadena; *"Alicia is kind, caring, and very knowledgeable."*

ALISON BENKO of UM Shore Regional Health, Chestertown; *"Allison goes above and beyond to ensure that all patients in the emergency department are cared for in an appropriate and timely manner. She a valued team member and greatly appreciated by all staff."*

ASHLEY FENTON of The Collective NP Clinic LLC, Severna Park

BRITTANY PEED of On-Site Medical House Calls, Annapolis; *"Goes above and beyond standard job requirements."*

CAROLINE SICA of UM Shore Regional Health, Cambridge; *"Caroline is an extremely strong and well versed advocate for her patients and staff. Speaks to the heart from her heart. Her genuine empathic engagement with patients and staff is commendable and appreciated."*

CATHERINE GVOZDEN of Gvozden Pediatrics, Millersville; *"Caring and dedicated practitioner."*

CESAR VISURRAGA of Visurraga Enterprises LLC, Baltimore; *"Cesar is a tireless CRNA dedicated to optimizing patient safety and satisfaction with his anesthesia services."*

CLARE ROSS of UM Shore Regional Health, Easton; *"Excellent patient care and takes the time to educate patients. Follows appropriate care guidelines. Is responsive to patient and nursing questions."*

DEBRA RENEE EDSALL of UM Shore Regional Health, Easton; *"Cares for each individual patient's physical, mental, and emotional needs. It is obvious she cares about each person and does everything she can to promote health and improve their quality of life."*

DIANA GAIL SHORTER of UM Shore Regional Health, Easton; *"Gail is a spirited team member and is collaborative and thoughtful in all of her interactions with patients and her team."*

DIANA GOMEZ of Luminis Health, Annapolis

HANNAH MULES of Gvozden Pediatrics, Millersville

JACLYN CRAWFORD of UM Shore Regional Health, Easton; *"Advocate for the mental ill patient for two decades."*

JUSTIN TODD SMITH of UM Shore Regional Health, Easton; *"Justin always goes above and beyond for his patients, never hesitates to take the extra time to comfort or explain things to the patients or family members and he is absolutely amazing with pediatric patients."*

LESLIE FOX of Peace of Mind Mental Health Services LLC, Easton; *"Leslie is an outstanding nurse practitioner. She always goes above and beyond for her patients. She is supportive to her colleagues."*

LESLIE LAWSON of Maryland Oncology Hematology, Annapolis; *"Leslie is energetic and dedicated to patient care. She's always interested in learning more about how to best care for the patients."*

LORI MANN of Arcadia Assisted Living, Gambrills / Chester; *"Lori has a wonderful heart will do anything for anyone no questions asked. She by far has been the best DN I've encountered."*

NICOLE BACHMANN of OnSite Medical House Calls, Annapolis; *"Patients love her; she goes above and beyond."*

PATRICIA LANCASTER of UM Shore Regional Health, Easton; *"Excellent patient care and takes the time to educate patients. Follows appropriate care guidelines. Is responsive to patient and nursing questions."*

RACHEL SWEENEY of Maryland Primary Care Physicians, Arnold

ROBYN LANASA of UM Shore Regional Health, Easton; *"Provides excellent care to her patients, and educates them on self-management of their heart conditions. Responsive to patients and colleagues."*

SARAH FREBURGER of OnSite Medical House Calls, Chester; *"Goes above and beyond standard job requirements."*

SUSAN DELEAN-BOTKIN of FamilyCare Of Easton, Easton; *"Susan is a wonderful nurse practitioner providing excellent primary health care to people of all ages in the community."*

WENDY TOWERS of UM Shore Regional Health, Easton; *"Wendy is a very knowledgeable, caring, and respectful. She is always offering her helping hand in the recovery room, without batting an eye."*



Aesthetic/ Cosmetic Nursing

Provides care for patients during elective or reconstructive surgery processes, inclusive of non-invasive procedures (such as administering Botox), therapeutics, monitoring the healing process, and helping facilitate communication between physicians and patients.

CHRISTIANE MCCOMBIE of Chesapeake Plastic Surgery, Annapolis

DANA EYERLY of Bella Rose Medical Aesthetics & Wellness, Chester; “So kind, helpful, non-judgmental. Dana is an instant pick me up!”

DORIS TATE of Bayside Aesthetics & Wellness, St. Michaels; “Doris continually expands her knowledge and develops her skills to provide quality results for each patient. She is an experienced NP who looks at each patient’s health history as she is developing an appropriate treatment plan.”

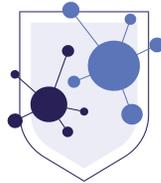
KATIE CLEMENTS of Maryland Primary Care Physicians, Arnold

KELLY SUTTER of Skin Wellness MD, Annapolis

MARY COFRAN of Adoro Medical Spa, Severna Park; “Mary is a meticulous aesthetic nurse, that delivers excellent results to her patients but also is caring.”

RACHEL MARKOW of Perpetual Skin, Annapolis; “Truly an expert, she is up to date on cutting edge treatments and her treatment plan is individualized for each patient. I trust her ethics and her clinical skills implicitly.”

SUSAN DELEAN-BOTKIN of FamilyCare Of Easton, Easton



Ambulatory Nursing

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

BRENDA ALEXANDER of Maryland Oncology Hematology, Easton; “She does a great job caring for patients and leading her team of similarly excellent nurses.”

BROOKE JONES of Maryland Oncology Hematology, Annapolis; “She does a great job caring for patients and leading her team of similarly excellent nurses.”

GEORGIA ORR of UM Shore Regional Health, Easton; “As a veteran wound care specialist, Georgia goes above and beyond every single day for the patients she cares for. She carries in depth knowledge of her craft and shares that knowledge through teaching and coaching of patients and their families.”

JAMES YOO of UM Baltimore Washington Medical Center, Glen Burnie

JANAT BASHIR of UM Baltimore Washington Medical Center, Glen Burnie; “Janat’s dedication to the field of Women’s Health is unparalleled. She strives to care for the whole patient, providing unbiased comprehensive care to every patient she meets.”

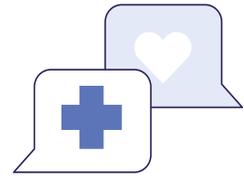
JENNIFER KING of Gvozden Pediatrics, Millersville

LAUREN PRINCIOTTA of UM Shore Regional Health, Easton; “Lauren works hard to make sure her patient’s needs are met each and everyday. She brings such a positive light to the office and her passion is truly inspiring.”

LINDA WILT of UM Shore Regional Health, Easton; “Linda has been an essential part of the Pain Center team for over 20 years. Her knowledge about types of pain, interventional injections, and other testing procedures have benefitted her patients to find more comfort and improved quality of life.”

NICOLE VOJACEK of OnSite Medical House Calls, Pasadena / Denton; “Goes above and beyond her standard job requirements.”

SHIRA LEIGHTY of The Sandel Duggal Center for Plastic Surgery, Annapolis; “She is an amazing and affectionate nurse. Not only does she manage the team she takes exceptional care of our patients.”



Behavioral Health

Behavioral health and addictive services

ASHLEY FENTON of The Collective NP Clinic LLC, Severna Park

BRIANNA CHESTER of UM Shore Regional Health, Easton; “Brianna is a calm and introspective RN who is able to manage not only the daily patient needs but also the occasional crisis that impacts patients who are acutely ill.”

JILL BURGHOLZER of Multiple Affiliations / Independent, Stevensville; “Jill is an excellent behavioral health clinician offering much needed services in Eastern Shore where there are relatively few behavioral health providers. She is caring, compassionate, and skilled in her specialty.”

JULIE MCLAIN of UM Shore Regional Health, Easton; “Julie is focused on all that is good, as well as the areas of improvement that patients must work on. Her empathic and kind approach, opens padlocked doors to hurting souls.”

KIM BUTLER of UM Shore Regional Health, Easton; *“Kim is the most wonderful peer to have in nursing. She provides care with compassion and integrity, promoting effective communication, teamwork, and shared decision-making in the delivery of psychiatric care.”*

LESLIE FOX of Peace of Mind Mental Health Services LLC, Easton; *“Leslie is an amazing nurse practitioner. She is non-judgmental, understanding, and caring. She goes above and beyond for her patients and colleagues.”*



Case/Quality Management, Managed Care Informatics

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

ALYSSA CHADWICK of UM Shore Regional Health, Easton; *“Consistently goes the extra mile for her patients. Ensures that medical care is appropriate according to national standards.”*

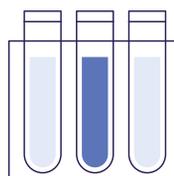
AMY CUSTIS of UM Shore Regional Health, Easton; *“Amy stands out as a leader in her department. She takes on new tasks and the job of orienting new team members.”*

CONSUELLA BOWEN of UM Shore Regional Health, Chestertown; *“Consuella is a vital part of not only her department but the several other departments she serves. She works tirelessly day in and day out to assist with the best possible transitions for our patients.”*

LAUREN SAUTER of UM Baltimore Washington Medical Center, Glen Burnie; *“As an informatics specialist and RN, Lauren’s attention to detail and ability to find the root cause of an issue is outstanding.”*

STEPHANIE TIBBS of Luminis Health, Annapolis; *“Stephanie is a great asset. She is organized and detail oriented. Her communication to the nurses, patients, and families is above all the rest.”*

STEPHANIE WOLF of UM Shore Regional Health, Easton; *“Stephanie works very hard to discover patient needs and to find the best possible options for them to return to their highest level of function.”*



Clinical Education

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

ALICIA BLAKE-HALL of Eat Healthy to B-Healthy, Pasadena; *“She has a deep understanding of diabetes management and treatment, which allows her to effectively educate both patients and other healthcare professionals.”*

ALLISON HAWKINS of Luminis Health, Annapolis; *“Allison is the Pediatric Nurse Educator at AAMC, a strong advocate of excellent patient care, and embraces new technologies to educate all staff members.”*

ASHLEY FENTON of The Collective NP Clinic LLC, Severna Park; *“Dr. Fenton is an assistant professor at Johns Hopkins School of Nursing (JHUSON). Her practice experience includes community health clinics, outpatient mental health, weight management programs, public health research, and much more.”*

DANETTE READING of Luminis Health, Annapolis; *“As a Nursing Educator on the elderly unit, Danette’s positivity and support have made an extraordinary impact on both patients and staff.”*

GERALDINE RABER of Luminis Health, Annapolis

GLENDIA MILLER of UM Baltimore Washington Medical Center, Glen Burnie; *“Glenda is a committed clinical educator! She is always available to help us no matter what we need. She encourages each one of us, checking in to see if we are okay.”*

JEAN LITTLE of Luminis Health, Annapolis

STEPHANIE BLADES of UM Shore Regional Health, Easton; *“Stephanie is the educator for the Women and Children’s units within Shore Regional Health in Easton. She is one of the most amazing nurse educators. She is kind, compassionate, and patient.”*

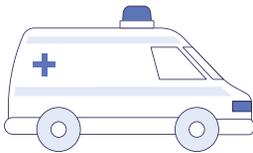
TALISHA TILGHMAN of Optum Maryland, Denton; *“She is a visionary educator whose dedication to excellence has made a profound impact on the professional development of nursing support staff as a self-employed entrepreneur. As a Nurse Educator, she plays a pivotal role in shaping the future of nursing practice through innovative educational initiatives and programs.”*



Critical Care

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

KELSEY WALTERS of Luminis Health, Annapolis; “Worked as a PCT on ICU, and transitioned to a new grad nurse on ICU. Is an asset to the unit and organization.”



Emergency

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

AMANDA COLLINS of UM Shore Regional Health, Chestertown; “Cares about patient outcomes and well-being, and is dedicated, kind, and supportive.”

AMANDA NELSON of UM Shore Regional Health, Chestertown; “Kind, caring, and goes above and beyond for her patients.”

ARLENE BROWN of UM Shore Regional Health, Easton; “Arlene approaches each interaction with kindness, understanding, and a genuine desire to alleviate suffering and provide comfort to patients and their families during times of crisis.”

BOBBIE JO TROSSBACH of UM Shore Regional Health, Chestertown; “Bobbie Jo shows exemplary leadership in her clinical coordinator role. She is dedicated to providing quality care to the patients in our rural health community by collaborating with staff and our EMS partners to ensure positive outcomes!”

LAUREN MESSICK of UM Shore Regional Health, Cambridge; “Lauren is kind, compassionate, a valued team member, and above all a fierce patient advocate. She makes sure each and every patient is cared for in an appropriate manner and advocates for them to be involved in making decisions for their own health care.”

LESLIE COLLIER of UM Shore Regional Health, Easton; “Leslie is an outstanding Emergency Department nurse, providing the highest quality of care to the patient’s who enter the hospital at Easton’s doors. She has previously been awarded the Daisy Award for exemplary patient care.”

MEGAN STUBBS of UM Shore Regional Health, Cambridge; “Megan has worked for Shore Regional Health for over 25 years. She functions as a charge nurse, preceptor to new staff members, and is an asset to our team. Megan has a wealth of knowledge and clinical experience for the emergency department.”

MELANIE GALE of UM Shore Regional Health, Chestertown; “Shows the upmost care and compassion for her patients and coworkers. Is always on top of it and one step ahead.”

STEVEN PRINGLE of UM Shore Regional Health, Queenstown; “Steven is very knowledgeable and passionate with his patients. He never hesitates to jump in and help with extra critical patients and is always willing to help educate patients and staff.”



Emerging Nurse Leader

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

ANGELA TREMPER of Luminis Health, Annapolis; “Angie is a team player on the unit. She can often be found organizing and cleaning up the entire unit when she is the charge nurse. She was recently promoted to Clinical Supervisor of a new unit.”

CAITLIN COUTU of UM Shore Regional Health, Easton; “Caitlin is a rising professional in our nursing facility. Takes on numerous roles and excels at patient care.”

CHELSEA COMPTON of UM Shore Regional Health, Easton; “Chelsea is a star among nurses. She takes on extensive responsibility and provides frontline leadership to her team.”

DIANE WHITE of Luminis Health, Annapolis; “Diane’s exceptional teamwork and caring nature have made a profound impact on our team and patients. Diane’s leadership fosters a sense of unity and cooperation among the staff.”

EMILY BIRD of Luminis Health, Annapolis; “Always teaching, looking out for you and your patients, and there when you need her.”

EMMA DURHAM of Luminis Health, Annapolis; “As a new Clinical Supervisor, Emma has quickly become an invaluable asset to our team through her calm demeanor and support for her staff.”

