

WHAT'S UP? **CENTRAL**

SERVING ANNE ARUNDEL &
PRINCE GEORGE'S COUNTIES

maryland

WHAT'S UP? MEDIA • ANNAPOLIS • CENTRAL SHORE • CENTRAL MARYLAND • WEDDINGS

**HOME GROWN
LOCALLY OWNED**

+

**MAGICAL
CREATURES
OF THE BAY**

Why Seahorses
Fascinate Us

**SHIVER ME
TIMBERS!**

Tales of
Colonial
Piracy

**SUMMER
DINING!**

Your Guide
to Destination
Restaurants



WHAT'S UP? MEDIA JULY / AUGUST 2025

\$4.95

0 74820 08344 4 08>

The Big Dogs from the Small Firm



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

The **Jaklitsch Law Group** handles the most serious and **catastrophic injury cases**, and its award-winning lawyers have become synonymous with significant settlements and verdicts for their clients. This track record of success has repeatedly earned the firm recognition from many of the nation's most prestigious groups of trial lawyers, and is another reason why *What's Up? Media* again recognized the Big Dogs from the Jaklitsch Law Group as "The Best of Central Maryland." Some of the firm's accolades include:

- Named "**Best Personal Injury Trial Law Firm-USA**" by Global Business Insight
- Honored by US News and World Report as a one of the country's "Best Law Firms"
- Named Maryland's "**Best Personal Injury Firm**" AND "**Best Civil Litigation Firm**" by The Daily Record
- Rick Jaklitsch again honored by Martindale–Hubbell as "AV Preeminent," the highest possible peer-review rating
- Rick Jaklitsch and Christine Murphy recognized by "Best Lawyers in America" year after year
- David Jaklitsch and Thomas Brimmer named Top 40 Under 40 civil trial lawyers by The National Trial Lawyers



JAKLITSCH
LAW GROUP

INJURED?

Call us...1-855-BIGDOGI
www.BigDogLaw.com



Regain Your Smile & Confidence

with Expert Implant and Sedation Dentistry

Missing teeth? Dental anxiety? Struggling with dentures? You're not alone. We specialize in life-changing dental solutions—permanently replacing teeth and restoring smiles with expert implant and sedation dentistry.



Dr. Kian Djawdan
Board Certified ABOI



American Board of
Oral Implantology

Dr. Kian Djawdan is a **Board-Certified Implant Dentist** with 30+ years of experience helping adults with missing teeth, failing dental work, and severe dental anxiety. Patients trust us because we handle their **entire treatment under one roof**—no need to see multiple specialists.

Patient Testimonial: "Dr. Djawdan and his staff are always kind, informative, and competent. Dr. Djawdan has been able to adjust and repair problems that other dentists caused or could not address."

Call or Text 410-266-7645 Today

for Your Free Smile Consultation—No Pressure, Just Solutions!

- ✓ **30+ Years of Experience**
Expertise in permanently replacing missing teeth with beautiful, natural-looking results.
- ✓ **Board-Certified Precision**
One of the few **Board-Certified Implant Dentists** in the area, offering trusted, expert care.
- ✓ **All-in-One Treatment**
Integrated dental solutions without the need to see multiple providers.
- ✓ **Advanced Sedation Options**
IV sedation allows patients to sleep through treatment and wake up to a new smile.

Djawdan Center

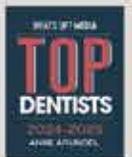
for Implant and Restorative Dentistry

Restoring Hope & Confidence

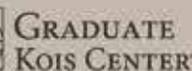
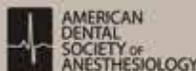
133 Defense Hwy, Suite 210
Annapolis, Maryland 21401

410.266.7645

www.smileannapolis.com



Our Professional
Training & Dental
Credentials





COLDWELL BANKER | REALTY

Affiliated Agents Serving Central Maryland



JOAN RUSSELL
THE LEGACY TEAM
410.507.1188



DEE AKINDOYO
443.422.7630



SHEILA BATEY
301.335.7474



SHERRI HILL
443.904.1691



RICH IAROSSI
443.995.9595



WALTER LIANG
410.245.6493

Crofton / Odenton | 1300 Main Chapel Way, Gambrills, MD | 410.721.0103

©2025 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker ® System is comprised of company-owned offices, which are owned by a subsidiary of Anywhere Advisors LLC, and franchised offices that are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

THE CROFTON OFFICE AT WAUGH CHAPEL

With a Global Network Across 43 Countries



DAWN L. BAXTER
410.353.0222



TRACEY BELLOTTE
410.474.1649



MICHELLE BORETTI
410.980.5906



JAMES SPENCER
410.977.4279



MICHELLE WISSMAN
301.807.0490



DRU YOKUM
301.257.4427



SEARCH FOR HOMES



Contents



JULY/AUGUST 2025

◀ **On the Cover:** Osso buco at Blackwall Barn & Lodge. Photograph by Stephen Buchanan. Design by August Schwartz
What's Up? Central Maryland online at whatsupmag.com.
♻️ Please recycle this magazine.

Arts & Culture

10 Events highlights special celebrations and activities to enjoy this month

14 Social showcases photographs of recent charity events

18 Business & Community features local business and community news

20 Charity: World's Largest Crab Feast discusses the 80th Rotary Club of Annapolis' most anticipated event BY LISA A. LEWIS

22 Interview: Washington Nationals Pitcher Michael Soroka talks all things baseball, and a little rock 'n roll BY TOM WORG

Features

24 Best of Central Maryland 2025 reveals the awards doled out this year, as voted by more than 50,000 readers in the annual poll. Help us congratulate the best restaurants, shops, health, home, and professional services!

38 Magical Creatures is our next installment in the "Chesapeake Bay Species Series," exploring the underwater world of the lined seahorse BY LISA A. LEWIS

44 Piracy in the Bay is the fourth article in our "Tales of Chesapeake Lore" series, investigating tall tales of colonial-era piracy BY ELLEN MOYER



20



Home & Garden

◀ **78 Interior: Chesapeake's Ultimate Outdoor Feast** offers tips, tools, and design/décor ideas for you to pull off a memorable crab feast this summer BY LISA J. GOTTO

80 Garden: Picture Perfect! shares best practices for taking garden photos and how to use them for planning and gifting BY JANICE F. BOOTH

82 When Inspiration Begins at Home showcases a stately, 1.47-acre parcel of waterfront property on Harness Creek BY LISA J. GOTTO

84 A Special Gem in Eastport features a classic colonial home that has been wonderfully maintained over its 20-plus year history BY LISA J. GOTTO



38

48 Summer Dining Guide 2025 showcases more than 110 restaurants that boast summer amenities, menus, and views; plus a special sidebar about Maryland's official state cocktail, the orange crush BY JAMES HOUCK AND MEGAN KOTELCHUCK ▶

64 The Most Important Balancing Act of Your Life discusses retirement investing and estate planning as a comprehensive strategy

70 Real Estate Perspectives 2025 features local agents sharing their opinions and experiences with our current market



44

WHAT'S UP? CENTRAL
maryland

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Raymond (x1115)

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice F. Booth, Lisa A. Lewis,

Ellen Moyer, Tom Worgo

Staff Photographers

Tony Lewis, Jr.

Contributing Photographers

Stephen Buchanan, Tony Lewis, Jr.,

Nima Mohammadi/RECreative Visual,

Michele Sheiko

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Coordinator

Amanda Stepka

Social & Entertainment Media Associate

Cali Schwerdtfeger

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

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

Haley Raymond, Michelle Roe (x1113)

Sales Assistant

Ia Louise Horton

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Executive Assistant

Regine May Gelera

WHATSUPMAG.COM



What's Up? Central Maryland is published by What's Up? Media 900 Bestgate Road, Ste. 202, 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 27,410 copies with an estimated readership of 90,019. ©2025 What's Up? Media. **Home Grown, Locally Owned: This issue of What's Up? Central Maryland employs more than 25 local residents.**

A Tradition of Exceptional Dentistry



A trusted, privately-owned dental practice providing comprehensive, patient-centered care, including preventive, cosmetic, and restorative dentistry with excellent customer care.

Accepting New Patients
80+ Years of Experience
Same Day Crowns
Invisalign
Health Centered Dentistry



ShIPLEY'S
DENTAL CARE

Formerly McCas Dental Group

410.987.8800
ShipleysDentalCare.com

8601 VETERANS HWY #101
MILLERSVILLE, MD 21108

Contents

COMING UP IN SEPTEMBER/OCTOBER 2025

Fall School Visitation Planner, Meet the Diamondback Terrapin, Top Docs!



Health & Beauty

BY DYLAN ROCHE

- 88 Seed Oils
- 89 Isometric Exercise
- 90 Blue Zone Diet
- ◀ 92 Summer Skincare

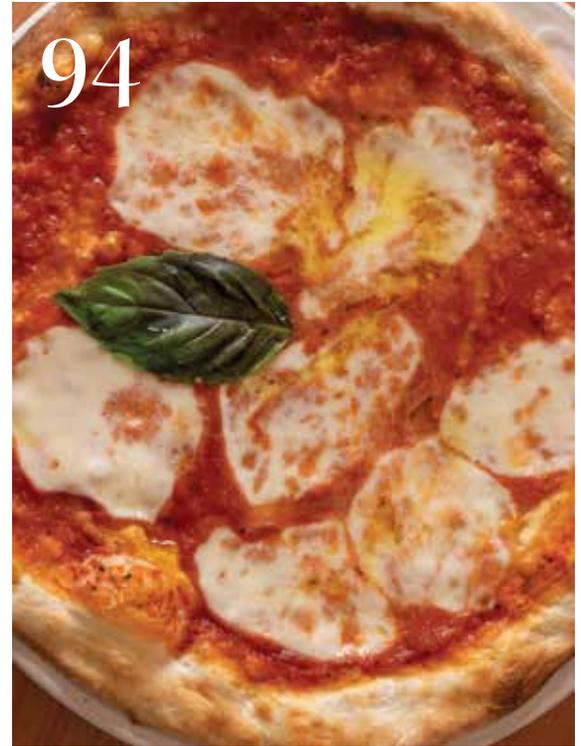
Food & Dining

94 All's Well at Mamma's is our latest dining review of Mamma Roma in Odenton BY JAMES HOUCK

In Every Issue

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

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



e-contents



Showcase your photography skills! We're calling on you to share your favorite pet shots in our photo contest. All pets are acceptable. Think whimsical, sleepy, silly, or just plain lovable! Entries will be accepted through 7/31 and then posted to an online gallery where you can vote for your favorites. Voting will take place from 8/1 - 8/31. Winners and chosen favorites (by you and our staff) will be showcased in the November 2025 issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*. And maybe even on the cover!

[WHATSUPMAG.COM/PETPHOTOCONTEST2025](https://whatsupmag.com/petphotocontest2025)



EACH SUBMISSION IS \$10. ALL PROCEEDS BENEFITTING LOCAL ANIMAL SHELTERS.



If you had to pick one—just one—favorite meal at a local restaurant, what and where would you choose? It's no easy task to narrow down the selection to a single top-tier breakfast, lunch, or dinner. Choosing one is very tough stuff. But...I do have a few ideas in mind.

Picking steamed crabs at a waterfront deck on the Shore is glorious fare. It's so Maryland. Ditto for prying through a bucket of mussels and sopping up the broth with a hunk of sourdough while overlooking bustling Ego Alley. Maybe it's a cold pint or two at the local watering hole after a day on the water. Or an expertly pulled shot of espresso paired with a fresh-baked biscotti, enjoyed within earshot of watermen unloading their morning catch at the wharf. That paints a picture. Perhaps a meal of prime surf 'n turf at the most well-appointed table in town fits the bill. Or just lazily slurping an orange crush with toes in the sand.

Honestly, I won't name restaurant names here. There are simply too many from which to choose and declare my standalone favorite. Although, with it being summer...now is possibly the best time to eat our way through a wide-ranging and far-reaching number of restaurant experiences. To help you, we've compiled the annual Summer Dining Guide for this magazine. We include more than a few editors' and

readers' go-to restaurants for everything from crab picking to beer gardens to sunset views. It's seriously summery. I invite you to check it out beginning on page 48. (And please, let me know about some of your favorites that are worth adding.)

About that orange crush...We also note how and why our great state originated and became the official home of the iconic drink. Don't even think about it Delaware. Read about the fun feud on page 62.

With summer in full swing, we've included even more seasonal articles in this issue, about the obvious (how to throw your own ultimate crab feast), about the obscure (seahorses thriving in bay tributaries), and about the obscene (colonial pirates of the Chesapeake). It's all fun stuff.

We also explore Blue Zone diets (actually fits pretty well with summer dining in our region), picture perfect gardening (lots of tips), what it takes to be a rockin' baseball pitcher (emphasis on rockin'), and the very best locations for Fourth of July fireworks. Oh, and there are at least 10 summer concert series to fill out the calendar.

*We've got you
covered this summer.
Have a great one!*

James Houck,
Editorial Director

Expert of the Month



Michelle Crislip

Michelle Crislip
Owner and President
Integrity Tax and Small Business Solutions
Tax and Business Consulting

An accountant and business consultant, Michelle Crislip is the owner of Integrity Tax and Small Business Solutions and has more than 25 years of experience in accounting, tax preparation, and business advisory services.

What inspired you to launch Integrity Tax and Small Business Solutions?

I started Integrity Tax and Small Business Solutions to offer more than just tax prep. I wanted to create a firm that delivers top-quality tax services while also providing guidance and ongoing support—helping clients with business planning, growth strategies, and the everyday struggles of running a business.

What advice would you offer to a small business owner just getting started?

Start by creating a business plan with clear goals. Plan your numbers—how much revenue does the business need to bring in? What expenses do you expect? How much profit do you need it to generate? Set realistic financial goals. Also, take the time to understand your ideal customer. And don't overlook the importance of understanding your tax reporting requirements—both federal and state. Navigating those early on can save you a lot of stress down the line.

What do your small business clients say they appreciate most about your services?

Our clients often tell us they appreciate how much we genuinely care about them and their business. We take the time to look at the whole business—not just the tax return—so we can offer advice and support that truly help them succeed.

What sets Integrity Tax and Small Business Solutions apart from other tax and accounting firms in the area?

We offer comprehensive, year-round support. From preparing accurate financial statements to helping clients understand their numbers, address challenges, and develop growth plans—we're committed to problem-solving together.