HELEN FOXWELL of UM Shore Regional Health, Easton; *“Helen embodies an emerging leader. She is driven, compassionate, and dedicated to making a positive impact on both colleagues and patients.”*

JACLYN CRAWFORD of UM Shore Regional Health, Easton

JULIE MCCLYMENT of Luminis Health, Annapolis

NATALIE JOHNSTON of Luminis Health, Annapolis; *“She makes every effort to be fair to all staff. She listens to the needs of the unit and works hard to make sure we are taken care of.”*

RACHEL BIELER of Luminis Health, Annapolis; *“Always teaching, looking out for you and your patients, and there when you need her.”*

SARAH KNOBEL of Luminis Health, Annapolis; *“As a Clinical Supervisor on the Acute Care of the Elderly Unit, Sarah is an exemplary leader whose positivity and organizational skills have a profound impact on our team and patients.”*

SHANNON HEIM of UM Shore Regional Health, Easton; *“Shannon moved from a staff nurse position into her current clinical coordinator position three years ago. She has done very well to understand the business and organizational needs of her department.”*

SHAWNE DAVIS of UM Shore Regional Health, Easton; *“Shawne’s leadership growth has been a pleasure to witness over the last three years. She is patient and team member focused.”*

SONIA ANTAO of Luminis Health, Annapolis; *“She works tirelessly to support the staff.”*

STACY DION of UM Shore Regional Health, Easton; *“Stacy is such a selfless, caring, hardworking clinical nurse coordinator! She is always going above and beyond to help not only the patients in same day surgery, but the staff, patients, and their families in all of our areas!”*

WILLIAM SHERTENLIEB of UM Shore Regional Health, Cambridge; *“This year, Bill has transitioned into the charge nurse role at his facility. Bill has truly thrived in this role. He is truly an asset to our team.”*



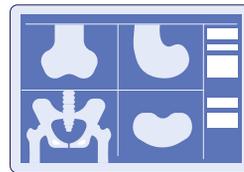
Home Health/ Hospice

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

ABBEY LUDEAU of Hospice of the Chesapeake, Pasadena; *“An exemplary nurse who treats with compassion and the utmost care.”*

NICOLE VOJACEK of OnSite Medical House Calls, Pasadena / Denton; *“Goes above and beyond her standard job requirements.”*

SCOTT MOREHOUSE of AccentCare Hospice & Palliative Care, Columbia; *“As an in-home Hospice Nurse, Scott’s ability to provide unbiased, compassionate care to patients is unmatched. He is kind, smart, and thorough.”*



Long-Term Care Rehabilitation

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

BEVERLY SOMERVILLE of Acts Retirement-Life Communities (Heron Point), Chestertown; *“Beverly is a strong advocate for resident rights and quality of life, actively engaging in initiatives to enhance the care and services provided within the long-term care setting. Her nursing leadership has had a profound impact on the lives of residents and staff alike.”*

JAMIE MERRITT of UM Shore Regional Health, Easton; *“Jamie is the epitome of a rehab nurse. Her tenacious spirit lifts up patients and her care and commitment to the nursing profession is rehab is unwavering.”*

JOAN GANNON of HeartFields Assisted Living at Easton, Easton; *“Joan goes above and beyond for each resident here at HeartFields. Even donating her time to members of the community not looking for assisted living.”*

LORI MANN of Arcadia Assisted Living, Gambrills / Chester; *“Lori cares for our residents and anyone around her. She is the most caring, loving person I know!”*

RENEE MERSON of Complete Care Corsica Hills, Centreville; *“Renee is a kind, caring, and knowledgeable nurse. She is an asset to not only her team but to all the patients and residents that are cared for at Corsica Hills.”*



Maternal-Child/ Women's Health

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

CATHERINE GVOZDEN of Gvozden Pediatrics, Millersville; *“Caring and dedicated practitioner.”*

CHRISTINE GATES of Luminis Health, Annapolis; *“Chris is an effective networker with the ability to work autonomously within the organization. Chris is skilled, flexible, and focused on details.”*

DANIELLE YOURGEVIDGE

of UM Baltimore Washington Medical Center, Glen Burnie; *“Danielle has dedicated her career to Women’s and Children’s services. She works every day to provide comprehensive care to high-risk pregnant women. Her positive attitude creates an environment of care and compassion.”*



Medical/Surgical

Acute or chronic medical and surgical nursing specialties

AMANDA KULABONISH

of Luminis Health, Annapolis; *“Amanda consistently demonstrates what it means to be a great team player. She is always ready to lend a hand, offer support, and share her expertise with her colleagues.”*

ANGELA TREMPER

of Luminis Health, Annapolis; *“Angie exemplifies the highest standards of nursing through her dedication, compassion, and exceptional clinical skills. Her ability to remain calm under pressure and her proactive approach to problem-solving make her an invaluable asset to our team.”*

ARIANNA GRAZIADEI

of Luminis Health, Annapolis; *“Arianna has been a dedicated member of our nursing team for over 10 years, consistently demonstrating a level of professionalism, compassion, and expertise that sets a high standard for others.”*

BRITNEY REYES

of Luminis Health, Annapolis; *“Britney is a seasoned nurse on the ACE Unit. She brings a calming energy to every situation. Britney mentors and educates new nurses in a respectful uplifting manner.”*

BRITTANY ROPER

of Luminis Health, Annapolis; *“Brittany’s compassionate approach to nursing ensures that every patient feels cared for and respected. She takes the time to listen, understand, and address the individual needs of her patients.”*

GILBERT WAIRIA

of Luminis Health, Annapolis; *“Gilbert’s ability to remain composed and empathetic in challenging situations is truly commendable. His calm demeanor and professional approach ensure that even the most difficult patients receive the care and respect they deserve.”*

JASMINE SIMMS

of Luminis Health, Annapolis; *“Her warm personality, her connecting bedside manner along with her knowledge and dedication to care her patients to the best of her ability makes her one of a kind.”*

JENNIFER COLLINS

of UM Shore Regional Health, Easton; *“Jennifer is hard working, always puts her patients first, and serves as a resource person for our new nurses. She always lends a helping hand regardless of her work load.”*

JESSICA O’CONNELL

of Luminis Health, Annapolis; *“Jessica is truly the sunshine of our nursing team, bringing warmth, positivity, and exceptional care to every patient she encounters. Her cheerful demeanor and compassion make her a beloved figure among both patients and colleagues.”*

LEIGH TOMEY

of UM Shore Regional Health, Easton; *“Leigh is the epitome of what a nurse should be. In fact, she is better than what a nurse should be. She goes above and beyond for her patients and colleagues every single day. She truly is a vessel of inspiration.”*

LELAND LEAVERTON

of Luminis Health, Annapolis; *“Leland is an exceptional nurse whose dedication, skill, and positive attitude make him an invaluable asset to our team. His enthusiasm and positive attitude create a motivating and collaborative work environment.”*

LINDSAY KIMBLES

of UM Shore Regional Health, Easton; *“Lindsay is one of those nurses that you know if she were taking care of your family member they are in good hands. She is very compassionate in care and makes sure her patient’s needs are taken care of.”*

LYNDA KRAMER

of Luminis Health, Annapolis; *“Lynda is an outstanding nurse who consistently demonstrates calmness, exceptional clinical skills, and dedication to patient care. Her expert clinical skills and sound judgment ensure that the highest quality of care is delivered, even in the most challenging situations.”*

MEREDITH CLEMENS

of Luminis Health, Annapolis; *“I am honored to nominate Meredith for her exceptional dedication, attention to detail, and compassionate care that she consistently provides to her patients and their families.”*

PATRICIA ANNETTE

MOORE of UM Shore Regional Health, Easton; *“Excels at patient care and team approach to total joint replacement surgery/recovery.”*

RONGLI LIU

of Luminis Health, Annapolis; *“Rongli is known for her extraordinary kindness and sweetness, which greatly enhance the care and comfort of our patients. Rongli’s gentle and compassionate nature makes her a beloved figure among both patients and colleagues.”*

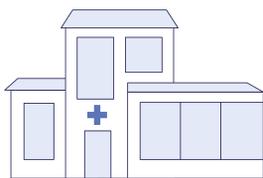
SHANTICE KEENE

of Luminis Health, Annapolis; *“Shantice’s compassionate nature shines through in every interaction she has with her patients. She approaches each individual with kindness and understanding, ensuring that they feel valued and respected.”*

SHAUNA JOHNSON of Luminis Health, Annapolis; *“Shauna is an exceptional nurse and deserves to be recognized for her extraordinary care. I have watched her support families in the most difficult times of their lives and show care as if they were her family. Shauna makes every life better that she touches, she is a ray of sunshine on the Ace Unit.”*

TARA BINNALL of Luminis Health, Annapolis; *“Tara goes above and beyond to make sure her patients feel safe and supported, often taking extra time to address their concerns and needs.”*

TIMAH RICKETTS of Tidal Health, Salisbury / Seaford; *“Timah approaches every aspect of her role with professionalism, integrity, and a deep sense of compassion for the individuals under her care.”*



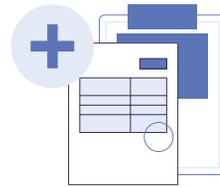
Nurse Executive Leadership

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

CHRISTINE FROST of Luminis Health, Annapolis; *“As our Chief Nursing Officer, Christine has demonstrated unparalleled dedication to our nursing staff and the community we serve. Christine’s commitment to excellence is evident in her tireless efforts to support and uplift our nursing team. She fosters a culture of professional growth, continuous learning, and mutual respect, ensuring that every nurse feels valued and empowered.”*

JENNIFER “JENNY” BOWIE of UM Shore Regional Health, Easton; *“I am writing this nomination for Jenny because she comes out of her office and spends time with our team listening to challenges and celebrating successes. Recently on a weekend Jenny went to all four of our sites at Shore to spend time with nurses. She is always willing to spend face time and to help us get to a better place.”*

TISHA THOMPSON of UM Shore Regional Health, Easton; *“Tisha stands as a beacon of inspiration within our institution, leading with compassion, integrity, and a visionary approach to nursing administration. She has not only transformed our organization’s approach to patient care but has extended her impact beyond our walls through dedicated community outreach initiatives.”*



Nursing Leadership

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

AMY BRADLEY of UM Shore Regional Health, Easton; *“Amy’s most remarkable qualities is her eagerness to embrace practice initiatives and her unwavering dedication to improving patient care.”*

BOBBIE JO TROSSBACH of UM Shore Regional Health, Chestertown; *“Patient advocate and great attention to detail, and is proficient in problem solving.”*

BRITTANY ADAMS of UM Shore Regional Health, Easton; *“Brittany is an exceptional leader and has functioned in a variety of nursing roles. Brittany leads with ease. Brittany’s focus is always patients first, with optimal patient outcomes.”*

CASSANDRA BILBROUGH of UM Shore Regional Health, Chestertown; *“Cassandra is the clinical coordinator for Acute Care and is a strong leader and role model for us all. She goes above and beyond and will jump in and help wherever she is needed!”*

CHRISTINE USILTON of Luminis Health, Annapolis; *“As the Nursing Director on the acute care for the elderly unit, Christine exemplifies outstanding leadership, dedication, and compassion. Her commitment to providing the highest quality of care for our elderly patients is truly remarkable.”*

DENNIS KELLY of Luminis Health, Annapolis; *“Dennis leads the busiest ED in the state of MD. Through Dennis’ collaborative approach and openness to shared governance, our ED throughput times are dramatically improved. Dennis’ team values his leadership style, visibility, and humbleness.”*

DEVRA COCKERILLE of Luminis Health, Annapolis; *“Devra advanced to Clinical Director Nursing. Though her home unit was sad to see her go, we have high hopes of her carrying on the culture and standards of the ACE Unit hospital-wide.”*

JAN CLEMONS of Luminis Health, Annapolis

JASON WEAVER of UM Shore Regional Health, Easton; *“Jason can be counted on to not only meet the needs of the moment but to also provide ongoing support to all the teams across the organization.”*

JESSICA GENRICH of UM Shore Regional Health, Easton; *“Jess is an incredible leader. She is kind, calm, and compassionate. Her actions and decisions demonstrate that she is mindful of the best interest of staff, patients, and families.”*

KARI MIMNAUGH of Luminis Health, Annapolis; *“Kari is a thriving Nurse Director who embraces challenges with flexibility, grace, unique innovations. Nurses experience professional nirvana in Kari’s departments.”*

KIMBERLY KRAL of UM Shore Regional Health, Cambridge; *“Kim is the clinical coordinator for Cambridge Emergency Department through Shore Regional Health. She is the oil that keeps our machine moving most days. She always has a positive attitude and is willing to help wherever she can.”*

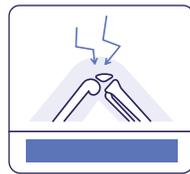
LYNN PARMENTIER of UM Baltimore Washington Medical Center, Glen Burnie; *“Lynn is the Clinical Nurse Coordinator at the BWMC Center for Advanced Fetal Care. She is a champion for thorough, just, and equitable care for our patients.”*

MARY COLLINS of UM Shore Regional Health, Easton; *“Clinical nurse manager who is an excellent leader, very supportive of her staff, and an advocate for our patients.”*

MARY GRACE HENSELL of UM Shore Regional Health, Easton; *“Mary Grace is the absolute best director you could ask for! She is knowledgeable, caring, and respectful.”*

SANDRA PROCHASKA of UM Shore Regional Health, Chestertown; *“Sandy is the manager of ER and Acute Care in Chestertown. In addition to managing her two units, she is very involved in the daily operations of the other departments within the hospital. Sandy is a resource for all and always willing to help.”*

TARA SMITH of UM Shore Regional Health, Easton; *“Excellent leadership skills, organization skills, and coordinates teamwork on large nursing unit.”*



Perioperative

Perioperative, recovery room, day surgery, operating room

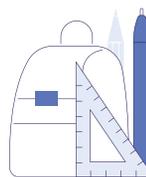
CHRISTINE HOYER of Luminis Health, Annapolis; *“A dedicated nurse of 36 years, 33 of those in the operating room. Worked through covid. Can equally scrub and circulate all cases. Has compassion and encompasses diversity in her everyday performance.”*

HENRIETTE KELLEY of Luminis Health, Annapolis; *“Henriette is a very dedicated and professional Operating Room Nurse. She is compassionate, kind, and a great role model.”*

HOLLY FRASE of UM Shore Regional Health, Easton; *“Holly is a superb PACU nurse. She is hardworking, caring, and an excellent leader in the relief charge roll! We are so lucky to have her.”*

MARTHA DELSING of Luminis Health, Annapolis; *“Martha is an effective leader for her team. She is able to solve problems, develop ideas to help the staff, and is very flexible, supportive, and empathetic.”*

MEGHAN JOHNSON of Luminis Health, Annapolis; *“Excellent clinical nurse, preceptor to new nurses, and advocate for patients and staff.”*



Public Health/ Community/School

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

SHANNON TEMPLE of UM Shore Regional Health, Easton; *“Shannon’s leadership has been instrumental in ensuring that survivors receive comprehensive, trauma-informed care throughout the forensic examination process. She has worked tirelessly to establish protocols and procedures that prioritize the safety, dignity, and well-being of survivors.”*

STACY THOMPSON of Hurlock Elementary School / Dorchester County Public Schools, Hurlock; *“Stacy has been a nurse for the Dorchester County School System for almost 20 years. She has spent all of that time working at Hurlock Elementary School. Her students love her and so does her staff. She truly is one of Dorchester’s finest!”*



WINTER/SPRING PHILANTHROPIC CALENDAR

Save the Date!



As the weather gets colder and the days become shorter, it's easy to want to hibernate at home. Luckily, the Winter/Spring Philanthropic Calendar is here to clear those winter blues! Grab your calendars and explore our extensive list of charity events, all benefiting various nonprofit organizations. From galas to parties and festivals, you'll have plenty to look forward to this season!

November

NOVEMBER 1ST THROUGH 3RD

Sultan Chase Brexton Health Care Inaugural Annapolis Gala at The Chesapeake Bay Foundation's headquarters in Annapolis. Benefits Chase Brexton Health Care. Chasebrexton.org

NOVEMBER 8TH THROUGH 10TH

Waterfowl Festival at various locations in Easton. Benefits William A. Perry Scholarship Fund and Samuel H Shriver, Jr. Sporting Heritage Fund. Waterfowlfestival.org

NOVEMBER 8TH

50th Annual Maryland Irish Festival at the Maryland State Fairgrounds in Timonium. Benefits Irish Charities of Maryland. Irishfestival.com

NOVEMBER 9TH

Fish for a Cure at the Safe Harbor Marina in Annapolis. Benefits the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. Fishforacure.org

Beef, Bonfires, and Cigars at Prospect Bay Country Club in Grasonville. Benefits Haven Ministries. Haven-ministries.org

NOVEMBER 10TH

Bay Bridge Run on the Chesapeake Bay Bridge. Benefits Chesapeake Conservancy, Imadi, Severn Leadership Group, and Walk the Walk Foundation. Bikesignup.com/race/baybridgerun

NOVEMBER 14TH

Annual Fashion Show & Holiday Gift Bazaar at Eastern Shore Hospital Center in Cambridge. Benefits Eastern Shore Hospital Center's residential patients and patient programs. 410-221-2357 or visitdorchester.org

NOVEMBER 21ST

A Celebration of Charities at Chesapeake Bay Beach Club in Stevensville. Benefits Chesapeake Charities. Chesapeakecharities.org

NOVEMBER 29TH THROUGH DECEMBER 1ST

Festival of Trees at the Maryland State Fairgrounds in Timonium. Benefits Kennedy Krieger Institute. Kennedykrieger.org

NOVEMBER 30TH

The Festival of Trees at The Tidewater Inn in Easton. Benefits Friends of Hospice to benefit Talbot Hospice. Festival-of-trees.org

December

DECEMBER 5TH

Greater Baltimore Chapter Banquet at Union Craft Brewing in Baltimore. Benefits Coastal Conservation Association. Ccamd.org

Bugatti: Reaching for Perfection Special Gala Preview at Academy Art Museum in Easton. Benefitting Academy Art Museum. Academyartmuseum.org

Your Generosity Empowers Families Through the Family Fund

Child-centered services are life-changing for the children and families who use them. At The Arc Central Chesapeake Region, we prioritize supporting the children, youth, and families who experience the most need with the right combination of resources, removing the barriers families face in supporting their children.

What is The Family Fund?

Founded in 2017, The Family Fund is a grant designed to provide financial assistance and essential resources to families navigating the complexities of raising children with disabilities. Many effective resources, therapies, and services make an incredible difference in the quality of life for children with intellectual and developmental disabilities but are not covered by insurance and are out of reach financially for the families who need access to them most.

Why Your Donation Matters

Raising a child with a disability often comes with unexpected expenses and emotions. From specialized educational resources to adaptive equipment and countless therapies, the financial strain on parents can be overwhelming. Since 2017, The Arc has granted more than \$200,000 to children with disabilities throughout the community, providing access to critical therapies, equipment, and educational and life-enriching opportunities. This program is 100% funded by generous donors like you, who understand that families don't always have the financial means to access the resources they need the most.



How to Get Involved

Your donation to The Family Fund can fund:

- **Educational Resources:** Grants for tutoring and therapies that can make a world of difference in a child's learning and development.
- **Adaptive Equipment:** Financial assistance for tools and devices that enhance daily living.
- **Healthcare Costs:** Support for therapies and other essential health services that ensure children receive the care they need.
- **Family Support Services:** Respite care and support services that help families balance supporting their children while maintaining their well-being.

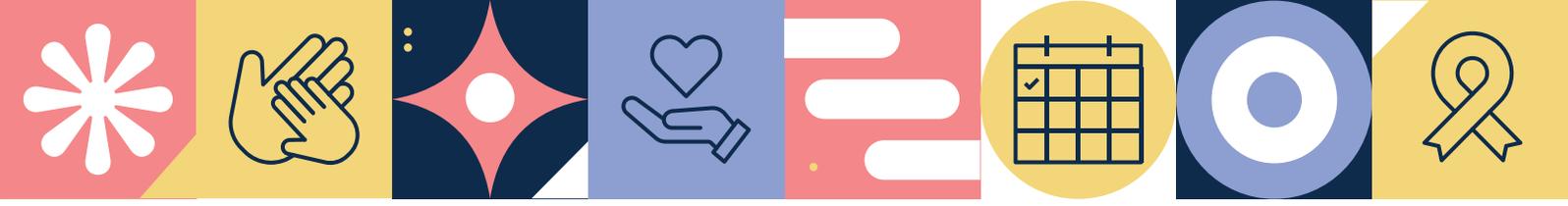
Every contribution—no matter the size—directly benefits a child in your community.



Scan QR code to donate or visit
thearcCCR.org/givefamilyfund

410-269-1883 |    





Outdoor events, like Walk for the Woods on April 26th, pick back up in spring.

DECEMBER 5TH THROUGH 8TH

11th Annual Lights of Kindness at Homestead Gardens in Davidsonville. Benefits The Rotary Club of South Anne Arundel County. Rotarylightsofkindness.org

DECEMBER 8TH

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

DECEMBER 12TH THROUGH 15TH

Christmas in St. Michaels at venues throughout St. Michaels. Benefits local nonprofit organizations. Christmasinst Michaels.org

DECEMBER 14TH

Santa Swim at Hyatt Regency in Cambridge. Benefits Care and Share Fund of Dorchester County. Careandsharefund.com

Bay Bells & Shark Tails at Charles Carrol House in Annapolis. Benefits Core Shark H2O. csh2o.org

January

JANUARY 29TH

Polar Bear Plunge at Sandy Point State Park in Arnold. Benefits the Special Olympics Maryland. Plungemd.com

February

FEBRUARY 8TH

The 2025 Bernie House Mardi Gras Benefit Gala at Graduate Hotel in Annapolis. Benefits The Bernie House. Theberniehouse.org

FEBRUARY 22ND

Casey Cares Annual Gala at American Visionary Museum in Baltimore. Benefits Casey Cares. Caseycares.org

March

MARCH 1ST

Black Tie & Diamonds at Graduate Hotel in Annapolis. Benefits Rotary Club of Annapolis. Annapolisrotary.org

MARCH 4TH

Wild and Scenic Film Festival at Maryland Hall in Annapolis. Benefits Alliance for the Chesapeake. allianceforthebay.org

MARCH 21ST

"Seas" The Day Gala at The Atreum @ Soaring Timbers in Annapolis. Benefits GiGi's Playhouse. Gigisplayhouse.org

MARCH 27TH THROUGH 30TH

Annapolis Film Festival in various locations in Downtown Annapolis. Benefits the Annapolis Film Festival. Annapolisfilmfestival.org

MARCH 29TH

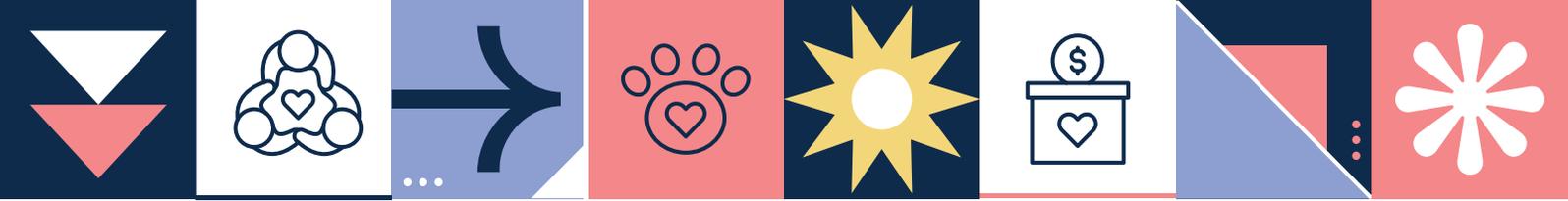
Bosum Buddies Ball at the Westin Hotel in Annapolis. Benefits Bosum Buddies Charities. Bosumbuddiescharities.org

Bubbles and Bingo at The Atreum at Soaring Timbers in Annapolis. Benefits Hospice of the Chesapeake. hospice-chesapeake.org



Silent auctions are excellent gala fundraisers for many charities.





April

APRIL 5TH

Summit School Gala location TBD.
Benefits The Summit School. thesummit-school.org

APRIL 26TH

AAMC Foundation's Denim & Diamonds benefits Luminis Health Anne Arundel Medical Center's mental health services. aamcndenimanddiamonds.org

Hope Grows Here Black Tie Gala at Spain Wine Bar in Ocean City. Benefits Unstoppable Joy. unstoppablejoyco.org

20th Annual Walk for the Woods at Bacon Ridge Natural Area in Crownsville. Benefits Scenic Rivers Land Trust. srlt.org

APRIL 27TH

Red Shoe Shuffle 5K Run and Walk at the Ronald McDonald House in Baltimore. Benefits The Ronald McDonald House Charities. redshoeshuffle.org

Share Your Charity Event Online

To have your organization's event added to our digital calendars and for consideration in next season's guide, please fill out the form online at Whatsupmag.com/events/submit.html or scan here:



Have what it takes to raise funds by taking an icy plunge? This year's Polar Bear Plunge benefiting Special Olympics of Maryland takes place January 29th.



MARYLAND HALL presents

YELLOW BIRD CHASE

KIDS SHOW

Fri, November 22 | 6:30PM
Live @ Maryland Hall

An epic adventure of masks, puppets, and gibberish!

Appropriate for ages 2+ and is fully accessible to the deaf & hard of hearing community as well as non-English speakers!

For tickets and group prices please contact: info@marylandhall.org

bello machre

Enriching Lives Heart by Heart™

For over 50 years, Bello Machre has been guided by our mission: to provide a lifetime of loving care, opportunities, and guidance for people with developmental disabilities throughout Maryland. Founded in 1972 by parents of children with developmental disabilities, our name means "Home of My Heart" in Gaelic. We provide residential services along with a range of community programs, ensuring that the people we support feel safe, loved, and have a meaningful day – every day. To learn more or make a donation, please visit our website.

7765 Freetown Road,
Glen Burnie, MD 21060

bellomachre.org
443-702-3000



The crackle of fire 🔥, the swirling of snow ❄️.

This holiday season 🔔 there's one place to go.

Find gifts 🎁, fun and fashions 👗 plus great things for eating 🍰,

A joyful 😊 location for all that you're needing.

When families and friends all gather here ❤️,

Waugh Chapel Towne Centre 🏡 is full of good cheer.



WAUGH CHAPEL
TOWNE CENTRE

Wegmans • Target • Dick's Sporting Goods • Regal Cinemas

For our store directory please go to visitwaughchapel.com.
or follow us  for more information.

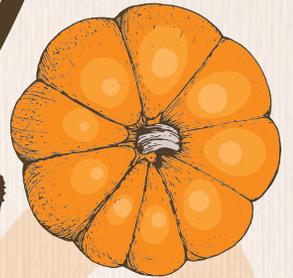


Scan for our Holiday
Gift Guide!

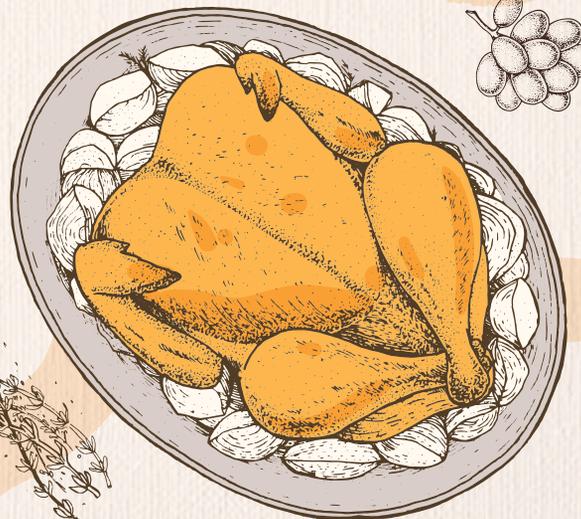
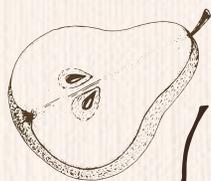


CHESAPEAKE

holiday dinner table



Culled from our recipe archives and restaurant collaborations of these many years, we present multiple courses that incorporate seasonal and local ingredients. Each recipe herein is a microcosm of Chesapeake-style dining. Most are fairly easy to make at home. All will impress your guests. Bon appetit or as we like to say 'round these here parts, "Y'all enjoy!"





Antoine's Stuffed Oysters Rockefeller

Courtesy Boatyard Bar & Grill

400 Fourth Street, Annapolis;
410-216-6206; boatyardbarandgrill.com

All ingredients can be quickly rough chopped as we will puree mixture when its cooking is complete. We recommend a buttery rich Kendall Jackson Chardonnay as a paired wine. Makes 2-3 dozen oysters

INGREDIENTS

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

In a large heavy sauté pan add butter and heat until bubbly; add shallot, celery, carrots and sauté until soft. Add spinach, basil, parsley and garlic and sauté 'til spinach is wilted. Carefully, as it is flammable, add liquor and reduce till almost dry. Pour this mixture into a mixing bowl and add breadcrumbs to absorb excess moisture. Stir in 1/2 cup of the cheese, and salt and pepper to taste. When cool, add small batches to food processor and pulse until ingredients are a rough/smooth consistency. Not too smooth. Let cool. Add another 1/2 cup of cheese. Shuck desired number of oysters and stuff each oyster with cooled spinach stuffing enough to almost cover oyster, don't pack down. Place your oysters on a sheet pan, top with the remaining 1/2 cup of shredded cheese. (You may substitute the cheese and use a hollandaise or béarnaise sauce.) Place in 400-degree oven or under broiler until oysters are cooked and cheese and spinach mix are just brown. Serve oysters over rock/Kosher salt with fresh lemon wedges and your desired wine or Champagne.





Maryland Cream of Crab Soup

Courtesy Carrol's Creek Café

410 Severn Avenue, Annapolis;
410-263-8102; carrolscreek.com

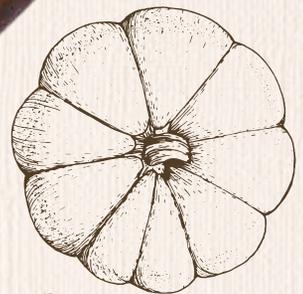
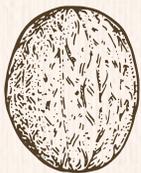
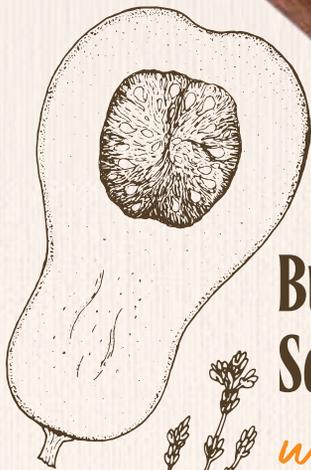
Serves at least eight bowls,
with more in reserve

INGREDIENTS

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

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





Butternut Squash Bisque

with pumpkin butter

Courtesy Treaty of Paris
iconic/beloved Annapolis restaurant that closed in 2019

Serves 2

INGREDIENTS

- Vegetable oil spray
- 1 two-pound butternut squash (cut in half lengthwise)
- 2 cups of low sodium chicken broth
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground marjoram
- 1/2 teaspoon dried thyme
- Pinch of grated nutmeg
- 1 cup of half and half
- Kosher salt and freshly ground pepper
- 1 jar of pumpkin butter
- Chopped pistachio nuts

Preheat oven to 375F degrees. Spray a 9" x 13" baking dish with vegetable oil spray. Place the squash halves, cut side down, in the prepared dish. Pierce the skin sides several times with a fork. Bake until the squash is tender, about 45 minutes. Set aside until cool enough to handle. Using a large spoon, scrape the flesh from the cooked squash into a food processor. Discard the skins. Add 1 1/2 cups of the chicken broth, cinnamon, marjoram, thyme, and nutmeg, and puree until smooth. Transfer the puree to a large saucepan. Whisk half and half into the soup over medium heat. If you prefer a thinner consistency, add the remaining broth. Season to taste with salt and pepper. Ladle the soup into warmed bowls. Top with a dollop of pumpkin butter and sprinkle with chopped pistachios before serving.

Rockfish Topped with Crab Imperial

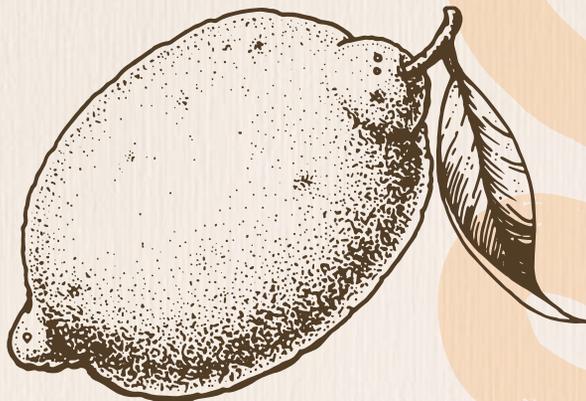
**Courtesy Captain's Ketch
Seafood Market**

316 Glebe Road, Easton;
410-822-7177;
captainsketchseafood.com

Serves 4

INGREDIENTS

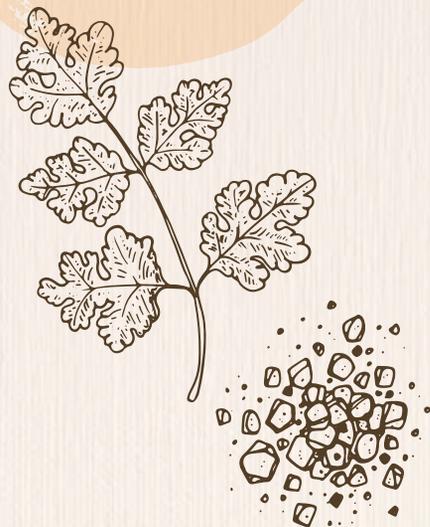
1 egg, lightly beaten
1/2 cup mayonnaise
1 tablespoon creamy Dijon mustard
1 teaspoon Old Bay seasoning
1 tablespoon Worcestershire sauce
1 teaspoon parsley (chopped)
1 teaspoon Tabasco
1/4 cup Panko breadcrumbs
1 pound lump Maryland backfin crab meat
2 pounds Rockfish fillets (skin on)



IMPERIAL SAUCE INGREDIENTS

1/4 cup mayonnaise
1/8 teaspoon Tabasco sauce
1/8 teaspoon lemon juice
1/8 teaspoon Worcestershire Sauce
1/8 teaspoon Old Bay Seasoning

Preheat oven to 350F. Spray a baking pan with cooking spray and place fillets on pan, skin side down. Mix first eight ingredients together in a separate bowl. Gently fold crab meat into mixture. Spread mixture over fillets. Bake for 25 minutes, or until flaky. Top with Imperial sauce. Bake for an additional 3 minutes.