One question I love to ask clients is: "What's your biggest challenge in your business—the one thing you'd most like to change?" Then we brainstorm and take steps together to solve it.

Whether clients need strategic advice or just someone to talk through the day-to-day challenges of running a business, we're here for them.

Integrity Tax and Small Business Solutions

1610 Professional Blvd., Suite G

Crofton, MD 21114

410-451-3663 | integritytaxsbs.com

tax@croftontax.com

Arts & Culture

10 EVENTS

14 SOCIAL

18 BUSINESS & COMMUNITY

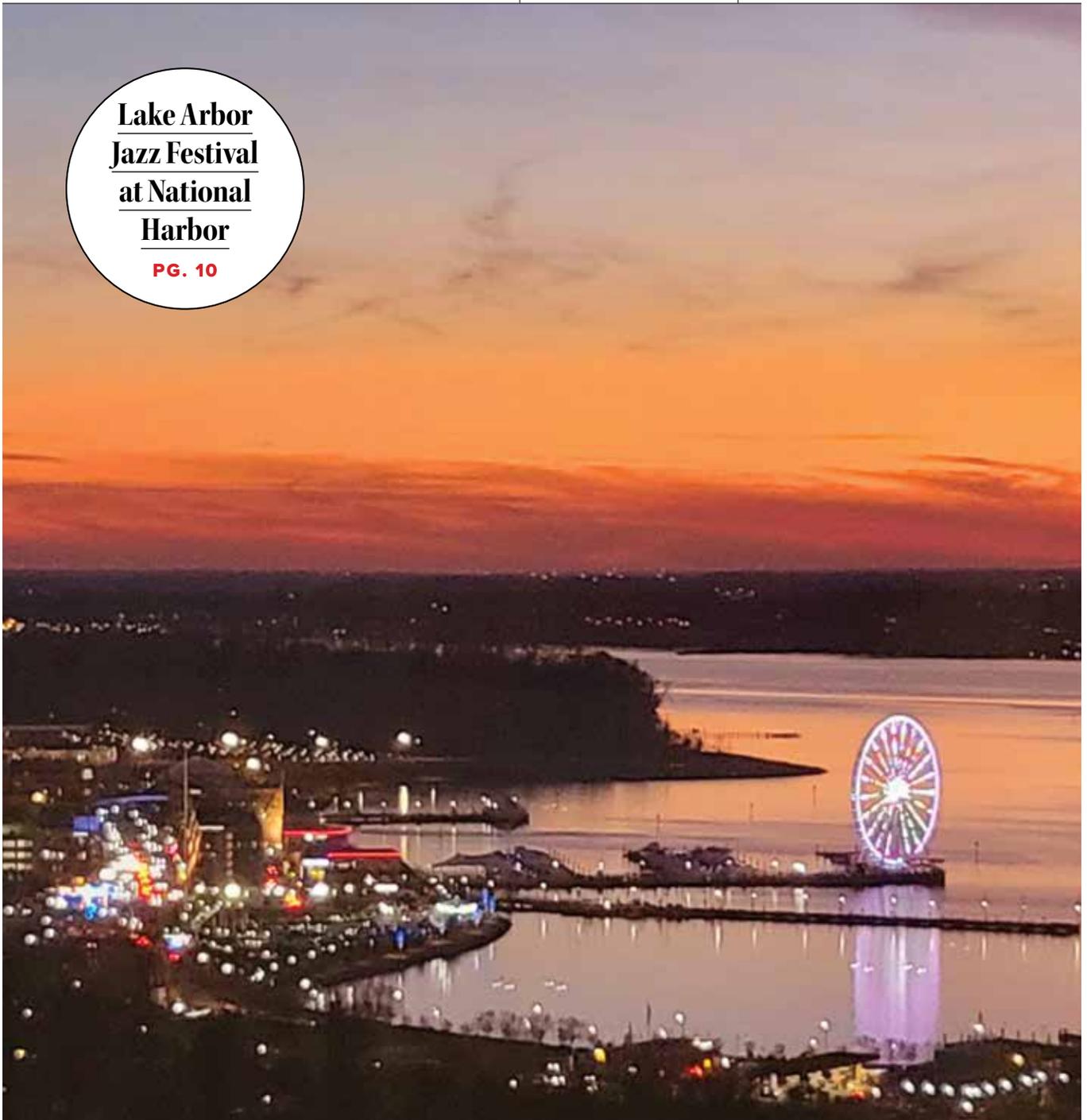
20 CHARITY

22 INTERVIEW

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

Lake Arbor
Jazz Festival
at National
Harbor

PG. 10



LAKE ARBOR JAZZ FESTIVAL AT NATIONAL HARBOR

The 15th Annual Lake Arbor Jazz Festival will be July 16 through 20 at a new location this year! Visit the National Harbor to enjoy music, energy, and our community. The weekend will include a Friday Summer White Affair, Saturday evening concert, Sunday Jazz brunch, a Sunday evening finale, outdoor festival and so much more. There will be music by Peabo Bryson, Jonathan Butler, Gerald Veasley, Larry Braggs, Jeanette Harris, and so many more. Get a full list of events and performers at lakearborjazz.com.



Photo courtesy of Lake Arbor Jazz Festival

SPEAK YOUR TRUTH

The 9th Annual Speak Your Truth will be held at ArtFarm Studio in Annapolis on July 12th. This event has a mission to stop the stigma of mental illness through a day of artistic expression. Speakers at the event will perform songs, poetry, comedy, and, even, dance. If you are not ready to speak, don't worry. Listeners are just as important. Listeners help everyone feel connected, get educated, and be inspired to take action. Find more information at speakyourtruthcrew.org.



Illuminate Annapolis

On July 19th, Gather at Anne Arundel Community College's campus for Illuminate Annapolis. From 10 a.m. to 5 p.m., celebrate your mind, body, and spirit with a local arts and wellness festival. The day will feature energy work, body work, intuitive readers, crystals, essential oils, jewelry, gifts, and more. Find more information at illuminatefestivals.com.



CHESAPEAKE BAY PADDLE

July 26th will be an epic day of paddle races and a post paddle festival to celebrate and help protect the Chesapeake Bay. This stand-up paddle, kayak, or canoe race has a 35-, 10- or 3-mile course around Kent Island. The race will raise money to be donated to The Oyster Recovery Partnership, Chesapeake Conservancy, Waterkeepers Chesapeake, and Kent Island Outrigger Canoe Club. Find more information and sign up at baypaddle.org.



Regional Summer Concert Series

Tuesday Series – A floating concert series Tuesday evenings on Back Creek, Annapolis, 6 p.m. through August 26; chronicsailing.com/tuesday

Summer Sunset Concert Series – Sundays at Allen Pond Park, Bowie, 6 p.m. through Labor Day Weekend; cityofbowie.org/concerts

Summer Concert Series – 4th Friday at Annapolis Town Center, Annapolis, 5 p.m.; June through August; annapolistowncenter.com

Waugh Wednesdays – Wednesdays at Waugh Chapel, Gambrills, 6:30 p.m. through August 13th; visitwaughchapel.com

Thursdays in the Park – Thursdays at Queen Anne's County Arts Council, 7 p.m. through September 4th; queenannescountyarts.com

Tides and Tunes – Thursdays at Annapolis Maritime Museum, 7 p.m. through August 21st; amaritime.org

Quiet Waters Summer Concert Series – Saturdays at Quiet Waters Park, Annapolis, mid-July through end of August; fqwp.org

Bayside Summer Concert Series – Sundays at Downs Park, Pasadena, June 8th through August 17th; aaccounty.org

Live on the Lawn – July 13th, July 19th, August 9th, and August 17th at Maryland Hall in Annapolis

Avalon Outdoor Concert Series – Saturday nights June 14th through August 30th on Harrison Street between Dover and Goldsborough Streets, Easton; avalonfoundation.org

Fourth of July Fireworks and Parades

Sherwood Forest/Severn River Fireworks – July 3rd, about 9:15 p.m. (dark), fireworks viewable by water on the Severn River at the Sherwood Forest community and Round Bay area

July 4th in Annapolis – Parade at the City Docks, 6:30 p.m., Fireworks at the City Docks, 9:15 p.m.

Stars and Stripes Forever Independence Day Parade – Parade in Severna Park, July 4th 10 a.m. to noon

Queen Anne's County Fireworks & Family Fun Celebration – Live music, kids zone, fireworks at Chesapeake Heritage & Visitors Center, 6 p.m. July 4th

Rock Hall Fireworks – parades and celebratory fireworks over Rock Hall Harbor, July 3rd

St. Michaels Big Band Night & Fireworks – Music, dancing and fireworks along the Miles River, July 5th at Chesapeake Bay Maritime Museum



Easton's July 4th Carnival – Fireworks, food, games and fun for the whole family! Through July 4th at 28539 Marlboro Ave, Easton (Lot behind Target)

Cambridge July 4th Fireworks – fireworks begin at dusk/dark, about 9 p.m. over the Choptank River at Gerry Boyle Park

Six Flags America July 4th Fest – July 4 through 6, nightly fireworks at Six Flags in Upper Marlboro

Baltimore 4th of July Celebrations – Live music and performances, fireworks at Waterfront Promenade, 4 to 10 p.m.

A Capitol Fourth – Washington, D.C.'s July 4th celebration features musical artists and the nation's greatest display of fireworks, 8 p.m.



Showcase your photography skills! We're calling on you to share your favorite pet shots in our photo contest. All pets are acceptable. Think whimsical, sleepy, silly, or just plain lovable! Entries will be accepted through 7/31 and then posted to an online gallery where you can vote for your favorites. Voting will take place from 8/1 - 8/31. Winners and chosen favorites (by you and our staff) will be showcased in the November 2025 issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*. And maybe even on the cover!

[WHATSUPMAG.COM/PETPHOTOCONTEST2025](https://whatsupmag.com/petphotocontest2025)



EACH SUBMISSION IS \$10. ALL PROCEEDS BENEFITTING LOCAL ANIMAL SHELTERS.



LIFE ON *Your* TERMS

SCHEDULE
A TOUR
TODAY!

OFFERING ASSISTED LIVING & MEMORY CARE

17300 MELFORD BLVD
BOWIE, MD 20715

FOR MORE INFORMATION
(301) 485-4654

TRIBUTEATMELFORD.COM



DISCOVER **SEVERN.**

Fall Open House Events

Preschool–Grade 5 **October 1 @ 9:00 am**

Grades 6–12 **October 23 @ 7:00 pm**

Middle School Information Session

Grades 6–8 **September 23 @ 9:30 am**



To register visit
severnschool.com/open-house



Severn School

Best Of Party 2025

On June 4th, one of the season's very best parties took place at the Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. What's Up? Media's Best Of Party 2025 celebrated the many Best Of winning businesses, bringing together more than 600 attendees to enjoy an evening of premium food and drinks, live entertainment, dancing, and camaraderie. Guests dressed in their most vibrant and colorful attire, mixed and mingled, sampled bites from winning restaurants, visited with local vendors, and enjoyed performances by DJ Hector, Maryland Performing Arts Center, Naptown Brass Band, and All You Need. A portion of the event's proceeds directly benefit the local nonprofits, Ballet Theater of Maryland and Hope for All.



1. The Naptown Brass Band performs 2. The Adoro Medical Spa team led by Dr. Elba Pacheco (center) 3. Guests enjoy the 360 photo booth 4. Ashley Raymond, Kori Donnor, Wendy Haas, Emily Nichols, and Becky Clapper 5. James Houck, Kathy Houck, Colleen Morehead, and Karl Anforth 6. Guests enjoy the outdoor patio 7. The Maxed Out Fitness team showed up in style 8. Biana Arentz and Elizabeth Arentz 9. Titan Hospitality 10. Maryland Performing Arts Center dancers 11. Steven Riker, Liz Volk, What's Up? Media Publisher Veronica Tovey, and Gene Deems 12. Dancing outdoors! 13. All You Need performs



Show Off Your Swag!

What's Up? Media wants to see you out and about, enjoying and using your VIP swag from the Best Of Party. If you're toting your tote bag, enjoying nibbles at sponsor restaurants, cleaning your car, aiming for par at X Golf, or attending local "Creek" events, take a pic and send it to us, using the form linked to this QR code: We'll post a gallery of all the fun photos in a few weeks!





14



15



16



17



18

14. Momma Brenda Kookan and Brooke Silard 15. Luke and Jennifer DeBoy 16. Disco angel performer! 17. Robert and Becky Bontempo, Willie Mitchell, Sophia Bontempo, Lynn Mitchell, Caroline Diamond, and Nick Bontempo 18. Shannon Trinca, Amber Pumphrey, and Casei Hatley



Thank You Restaurants!

What's Up? Media would like to thank the 18 restaurants and beverage purveyors who contributed food, drinks, staffing, and service to the party. Their contributions were instrumental to making this party the most delicious party!

- Always Ice Cream
- Blackwall Barn & Lodge
- Carpaccio
- Cavalli (formerly Tuscan Prime)
- Della Notte
- Fisherman's Inn
- Fishpaws Marketplace
- Galliano Italian Restaurant & Wine Bar
- Grapes Wine Bar & Restaurant
- Hague Quality Water of Maryland
- Julep Southern Kitchen & Bar
- Ledo Pizza
- Main & Market
- Mamma Roma
- Miss Shirley's Café
- Nothing Bundt Cakes
- Senor Chile
- The Hideaway



PROSTATIS

FINANCIAL ADVISORS GROUP



Our approach at Prostatitis Financial Advisors Group is simple: We provide accountable retirement, tax and estate planning, which we pair with clear and constant personal contact with each of our clients. Our team believes in diversification, along with developing sensible, conservative long-term asset allocation strategies.

We work side-by-side with clients to build complete financial plans, giving them peace of mind as they transition toward retirement.

If you're experiencing a financial transition, you need to move forward with confidence and a team that shares your values and understands your goals. Our goal at Prostatitis Financial Advisors Group is to help our clients implement an investment strategy that allows them to maintain their lifestyle throughout retirement, providing an income they will never outlive.

Whether you are thinking about retiring or already in retirement, you need a sound plan to ensure the safety of your investments.

7580 Buckingham Boulevard, Suite 180 • Hanover, MD 21076 • 410-863-1040
www.prostatitisfinancial.com



FLORIST CELEBRATES 48 YEARS WITH NEW SPACE OPENING

Maher's Florist, of Pasadena, is celebrating its 48th year in the floral business. Winnie Maher opened the doors for the first time March 1, 1977, and the vision has always remained the same, with her daughter Kim having taken over the reigns. The business recently opened the doors to its new space, located at 8095-C Edwin Raynor Boulevard. Congratulations! Learn more at mahersflorist.com.