Honey Rosemary *chicken*

**Courtesy Julie St.
Marie Catering &
Event Coordination**

juliestmarie.com

Serves 2

This is a stress-less chicken dish. These simple, flavorful chicken breasts are one of our most popular lunch entrees.

INGREDIENTS

(2) 8-ounce air-line chicken breasts
1/2 tablespoon chopped fresh oregano
1 tablespoon chopped fresh rosemary
1/4 cup honey
1/4 cup vegetable oil
1 teaspoon salt and freshly ground pepper
1 teaspoon Montreal Steak seasoning
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1 teaspoon lemon pepper seasoning

Preheat oven to 300F. Mix olive oil and honey together; set aside. Mix remaining ingredients together and season the chicken with them. Marinate seasoned chicken for at least 8 hours in the refrigerator (Add more oil as needed). Spray a baking sheet with non-stick spray. Place chicken on the pan and cover with excess marinade. Place chicken in preheated oven and bake 30 minutes. Increase heat to 350F and bake an additional 15-20 minutes until golden brown.





Fordham Brats and Mash

Courtesy Rams Head Tavern

33 West Street, Annapolis;
410-268-4545;
ramsheadtavern.com

Serves 1

INGREDIENTS

2 Fordham bratwursts
8 ounces mashed potatoes
(recipe below)
4 ounces sauerkraut
3 ounces pickled red cabbage
Garnish: 2 tablespoons whole-
grain mustard gravy
(mustard + gravy)
pinch minced fresh parsley

Grill the bratwursts. Sauté sauerkraut and pickled cabbage until hot. Put mashed potatoes in bowl, top with sauerkraut, pickled cabbage, and bratwursts. Ladle mustard gravy over the top and garnish with a pinch of minced parsley.

MASHED POTATOES

Serves 4

2 pounds Russet potatoes
5 tablespoons butter,
at room temperature
1/4 cup milk, hot
1/4 cup heavy cream, hot
1/2 tablespoon Kosher salt plus
freshly ground black pepper

Scrub, peel, and cut potatoes into large pieces. Steam until tender enough to mash easily. Drain and dry them on a sheet pan in the oven until no more steam rises from them. While the potatoes are still hot, whip them in a mixer. Add the butter and mix into the potatoes until just incorporated. Add the milk and cream (small amounts at a time), salt, and pepper and whip until smooth and light. Taste. Add salt and pepper to taste.



Apple Crumble

All in One

Courtesy David's Natural Market

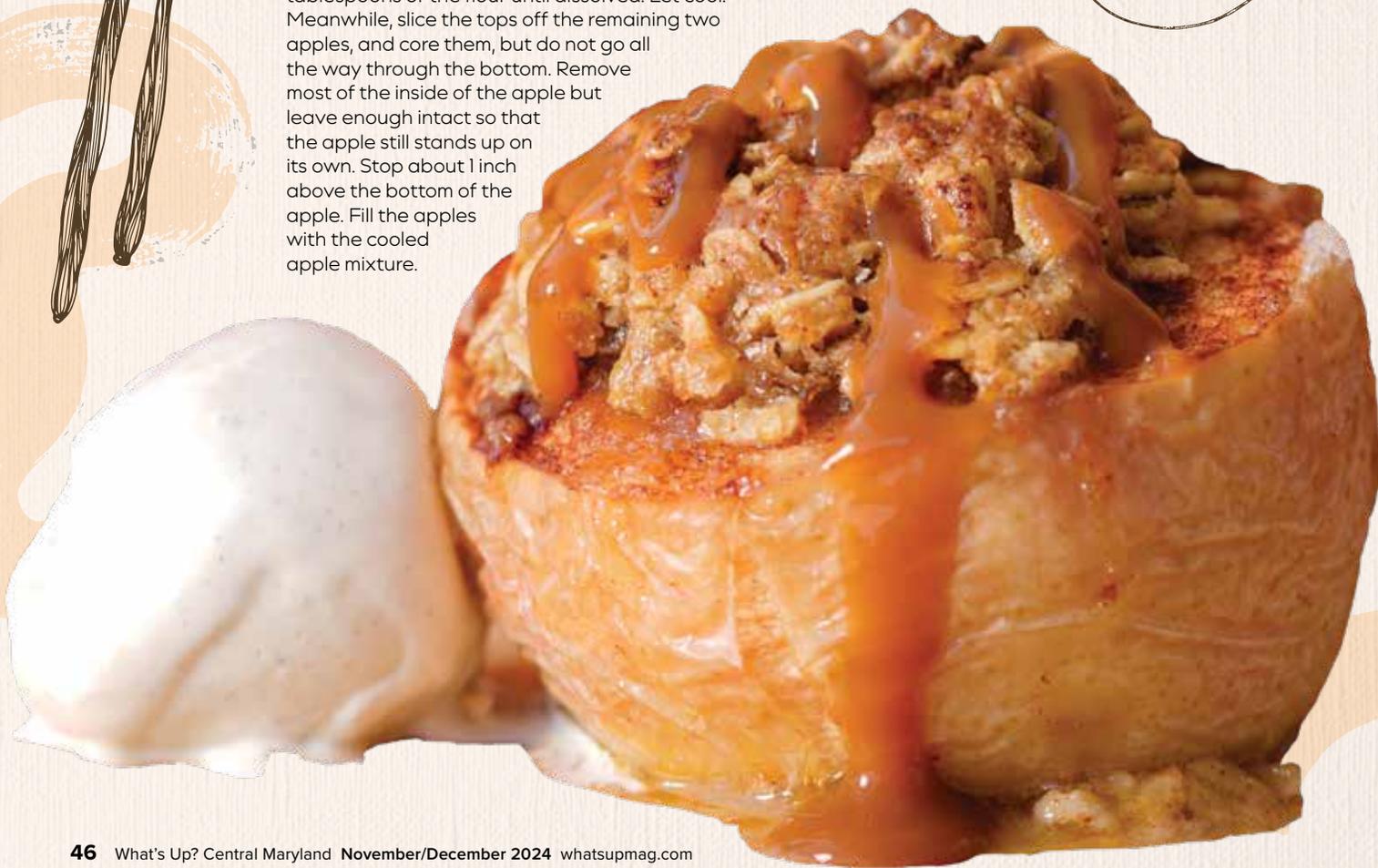
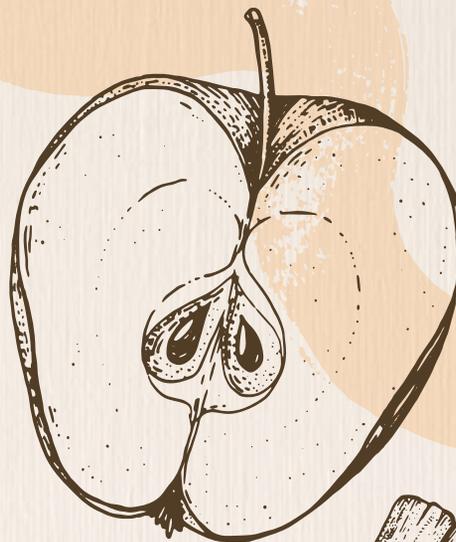
871 Annapolis Road, Gambrills;
410-987-1533; davidsnaturalmarket.com

Serves 3

INGREDIENTS

3 large apples
1 1/4 teaspoon ground cinnamon, divided use
2 teaspoon fresh lemon juice
1/4 cup, plus 1 tablespoon
brown sugar, divided use
4 tablespoons butter
1/4 cup flour, divided use
1/4 cup rolled oats
2 scoops of vanilla ice cream
and caramel for serving

Preheat the oven to 375F. Peel, core, and dice one apple. Place it in a small skillet with 1 teaspoon of cinnamon, lemon juice, 1/4 cup of brown sugar, and 1 tablespoon of the butter. Turn the heat to medium high, stir, and cook until the apple dices start to soften and release their juices, about 5 minutes. Turn off the heat, and then stir in 2 tablespoons of the flour until dissolved. Let cool. Meanwhile, slice the tops off the remaining two apples, and core them, but do not go all the way through the bottom. Remove most of the inside of the apple but leave enough intact so that the apple still stands up on its own. Stop about 1 inch above the bottom of the apple. Fill the apples with the cooled apple mixture.



Chocolate Chip, Oatmeal & Toffee *cookies*

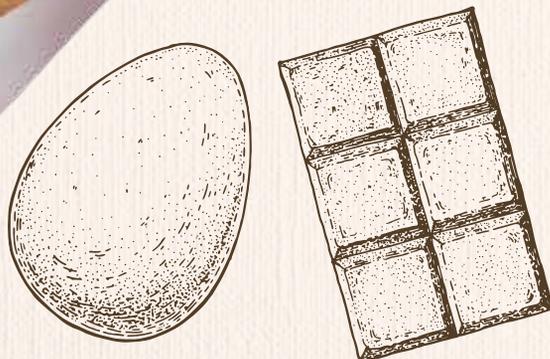


Courtesy Doris Wisner,
who won "Most Creative Cookie"
in What's Up? Media's 2018
Cookie Contest

INGREDIENTS

1 1/2 cups flour
1 teaspoon baking soda
1 cup butter
3/4 cup granulated sugar
3/4 cup light brown sugar
1 egg
1 teaspoon vanilla
1 1/2 cups quick oatmeal
1 cup mini chocolate chips
1 cup toffee bits
(Skor or Heath Bar bits)

Mix together flour and baking soda. Separately, beat together butter, granulated sugar, and light brown sugar; add egg and vanilla. Add flour mixture to creamed mixture. Add quick oatmeal, chocolate chips, and toffee bits. Divide into 3 parts and roll into 3 logs about 1 1/2" diameter in plastic wrap. Refrigerate for at least one hour and preferably overnight. Remove from refrigerator and slice 1/4" to 3/8" thick and bake on a greased baking sheet for about 10 minutes until light brown at 350 degrees. Enjoy!

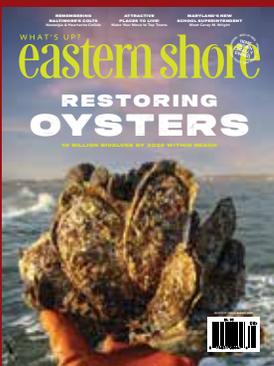
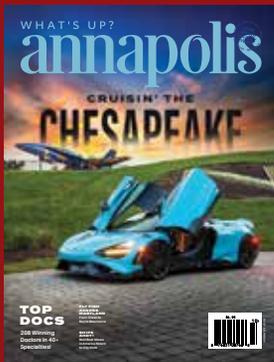


Holiday Gift Guide 2024



1.

1. Give the gift of Baseball with Bowie Baysox tickets: Lock in your 8 or 16-undated ticket voucher plan with the Baysox and get a bobblehead of future star Samuel Basallo along with other great perks. www.milb.com/bowie/tickets or 301-805-6000 to purchase.



2.

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

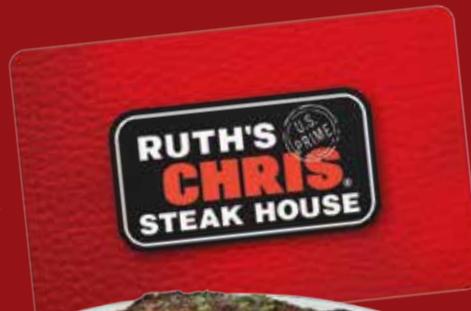


3.



3. Treat your family and loved ones to a gift card from Mamma Roma! Family owned and operated since 2016, Mamma Roma offers catering for any occasion. 8743 Piney Orchard Parkway, 410-695-0247, mammaromas.com

4.



4. Receive A Holiday Bonus When You Give A Gift Card. A Ruth's Chris gift card is perfect for everyone on your holiday list. For a limited time, purchase \$300 or more in gift cards and enjoy a 10% bonus card. See your local location for promotion details and conditions or visit us online at ruthschris.com/gift-cards



OUR BELOVED



PETS



Overall winners and
reader favorites in the 2024
Pet Photography Contest!

We sure have some cute pets! The evidence poured in this past summer when we announced the magazine's Pet Photography Contest. Open to all readers, we asked for photos of your pets at play, being whimsical, sleepy, silly, and just plain lovable!

This contest had a philanthropical twist, too. Each entry requested a \$10 donation, which will be given to local animal shelters. Dozens of photos were submitted during the July entry period and in August, we then asked readers to vote for your favorites. The voting was fun and competitive.

THE RESULTING WINNERS AND READER
FAVORITES DESERVE KUDOS FOR
CAPTURING THEIR PETS AT THEIR BEST!

FIRST PLACE WINNER

Ovi, submitted by Dawn B. of Owings

“OVI IS A SIX-YEAR-OLD LAB THAT JUST ENJOYS BEING OUTSIDE AND HANGING OUT WITH PEOPLE.”



SECOND PLACE

Lulu, submitted by Susan L. of Crownsville

“Fifteen-year-old Lulu came to our family last June as a hospice foster after she was abandoned at our local shelter. She wasted no time winning over the hearts of family and friends with her sweet disposition and perpetual smile, and quickly moved from fostered to adopted. More than a year later, Lulu has soaked up lots of pets, enjoyed road trips and boat outings, and continues to teach us to greet each day with a smile no matter what challenge you face.”



THIRD PLACE

Shinichi, submitted by Stacey C. of Annapolis

“My beautiful, rescued boy, chillin’ in his favorite spot.”



FOURTH PLACE

Stori Sinclair, submitted by Lola T. of Arnold

“Stori Sinclair is the best good girl. She is a Maltese shih tzu, smells fantastic, loves to go to work, has hair as soft as a baby bunny, and never leaves mom’s side. She’s shown here hard at work being a balloon studio manager.”

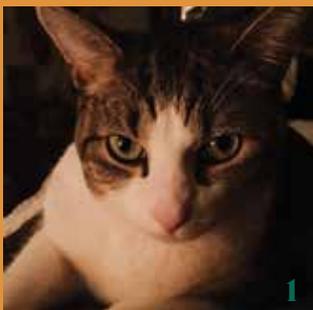
FIFTH PLACE

Skippy Do Dog, submitted by Maxwell H. of Annapolis

“Skippy is a rescue pup who we are so lucky to have found, he had a life in the shelter sleeping in cold crates and now gets tucked in every night! We hope everyone can find a rescue like Skippy.”



READER FAVORITES OTHER CUTE VOTE GETTERS!



1



2



3

1. **Nugget**, submitted by Alicia B. of Pasadena

2. **Jetty**, submitted by Julie B. of Severna Park

3. **Charley**, submitted by Kristi B. of Arnold

4. **Sadie**, submitted by Amanda M. of Selbyville

5. **Daisy**, submitted by Karen M. of Annapolis

6. **Nala**, submitted by Megan L. of Stevensville



4



5



6



where beauty meets protection

- ROOFING
- SIDING
- WINDOWS
- GUTTERS



Your home deserves a beautiful exterior that will give it lasting protection!

CALL FOR A FREE ESTIMATE!
410.981.9466
fichtnerexteriors.com



ARCHBISHOP
SPALDING
HIGH SCHOOL

**OVER 50 YEARS OF
CATHOLIC EDUCATION**

- INTERNATIONAL BACCALAUREATE WORLD SCHOOL
- 26 AP CLASSES
- PROJECT LEAD THE WAY/PATHWAY TO ENGINEERING
- 30 ATHLETIC TEAMS
- OVER 40 CLUBS AND ORGANIZATIONS

ARCHBISHOPSPALDING.ORG

Home & Garden

58 BETWEEN THE LEAVES

60 SEVERN STYLE & SPLENDOR

62 TRADITIONAL WITH UPGRADED TWISTS

Dinner is
Served

PG. 54

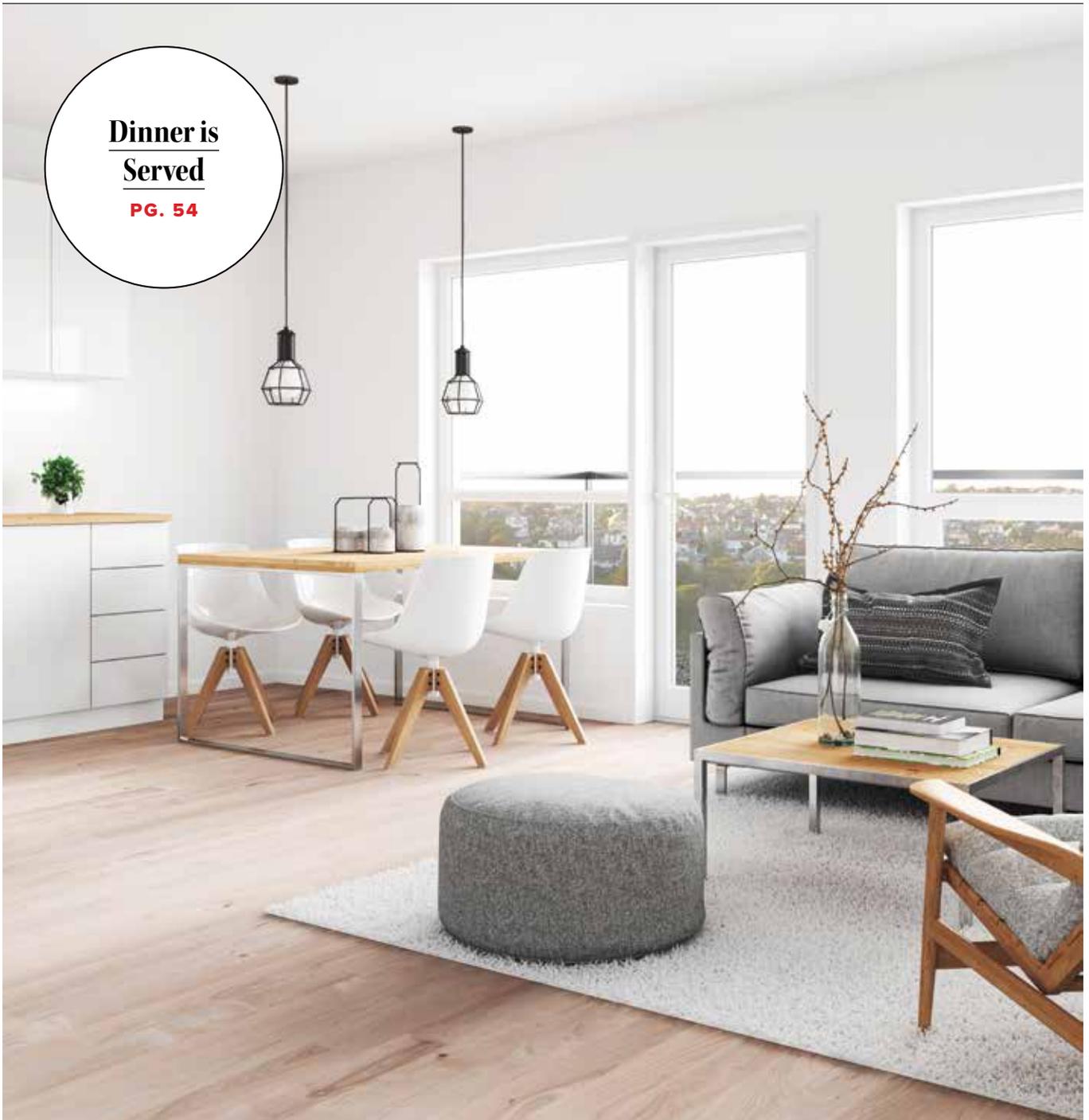




Image courtesy of homebuilding.com.uk

Dinner is Served...

BUT DO YOU REALLY NEED A DINING ROOM?

By Lisa J. Gotto

If you're like many homeowners, the next two months on the calendar are the ones you wait for all year long to justify that huge formal room off the kitchen that generally sits empty for the remaining 10 months of the year.

The frustration of having a room that you barely use but always have to clean has been a topic visited in interior design circles for decades and has been soundly addressed with the advent of the

open main level floor plan. For many families this way of using space just makes the most sense when it comes to entertaining for larger group events, building in more communal family time, and transitioning away from the traditional front of house formal living and dining room scenarios.

The only blip on the open-plan-radar materialized during the pandemic when families needed to use the same space for everything, every day, and we needed to get creative again about carving out smaller personal spaces within the open plan. Statistics do not, however, find homeowners choosing the open-plan option less post-pandemic, but it does make those with new home dreams more mindful about what open-plan living means now.



IF YOU ARE PLANNING A NEW HOME SCENARIO AND CONSIDERING YOUR OPTIONS, HERE ARE FOUR VERY IMPORTANT QUESTIONS TO ASK YOURSELF BEFORE YOU CONSIDER DITCHING YOUR FORMAL DINING ROOM:

WHAT IS MY COMFORT FACTOR WHEN IT COMES TO BEING LESS TRADITIONAL?

Not having a dedicated dining room will be noticed when those formal occasions crop up. If you're the type that is into making reservations over making dinner for special days, then you're probably a good candidate for 24/7 open plan living. Culturally, if you come from a familial background where breaking bread is the celebration, having that special space takes on greater meaning.



Image courtesy of megafurniture.sg

How might noise, smells, and a lack of privacy affect the way my family lives in this space over time?

This, for many, is the largest concern homeowners have about open-plan living—the living with it everyday part. Noise from appliances, frying foods, and running faucets becomes common place, as do the aromas that will waft about into your living, dining, and studying spaces on a daily basis. The trade-off in exchange for the planned connectivity received is worth it for many, but this is something that will affect the overall ambiance and functionality of your primary living space, which happens to include your dining area.



How important is my home's resale value to me?

Are you comfortable that future buyers may see your choice as a drawback, potentially affecting your home's resale value? Also, keep market preferences in mind. In some areas, formal dining rooms are highly valued.

AM I COMFORTABLE SEEING MY GUESTS USING THEIR LAPS AS A TABLE?

While the space in an open-plan scenario may seem bigger because it has less walls, also consider that it may not have the tabletop capacity that a formal dining room offers. And many times, the countertops are being used as buffet servers for special occasions.



Image courtesy of perigold.com

FLEX-PLAN SPACE

Not sure where you stand? If you already have a formal dining room that you feel is under-utilized most of the year, try using these tips to convert the space into something more flexible.

Start by assessing your room for square footage and determine if it is large enough to set up separate spaces within the larger room. You can visually divide and conquer by creating distinct zones within the room, and for example, set up a small home office in one corner with a desk and chair, while the main area remains open for dining. You can even use a stylish screen or bookshelf as a room divider to add character.

Choose versatile furnishings, like a convertible dining table that can fold down or expand, allowing the room to switch between dining and other functions. Add flexible seating that is lightweight and easy to move. Or consider adding bench or ottoman seating that doubles as a storage component. Manufacturers are more responsive than ever when it comes to providing options that strike that perfect balance between form and function.



Image courtesy of paradeofhomes.com



Image courtesy of modernpower.solutions.com

Use a pop-up or foldaway desk and a hidden charging station to outfit your flex space so it doesn't channel any basic office or media room vibes, and install smart lighting or a smart thermostat so you can easily adjust the environment to match with the activity type.



Counteract clutter with flow by ensuring the room's layout allows for easy movement between activities and arrange furniture mindfully so when it's time to switch the room's function, the tweaks are minimal and seamless.



Image courtesy of ballarddesigns.com



Add attractive storage solutions such as sideboards or buffets that can accommodate both house and office wares.

With some out-of-the box-thinking and clever execution, you just may just turn that often-underutilized room into something functional and fabulous for every month of the year!

NANCY HAMMOND EDITIONS



VARIATIONS ON A HERON BY NANCY HAMMOND

SIGNED AND NUMBERED LIMITED EDITION GICLEE, 32" X 48"
SIGNED ARTIST PROOF, 40" X 60"

416 6TH ST, ANNAPOLIS, MD 21403 • 410-295-6612 • WWW.NANCYHAMMONDEDITIONS.COM



WE'RE NOT ACTUALLY DOCTORS, BUT WE CAN FIX YOUR SHINGLES.



KEEP A HEALTHY HOUSE WITH
PRIME ROOFING & SIDING



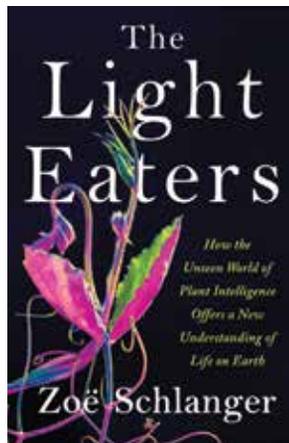
PRIME
ROOFING & SIDING

FULLY LICENSED AND INSURED MHIC #142960

BEST OF CENTRAL MARYLAND 2024 VOTED BEST ROOFING CONTRACTOR

Contact us today and let us give you a home health check!
(667) 393-0102 • Goprimepros.com

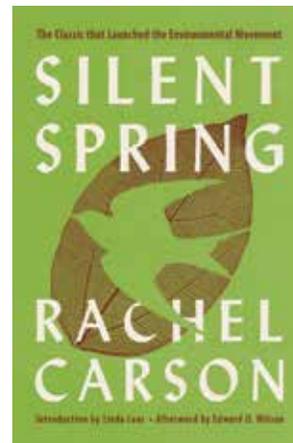




▲
***The Light Eaters: How the Unseen World of Plant Intelligence Offers a New Understanding of Life On Earth* by Zoë Schlanger 2024**

***Silent Spring* by Rachel Carson 1962**

Reading this courageous book opened minds to environmentalism. As powerful today as it was in the 1960s, Carson's research and carefully documented account of our careless destruction of plant and animal life reignites our commitment to doing better, less harm and more respect for the natural world. This book exposed the destructiveness of DDT and led to the banning of certain pesticides. Her exposé began the environmental movement and changed the course of history.



▼
What botanists have learned about plant life; just the facts! Schlanger is a journalist who spent five years gathering information on the discoveries and insights gained by botanists in the last decade. The book is packed with amazing explanations of how plants live and fight to survive. Because Schlanger is a journalist, her prose is elegant, clear, and sometimes amusing. Read it before you gift it! (I promise not to tell. Just avoid a coffee cup ring on the cover.)

Between the Leaves

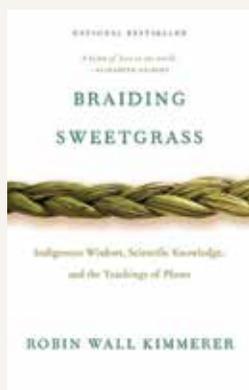
BOOKS TO GIVE AS GIFTS TO YOUR GARDENING FRIENDS... AFTER YOU'VE READ OR REREAD THEM YOURSELF

By Janice F. Booth

You've just checked off the last items on your gardening to-do list and stashed your gardening gloves and boots in the closet. Hurray! But, now what? Review that list of preparations for Thanksgiving? Write to family and friends you're inviting to holiday festivities?

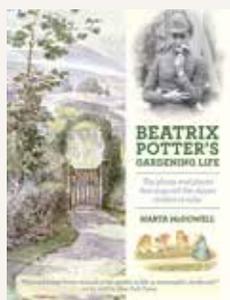
Hold on. Before you get too far into organizing for the holidays, how about a *book break*? Let me share with you 12 books that will touch your gardener's heart and make perfect gifts for your friends who share your love of gardens and gardening.

I'll begin with the most recent publications and work back to some beloved classics in the gardening library.



***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and Teachings of Plants* by Robin Wall Kimmerer 2020**

Where we humans stand in our relationship to Nature and our codependence. Wall Kimmerer is a botanist, an author, and a citizen of the Potawatomi Nation. This book, another beautiful read, focuses on the integral dependence of human beings and plants. She shares ancient Potawatomi wisdom and explains how her ancestors applied their insights to feeding their people—planting and harvesting.



***Beatrix Potter's Gardening Life: The Plants and Places That Inspired the Classic Children's Tales* by Marta McDowell 2013**

A biography focused on Potter's love for gardens and all that inhabit them. McDowell divides the book into an initial biography, followed by a year in Beatrix Potter's garden, and concluding with how and where to visit these gardens—perfect gift for those lucky enough to be planning a trip to the British Isles.

***Onward and Upward in the Garden* by Katherine S. White 1958**

Amusing and timeless short essays on seed catalogues, gardeners, and anything else White chose to say about gardening. This is one of my favorite reads. White was a *New Yorker* magazine staff writer who wrote 14 columns on gardens, published in the late 1950s and early 1960s. An excellent bedside table book—such lovely prose to fall to sleep with.

***Sissinghurst: Vita Sackville-West, the Creation of a Garden* by Sarah Raven 2014**

Intriguing history of a British National Treasure as well as practical tips on gardens. Raven's amusing and carefully researched book on the beautiful house and gardens of a major figure in Britain's early 20th century world of letters, includes interesting photos and drawings.

***Plant Dreaming Deep: a Journal* by May Sarton 2014**

A deeply personal account of the transformation of a farmhouse and gardens. Sarton was an internationally recognized poet and novelist. Her connection with nature was personal and beautifully expressed. In this journal Sarton explains the gratifying and difficult work of refurbishing a derelict New England farmhouse and its gardens. This is one of her most popular works.



***My Garden (Book)* by Jamaica Kincaid 1991**

A personal recounting of Kincaid's deepening love of gardening and gardens. This popular novelist writes with easy grace of her garden in Vermont and recollections of her childhood gardens in Antigua. Lots of charming anecdotes about specific flowers, shrubs, and vegetable plants given to her by friends and what those plants brought to her life.

***Planting: A New Perspective* by Piet Oudolf & Noel Kingsbury 1993**

An intriguing explanation of the "New Perennial Movement" in public and private gardens. If you've walked the High-Line Park or Battery Gardens in New York City, you've experienced Dutch garden designer Oudolf's vision of the garden. With clear prose and wonderful photos, this book explores the spare and architectural style Oudolf developed.

***The Well-Tempered Garden* by Christopher Lloyd 1971, revised & in paperback 2003**

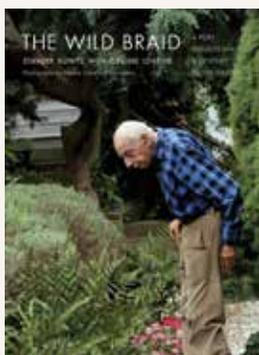
Practical advice on gardening delivered with British wit and elegance. Lloyd was a renowned 20th century gardener. His designs were lush, cottage gardens filled with color and foliage. This is a great resource for practical tips and solutions to common garden problems.

And while we're considering bedside books:

***The Gardener's Bed Book: Short and long pieces to be read in bed by those who love green growing things.* Edited by Richard Wright and taken from *House & Gardens Magazine* 1929**

365 short essays on wide-ranging topics of interest to anyone... and particularly to those of us who garden. This is definitely a book to read and then leave on the bedstand in your guestroom for others to enjoy. (Get a second copy to give as a hostess gift when you are a houseguest.)

Happy reading!



***The Wild Braid: A Poet Reflects On a Century in the Garden* by Stanley Kunitz 2005**

Poetry, reflections, and photos from a brilliant and passionate

poet-gardener. One of my favorite books, published just a year before his death at 100. Kunitz speaks elegantly about the braid of life, which is experienced by each of us who love gardening. The poems included are elegant, plain spoken, and wise.



Severn Style & Splendor

By Lisa J. Gotto

With its prime location along the Severn River and just minutes from downtown Annapolis, this exquisite, custom-built home is concrete proof that you can have it all. Nestled within a small, private community on a mature, wooded lot, this home's unique layout and architectural details place it in a category all its own in terms of style and substance.