Photo by Tony Lewis, Jr.



Bayview Builders Celebrates 25 Years

Bayview Builders, a luxury custom home builder in the Annapolis and surrounding region, recently marked a major milestone—its 25th anniversary in business. To honor this achievement, the company hosted a festive Spring evening celebration at the Philip Merrill Environmental Center, home of the Chesapeake Bay Foundation. The event paid tribute to the team's dedication, support of partners, and the relationships built. Bayview Builders was founded by David Carlisle, who, at just 21 years old, launched what was then a modest framing crew with a passion for detail and a tireless work ethic. "My goal has always been to work hard and do our best with each opportunity, and that has yielded a lot of amazing relationships with employee, clients, subcontractors, and vendors," said Carlisle during remarks at the event. Learn more about the company at bayviewbuildersmd.com.



The Arc Maryland Celebrates 65th Anniversary

The Arc Maryland, the state's largest statewide nonprofit organization dedicated to the rights and quality of life of individuals with intellectual and developmental disabilities (IDD), celebrates its 65th anniversary this year. On May 29th, the organization hosted its annual statewide convention, bringing together hundreds of self-advocates, families, caregivers, community partners and policymakers to honor the past 65 years, and galvanize for the future. "Now more than ever, this is a moment to reflect on our legacy and recommit to the work that lies ahead to ensure full inclusion and equity for all," said Ande Kolp, executive director, The Arc Maryland. "Particularly in a year when we had to fight so hard for the funding to support our work, it is so important to celebrate milestones and to be reminded of why the work we do is so important to so many." Founded in 1960 by a determined group of parents and advocates, The Arc Maryland was established to ensure that individuals with IDD could live full, meaningful lives in their communities. For more information about The Arc Maryland, including the organization's local chapters, visit thearcmd.org.



CHEAPER THAN A GEEK CELEBRATES 25 YEARS

Congratulations to Cheaper Than a Geek and owner Chris Barber on the business' recent 25th anniversary celebration and ribbon cutting. The IT and computer tech firm serves the small business and residential community. It's mission-driven business model of "providing customer centric service to the under-served small business community...and... enterprise scale IT continuity and security services scaled perfectly for small businesses to maximize our client's up-time and efficiency while minimizing threats" has earned the company sustained business since the year 2000. Learn more at cheaperthanageek.com.



You are having a good day.

Progressive illness is something you live with every day. Caring for you is what we do every day.

Our expert team does more so you can stay in the comfort of your home, receive the care you need, and have more good days.

- ✓ Pain & Symptom Management
- ✓ Medications
- ✓ Medical Equipment
- ✓ Medical Supplies
- ✓ Personal Care Products
- ✓ Education
- ✓ Emotional & Spiritual Support
- ✓ Family Support
- ✓ Care at Home
- ✓ Inpatient Care



SCAN ME

Get the support you need today. 410-987-2003 | www.hospicechesapeake.org

World's Largest Crab Feast

THE 80TH ANNUAL ROTARY CLUB OF ANNAPOLIS CRAB FEAST WILL CELEBRATE FRIENDSHIP, COMMUNITY SERVICE, AND DELICIOUS BOUNTY

By Lisa A. Lewis

Every August, members of the community and visitors from across the country gather at the Navy-Marine Corps Memorial Stadium in Annapolis to enjoy a renowned all-you-can-eat crab feast. Hosted by the Rotary Club of Annapolis, the Crab Feast celebrates the heritage and savory flavors of the Chesapeake Bay in a lively, family-friendly setting. Originally a small gathering, the event now attracts thousands of attendees each year. This summer, the Crab Feast commemorates its 80th anniversary—a special occasion that marks a milestone in its history and pays tribute to its enduring legacy.

The Crab Feast, which will be held on August 1 from 5 to 8 p.m., not only features all-you-can-eat crabs but also corn on the cob, beef barbecue, and a variety of other menu options. The event also includes a bake sale and a 50/50 raffle. The motto of this year's Crab Feast is "Celebrating 80 Years—Rotary Strong, Annapolis Proud, Crabs for a Cause!" This inspiring theme further underscores the celebratory mood of the milestone event.

A major annual fundraiser for the Rotary Club of Annapolis, all proceeds from the Crab Feast are donated to nonprofit organizations. Last summer, \$30,000 was raised and distributed through the Rotary's Crab Feast Grants Program.



"The 80th Annual Crab Feast marks a major milestone in a long-standing tradition that brings people together for good food, conversation, and local pride," says Sue Weber, president of the Rotary Club of Annapolis (effective July 1, 2025). "For many, our annual event has become a family tradition, part of vacation planning, friends gathering for a good time, or local companies treating employees to an all-you-can-eat crab feast. An 80-year legacy suggests that multiple generations have participated, making it not only a meal but a cherished annual gathering."

"The Crab Feast has become an institution in Annapolis," adds Bill Regan, a past president of the Rotary Club of Annapolis. "People from all over the country travel to attend. It's a great way to bring the community together for a fun evening while raising money for local nonprofits."



A BAY-FRIENDLY FEAST

According to the Rotary Club of Annapolis, the Crab Feast always has a packed house, with about 1,300 people expected to attend this year. During past events, attendees have consumed about 320 bushels of crabs, 3,400 ears of corn, 1,800 hot dogs, 150 pounds of beef barbecue, 100 gallons of Maryland crab soup, and hundreds of gallons of water, soft drinks, and beer. The Rotary's efforts and the support of its crab-loving attendees have enabled the organization to donate more than one million dollars to the community during the past 80 years.

The Rotary Club of Annapolis realizes the importance of protecting the Bay, so a few years ago, it adopted a "Bay Responsible" and "Zero Waste" Crab Feast. All waste is either recycled or composted. All compostable waste, including crab trays, utensils, paper products, crab shells, and all other food waste, is collected in separate containers and transported to Aberdeen. In two months, it is turned into compost for use as soil enrichment in gardens and sold to the community in 10-pound bags.



NEW LEADERSHIP

Since the president of the Rotary Club of Annapolis serves a one-year term, Weber will only have been in office for a month when this year's Crab Feast takes place. (Past president Bob Young previously held the position. His term was effective July 1, 2024.) But Weber looks forward to serving in the leadership role during the upcoming year.

"I would like to focus on building our impact and our brand," Weber says. "There are so many people that don't know what Rotary is and what we do. So, I will encourage our members to share their Rotary Club experiences with others with the hope of increasing awareness and membership. We really do have a lot to offer."

Chartered on February 11, 1921, the Rotary Club of Annapolis is the largest and most active service club in Maryland's capital city. The club follows the Rotary's motto, "Service Above Self," and participates in several fundraising activities. However, it is most well-known for the Crab Feast.

"The Crab Feast is a major event with a lot of moving parts," Regan says. "Planning and preparation start in February, so a lot of work goes into making the event a success. For me, the best part is feeling the energy of so many people coming together to enjoy great food and have fun with their family and friends. The atmosphere is so enthusiastic; it's contagious. I'm already looking forward to the 100th anniversary."

For more information about the Crab Feast and to buy tickets, visit annapolisrotary.org. Tickets must be purchased online via the website or by scanning the QR code.

Special thanks to Lisa Mam, chair of the Crab Feast, for providing event info.

Washington Nationals Pitcher Michael Soroka

By Tom Worgo

Washington pitcher Michael Soroka wants to energize the Nationals' clubhouse with good vibes. Soroka plans to achieve this by being upbeat daily, showing outstanding leadership, sharing dinner with lots of teammates, and even playing pool, chess, or ping pong.

Soroka, who is Canadian, also can add to clubhouse camaraderie and culture with music. He has played the guitar for 15 years and, sometimes, brings one to the ballpark.

"I brought it to the White Sox clubhouse last year," Soroka explains. "Teammate John Brebbia was learning. I brought my acoustic and played. I should bring it to the clubhouse more."

Soroka says baseball is the only thing he puts more time into than music.

The 27-year-old will now get a chance to raise his profile as the Nationals' highest paid player (1-year, \$9 million). He has been effective in spurts when healthy. He wants to show the form he displayed as a 20-year-old in 2019.



The 6-foot-5, 250-pound Soroka went 13-4 that year, with a 2.68 ERA for the Atlanta Braves and made the All-Star team. He also finished second behind the Mets' Pete Alonso in the National League Rookie of the Year voting and sixth for Cy Young Award.

Yet he pitched only 46 innings over the next three seasons as he tried to rebound after tearing his right Achilles tendon in both 2020 and 2021. He missed both of those seasons and Atlanta traded him to the White Sox in 2023.

His season in Chicago (0-10, 4.74 ERA) was a disaster. After nine starts, the White Sox—who lost a league-record 121 games—moved him to the bullpen, where he averaged 15 strikeouts per nine innings while posting a 2.75 ERA.

"I went into the offseason wanting to be a starter," says Soroka, who had committed to the University of California, Berkeley, but turned pro instead, after being picked in the first round. "I narrowed down the list of teams. I thought Washington was the best fit."

What appealed to you about the Nationals that made you sign a contract with them? The number one goal was to be a starter. I talked to the teams that saw me as such. We moved forward from there. The first meeting with the Nationals was the best meeting I had. It seemed like everyone was on the same page. They gave me a lot of confidence that they saw me as a big part of the team this year. So, it was a no-brainer. I am looking to make a difference on a team that wants to get back in the playoffs. I am excited to do that.

Do you want to be a leader on this team? Absolutely. We actually talked about what it means to be a leader. I think when I came up, it was different. It was only seven years ago when I made my debut and how different leadership was back then compared to now. There's still a duty to our young guys coming up to show them what it means to be a big leaguer. Come ready to the field to work every single day and enjoy it, too. It's a privilege every day when you put on that jersey. You have to make sure it's not lost among the next generation. It's very important and I look forward to doing that with a bunch of new guys.

Are you a big fan of the Washington area? Of course. The first time I was in D.C. was 2010. I was in the Cal Ripken World Series with Team Canada. We saw some of the historical sites. It was great. I got the chance to see a lot of restaurants when I was in town with the Braves. I can do a lot more exploring, and I am excited to do that. I am partial to steak houses. That is typically my go-to meal. I also like Japanese American fusion. I really plan on checking out the restaurant scene.

What managers or players have had big influences on you? I played for (2021 World Series-winning manager) Brian Snitker in Atlanta. He just let us play when we came up. He was like, "This is how we do it and do it the right way." He showed me how he wanted the game to be played. You play it hard and with respect. You can tell the guys that appreciate every day they have in the big leagues. (Ex-Oriole pitcher) Darren O'Day is a veteran I got to know quite well. I learned a lot from Darren. I am still friends with him. I got to watch and learn from (2024 World Series MVP) Freddie Freeman. He was the ultimate professional.

Tell me about your passion for playing the guitar and where you want to go with it. I will probably start a studio after baseball. I really do enjoy the guitar a lot. I have been playing since I was 12. I have to be careful not to play too much. If you are in the same position too long, it's not so good for the shoulder. Baseball comes first. I really started playing the guitar a lot during Covid. I got much better and learned a lot from watching musicians on YouTube that I followed. I like country rock and a little heavy metal. I like the heavier music for the guitar. My dad passed on all his likes of '70s, '80s, '90s, and 2000s country as well. It's definitely my main hobby outside of baseball.

When people in baseball talk about you, your memorable 2019 season is brought up often. Talk about that year. That season was surreal. It happened so quickly. There are some things you do at that time when you are so young. You don't know how you are doing it. You just keep riding the wave. I had more confidence than I knew. Baseball felt easy.



Obviously, you've had success, but overcoming two torn Achilles tendons is a rarity for a professional athlete. What are your thoughts on what you went through? Either time, I really didn't know what happened, especially the second time because I didn't think of it as a possibility. It ultimately got me to work harder every single day. I knew there was a possibility of turning away from baseball and coming back to it. I had a really good support system around me. That helped and fueled me.

It seems like hockey was your No. 1 sport for a long time since you grew up in hockey-crazy Calgary. Why did you give it up? I played hockey for about 10 years. I decided I wanted to be a goalie because at the time in Calgary we had a goalie in Miikka Kiprusoff. He was the reason the team made the Stanley Cup final in 2004. Eventually, I decided I didn't like it. At the end of the day, I liked baseball more. I think my dad Gary (played junior and college hockey) knew it long before I did. It was a lot easier going to baseball practice. I always wanted to be in the cage hitting and throwing. I never got tired of it.

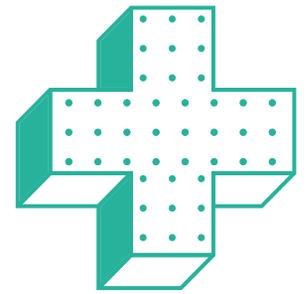
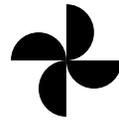
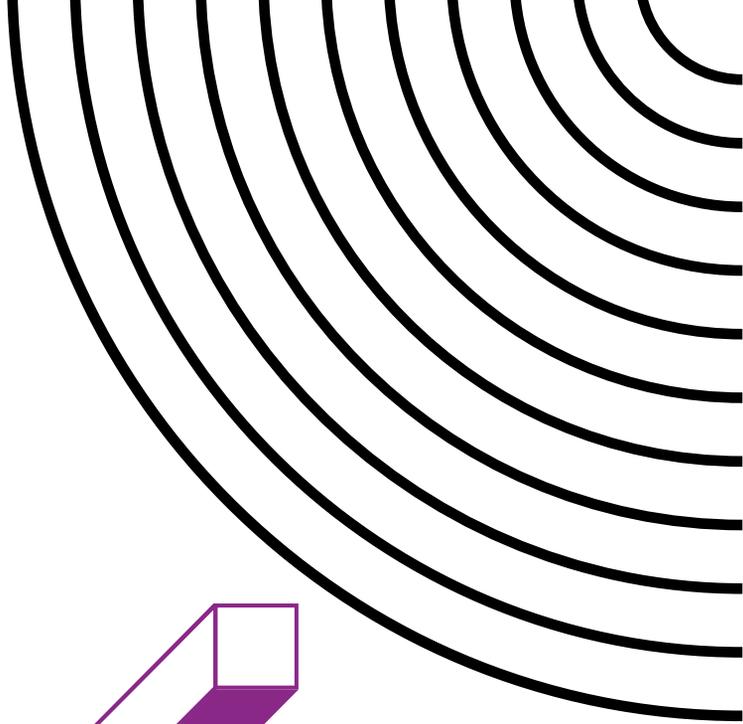




BEST OF

CENTRAL MARYLAND

2025

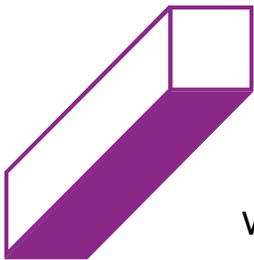


YOU VOTED...