The gracious foyer is a visual prelude to what lies ahead with its sophisticated Georgian-style columns and entries to various parts of the home from this starting point. Just to the right, there's a congenial study/den, followed by the home's statement-making kitchen. Though this home was built in 1990, upgrades and improvements have been made regularly over the years, and are especially evident in the spacious, modern kitchen. Custom, white wood cabinetry is offset with a large, square center island of black wood cabinetry topped with a luscious, white stone. The island offers breakfast seating for three, and there's separate seating in the adjoining breakfast nook.

Take a few steps down and the kitchen leads to a roomy family room with a gorgeous, stone wall fireplace. The kitchen also opens to the home's formal dining room through sliding, glass barn doors. The dining room opens one side to the light and bright, three-season sunroom, and through a Georgian-columned opening on another side to the formal living room. This space features a Federal-style fireplace with built-ins on either side, and like the rest of this level, sports gorgeous hardwood floors throughout.



Primary Structure Built: 1990

Sold For: \$2,800,000

Original List Price: \$2,700,000

Bedrooms: 5

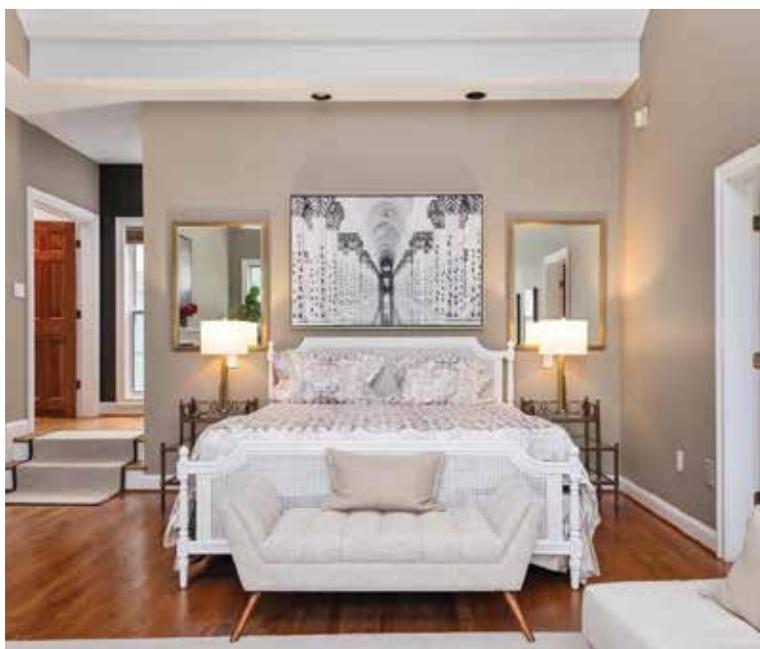
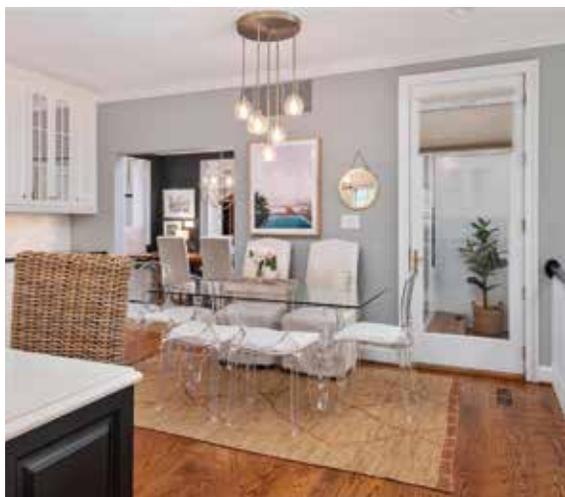
Baths: 5
Full, 1 Half

Living Space: 5,365 Sq. Ft.

Lot Size: 1.23 acres



The main level of the home is also where the primary bedroom suite is located. This part of the residence serves as a private oasis with its own foyer and steps down into a glamorous bedroom with a soaring two-story ceiling, fireplace, and sliding glass doors that lead to a private, second-level deck overlooking the gorgeous pool and patio area.



Listing Agent: Trish Dunn, Long & Foster Fine Homes, 145 Main St., Annapolis, m. 443-995-5375n, o. 410-263-3400n, trish.dunn@longandfoster.comn, longandfoster.com **Buyers' Agent:** Rowena DeLeonn, Coldwell Banker Realtyn, 4800 Montgomery Ln., Bethesda, m. 240-423-2422n, o. 301-719-0010n, rowena.deleon@cbrealty.comn, coldwellbankerhomes.com

The owners will enjoy a spa-like bath retreat with separate vanities, a modern, free-standing soaking tub, gorgeous glass shower surround, and high ceilings.

The gallery-like second level hallway opens to the home's four additional bedrooms, each with its own personality and most with an *en suite* bath.

The lower level is the home's total fun zone with its large rec room and full-serve bar with counter seating. This is also where you will find the home's theater room, sauna, workout room, and another full bath, creating a residence with every lifestyle aspect covered.

Traditional with Upgraded Twists

By Lisa J. Gotto

The core of this gorgeous, traditional-style home was built in 1945, but the structure has been expanded and expertly updated over the years to provide a residence of tradition with many upgraded twists. Located on a lush, mature lot just over an acre in size, the property boasts lovely views of, and community right of way to, the Severn River.

**Primary
Structure
Built:**1945

Sold For:
\$1,625,000

Bedrooms:
3

Baths: 2
Full, 1 Half

**Living
Space:**
3,316 Sq.
Ft.

Lot Size:
1.10 acres



The surrounding grounds of the home have been graciously maintained and landscaped with an air of sophistication and glamour with its manicured hedgerows and its pool-side hardscape. The front façade of the home has been enhanced with two large Palladian-style windows highlighted with elegant awnings.





back and side deck. The kitchen opens toward the front of the house to a stunning formal dining room with hardwood floors and the second Palladian-style window

The pine hardwood floors flow upstairs to the residence's primary suite with its tranquil water views, walk-in closet, and large primary bath. This room sports rustic, green ceramic tiles, a free-standing clawfoot tub, and a roomy, tile shower.

There are two additional bedrooms that share the third bath in the house. One of the bedrooms is large enough to serve as a multi-guest bunk room and features wonderful water views.



Listing Agent: Jean Andrews, Long & Foster Real Estate, Severna Park, 541 Baltimore Annapolis Blvd., Severna Park, m. 410-507-9968, o. 410-544-4000, jeanandchristine@Inf.com, longandfoster.com

Buyers' Agent: David Orso, Berkshire Hathaway Home Services | Pen Fed Realty, 8 Evergreen Rd., Severna Park, m. 443-691-0838, o. 443-372-7171, david@davidorso.com, davidorso.com

This home's entry opens further on either side with two charming sets of glass doors with decorative side panel windows. To the right, the home opens to a large formal living room with nostalgic wide-plank pine floors, a coffered ceiling, and the first of those two Palladian windows, that flood the space with light. The L-shaped floorplan of the room is accented with a wood-burning fireplace and lovely built-ins. An extension of the living room on one side leads to a bright and charming sunroom overlooking the grounds of the property's garden landscape.

The living room on the opposite side leads to a large, charming kitchen with rustic tile floors and the convenience of an open plan to a large, but cozy family room. The kitchen has been updated to include matching countertop and sideboard topped with rich, neutral granite, stainless steel appliances, and an upcycled center island that seats six.

The family room has two walls of custom built-ins, a wood-burning stove, and access to the home's



45
Years of
Celebrating
Life



**They wanted her to
remember another
family dinner.**



Creating Moments that Matter.

If your loved one wants it to happen, we provide the care needed to make a moment a reality. We create a comfortable scenario to provide medical, emotional and spiritual care to bring them unique, meaningful moments with friends and family.

410-987-2003 | HospiceChesapeake.org

Health & Beauty

66 TEMP CHECK

68 COLOSTRUM IS TRENDY, BUT SHOULD YOU TRUST IT?

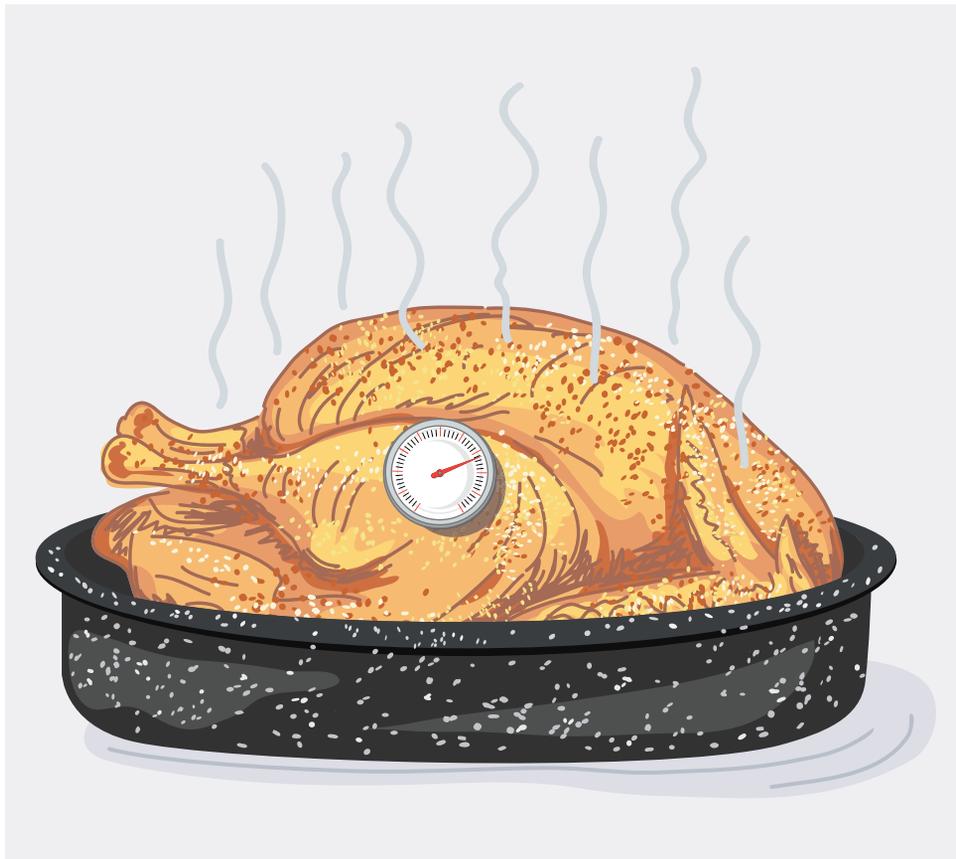
70 7 BIG SKINCARE MISTAKES

71 VIRTUAL REALITY THERAPY (VRT)?

**Why Black
Is Always A
Safe Fashion
Choice**

PG. 67





The safest way to know that your Thanksgiving turkey or any other meat is safely cooked? A meat thermometer. The USDA encourages the use of food thermometer to ensure that all food is cooked to a safe internal temperature that kills all bacteria:

- ◆ Poultry (e.g. turkey): 165F
- ◆ Beef, pork, veal, lamb: 145F
- ◆ Ground meat: 160F
- ◆ Fish: 145F
- ◆ Eggs: 160F

Temp Check

A QUICK STEP-BY-STEP GUIDE TO A MEAT THERMOMETER (AND WHY IT MATTERS)

By Dylan Roche

Nothing says, “Happy Thanksgiving” quite like under- or overcooked turkey. But if you’re cooking this year’s bird based on visual or physical cues like color and texture, you might be taking a risk. The Centers for Disease Control and Prevention says about 1 in 6 people suffer food poisoning from undercooked meat or poultry every year.

So, if you’re resolving to bust out the meat thermometer for this year’s Thanksgiving dinner, here’s what you should do:

DETERMINE THE TYPE OF FOOD THERMOMETER YOU WANT TO USE. Some instant-read thermometers require you to first remove the food from the oven and insert it to get a read in between 10 to 20 seconds. But you can also use an oven-safe thermometer that goes into the meat before you put it in the oven, and you can then read the temperature via a monitor outside the oven without ever opening up the door. SMART thermometers will even send the temp directly to your phone.

MAKE SURE YOU’RE INSERTING THE THERMOMETER PROPERLY. The thermometer should go into the thickest part of the meat. In the case of your Thanksgiving turkey, that would be the breast. Be careful to avoid letting the thermometer touch non-meat parts, such as bone, fat, gristle, or the pan, because these will affect the temp reading. Remember, it’s the meat you need to check.

KEEP THE THERMOMETER CLEAN. If you’re using an instant-read thermometer, you might find that the food needs to go back in the oven. Or maybe you’re using the same thermometer to check different foods. Be sure to clean the thermometer between uses to avoid cross contamination. And of course, when you’re done, clean it before you put it away. Use warm, soapy water to wash it off, just like you would with any other kitchen utensil.

Count on a meat thermometer to ensure any meal is a safe, healthy one!

Why Black Is Always A Safe Fashion Choice For Any Occasion

By Dylan Roche

Your fall and winter schedule can fill up quickly—it seems as if every week has a party, a gathering with friends, a networking mixer, or some other kind of event you're planning to attend. Who has time to be stressing out over what to wear? It's why so many people count on black as their all-occasion, dress-it-up or dress-it-down choice that minimizes a lot of overthinking.

DON'T THINK OF BLACK AS SOMETHING FOR FUNERALS OR OVERLY FORMAL OCCASIONS. BLACK CAN BE THE PERFECT STYLE CHOICE ANY TIME, AND HERE ARE FOUR REASONS WHY:

1. BLACK IS TIMELESS. It seems as if there's always a hot color of the season, but these trends come and go. Black, on the other hand, never goes out of style, and it works well whether you're trying to be traditional or trendy. It's why most women own a black dress and most men own a black suit—these outfits are straightforward and will often last for decades.

2. BLACK GOES WITH EVERYTHING—AND IS EASIER TO ACCESSORIZE. When you wear black, you never have to worry about whether it matches. Black clothes pair with other black clothes, and they work equally well with colors. Fashion sensibilities of the past discouraged trying to match black with brown or navy, but that's not the case anymore. Black isn't ostentatious, but it's still stately enough that you'll stand out in a crowd when you wear it.

3. BLACK HELPS YOU FEEL CONFIDENT. When you wear too many colors or patterns, it's easy to get overstimulated, even by our own outfits. Black tends to mellow out our emotions—many people who wear black say it helps them feel grounded. Plus, black communicates a sense of sophistication and authority, which is one of the reasons it works well not only at parties but also in professional environments.

4. BLACK FLATTERS EVERYONE. There are plenty of colors that don't work for everyone. Not the case with black—it tends to look good with all complexions, on all body types, and for any age or gender.



TIPS FOR WEARING BLACK

Still not feeling totally confident about wearing black? Here are tips for a great look:

1. Vary your fabrics and textures so your all-black ensemble isn't too much of the same.
2. Add at least one statement accessory or element of color to every outfit, which will pop against the rest of your black attire.
3. Dress in layers, which, like texture, will add an element of interest and variety.
4. Make sure your black clothes are well taken care of and unfaded by washing them with gentle detergents in cold water.



Colostrum is Trendy, But Should You Trust It?

By Dylan Roche

Think about a newborn baby—they need a lot of nutrition in the first few days of life. It’s when their immune system is adapting to a world outside the womb and their small bodies are gaining strength and size almost immediately. So, what if grown adults could benefit from the same kind of powerful nutrition that benefits newborn babies?

That’s the idea behind the latest health trend of supplemental colostrum. All lactating mammals naturally produce a type of milk called **colostrum** in the days after giving birth. It’s rich in protein, antioxidants, antibodies, and other compounds that a newborn baby needs. By taking supplemental

SPECIFICALLY, HERE’S WHAT’S FOUND IN COLOSTRUM:

- ◆ **Protein:** One of the three major macronutrients (the other two being fats and carbohydrates), this nutrient is known for building muscle in your body.
- ◆ **Essential fatty acids:** These are fatty acids your body can’t produce by itself, and they aid in hormone production and the development of important systems, such as your nervous system.
- ◆ **Antibodies and immunoglobins:** These help your body fight off infection and neutralize harmful bacteria and viruses.
- ◆ **Essential nutrients:** Vitamin A, magnesium, copper, and zinc all aid in boosting essential bodily systems—your nervous system, cardiovascular system, and immune system. They also aid in growth and development at the cellular level.

colostrum made from cow milk, health-conscious consumers are seeking to benefit from these nutrients in a big way.

Because of these nutrients, colostrum was described in a June 2021 study in the peer-reviewed journal *Frontiers* as compositionally distinct from mature milk and offering a “wealth of potentially bioactive molecules.” That’s important because the same benefits of these bioactive molecules might be beneficial beyond neonatal development, the study explains. They might actually be nutritionally beneficial throughout an entire lifespan, even after physical maturity.

This is an example of early research that supports the idea colostrum supplements could be beneficial for adults, but many health experts emphasize there’s still more support needed. As colostrum gains visibility in wellness circles, more research institutes, as well as government agencies like the National Institutes of Health, want to explore what the science says about the effectiveness and safety of colostrum (specifically, bovine colostrum) in adult humans.

WHAT THE WELLNESS INFLUENCERS ARE SAYING

The research may certainly be mixed, but plenty of people swear by colostrum. So, what should you expect if you decide to try it?

Most supplemental colostrum comes in the form of powder that you can mix into a drink or food, though there are pill/capsule options on the market. These supplements are made from bovine colostrum—in other words, cow's milk—primarily because the nutritional needs of a calf and a human infant are similar, so bovine colostrum is nutritionally similar to human colostrum.

Because newborn mammals are physiologically vulnerable, these nutrients could help adults who have similar vulnerabilities. For example, if you suffer from Crohn's disease or chronic diarrhea, the immunoglobins that strengthen a young digestive system could help strengthen your own digestive system and help you better absorb nutrients from food.



If your immune system is weakened by chemotherapy, the antibodies could help ward off infection. People who supplement with colostrum often claim they have:

- ◆ better digestive health
- ◆ a stronger immune system
- ◆ improved recovery from exercise

For these reasons, colostrum has become as embraced by athletes as it is by people with chronic illness. Intense physical activity over an extended period of time can reduce immune function, and some high-level athletes swear by colostrum to avoid getting sick during times of especially intense training. The growth factors in colostrum, which promote tissue repair and muscle growth, mean you could potentially see not only faster recovery but also enhanced muscle growth after recovery.

A HEALTHY DOSE OF SKEPTICISM

Even with the early research indicating potential benefits, it's important to remember that a colostrum supplement is exactly that: a supplement. As such, it's not regulated by the Food & Drug Administration the way medicine is, and there's no guarantee that it will fulfill any claims you read on the label.

Many variables could even affect the quality of the colostrum, including: How healthy is the cow that produced the colostrum? How long after the cow gave birth was the colostrum taken? What is the length of time between the cow's pregnancies? What kind of environment does the cow live in and what kind of diet is it fed?

These and other factors can affect the quality of the colostrum and how dense in nutrients it is.

Plus, many people may not be a good fit for taking colostrum. It contains trace amounts of estrogen, and people who are sensitive to hormones—especially those battling cancer—may need to avoid even minimal estrogen. Somebody who is intolerant of dairy won't tolerate colostrum very well, and even other digestive issues, which some consumers claim colostrum can help, will be exacerbated by large doses. And because colostrum boosts immune function, it could be detrimental to patients who are taking immunosuppressant drugs.

YOUR BEST SOLUTION?

MD Anderson Cancer Center suggests skipping colostrum supplements and focusing on a varied, nutrient-dense diet. When you get everything you need from vegetables, fruit, whole grains, dairy, and lean protein, you don't need to worry about supplements. Plus, your body has a better ability to absorb nutrients from whole foods than it does from processed supplements.

If you're inclined to follow the trend and see why many people swear by it, start by talking to your doctor to determine whether it's safe. Look for a supplement that's made from grass-fed cow's milk and processed without high heat, which has the potential to denature the immunoglobins and reduce immunity-boosting effects. Powdered colostrum often has a higher bioavailability than colostrum in capsule form.

So even though supplemental colostrum might seem like the golden calf of health boosts and nutritional miracles, just remember that it's never a bad idea to be a little bit skeptical about anything that seems too good to be true.

7 Big Skincare Mistakes

YOU MIGHT BE MAKING

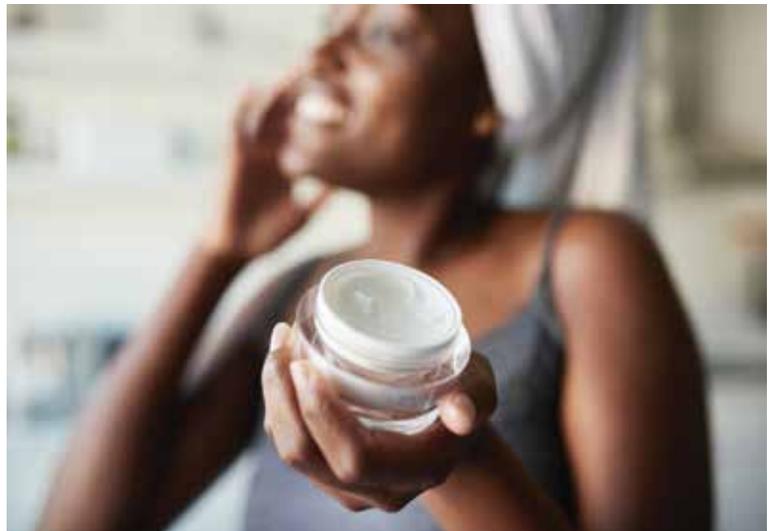
By Dylan Roche

Taking good care of your skin becomes a habit you prioritize more and more as you get older—but how many of us are actually doing it properly? Some skincare mistakes are so commonplace and normalized that a few of us could be forgiven for not realizing these are mistakes.

SO, IF YOU WANT TO KEEP YOUR SKIN HEALTHY AND LOOKING ITS BEST (AND WHO DOESN'T?), Dermatologists remind you to avoid making these mistakes:

1. SKIPPING SUNSCREEN. The first step to healthy skin is all about being preventative. Applying sunscreen every day, even when it's cold and cloudy outside, protects your skin from harmful rays that cause premature aging and skin cancer. Use a minimum of SPF 30 and reapply if you're spending prolonged time in the sun.

2. BEING INCONSISTENT. Most people don't stick with a skincare routine long enough to actually see the results they want. In order for your skincare routine to benefit you, stick with the same products and follow the same steps every morning and evening. You need about two months of consistency to see significant difference.



3. NOT UNDERSTANDING YOUR SKIN TYPE. Not everyone has the same skin type, so it only makes sense that not everyone is going to need the same products. If you have oily skin, you wouldn't want to use a product that's targeted for dry skin, and vice versa. If you don't know what type of skin you have and which products you should be using (or avoiding), talk to your dermatologist.

4. OVERCLEANING. Cleaning your skin twice a day is important, but doing it more often or using cleansers that are too harsh can leave your face dry, red, or burnt. It might even compensate for the dryness by producing more oil. It's best to avoid alcohol-based cleansers and limit any exfoliating washes to twice per week. Make sure you're applying moisturizer after every wash to avoid dryness.

5. APPLYING PRODUCTS IN THE RIGHT ORDER. When you're applying skincare products, the order matters. Moisturizing creams are designed to create a barrier over your skin, locking in moisture. That means they can also keep products out. So, if you're applying eye cream or serum after your moisturizer, they won't be absorbed by your skin the way they need to be. In general, go from lightest to heaviest when applying products.

6. USING TOO MUCH OF A PRODUCT. More isn't always better. Too much moisturizer or serum can overload your skin, sometimes even causing breakouts. Stick to a pea-sized amount or refer to the instructions on the package.

7. NOT WASHING OFF MAKEUP BEFORE BED. Too many women fall asleep with a full face of makeup on. Leaving makeup on overnight can clog pores and even prematurely age your skin. Even if you're tired and looking to get to sleep as quickly as possible, take a few minutes to wash your face at the end of the day.



Virtual Reality Therapy (VRT)?

**YES, IT'S REAL—
AND EFFECTIVE!**

By Dylan Roche

Virtual reality technology is to the point now where it's possible to step into a highly realistic computer-generated world. So, what if you could use that computer simulation to face your biggest fears or find refuge in a calmer environment. That's the idea behind virtual reality therapy, an increasingly popular option for psychotherapists who want to help their patients overcome trauma and gain confidence.

Just as you would if you were using virtual reality to play a game, virtual reality therapy involves wearing a headset that covers your head and gives you a 3-D view of a computer simulation where you can look up, down, left, and right, undistracted by the environment outside of the headset, which you can't see.

These simulated realities offer a huge opportunity for therapists to create specific environments that can help their patients in healing and recovery. It may sound strange or surprising to someone who has never experienced virtual reality before—after all, how can a fake world help that much? Here's what you should know:

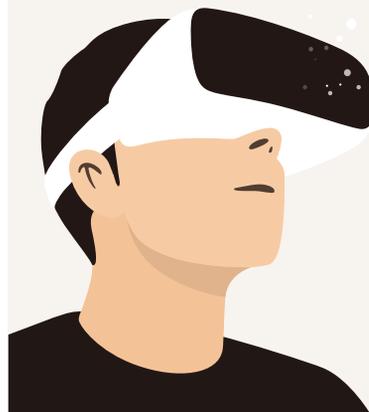
1 It's not the virtual reality itself that's therapeutic. Instead, a therapist is able to create specific experiences that aid in cognitive behavioral therapy, in which a patient is able to identify unhelpful thoughts and strive for positive reactions.

2 Virtual reality can make therapy sessions more efficient because a therapist can put a patient in an otherwise triggering situation that they are now able to experience in a controlled environment. For example, if a patient has experienced trauma that makes them afraid of crowds, virtual reality can simulate a realistic experience of standing in a huge crowd of people with sights and sounds.

3 Patients can apply coping skills in real time with a therapist's guidance, particularly if they need to try multiple times through repeated exposure. In typical talk therapy, a patient must imagine these scenarios, which is not as immersive, or wait until they experience them in real life, which can feel less safe.

4 It's not just about creating negative experiences so patients can overcome them. Virtual reality can also create calming, peaceful experiences—such as a tranquil beach or a peaceful field—that helps patients relax.

5 Some patients use virtual reality for virtual therapy sessions from home, finding that being immersed in a simulated environment feels much more personal than sitting on a video call. Some patients will even use avatars to maintain anonymity, which can help them open up more easily.



6 Studies show that virtual reality can be an effective addition to therapeutic treatment. Research published in *JMIR Mental Health* in May 2023 showed virtual reality offers an alternative for people with social anxiety or depression who can't do in-person sessions.

**BEST OF
CENTRAL MARYLAND
2024**



GALLIANO

ITALIAN RESTAURANT & WINE BAR

WAUGH CHAPEL

2630 CHAPEL LAKE DRIVE | GAMBRILLS, MD

(410) 721-5522

**FREE
APPETIZER**

with the purchase
of an entree.

Offer expires 11/30/24



Visit us online
and make reservations
www.gallianoitalianrestaurant.com

HAPPY HOUR

3-6pm | Mon-Fri
Half Off Select Antipasti

Mozzarella Caprese, Truffle Fries,
Mediterranean Meatballs,
Arancini Rice Balls, Fried Calamari



PASTA

Get tangled up in flavor - our Pastas are amore at first bite!

New York Style Pizza

Homemade pizza sauce, made from the finest imported tomatoes for authentic flavor!

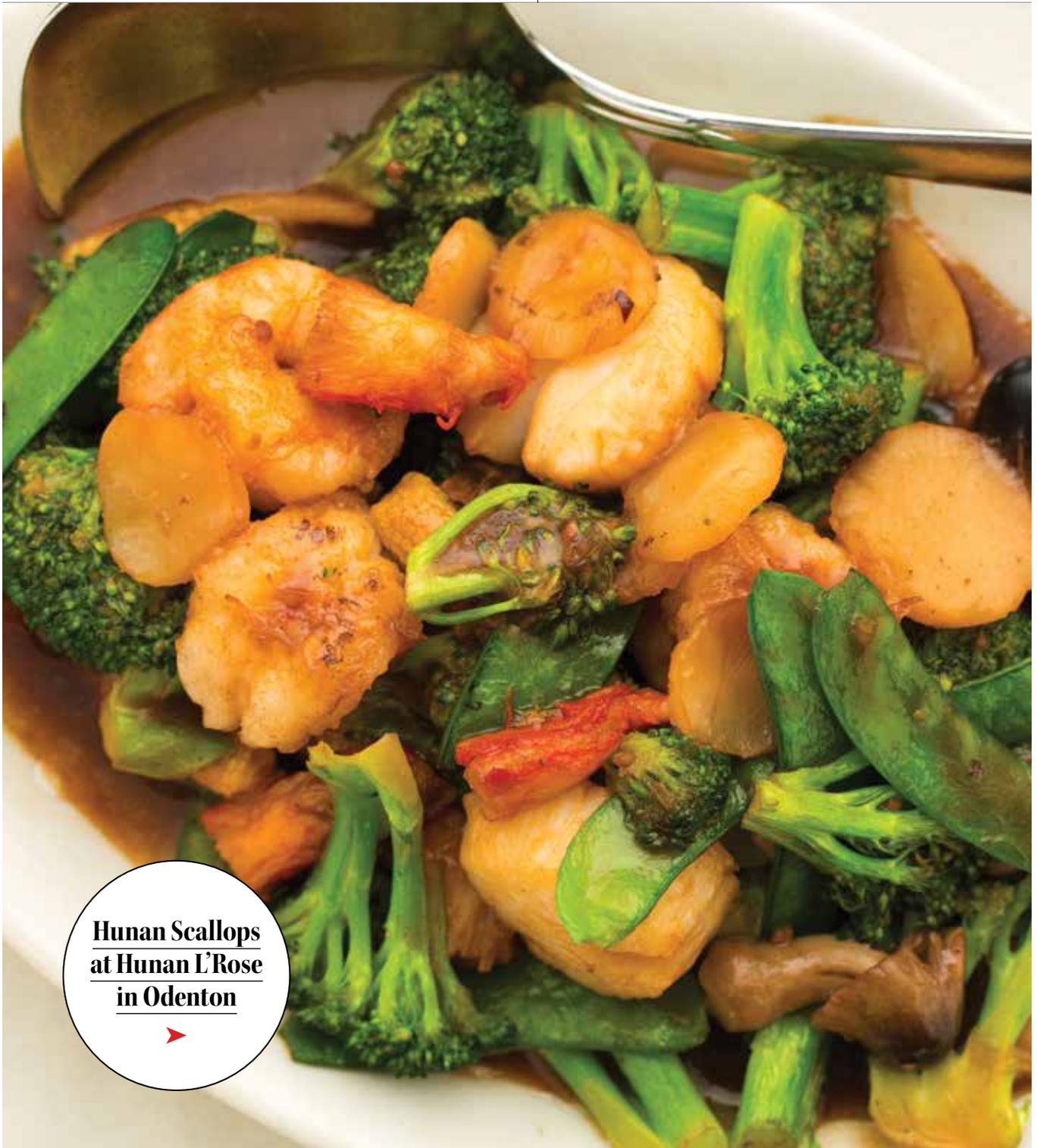
Odenton: 8743 Piney Orchard Pkwy, Ste. 102 • 410-695-0247 • www.mammaromas.com

**BEST OF
CENTRAL MARYLAND
2024**

Food & Dining

74 CLASSICS RULE THE ROOST

76 READERS' DINING GUIDE



Hunan Scallops
at Hunan L’Rose
in Odenton



Classics Rule the Roost

By James Houck

It's been more than two years since our last visit to Odenton's famed Hunan L'Rose; a landmark restaurant, so to speak, long-regarded among local diners as one of the better Chinese establishments in the community. When the occasional question of, "Where's some good Chinese food in the central Maryland area?" pops up on social media conversations, a number of responses steer toward the Odenton Shopping Center, where Hunan L'Rose resides with a pair of lion-like statues guarding its entrance. Inside, the retro decor of a white tablecloth restaurant where one might don fashionable dinner attire appears a bit dated, but offers an somewhat elevated experience lacking at many of today's fast-casual options. The room is not stuffy, nor pretentious. Anyone and everyone can enjoy their meals here.



HUNAN L'ROSE | 1131 Annapolis Road, Odenton; 410-672-2928

For our dinner, my family of four would order many dishes, most of which we have not tried at Hunan L'Rose—a couple off-the-cuff choices, plus several classic entrees. To get the evening humming along, I ordered Rumaki (Chicken Liver with Bacon)—a combination that jumped off the menu as the most unique appetizer listed (to my eyes, at least). To this, we added an order of Barbecued Spareribs and four Spring Rolls for good measure.