BIG TIME! AND NOW...

MEET THIS YEAR'S

CLASS OF WINNERS!



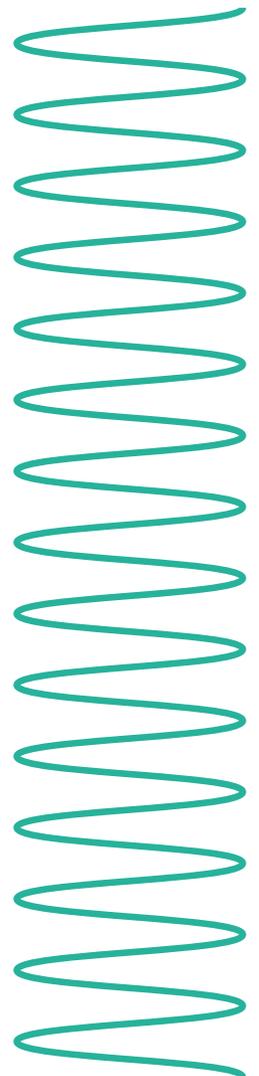
Welcome to Central Maryland's premier business accolades. Why so special? Because these are *the* local companies that *you*—more than 50,000 of you—voted for as the very best in their respective categories of business.



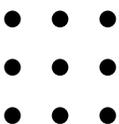
This year, ballots went live for public voting during January and February. In March, our executive team tallied the results, vetted the entries, and confirmed this year's Best of Central Maryland winners!



There are approximately 97 award winners overall, divided into the groups Food & Dining, Health & Beauty, Home & Garden, and Retail & Professional Services. It's an astounding number of votes *and* a remarkable class of winning businesses! What's Up? Media congratulates all winners and thanks you for choosing the best customer experiences of the region.



ENJOY PERUSING THIS YEAR'S LIST
AND, HOPEFULLY, MANY OF YOUR
PERSONAL FAVORITES HAVE WON!





FOOD & DINING

Bakery

Black Market Bakers

Locations in Edgewater and Annapolis
• blackmarketbakers.com

Barbeque

The Hideaway

1439 Odenton Road, Odenton, MD 21113 • 410-874-7300 • hideawayodenton.com

Breakfast

Eggspectation

2402 Brandermill Boulevard, Gambrills, MD 21054 • 443-292-4181 • eggspectation.com/gambrills-md

Brewery

Pherm Brewing Company

1041 Route 3 N., Gambrills, MD 21054 • 443-302-2535 • phermbrewing.com

Burger

Lures Bar & Grille

1397 Generals Highway, Crownsville, MD 21032 • 410-923-1606 • luresbarandgrille.com

Cocktails

Galliano Italian Restaurant & Wine Bar

2630 Chapel Lake Drive, Gambrills, MD 21054 • 410-721-5522 • gallianoitalianrestaurant.com

Coffee Shop (Local)

Bean Rush Cafe

1015 Generals Highway, Crownsville, MD 21032 • 410-923-1546 • beanrushcafe.com

Crabcake

G&M Restaurant & Lounge

804 Hammonds Ferry Road, Linthicum Heights, MD 21090 • 410-636-1777 • gandmcrabcakes.com

Dessert

Daily Scoop/ Always Ice Cream

3201 Mountain Road, Pasadena, MD 21122 • 410-437-2667 • alwaysicecreamcompany.com/daily-scoop

Family-Friendly Restaurant

Grump's Café

2299 Johns Hopkins Road, Gambrills, MD 21054 • 443-292-4397 • grumpscafe.com

Farm-to-Table Menu

Blackwall Barn & Lodge

329 Gambrills Road, Gambrills, MD 21054 • 410-317-2276 • barnandlodge.com

German Restaurant

Old Stein Inn

1143 Central Avenue, Edgewater, MD 21037 • 410-798-6807 • oldstein-inn.com

Greek Restaurant

Chris's Charcoal Pit

3283 Solomons Island Road, Edgewater, MD 21037 • 410-266-5200 • chrischarcoalpit.com

Happy Hour

Ellie's Place

8421 Veterans Highway, Millersville, MD 21108 • 410-987-9464

Ice Cream

Always Ice Cream

Locations in Edgewater, Crofton, Severna Park, Annapolis, and more
• alwaysicecreamcompany.com

Indian Restaurant

Namaste Fine Indian Cuisine

2510 Conway Road, #109, Gambrills, MD 21054 • 410-721-5654 • namastemaryland.com

Irish Restaurant

Killarney House

584 W. Central Avenue, Davidsonville, MD 21035 • 410-798-8700 • killarneyhousepub.com

Italian Restaurant

Mamma Roma

8743 Piney Orchard Parkway, #102-103, Odenton, MD 21113 • 410-695-0247 • mammaromas.com

Mexican/Latin Restaurant

Lime & Salt

8395 Piney Orchard Parkway, Odenton, MD 21113 • 410-874-6277 • limeandsalt.co

Neighborhood Restaurant

Ashling Kitchen & Bar

1286 Route 3 S., Ste. 3, Crofton, MD 21114 • 443-332-6100 • ashlingco.com

New Restaurant

Mucho Gusto

991 Waugh Chapel Way, Ste. 100, Gambrills, MD 21054 • 443-288-0720 • mucho-gustogroup.com/gambrills

Outdoor Dining

Lime & Salt

8395 Piney Orchard Parkway, Odenton, MD 21113 • 410-874-6277 • limeandsalt.co

Pizza (Chain)

Ledo Pizza

Locations in Crofton, Millersville, Severna Park, and more • ledopizza.com

Pizza (Local)

Mamma Roma

8743 Piney Orchard Parkway, #102-103, Odenton, MD 21113 • 410-695-0247 • mammaromas.com

Romantic Restaurant

Galliano Italian Restaurant & Wine Bar

2630 Chapel Lake Drive, Gambrills, MD 21054 • 410-721-5522 • gallianoitalianrestaurant.com

Specialty Cakes

Nothing Bundt Cakes

1404 S. Main Chapel Way, Ste. 114, Gambrills, MD 21054 • 410-695-9197 • nothingbundtcakes.com



1.



2.



3.

1. The Hideaway, Best Barbeque 2. Ruth's Chris Steak House, Best Steakhouse 3. Lime & Salt, Best Mexican/Latin Restaurant and Best Outdoor Dining

Steakhouse
Ruth's Chris
Steak House

1110 Town Center Boulevard, Odenton, MD 21113 • 240-556-0033 • ruthschris.com

Steamed Crabs
Crab Galley
1351 Odenton Road, Odenton, MD 21113 • 410-923-2722 • crabgalley.com

Sushi
Otani Japanese Cuisine
1153 Route 3 N., Ste. 80, Gambrills, MD 21054 • 410-721-7338 • otani.japanesemd.com

Thai Restaurant
Thai at Waugh Chapel
1406 S. Main Chapel Way, #102, Gambrills, MD 21054 • 410-415-1004 • thaiat.waughchapel.com

Wine Selection
Harvest Thyme Modern Kitchen & Tavern
1251 W. Central Avenue, Davidsonville, MD 21035 • 443-203-6846 • harvestthymetavern.com

Wings
Ellie's Place
8421 Veterans Highway, Millersville, MD 21108 • 410-987-9464

TAQUERIA
LIME & SALT
Agave Bar

It's Summertime
Our Watermelon Margarita or Mocktail is perfect for summer on our patio

Tacos | Ceviche | Enchiladas | Tamales | Margaritas | Mezcal | Tequila

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

f limeandsaltrestaurant @limeandsaltrestaurant

Family owned & operated

Sun-Tues 11-8 | Wed-Thurs 11-9 | Fri-Sat 11-10 | Happy Hour Mon-Fri 3-5

BEST OF 2022
BEST OF 2023
BEST OF 2024
BEST OF 2025

LETTUCE WOW YOU

Fresh from local farms. Full of flavor. Our Bibb & Bleu Salad starts with buttery Bibb lettuce, topped with smoky bacon, candied pecans, ripe tomatoes, and a rich blend of housemade bleu cheese dressing and crumbles to bring it home.

Harvest Thyme
harvestthymetavern.com

MUCHO GUSTO
GAMBRILLS



WHAT'S UP? MEDIA
**BEST OF
CENTRAL MARYLAND
2025**

Website & Order Online




FOLLOW US



MuchoGustoGroup.com Mucho Gusto Gambrills

991 Waugh Chapel Way #100, Gambrills, MD 21054 | (443) 288-0720

RUTH'S CHRIS STEAK HOUSE

TURN THE CELEBRATION UP TO 500°

HOST A SUMMER BANQUET

RECEIVE A \$50 BONUS FOR EVERY \$500 SPENT*



ANNAPOLIS | BALTIMORE | ODENTON | PIKESVILLE

*Valid only for events booked and held May 27, 2025-July 29, 2025. Bonus cards valid after event date through August 31, 2025. Event must be held in a private dining room or catered off-site with a signed agreement on file. Bonus card amount calculated on food and beverage purchases only, excluding tax, gratuity, and other charges. Not valid on prior purchases. Subject to change without notice. Valid at participating locations only.





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 2025

HEALTH & BEAUTY

Acupuncture

Chesapeake Acupuncture & Integrative Medicine

1370 Odenton Road, Ste. B, Odenton, MD 21113 • 410-694-7217 • chesapeakeaim.com

Barber Shop

Exquisite Grooming Lounge

1629 Crofton Center, Ste. 5, Crofton, MD 21114 • 410-991-7909 • exquisitiegroominglounge.com

Barre Class

Pure Barre Crofton

1153 Route 3, Ste. 70, Crofton, MD 21054 • 443-510-1442 • purebarre.com

Bootcamp

Future of Fitness

2101 Concord Boulevard, Ste. A, Crofton, MD 21114 • 410-451-0258 • future-of-fitness.com

Children's Fitness Class

Crofton Yoga

2431 Crofton Lane, Ste. 11, Crofton, MD 21114 • 410-451-1625 • croftonyoga.com

Cosmetic Injections

Dr. Lisa C. Kates/Center for Dermatology & Skin Care of Maryland

2200 Defense Highway, Ste. 201, Crofton, MD 21114 • 410-451-5500 • dermofmd.com

Eyebrow Care

Lash Moi

1166 State Route 3 S., Ste. 108, Gambrills, MD 21054 • 410-721-5274 • lashmoi.com

Eyelash Care

The Lash Lounge

1404 S. Main Chapel Way, Ste. 104, Gambrills, MD 21054 • 443-830-3352 • thelashlounge.com

Facial

Bel Viso Skincare

1153 Maryland 3, Gambrills, MD 21054 • 443-584-3851 • belvisoskin.care.square.site

Gym

Future of Fitness

2101 Concord Boulevard, Ste. A, Crofton, MD 21114 • 410-451-0258 • future-of-fitness.com

Hair Color

Blush Hair Salon

2431 Solomons Island Road, Annapolis, MD 21401 • 410-571-5147 • blushsalonmd.com

Hospice Care

Hospice of the Chesapeake

90 Ritchie Highway, Pasadena, MD 21122 • 410-987-2003 • hospicechesapeake.org

Hydration/IV Therapy

Joyful Bodies Therapeutics

1153 Maryland 3, Gambrills, MD 21054 • 240-602-4392 • joyfullbodiestherapeutics.com

Laser Skin Treatment

Skin Oasis Dermatology

2401 Brandermill Boulevard, Ste. 240, Gambrills, MD 21054 • 410-451-0500 • skinoasisderm.com

Manicure/Pedicure

Artisan Nailz, LLC

1629 Crofton Center, Studio 6, Crofton, MD 21114 • 202-340-5758 • facebook.com/ArtisanNailzLLC

Massage

Giving Massage & Wellness

1153 Robert Crain Highway, Gambrills, MD 21054 • 410-897-2388 • givingmassagewellness.com

Optometrist

Peepers Family Eyecare

2626 Brandermill Boulevard, Gambrills, MD 21054 • 410-451-9499 • peeperseye.com

Pain Management

Chesapeake Acupuncture & Integrative Medicine

1370 Odenton Road, Ste. B, Odenton, MD 21113 • 410-694-7217 • chesapeakeaim.com

Personal Trainer

Excellence In Fitness

Locations in Millersville and Annapolis • 410-266-6688 • excellenceinfitness.com

Physical Therapy

Rehab 2 Perform

983 Waugh Chapel Way, Ste. A-B, Gambrills, MD 21054 • 301-798-4838 • rehab2perform.com

Swim School

Goldfish Swim School

989 Waugh Chapel Way, Gambrills, MD 21054 • 410-413-7065 • goldfishswimschool.com

Urgent Care Facility

Patient First Primary and Urgent Care

Locations in Odenton, Bowie, Laurel, Severna Park, and more • 800-447-8588 • patientfirst.com

Waxing (Body)

Sunflower Skincare, LLC

1153 Route 3, Gambrills, MD 21054 • 240-286-8498 • sunflower.skincare

Weight-Loss Program

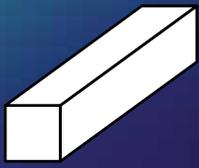
Excellence In Fitness

Locations in Millersville and Annapolis • 410-266-6688 • excellenceinfitness.com

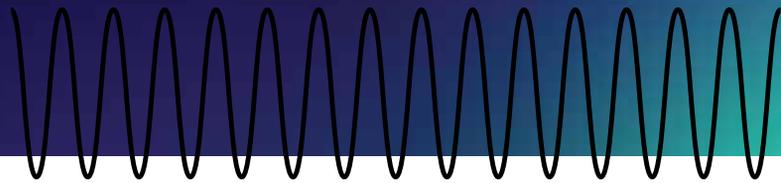
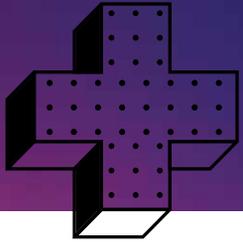
Yoga Studio

Crofton Yoga

2431 Crofton Lane, Ste. 11, Crofton, MD 21114 • 410-451-1625 • croftonyoga.com



HOME & GARDEN



Appliance Store

Appliance Distributors Unlimited (ADU)

1823 George Avenue, Annapolis, MD 21401 • 410-267-7110 • adu.com

Architect

Purple Cherry Architects

1 Melvin Avenue, Annapolis, MD 21401 • 410-990-1700 • purplecherry.com

Closet Organizer & Designer

Simply Organized Annapolis

Serving Annapolis area and beyond • 443-494-8301 • simplyorganizedwithtina.com

Electrician

JQ Electric

2509 Walden Drive, Crofton, MD 21114 • 301-221-2164 • jqelectric.com

Fence & Deck Contractor

Cypress Glen Outdoor

Serving Anne Arundel, Prince George's, and Howard counties • 443-707-2846 • cypressglenoutdoor.com

Garden Center

Patuxent Nursery

2410 N. Crain Highway, Bowie, MD 20716 • 301-218-4769 • patuxentnursery.com

Gutter Contractor

Mike's Seamless Aluminum Gutters

Serving Anne Arundel, Prince George's, and Howard counties • 301-440-3415 • mikesgutters.com

Home Remodeling Service

Fichtner Home Exteriors

1872 Betson Avenue, Odenton, MD 21113 • 410-519-1900 • fichtnerservices.com

Home Security/ Alarm Systems

Petitbon Alarm Company

2151 Priest Bridge Drive, Ste. 41, Crofton, MD 21114 • 800-284-CRIME • petitbon.com

Home Watch & Concierge Services

Mid-Atlantic Home Watch

Serving Anne Arundel County and beyond • 410-570-5221 • midatlantic-homewatch.com

Interior Design Service

Design House Studio

121 Cathedral Street, Annapolis, MD 21401 • 410-571-5748 • designhousemd.com

Irrigation Contractor & Service

Atlantic Lighting & Irrigation

1392 Defense Highway, Gambrills, MD 21054 • 410-721-4070 • atlantic-irrigation.com

Luxury Home Realtor

Vaneska Adams | eXp Realty

410-989-5220 • vaneskaadams.exprealty.com

Pest Control

Old Bay Pest Control

Serving Anne Arundel and Howard counties • 443-603-5651 • oldbaypestcontrol.com

Real Estate Team/ Brokerage

Compass Real Estate

2077 Somerville Road, Ste. 200, Annapolis, MD 21401 • 410-429-7425 • compass.com

Residential Realtor

Mia Anderson/ Berkshire Hathaway

Homeservices Homesale Realty 77 Main Street, Annapolis, MD 21401 • 410-693-3354 • miamovesyou.com

Roofing Contractor

Potomac Custom Remodeling

Serving Maryland and Delaware • 443-684-4448 • potomaccustomremodeling.com

Siding Contractor

Fichtner Home Exteriors

1872 Betson Avenue, Odenton, MD 21113 • 410-519-1900 • fichtnerservices.com

Stone/Tile/Granite for Kitchen, Bath & Flooring

Absolute Design Studio

740 Generals Highway, Millersville, MD 21108 • 410-697-3396 • absolutedesignstudio.net

Title Company

Eagle Title

181 Harry S Truman Parkway, Ste. 200, Annapolis, MD 21401 • 410-266-3600 • eagletitle.com

Water Treatment Service

Hague Quality Water of Maryland

814 E. College Parkway, Annapolis, MD 21409 • 888-214-2419 • haguewaterofmd.com

Window & Door Contractor

Thompson Creek Window Company

Serving Maryland and beyond • 240-623-9132 • thompsoncreek.com

WHAT'S UP? MEDIA
**BEST OF
ANNAPOLIS
2025**

Thank you for voting us
Best Kitchen and
Bath Design



KENWOOD
EST. 1974
KITCHENS
KITCHEN & BATH DESIGN STUDIO

Wood·Mode
FINE CUSTOM CABINETRY

Lutherville • Bel Air • Columbia • Annapolis
1415 Forest Drive, Annapolis
8835-H Columbia 100 Parkway, Columbia
Call 1-800-211-8394 or visit www.kenwoodkitchens.com

JQ ELECTRIC
RESIDENTIAL EXPERTS

THANK YOU
for voting us Best Electrician 2025

BEST OF CENTRAL MARYLAND 2025



2025 AMERICAN EXPRESS FRANCHISE 500 BUSINESS

BEST OF BusinessRate 2024

2024 Neighborhood FAVES

443-230-5620

2509 Walden Dr. • Crofton, MD 21114
www.jqelectric.com



Your Lawn and Pest Team

ON THE GREEN INC.

Enjoy bug-free living, indoors and out!

1st Treatment only **\$49.95***

Includes spider, mosquito, & perimeter pest control

*Not to be combined with other offers. Square footage limits may apply.

PROUD SPONSOR

Baysox

BEST OF CENTRAL MARYLAND 2024



MDA #29518
MHIC 127182

833-571-3268 OnTheGreenInc.com/cpest

A Better Way to Shop for Lingerie
SINCE 2003



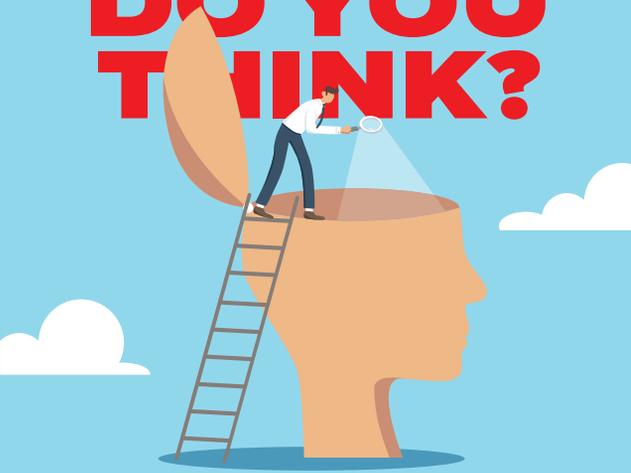
Bras, Panties, Loungewear & Fine Lingerie
Wide Range of Bra Sizes; Bands 30-44, Cups A-K+
Everyday Bras, Strapless, Sports, Wirefree, Nursing & more
Expert Bra Fittings by Appointment

alamodeintimates.com | 410.280.9771

BEST OF ANNAPOLIS 2025

WHAT'S UP? MEDIA WANTS TO KNOW,

WHAT DO YOU THINK?



WHAT'S UP? MEDIA
DIGITAL MAGAZINES EVENTS

Please take a few minutes of your time to complete our short reader survey for a chance to win a \$50 gift card to one of our advertisers.

whatsupmag.com/survey

Thank You for voting me

BEST LUXURY HOME REALTOR



VANESKA ADAMS

REALTOR®, SRS, ABR

EXP Realty, LLC

C: 410-989-5220

O: 888-860-7369 x 684

vaneska.adams@exprealty.com

vaneskaadams.exprealty.com



Thank You!



for voting us
BEST
Veterinarian



- ✓ Surgeries and Related Services
- ✓ Puppy and Kitten Care
- ✓ Senior Care
- ✓ Urgent Care and Emergency Services
- ✓ Dental Care
- ✓ Diagnostic Care
- ✓ In-House Laboratory
- ✓ Parasite Control
- ✓ Wellness Care
- ✓ Spay and Neutering Services



Odenton, MD • 410-927-1737 • greatscottieveter.com

RETAIL & PROFESSIONAL SERVICES

*Accountant/
Payroll Services*
**Integrity Tax
and Small Business
Solutions**
1610 Professional
Boulevard, Ste. G,
Crofton, MD 21114
• 410-451-3663 •
integritytaxsbs.com

Computer Services
ICSI
1612 McGuckian
Street, Ste. 200, An-
napolis, MD 21401
• 410-280-3000 •
icsi.com/annapolis-
it-services

Customer Service
Excellence In Fitness
Locations in Millers-
ville and Annapolis
• 410-266-6688 •
excellenceinfitness.
com

Emergency Pet Care
**Anne Arundel
Veterinary
Emergency Clinic**
808 Bestgate Road,
Annapolis, MD
21401 • 410-224-
0331 • aavec.com

Financial Advisor
Prostatis Group
7580 Buckingham
Boulevard, Ste.
180, Hanover, MD
21076 • 410-863-
1040 • prostatis
financial.com

*In-Home Senior
Assistance*
**Visiting Angels
Senior Home Care**
8338 Veterans
Highway, #103A,
Millersville, MD
21108 • 443-785-
2459 • visiting
angels.com

*IT Solutions for
Business & Home*
**Cheaper Than
a Geek**
Serving Anne
Arundel County and
beyond • 410-774-
5180 • cheaper
thanageek.com

Jeweler
**Little Treasury
Jewelers**
2506 New Market
Lane, Gambrills, MD
21054 • 410-721-
7100 • littletreasury.
com

Law Firm
Jaklitsch Law Group
Offices in Bowie,
Clinton, Waldorf,
and Landover •
301-939-0271 •
jaklitschlawgroup.
com

*Nonprofit
Organization (Local
or Local Chapter)*
HOPE For All
122 Roesler Road,
Glen Burnie, MD
21060 • 410-766-
0372 • hopeforall.us

*Party Vendor
(Balloons,
Facepainting,
Rentals)*
Tangled Balloons
401 Headquarters
Drive, Ste. 208, Mill-
ersville, MD 21108
• 443-260-9573
• tangledballoons.
com

*Pet Boarding
& Daycare*
Crownsville Canine
2007 Lineage Lane,
Crownsville, MD
21032 • 410-451-
1110 • crownsvill
ecanine.com

*Pet Grooming &
Services*
Crownsville Canine
2007 Lineage Lane,
Crownsville, MD
21032 • 410-451-
1110 • crownsvill
ecanine.com

Pet Walking/Sitting
**Higgins and Friends
Pet Sitting**
Serving Crofton,
Severna Park, and
Annapolis • 443-
994-7795 • higgins
andfriends.com

Private School
Indian Creek School
1130 Anne Cham-
bers Way, Crownsv-
ille, MD 21032 •
410-923-3660 •
indiancreekschool.
org

*Professional
Organizer*
**Systems by Susie,
LLC**
Serving Anne
Arundel County and
beyond • 410-994-
7626 • systemsby
susie.com

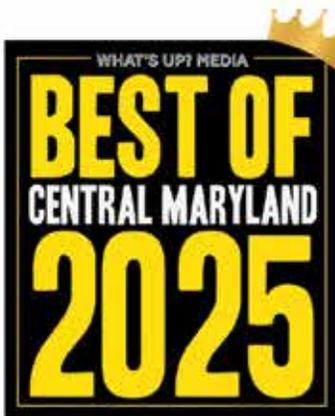
*Specialty/
Organic Grocer*
**David's Natural
Market**
871 Annapolis
Road, Gambrills, MD
21054 • 410-987-
1533 • davids
naturalmarket.com

Veterinarian
**Dr. Euan Murray/
Great Scottie
Veterinary Clinic**
1122 Town Center
Boulevard, Ste.
G, Odenton, MD
21113 • 410-927-
1737 • greatscottie
vet.com

Thank you for voting Indian Creek BEST PRIVATE SCHOOL 2025!



WHERE
KINDNESS
IS CURRENCY,
WELL-BEING IS
PRIORITY,
AND EXCELLENCE IN
EDUCATION
IS RELENTLESSLY PURSUED.



INDIAN CREEK SCHOOL

Pre-K 3 through Grade 12



Schedule your visit
to see why!
indiancreekschool.org

Shop Local. Buy Local.

**RESERVE YOUR
SPACE TODAY**

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



SPECIALIZING IN CAT CARE

Jill, the owner of Higgins and Friends, has been a cat specialist for over 20 years and is known by her clients as "The Cat Whisperer."




**FEAR FREE
CERTIFIED**
Professional

**BEST OF
CENTRAL MARYLAND
2025**

Thank you for voting us Best of Central MD for Pet Walking and Sitting

Vet Tech Owned • Expert Cat Care
Medication Administration – Subcutaneous Fluids
Diabetes Management • Cat Grooming

There is extensive communication between the owner
Jill, her sitters, and clients.



Jillw@higginsandfriends.com
(443) 994-7795
www.higginsandfriends.com



Attend a seminar and receive a **FREE** consultation. (\$500 Value)

Reserve your seats, call (410) 573-4818 or visit spgasior.com/seminars.

Protect Yourself and Your Loved Ones with an Estate Plan

Sinclair Prosser Gasior is a leading Estate Planning, Probate, Elder Law and Estate Administration law firm, headquartered in Annapolis, with a focus on empowering families to plan ahead so the legacy that they leave their loved ones is interweaved with security, clarity and ultimately peace of mind.

Trusts & Wills | Power of Attorney | Probate | Elder Law | Estate Administration | Medicaid Planning | Tax Planning | Special Needs Planning | Asset Protection and more!



Managing Attorneys:
Laura Curry, Jon Gasior and
Alexander Pagnotta

**BEST OF
ANNAPOLIS
2024**



183 Harry S. Truman Pkwy, Suite 104
Annapolis, Maryland 21401
P: (410) 573-4818 | F: (410) 573-2502
Offices in Annapolis, Bowie, Columbia, Waldorf

TANGLED BALLOONS







Ready to turn up the fun?

From the simplest gatherings to the most extravagant parties, our balloons will surely steal the show!

443-260-9573
lola@tangledballoons.com
www.tangledballoons.com




Downsizing?

Your gently used furniture can help a family starting over in Anne Arundel County



HOPE For All®

BEST OF CENTRAL MARYLAND 2025

www.hopeforall.us | info@hopeforall.us | 410-766-0372



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



BEST OF ANNAPOLIS 2025

Honored to be named

Best Irrigation Contractor & Service

In Annapolis & Central Maryland



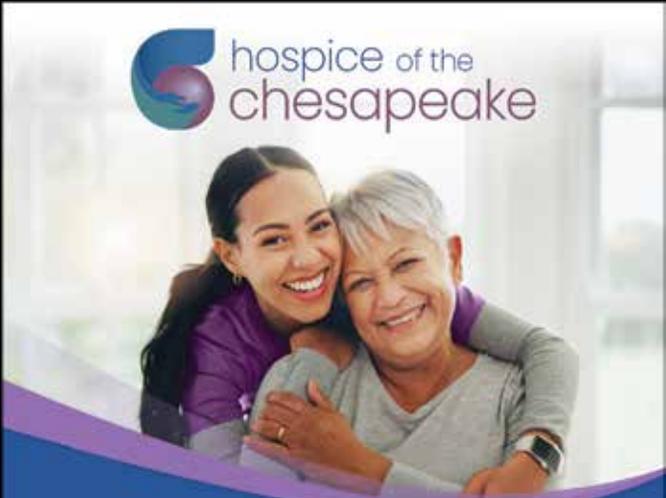
BEST OF ANNAPOLIS 2025 **BEST OF CENTRAL MARYLAND 2025**

EST. 1962
35+
YEARS

Atlantic

Lighting & Irrigation

ATLANTIC-IRRIGATION.COM • 410.721.4070



hospice of the chesapeake

Thank you for your trust.

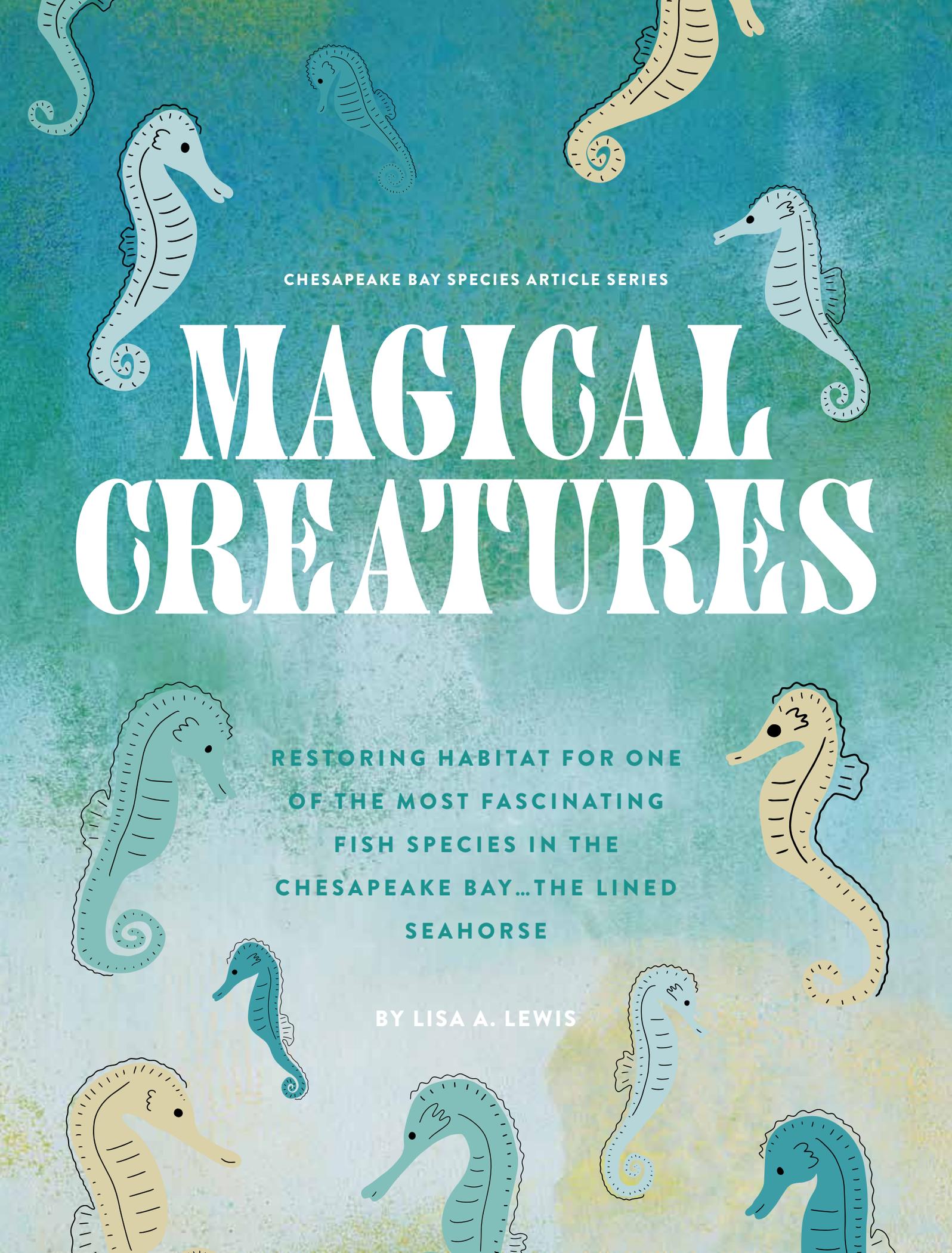
It is both an honor and a privilege to care for our community.

We're here for you.

410-987-2003
www.hospicechesapeake.org



SCAN ME



CHESAPEAKE BAY SPECIES ARTICLE SERIES

MAGICAL CREATURES

RESTORING HABITAT FOR ONE
OF THE MOST FASCINATING
FISH SPECIES IN THE
CHESAPEAKE BAY...THE LINED
SEAHORSE

BY LISA A. LEWIS

B

eneath the shallow waters of the Chesapeake Bay, a lined seahorse conceals itself in a dense bed of underwater grasses. Although the seahorse's choice of habitat may not seem significant, it is

critical to its survival. Lined seahorses are highly dependent on underwater grasses, also known as submerged aquatic vegetation (SAV). In fact, SAV, particularly eelgrass, is the preferred habitat of seahorses. Not only does SAV provide home to tiny crustaceans that seahorses eat, but it also offers seahorses shelter from predators, camouflage for ambushing prey, and breeding grounds.

Although lined seahorses prefer eelgrass, which used to be the dominant species of SAV in the lower Bay, it is not their exclusive habitat. They live in other species of underwater grasses as well as in oyster beds. Seahorses have also been found clinging to crab pots, pilings, or ropes.

Forty-six species of seahorses are recognized within the genus *Hippocampus*, but only one, the lined seahorse (*Hippocampus erectus*), is native to the Chesapeake Bay. It is not known exactly how many lined seahorses are found in the Bay, and they are not common. However, scientists typically find them during yearly trawls.

According to the International Union for Conservation of Nature (IUCN), lined seahorses are listed as vulnerable primarily due to habitat loss. Since seahorses rely on SAV, declines in underwater grass beds can impact their survival. So, it's critical to continue efforts to monitor and restore SAV in the Bay.

"Lined seahorses are dependent on the structured habitat that SAV provides," says Brooke Landry, SAV program chief for the Maryland Department of Natural Resources (DNR) and chair of the Chesapeake Bay Program SAV Workgroup. "They are poor swimmers, so they don't have a lot of control over their movement. They use their tiny fins to move through the water and hold onto



SAV with their prehensile tail. Although there are no concentrated studies on lined seahorses, we can infer that the loss of SAV is a threat, and protecting the species is tied to SAV restoration."

RANGE IN THE CHESAPEAKE BAY

Lined seahorses live year-round in the middle and lower Chesapeake Bay within higher salinity areas. They have been documented in Hampton Roads, Virginia's lower Eastern Shore, Tangier Sound, Maryland's Eastern Shore, and Calvert County waters.

According to the Virginia Institute of Marine Science (VIMS), the Chesapeake Bay provides habitat for more than 200 species of fish. Since 1955, VIMS has conducted its Juvenile Finfish Trawl Survey to monitor fish populations and track trends in seasonal distribution and abundance. Although the trawl surveys target juvenile fish species, lined seahorses are among the fish caught.

"The VIMS Juvenile Finfish Trawl Survey conducts 1,224 tows each year, and our team is on the water every month," says Troy Tuckey, Ph.D., senior research scientist, VIMS. "We use a bottom trawl and tow the net for five minutes. Samples are taken in Virginia's portion of the Chesapeake Bay and the Rappahannock, York, and James rivers—from the mouth of each river to approximately 40 miles upstream to where the freshwater-saltwater interface occurs. Water temperature, dissolved oxygen, salinity, and pH are measured at every station. We identify, count, and measure all fish species before releasing them back into the water. We also count and measure blue crabs and shrimp.

Lined seahorses' preferred habitat is eelgrass, a common SAV in the Chesapeake Bay watershed. They use their tiny fins to move through the water and hold onto SAV with their prehensile tail. Photo by Erin Shields, CBNERVA.

“Although lined seahorses are not common in the Bay, we still catch them every year. And we would be surprised if we didn’t catch them. Our team gets really excited when we see lined seahorses. They are such amazing fish with a truly unique lifestyle. Seahorses definitely bring a smile to your face every time you see them.”

Lined seahorses are also caught during the Maryland Blue Crab Trawl Survey, a sampling program that is conducted by the DNR every year. Samples are collected once a month from May through October from sites in the Chester River, Patuxent River, Choptank River, Eastern Bay, Tangier Sound, Pocomoke Sound, Little Choptank River, Fishing Bay, Nanticoke River, and Little Annemessex River. The trawl survey, which began in 1977, provides information about trends in blue crab abundance.

“The trawl survey focuses on blue crabs, but juvenile finfish and other marine life that live on or near the bottom are also caught,” says Chris Walstrum, natural resource biologist, fishing and boating service, DNR. “In this case, lined seahorses are not the targeted species, but they are caught when the conditions are favorable, and they are present in the right place at the wrong time.”

A UNIQUE FISH

Known for their unique—almost magical—appearance, seahorses captivate aquatic enthusiasts of all ages. With its horse-like head, tubular snout with a small, toothless mouth at the end, bony plates covering its body instead of scales, and prehensile tail for grasping, the lined seahorse, or northern seahorse, doesn’t look like other fish. In fact, its closest relative is the pipefish, a small, skinny fish with a long snout.

Deriving their name from the white lines that can often be seen on their bodies, lined seahorses are approximately five to six inches long and vary in color from yellow to nearly black. Masters of camouflage, they change colors to match their environment and conceal themselves in underwater grass beds. Not only does this ability protect seahorses from predators, such as striped bass, tuna, and dolphinfish, it also helps them catch prey.

“Seahorses are ambush predators,” Tuckey says. “They hide among SAV structure, using their tail to hold tightly to the grasses, and wait

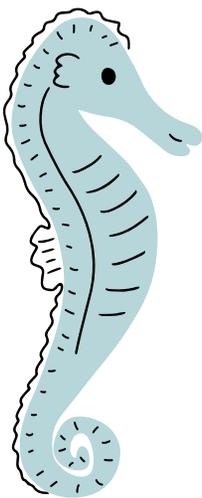


Lined seahorses are just one of the 500 animals and 70 species on display at Calvert Marine Museum, which focuses on the culture and natural history of Southern Maryland.

for currents to wash food, mostly zooplankton and tiny crustaceans, towards them. They remain undetected and then ambush, sucking the prey into their tubular snouts.”

In addition to their iconic appearance, seahorses are perhaps most well-known for a unique trait in the animal kingdom. In a rare case of reproductive role reversal, the males become pregnant and give birth. After an elaborate courtship ritual, the female deposits her eggs into the male’s brood pouch. The eggs are fertilized and incubate for about two weeks before they hatch. The male then releases 100 to 300 fully formed baby seahorses into the water. Juveniles are less than one-quarter of an inch long.

According to National Oceanic and Atmospheric Administration (NOAA) Fisheries, seahorses, pipefish (native to the Bay), and sea dragons (native to the Western Pacific Ocean) are the only organisms in the animal kingdom in which the males get pregnant and give birth.



PROTECTING THE HABITAT OF LINED SEAHORSES

SAV plays a critical role in the Chesapeake Bay ecosystem. It absorbs nutrients, produces oxygen during photosynthesis, improves water clarity, settles suspended sediments, stabilizes bottom sediments, absorbs wave energy, and reduces shoreline erosion. But although underwater grasses provide several benefits, they also face threats that impact their survival and abundance.

Perhaps the primary source of concern is poor water quality. Pollutants, including nutrient and sediment runoff, fuel algae blooms and cloud the

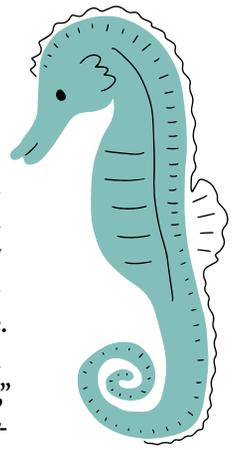
water. These algae blooms prevent sunlight from reaching the plants, causing SAV beds to die. In addition, weather conditions, changes in salinity levels due to heavy rains, and climate change also impact the ability of underwater grasses to survive.

“We know that lined seahorses are present in the Bay, but we don’t know much about them,” Landry says. “By collecting more detailed information about SAV, how it’s being used by fish and invertebrates, and how it’s responding to climate change and warming temperatures, we will be able to make more informed management decisions and take more timely action to protect it, and, therefore, the species that rely on it, such as lined seahorses.”

“Lined seahorses are sensitive to their environment,” adds Matt Neff, curator of estuarine biology at the Calvert Marine Museum (CMM). “They depend on SAV, and since losses of underwater grasses can impact this already-vulnerable species, we need to take actions to protect its habitat in the Bay.”

In order to protect underwater grasses, SAV monitoring efforts are critical. The Chesapeake Bay Program’s SAV Monitoring Program utilizes a three-tiered approach to gather data to help manage and restore underwater grasses.

The first tier involves working with VIMS and its partners each year to map the SAV beds of the entire Bay using aerial photography and sat-

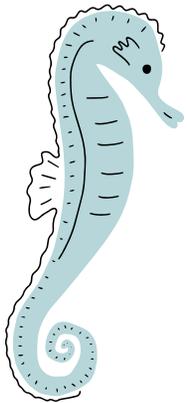


With its horse-like head, tubular snout with a small, toothless mouth at the end, bony plates covering its body instead of scales, and prehensile tail for grasping, the lined seahorse is one of the most unique creatures inhabiting Bay waters.





The Chesapeake Bay Program is developing a comprehensive Shallow Water Habitat Sentinel Site Program to help improve our understanding of the ecological functionality of shallow water habitats throughout the Bay where lined seahorses often thrive.



ellite imagery. The surveys, which are typically conducted between May and October, estimate the acreage of SAV. The data collected are used to track progress and identify trends over time.

According to data reported by Chesapeake Progress (chesapeakeprogress.com), an estimated 83,419 acres of underwater grasses were distributed throughout the Chesapeake Bay and its tidal tributaries in 2023—an 8 percent increase over 2022 acreage. This data reflects the most recent survey results. At the time of writing, the acreage for 2024 is not yet available for release.

“An 8 percent increase is really good,” Landry says. “When things are trending up, we typically see about a 3 percent increase, so this was good news. SAV is recovering—not only on a bay-wide scale but also in local areas. I’m especially excited to see the expansion in recent years of species in the mid-Bay, and I’m confident that we will continue to make progress.”

To restore and maintain the health of underwater grasses, the Chesapeake Bay Program and its

partners focus on improving water clarity, planting underwater grasses, protecting existing grass beds, and promoting SAV-related education and outreach. The Chesapeake Bay SAV Watchers program, which is the second tier of the SAV Monitoring Program, is an integral part of these efforts. SAV Watchers is the Chesapeake Bay Program’s first official SAV monitoring program for volunteers.

The third tier of the SAV Monitoring Program is the SAV Sentinel Site Program. Sentinel sites are located in each of the Bay’s four salinity zones and are monitored using a standardized, in-depth data collection protocol in which scientists track changes in SAV habitat. The program is coordinated by the SAV Workgroup.

In an effort to enhance their understanding of shallow water habitats where lined seahorses live, the Chesapeake Bay Program is working to expand on the idea of the SAV Sentinel Site Program by developing a more comprehensive Shallow Water Habitat Sentinel Site Program. Once developed and implemented, the program will help improve understanding of the ecological functionality of shallow water habitats throughout the Bay and allow scientists and resource managers to address

issues in these habitats more efficiently. The SAV Workgroup will lead the effort to develop the program. (Although program development has been funded, funding for program implementation has not been obtained at the time of writing.)

According to Landry, rather than concentrating solely on SAV, the comprehensive effort will monitor multiple living resources and water quality measures as well as climate impacts on the functional value of shallow water habitats in the Bay and its watershed. The data collected at the sites will help track changes, assess conditions, and provide early warning signs of potential issues.

“Since we don’t systematically collect data on lined seahorses, we know very little about their habits in the Bay ecosystem,” Landry says. “This new program may help us learn more about their preferences and habitat requirements, such as which SAV species they cling to, if they have dietary preferences or are purely opportunistic, how far up the Bay they will venture before salinity becomes limiting, and water temperatures at which they thrive. The more we learn about seahorses and their habitat, the more we’ll be able to protect both.”

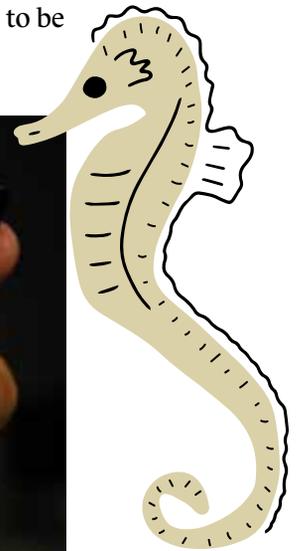
OBSERVING LINED SEAHORSES

Although seeing a lined seahorse in its native habitat may be unlikely for people who do not work on the Bay and its tributaries, such as scientists or watermen, everyone can observe this captivating fish at CMM. The museum, which has about 30 lined seahorses on exhibit, allows visitors of all ages to experience their magic.

Lined seahorses are just one of the 500 animals and 70 species on display at CMM, which focuses on the culture and natural history of Southern Maryland. All of the exhibits feature species found in Southern Maryland and the Bay. Lined seahorses are part of the Hippocampus Haven exhibit and represent CMM’s dedication to the estuarine life of the tidal Patuxent River and adjacent Chesapeake Bay. The seahorses were born at the museum by parents who were captive bred.

“Our lined seahorses are a wonderful attraction, and visitors love them,” Neff says. “I especially enjoy seeing their excitement as they observe our

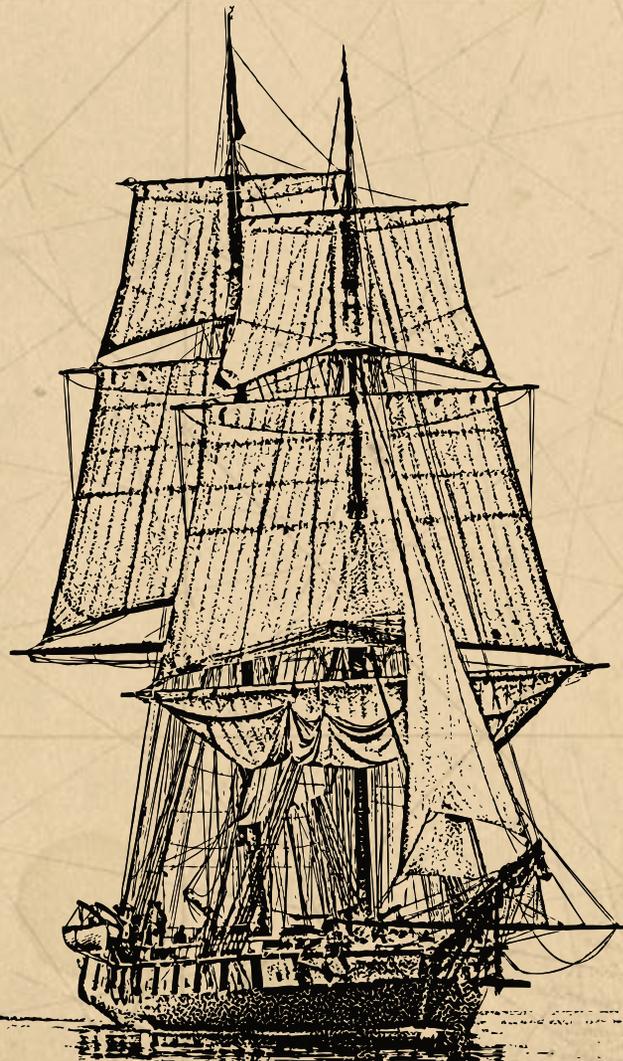
exhibits. I remember a little girl’s reaction after seeing the lined seahorses. She didn’t realize that they were real animals, and she was amazed by them. We hope that CMM can help raise awareness about lined seahorses and the importance of protecting their habitat. Seeing them here at the museum fosters a sense of stewardship and a realization that these charming fish—which are found right here in our backyard—deserve to be protected for future generations.”



Special thanks to the Calvert Marine Museum, Chesapeake Bay Program, and Virginia Institute of Marine Science for providing the photography illustrating this article.

• TALES OF CHESAPEAKE LORE •

PIRACY IN THE BAY



Buccaneers, explorers, settlers, and navies often clashed in Chesapeake Bay waters during Colonial times

BY ELLEN MOYER

E In the 1600s, everyday Europeans may not have known much about the New World, but the sea going “navies” of England, Holland, and Spain were familiar with it, and especially of the Chesapeake Bay. Spain saw the region as a habitat for buccaneers. With its many tributaries, it was well suited to offer protection for ships and the captains dedicated to plundering. The swashbuckling pirates that we envision from centuries ago may have sailed far up and into the Bay, but most skirmishes of piracy were between rival Englishmen exploring the Mid-Atlantic coast.

Kent Island, for example, was settled by William Claiborne, a member of Virginia’s Governor Council, and served as a major trading center for early settlers and Native Americans. As early as the 1620s, Claiborne led 100 Virginians to settle



Captains and pirates of the 1600s sometimes flew red flags to signal no quarter, while others flew black flags to intimidate merchant ships. Image source: Library of Congress.



Portrait of George Calvert (1580–1632), 1st Baron Baltimore. Vintage etching circa 19th century.

the land of Kent (named for his native English home) and built mills as well as a fort and homes.

The area, though claimed by Virginia, became instantly controversial with Sir George Calvert (Lord Baltimore) of the Maryland colony declaring he, in fact, had a patent on the area. The King of England refused to settle the controversy and the first naval battle between English men took place near Kent leading to charges of piracy.

Virginia’s Claiborne continued to spar with Maryland’s Calvert over trade, causing some Virginians to vow “they would rather knock their cattle on the head than sell them to Maryland.” Claiborne stood strong on his claim to Island of Kent. Politically, Calvert had a stronger voice with the King of England and eventually Maryland would win the land of Kent.

Claiborne was charged with piracy along the Eastern Shore on behalf of Virginia. He became an outlaw in Maryland and would lose his colony lands and estates. Calvert and Maryland simply had more political force in England. Virginia abandoned Claiborne and ceded the island and others in the Bay to Maryland.

Meanwhile, back in England, its government was experiencing a parliamentary crisis. While Maryland and Virginia were loyal to the King, both colonies would be affected by the home country’s preoccupation of its own, internal struggles.

Kent Island was one of the most controversial settlements in the 1600s, as both Maryland and Virginia laid claim to the land, leading to conflict and accusations of piracy.



Without England’s naval support, anarchy and piracy would rule the Chesapeake Bay into the early 1700s. Plundering escalated with more and more Dutch incursions into the Bay and self-styled pirates such as Richard Ingle became more prominent.

Ingle was a loyal Protestant driven by revenge and determined to plunder the Papists of Maryland in its capital of Saint Mary’s City. He was joined by Claiborne, who was plotting his own resurgence. Ingle focused on the estate of one of the richest men in Maryland, Captain Thomas Cornwallis, who had previously captured the Island of Kent for the Calvert family. What Ingle and Claiborne found was a lavish estate designed with art and fabrics from around the world and farmlands and animals. The plunders preceded to kill the animals and burn the house down after plundering the household wares and arts.



Map titled Virginia and Maryland by Francis Lamb that appeared in *The Theatre of the Empire of Great Britain*, 1676. From the Huntingfield Collection, Maryland State Archives.

Ingle then set forth on a reign of terror against Maryland—a colony founded by a Catholic population—forcing many to flee to Virginia, while the Protestants continued to pillage their neighbors. Shipping was threatened. The Governor of Virginia declared the Bay is “so full of pirates, it is impossible for any ship to go home safely.” Ships were outfitted for war and traveled together in fleets to move the cash crop tobacco back to England. Royal Navy warships sailed out of England to escort ships transporting goods from Maryland, Virginia, and the Chesapeake Bay.

The chaos finally curtailed when Ingle returned to London and with the simultaneous ascendancy of the Lords of Baltimore (six Calverts across several generations would hold the title), who worked tirelessly to return the colony of Maryland back to prosperity and stability.

Eventually, the most valuable commodity of the New World, tobacco, would be eclipsed by other precious resources and trade preferences. A new form of piracy, however, would emerge in the Chesapeake Bay by the 1800s...focusing on the Bay’s prized oyster. New “oyster wars” and piracy were generated until this Bay resource was finally exhausted.

The Chesapeake Bay in the land of pleasant living that we enjoy now, was not a peaceful place during early European settlement. Englishmen waged turmoil against each other for power over trade and land. Religious warfare played a significant role, as did the control of natural resources. Today, we have a serene waterway, a recreational paradise with a few historic telltale signs of this plundering that dogged the area for more than 300 years.



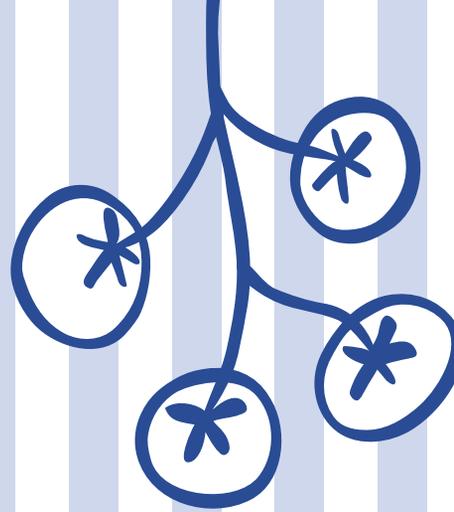
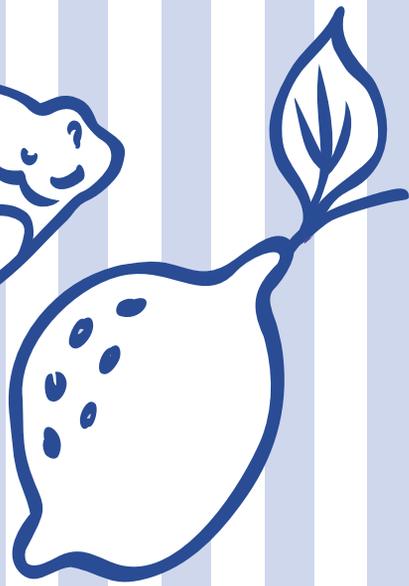
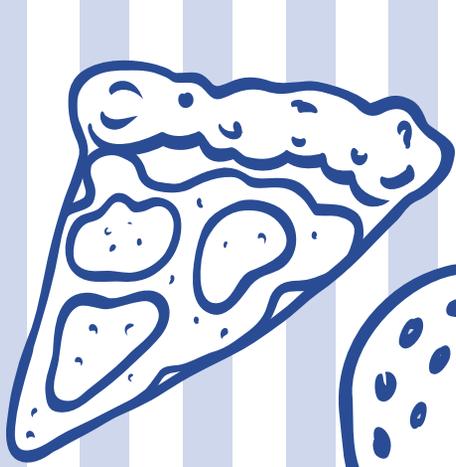
Together,
we are
fello.

Supporting people with
disabilities across Maryland
for over 60 years.

Our 600+ team members impact thousands of people each month, offering inclusive services and strengthening communities through housing, connection, and opportunities to live with independence and belonging.

This is more than a rebrand. It's a recommitment.

To our mission. To the work ahead. To what's possible when we do the work together.



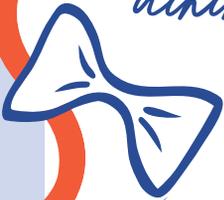
Summer Dining Guide

2025





Chesapeake dining adventures for foodies and all tastes, plus beautiful bay views, dockside dining, local culture, and oh-so-much more!



Guide by **JAMES HOUCK AND MEGAN KOTELCHUCK**

Photography by **STEPHEN BUCHANAN AND TONY LEWIS, JR.**

Welcome to our updated summer dining guide, featuring editors' selections, readers' favorites, and local recommendations in fun and unique categories that cover all-things summer. We have crab houses, waterfront views, dining by boat, beach bars, beer gardens, destination restaurants, and more packed into this guide!

To be included, a restaurant had to pique the interest of our editors, be recommended by our readers, be legendary, be surprising, be summery, or be in the What's Up? Media family of clients. Restaurants are listed alphabetically—not by rank—under each category.

Don't see your favorite? Let us know the restaurants you think we missed and who should be considered for next year's guide. Write to us at: editor@whatsupmag.com.

RED = advertiser within *What's Up? Annapolis*, *What's Up? Eastern Shore*, and/or *What's Up? Central Maryland*



Let's make this summer a season of dining adventures!

Favorite Maritime Hangouts

Boatyard Bar & Grill

400 Fourth Street, Annapolis; 410-216-6206; boatyardbarandgrill.com; When the patron saint of sailing himself, Jimmy Buffet, frequented an establishment, you know it checks out! Nautical vibe...check! Trophy fish adorning the walls. Yep! Fresh, local seafood and "All killer, no filler" crabcakes—hey, it's a slogan. Supports local conservation and angling charities—of course. And a darn good margarita to wash down the eats while kicking back with like-minded water warriors. It's the Boatyard!  Read our latest dining review here:

Carpenter Street Saloon

113 S. Talbot Street, St. Michaels; 410-745-5111; carpenterstreetsaloon.com; It's the heartbeat of St. Michaels. For more than 50 years, the Saloon has served locals and visitors breakfast, lunch, dinner, and plenty of cold drinks to wash it all down. The saloon even runs its own shuttle bus on weekends to help patrons return home or port safely. Live music is also a big draw and keeps the crowds returning season after season.

Capsize OXMD

314 Tilghman Street, Oxford; 410-226-5900; capsizexmd.com; Come by boat (Lon W 76.17 X Lat N 38.69) to this relaxing seafood restaurant overlooking Town Creek in maritime-rich Oxford. This seasonal destination has free dockage while you dine and overnight space if you're in the mood to stay a little longer. The menu leans on blue crab, lobster, scallops, shrimp, conch...you name it. And the indulgent cocktails cover all bases.

Davis' Pub

400 Chester Avenue, Annapolis; 410-268-7432; davispub.com; Located in the heart of Eastport's "marina district," Davis' is several things: a locals' hangout, a blue-collar catchall, a quick biz' lunch spot, a post-boating watering hole, and in recent years, tourist attraction. When famous chef Guy Fieri featured the eatery on his "Diners, Drive-Ins and Dives" television show, Davis' instantly became a must-visit for out-of-towners seeking uniquely Annapolitan pub-grub.

Fish Whistle ▼

100 George Street, Georgetown; 410-275-1603; fishhandwhistle.com; A northern Bay destination among boaters, Fish Whistle serves classic

Shore seafood, plenty of surprises, and respite right on the beautiful Sassafras River. Located at Granary Marina, there's plenty of transient or long-term seasonal docking and all the amenities.

Red Eye's Dock Bar

428 Kent Narrow Way N., Grasonville; 410-304-2072; redehyesdb.com; Red Eye's is more than lunch or dinner. It's more than great waterfront views in Kent Narrows, or even a boaters' destination. It's an experience. The Red Eye's experience. The dock bar and restaurant has become legendary among summer faithful for its stellar live music scene, bikini contests, cold drinks, and filling food. It's always a party at Red Eye's!

Tickler's Crab Shack & Restaurant

21551 Chesapeake House Drive, Tilghman; 410-886-2121; wylderhotels.com; Located at the Wylder Hotel at Tilghman Island, the indoor/outdoor crab shack overlooks Harris Creek, is a footstep from docking, and ripe with Maryland maritime influence, including all-things blue crab.

Wharf 38

479 Deale Road, Deale; 443-524-2633; wharf38.com; Hang out with friends, a drink, and flavors to savor at Wharf 38, right on the water! Enjoy stunning views at this perfect dining destination and celebrate everything with local music from talented bands from the community.



Top Tier Crab Houses

Buddy's Crabs & Ribs

100 Main Street, Annapolis; 410-626-1100; buddysonline.com; With million-dollar views overlooking Annapolis' Market Space and the Ego Alley harbor, Buddy's is hard to beat for cracking crabs and enjoying a cold bucketful of brews. It's all-you-can-eat buffet also is renowned. The downtown dining staple is popular with out-of-town visitors, so arrive early to secure a table or spot on the waitlist.

Crafty Crab Seafood

6800 Race Track Road, Bowie; 240-245-3715; crafty-crabrestaurant.com; New to the region's seafood scene is Crafty Crab and its urban "sports bar-meets-picking party" vibe with a decidedly New Orleans influence. The steamed platters are the star here, with your choice of crabs (Blue, Dungeness, Alaskan King, Snow, etc.), other steamer staples (mussels, clams, shrimp, crawdads, lobster), and type of seasoning. The menu is unique, the atmosphere active, and the food delicious! *Read our new dining review, here:*



Fat Boys Crab House

1651 MD-3, Crofton; 443-292-4709; fatboyscrofton.com; It's a western Anne Arundel gathering spot for friends to pick crabs over a few cold ones while watching the game-du-jour on the flat screens above the bar. Indoors and air-conditioning make for comfy confines in which to crack jumbos!

Fisherman's Crab Deck

3032 Kent Narrow Way S., Grasonville; 410-827-6666; crabdeck.com; The expansive

open-air seating and outdoor deck sits right on the Narrows of Prospect Bay, offering exciting views of the bustling boats, marinas, and Kent Island way of life. The Schulz family has operated the Crab Deck and adjacent **Fishermen's Inn** for decades—the entire operation became, and continues to be, a landmark seafood establishment serving jumbo crabs and piles of steamed seafood to patrons who arrive by both boat (ample docking) or car.

Read about the Schulz family legacy here:



Harris Crab House

433 Kent Narrow Way N., Grasonville; 410-827-9500; harriscrabhouse.com; For more than 75 years, patrons have enjoyed picking crabs freshly harvested, delivered, and steamed on site. Harris is an iconic crab house located on the northern side of the Narrows, surrounded by marina docking, the busy water passage, and maritime culture that defines Kent Island.

Jimmy Cantler's Riverside Inn ▶

458 Forest Beach Road, Annapolis; 410-757-1311; cantlers.com; Waterman-turned-restauranteur Jimmy Cantler and his wife Linda founded what became a destination for crab picking and fresh seafood way back in 1974. Celebrating 50 years, Cantler's continues to delight guests from near and afar who flock to the tucked-away restaurant that overlooks quiet Mill Creek.

Mike's Restaurant & Crab House

3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com;

Since '58, Mike's has served locals and visitors fresh, local seafood in a dock setting overlooking the South River at the Riva Road Bridge. The picnic tables for crab picking are many, boat docking is free and plentiful, and the market-priced blue crabs some of the best on the Bay! Bonus: the Mike's operating-family purchased the old Sunset Restaurant in Pasadena and transformed into brethren restaurant, Mike's North.

Ocean Odyssey

316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com; When a restaurant has a specially-designated "Pickin' Room," they must be all about them crabs! And they are—the Todd family business dates back to the 1940s as local seafood processors before jumping into the restaurant venture in the '80s. Over time, Ocean Odyssey has become synonymous with Cambridge seafood culture.

The Crab Claw

304 Burns Street, St. Michaels; 410-745-2900; thecrabclaw.com; What began as a clam and oyster shucking house in the '50s was turned in a full-service restaurant and

crab house by Bill and Sylvia Jones in the '60s. The Crab Claw, which overlooks the Miles River, remained a summer institution ever since and today, though owned by the adjacent Chesapeake Bay Maritime Museum, remains operated by the same family.

The Point Crab House & Grill

700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com; If the restaurant was any closer to the water, you'd need a bathing suit to enjoy your meal. Opened by chef Bobby Jones and wife Julie on Mill Creek, just off the Magothy River, The Point has a coastal-casual vibe with upscale taste with a refined dinner menu, and offers classic crab cracking on the outdoor patio or screened-in dining room.

Waterman's Crab House

21055 West Sharp Street, Rock Hall; 410-639-6860; watermanscrabhouse.com; Smack dab in the middle of Rock Hall Harbor sits Waterman's. With the Chesapeake Bay just beyond nearby jetties, the setting for a complete crab feast with all the fixin's, delicious crushes, and sunset views is near perfect.



Amazing Waterfront Views

Broken Oar Bar & Grille

864 Nabbs Creek Road, Glen Burnie; 443-818-9070; brokenoarbarandgrill.com; Great food, a rockin' sushi bar, and panoramic waterfront views of Nabbs Creek...welcome to Glen Burnie! Arrive by boat and get ready for some oar some food, oar some beer, and oar some fun!

Carrol's Creek

410 Severn Avenue, Annapolis; 410-263-8102; carrolscreek.com; Did you know Annapolis' bustling Spa Creek was once named "Carrol's Creek"? A map discovered in France and brought to Annapolis in 1976 showed that the waterway was originally named after Charles Carroll of Carrollton, our most locally famous signer of the Declaration of Independence. Today, Carrol's Creek restaurant takes pride in its name by offering an elite menu of fresh and delicious seafood and steaks with amazing views of the creek, marinas, and maritime activity. *Read our interview with owner Jeff Jacobs here:*



Doc's Sunset Grille

104 W Pier Street, Oxford; 410-226-5550; facebook.com/docssunsetgrille; Looking

for a spot in Oxford with the perfect view of the Tred Avon River? I'm saving a barstool for you at Doc's Sunset Grille. Grab a steam pot of your choice, a great crush, and amazing views!

Dock House Restaurant ▼

110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com; The wrap-around deck gives Dock House the perfect panoramic views of the Kent Narrows. You choose whether you are docking your boat at their slips (GPS coordinates: 38.972897, -76.248326) or parking your car in their lot; either way, you'll enjoy delicious food and crafty cocktails. *Read our new dining review here:*



Harrison's Harbour Lights

101 N Harbor Road, St. Michaels; 410-745-9001; harrisonsharbourlights.com; In 2019, Harrison's Harbour Lights Restaurant set out on a goal to create the best waterfront restaurant in the state. How do you think they are doing? Harrison's offers a pear and pecan salad, bacon wrapped scallops, crab imperial stuffed mushrooms, and so many more fresh selections, all with a Miles River view.



Photo courtesy Libbey's

Latitude 38

12 Dock Street, Annapolis; 667-204-2282; latitude38waterfront.com; Historic Annapolis is full of gems, and not all of them seem to be hidden. Right on the water in downtown Annapolis, overlooking Ego Alley, is your seafood destination—Latitude 38.

▲ Libbey's Coastal Kitchen + Cocktails

357 Pier One Road, Stevensville; 410-604-0999; libbeyscoastalkitchen.com; Along the Eastern Shore, tradition is paramount, and so is family. You may be familiar with the building on the Chesapeake Bay, but meet the family that now owns it. Walt Petrie combined his wife and daughters' names (Lisa, Lindsay, and Abbey) to create Libbey's, where the views are stellar and the fresh, local cuisine is even better! *Read our first impression dining review here:*



Severn Inn

1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com; There is no view quite like what you will get from the eastern side of the Naval Academy Bridge at the Severn Inn. Sit on the patio or inside with floor to ceiling windows to truly enjoy a dinner and view of the Academy and Annapolis Harbor.

The Choptank

110 Compromise Street, Annapolis; 443-808-1992; thechoptankrestaurant.com; Local seafood takes the spotlight on The Choptank's menu. The Choptank is a modern take of a fish and crab house, serving Maryland's famous bay cuisine, cocktails, crushes, oysters, and craft beer. Since Summer 2022, Choptank in has been an indoor/outdoor dining destination overlooking Annapolis' Ego Alley and Market Space.

Yellowfin

2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com; There is plenty to look forward to at Yellowfin. Whether it's fresh fish, crabcakes, steak, scallops, or sushi, there are more than enough reasons to dine on the South River, especially when you time your visit with an amazing sunset view!



Photo by Bill Whaley

Local Beer Gardens/Taprooms

Chessie's Wharf

609 Melvin Avenue, Annapolis; 443-603-12135; rarbrewing.com; From RaR Brewing with love, comes Chessie's Wharf, the newest taproom in West Annapolis with a beer hall atmosphere where you'll make new friends over cold pints. We especially enjoy the wall of "Big Mouth Billy Bass" that sings on the hour!

Crooked Crab

8251 Telegraph Road, Ste. D, Odenton; 443-569-9187; crookedcrabbrewing.com; With large vats of actively brewing beer visible from the taproom, what you see is what you're getting! Serving a 36-tap rotation of seasonals and classic style beers (including mead!), Crooked Crab

also offers brick oven pizzas to help tame the buzz. And the outdoor seating in the parking lot has that pop-up vibe that feels like a Sunday afternoon tailgate.

Cult Classic Brewing

1169 Shopping Center Road, Stevensville; 410-980-8097; cultclassicbrewing.com; Since opening in summer 2018, Cult Classic has become a Kent Island destination—a place to enjoy fresh, local brews in an expansive taproom that also hosts rousing live music, talent and trivia nights, and more.

Forward Brewing

418 Fourth Street, Annapolis; 443-221-7277; forwardeastport.com; If sipping fresh, on

site-crafted beer with your besties in the rich maritime Eastport community sounds like a fun idea, look no further than Forward Brewing.

Garten

849 Baltimore Annapolis Boulevard, Severna Park; 443-261-3905; garten-eats.com; The Old World never felt so new and exciting. Garten is the brainchild of Jeremy and Michelle Hoffman, owners of Preserve in Annapolis. The farm-to-table concept is refined with German and French influence, and both indoor and outdoor dining areas in which to toast fine food with good friends.

Heroes Pub

1 Riverview Avenue, Annapolis; 410-573-1996; heroespub.com; A pub that pays homage to first responders, Heroes was, perhaps, the first of its kind in Annapolis—a bar with *more than 40 taps* lined up and primed to deliver quality craft beer. Play darts over a couple pints, order the best wings in town, and enjoy Annapolitan camaraderie.

Lures Bar & Grille

1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com; The woody vibe of the outdoor beer garden lends well to shady summer and fall days spent enjoying a few beer selections from Lures' expertly-curated menu, along with fresh nibbles (rockfish bites!) and chef selections that lean on daily market fish and seafood.

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; oldstein-inn.com; Authentically German from stein to schnitzel, this south county

gem has been a destination since the 1980s when Karl & Ursula Selinger emigrated from Rhineland Pfalz to open the restaurant (now run by son Mike). Today, Old Stein's outdoor biergarten is a four-season experience not to be missed. *Read our interview with owner Mike Selinger here:*



Pherm Brewing Company

1041 MD-3, Gambrills; 443-302-2535; phermbrewing.com; It seems the west Anne Arundel County community can't get enough of