So, the liver and bacon. Hmmm, interesting. Arriving as four golf ball-sized conglomerates of fried dough, chopped livers, and slices of bacon, the dish was certainly unctuous, and with the distinct taste of mineral/earthy liver and salty pork. The best way I can describe the mouthfeel/taste in one bite—like a soft buttermilk biscuit spread with pâté and a slice of bacon for a touch of crunch. Unique. (Pro-tip: order a condiment of hoisin sauce to dip these into.)

The ribs were tight to the bone, but quite tasty (absent of any smokiness, though). And the Spring Rolls were spot-on renditions of the classic handheld, with a finely chopped veggie mixture wrapped

in a flaky pastry (much lighter than egg rolls) that beckons the orange duck sauce for dipping. As an aside, we also sampled the Egg Drop Soup—a simple, no-nonsense version served with crispy, fried noodles for a crunchy topping.

Entrées were fairly easy to agree upon, as we'd be sharing everything family style: Peking Duck, Hunan Scallops, Hot Crispy Beef, General Tso's Chicken, and Lo Mein with Shrimp.

Of all choices, I felt most confident in the Peking Duck. Hunan L'Rose did an admirable job presenting a roasted half-duck with its hallmark crispy skin holding together the tender breast and leg meat within. Served with traditional pancakes, scallion shoots, and hoisin sauce, the duck was a simple, enjoyable dish that met my expectations.



The Hunan Scallops were delightful, with a mix of broccoli, mushrooms, and bamboo shoots complementing the quarter-size morsels. The so-called spicy brown sauce had good flavor but little heat.

Hot crispy beef was well-liked by all at the table. Thin strips of beef claimed to be cut from filet mignon (which I doubt) are fried and tossed with julienned carrots and celery in a pepper sauce. If you're familiar with the popular Chinese dish, then you likely appreciate the balancing act of presenting tender beef that's been fried crisp and what it takes to achieve this yin-yang within each bite. This version—a first for us from Hunan L'Rose—had good enough flavor and texture for everyone to finish their servings of it. The General Tso's Chicken was equally pleasing, as well as quite filling—the dark chicken meat being heavily battered, fried, and smattered with the gooey Tso sauce. Just a few nuggets will do for me, please and thanks.

Lo Mein with Shrimp was ordered specifically for my son, a pickier-than-most eater. Happily, he (and we) enjoyed the dense noodles with lightly fried shrimp, the size of which was in the large range. A perfectly fine dish with some bits of veggies mixed in (cabbage mostly) and a smidge of sauce (a bit oily) for an exclamation point of savory flavor.

If you order/eat with similar abundance as us, you'll have plenty enough to bring home for another meal—like it or love it.

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.

<p>Advertisers Listed in Red</p> <hr/> <p>Avg. Entrée Price \$ 0-14 \$\$ 15-30 \$\$\$ 31 and over</p>	<ul style="list-style-type: none"> ● Reservations ● Full bar ● Family Friendly ● Water View ● Outdoor Seating ● Live Music ● Grab and Go
--	---

South Anne Arundel

100 Lots Kitchen + Bar
 74 West Central Avenue, Edgewater; 667-270-5878; 100lotskitchen.com \$ \$ ● ●

Adam's Taphouse
 169 Mayo Road, Edgewater; 410-956-2995; adams-grillegewater.com \$ \$ ●

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
 479 Deale Road, Deale; 443-607-4138; cappysdeale.com \$ \$, ● ● ● Seasonal

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
 584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com \$ \$ ● ● ● ●

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 \$ \$ ● ● ● ●

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 \$ ●

Arturo's Trattoria
 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; cantinamam-malucia.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; friscotap-
house.com \$\$ ●●

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

Garten
849 Baltimore An-
napolis Blvd, Sever-
na Park; 443-261-
3905; garten-eats.
com \$\$ ●●●

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

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

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

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

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

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

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

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

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

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

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

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

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

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

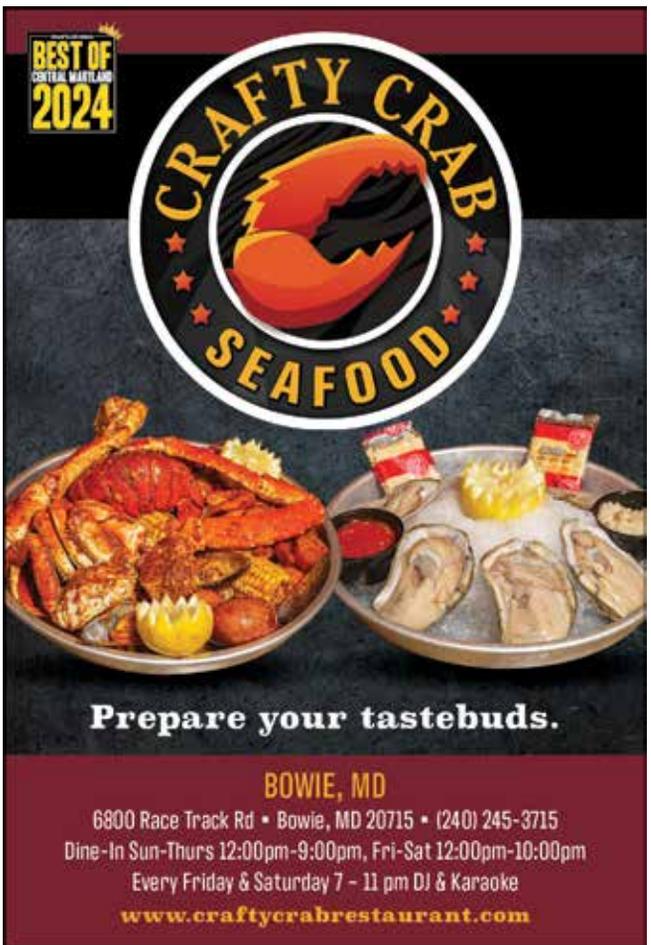
**The Rumor Reel
Restaurant**
1701 Poplar Ridge
Road, Pasadena;
443-702-2188; theru-
morreelpasadena.
com \$\$ ●●●

**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; thesea-
siderestaurant.com
\$\$ ●●

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

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



**BEST OF
CENTRAL MARYLAND
2024**

**CRAFTY CRAB
SEAFOOD**

Prepare your tastebuds.

BOWIE, MD
6800 Race Track Rd • Bowie, MD 20715 • (240) 245-3715
Dine-In Sun-Thurs 12:00pm-9:00pm, Fri-Sat 12:00pm-10:00pm
Every Friday & Saturday 7 - 11 pm DJ & Karaoke
www.craftycrabrestaurant.com



**TAQUERIA
LIME & SALT
Agave Bar**

**LET US CATER YOUR
NEXT HOLIDAY EVENT**

Happy Hour Mon-Fri 3-5 | Brunch on Saturday & Sunday
Sun-Tues 11-8 | Wed-Thurs 11-9 | Fri-Sat 11-10

**BEST OF
CENTRAL MARYLAND
2022**
**BEST OF
CENTRAL MARYLAND
2023**
**BEST OF
CENTRAL MARYLAND
2024**

8395 Piney Orchard Pkwy | Odenton, MD 21113
(410) 874-6277

**BEST OF
CENTRAL MARYLAND
2024**

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; bobbymckays.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; craftycrabrestaurant.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 \$ ●

Huncho House

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; kitchencray.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; rubysbowie.com \$\$ ●

SoBe Restaurant and Lounge

10621 Greenbelt Road, Greenbelt; 240-334-2819; soberestaurantandlounge.com \$\$\$ ●●

Succotash

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

Voltaggio Brothers Steak House

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

The Walrus Oyster & Ale House

152 Waterfront Street, National Harbor; 301-567-6100; walrusoysterandale.com \$\$ ●●●

Shop Local. Buy Local.

**RESERVE YOUR
SPACE TODAY**

Contact Ashley Raymond
at 410-266-6287 x1115
or araymond@whatsupmag.com

let 'em wish

Book your party now and get
\$100 off!* Monday - Friday

Use code BDAYGB-100 when booking.

UrbanAirGlenBurnie.com
7702 Ritchie Hwy, Suite 11A
Glen Burnie, MD 21060
(410) 316-6328

*Restrictions Apply. Offer applies to Top Two tier Birthday Party packages. Valid 1/1 - 11/30.

A Better Way to Shop for Lingerie
SINCE 2003



à la mode
intimates

Bras, Panties, Loungewear & Fine Lingerie
Wide Range of Bra Sizes; Bands 30-44, Cups A-K+
Everyday Bras, Strapless, Sports, Wirefree, Nursing & more

Expert Bra Fittings by Appointment
alamodeintimates.com | 410.280.9771




Perfect Pet
RESORT

Happy Pets
Make Happy
People.

Lodging • Daycare
Spa • Training

410-741-0000
perfectpetresort.com

840 West Bay Front Rd.
Lothian, Maryland 20711






Auntie Connie's
Creative Kidz

Where art meets fun!

At Auntie Connie's Creative Corner, we're passionate about blending art with fun for children of all ages. Born from a love of creativity, we offer a vibrant space where imagination flourishes. Our diverse range of visual and performing arts activities ignites creative sparks, fostering personal growth and self-expression.

6-Month Subscription - \$325 per participant

- 6 Months of access to attend all Saturday Night of Inspiration Events
- Two (2) FREE Adult Time Out (ATO) nights, donated by Annie Kares In-Home Care Services

10-Month Subscription - \$575 per participant

- 10 Months of access to attend all Saturday Night of Inspiration Events
- Four (4) FREE Adult Time Out (ATO) nights, donated by Annie Kares In-Home Care Services
- Priority access to special events and workshops

Drop-In Participation - \$40 per session

Enjoy the flexibility of our Drop-In participation. Join us for any one of our Saturday Night of Inspiration sessions, whenever your child needs an artistic outlet. Perfect for trying out our creative activities without any commitment.

How to Subscribe

Email info@creativekidzeventz.com to secure your subscription. Limited spots so act fast!

(240) 755-7734 • info@creativekidzeventz.com
www.creativekidzeventz.com

Like us on social media @auntieconniescreativecorner







Full-service
sawmill specializing
in live edge slabs,
flooring, paneling,
and custom
furniture.

Live on the Edge of Excellence

Bring your home, office, or business
space to life with Wood Ingenuity

443-966-3464 | Queen Anne, MD
woodingenuity.com | Licensed & Insured





Where's Wilma?

FIND WILMA AND WIN!

The brisk winds of November nor'easters won't slow our faithful, flying mascot, Wilma, from hopping in her plane to visit towns and sites throughout the Chesapeake Bay region. She's got the holidays on her mind, so she's busily checking out local shops, boutiques, restaurants, and more select services. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Eric B. of Crofton, who won a \$50 gift certificate to a local business.

Please Print Legibly

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

Name _____

Phone _____

Address _____

E-mail address _____

Circle your age bracket: <25 25-34 35-44 45-54 55+

Would you like to sign up for our daily e-newsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles!

Yes, please! No, thanks

Entries must be received by November 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.

IFC = Inside Front Cover
 IBC = Inside Back Cover
 BC = Back Cover
 GG = Gift Guide

A La Mode	79
All Star Pain Management and Regenerative Medicine.....	22
Anne Arundel Medical Center - Fish For A Cure	IBC
Archbishop Spalding High School.....	52
Auntie Connie's Creative Corner	79
Baltimore Washington Medical Center	BC
Bello Machre	37
Bowie Baysox.....	GG
Crafty Crab Seafood.....	77
Djawdan Center for Implant and Restorative Dentistry.....	1
Fichtner Home Exteriors.....	52
Galliano Italian Restaurant & Wine Bar	72
Hospice of the Chesapeake.....	64
Indian Creek School	3
Key School.....	IFC
Lime & Salt	77
Luminis Health AAMC.....	13, 23
Mamma Roma	72
Maryland Hall	37
Nancy Hammond Editions.....	57
Perfect Pet Resort.....	79
Prime Roofing and Siding.....	57
Ruth's Chris Steak House.....	GG
The Arc Central Chesapeake Region	35
The Village at Waugh Chapel / Crosby Marketing	6
Tribute at Melford, Cadence Living	11
Urban Air Adventure Park	78
Waugh Chapel Towne Centre / Crosby Marketing	36
Wood Ingenuity	79
Wye Trust Wye Financial Partners.....	5



F4AC
FISH FOR A CURE

THE COMPETITION IS GETTING REEL

SATURDAY, NOVEMBER 9, 2024

REGISTER OR SPONSOR TODAY!

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 17 years, F4AC has raised more than \$5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 18th Annual F4AC Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will take place at Safe Harbor Annapolis, our new tournament home.

PRESENTING SPONSORS

LHAAMC Medical Staff

The Albert W. Turner Charitable Lead Annuity Trust / Carrollton Enterprises

SHORE PARTY SPONSORS | Heller Electric Company Inc. • REELTORS Biana Arentz, Pam Batstone and Heather Giovingo • The Wiggins Law Group P.C.

CAPTAIN SPONSORS | AllTackle • Continental Contractors, Inc. • FishTalk • KPMG LLP • MaxSent • PropTalk • Taylor Farms • What's Up? Media

BAR SPONSOR | Katcef Brothers Inc. • Michelob ULTRA

ANGLER SPONSORS | BlueAlly • Eagle Title • Fulton Bank • General & Mechanical Services, LLC • Liff, Walsh, & Simmons
Liquified Agency • PEAKE • RBC Wealth Management • The Severn Group • Yorktel

FIRST MATE SPONSORS | AHEAD • Allstate Insurance: Riggins & Valcich Agency • Anne Arundel Moms • Apple Signs, Inc. • Bluewater Yacht Sales
Brait Family Foundation • BuilderGuru Contracting • CAM Wealth Management • CFG Bank • CSSI Inc. • Doldon W. Moore and Associates, LLC
Eye on Annapolis • Federated Lighting • HMS Insurance Associates, Inc. • Homestead Gardens, Inc. • Invictus International Consulting, LLC
MacKenzie Contracting Company, LLC • Naptown Scoop • North Point Yacht Sales • Rise Up Coffee • St. John the Evangelist School
St. Mary's Elementary School • Sunraycer • The Kahan Center • The Point/Ketch 22 • Tri-State Marine • Wharf 38

NAVIGATOR SPONSORS | Allegis Global Solutions • Associated Builders, Inc. • FosterThomas Benefits • Gingerville Marine Center
HeimLantz CPAs and Advisors • iHeartMedia • IT Productivity • Local Coast • Mad Soaps • Mildred Fertitta • Murray McGehrin & Shieri
Rentals to Remember • Salt Creek Gardens, Inc. • Severna Park Automotive • Skipjack Consulting Group • St. John Properties
The Giving Collaborative • UnitedHealthcare • Water Works Car Wash

DECKHAND SPONSOR | Harbor Roofing and Contracting, Inc. • HighStarr • Intrinsic Yacht & Ship • IE Island Care
Stumpf Electric, Inc. • Rosso Commercial Real Estate Services



F4AC
FISH FOR A CURE

SAFE HARBOR
ANNAPOLIS
official tournament home

For more info and to register,
visit us at: www.fishforcure.org.



Celebrating our nurses.

University of Maryland Baltimore Washington Medical Center is committed to providing the highest quality health care services to the communities we serve. We couldn't do that without our nurses who deliver superior care to our patients and families.

We're proud to recognize our nurses who were nominated by their peers for *What's Up Media's* EXCELLENCE IN NURSING 2024.

Danielle Yourgevidge, RNC-OB, C-EFM, C-IAP
Clinical Nurse II
Center for Advanced Fetal Care

Glenda Miller, MSN, RN, NPD-BC
Clinical Practice/Development Coordinator
Clinical Staff Education Development

James Yoo, BSN, RN, WCC
Clinical Nurse II
Wound Care Department

Janat Bashir, RN, C-EFM
PRN RN Level 1
Center for Advanced Fetal Care

Lynn Parmentier, RN, C-EFM, C-IAP
Clinical Coordinator
Center for Advanced Fetal Care

UM BALTIMORE
WASHINGTON
MEDICAL
CENTER



UNIVERSITY of MARYLAND
MEDICAL SYSTEM

umbwmc.org | A better state of care.

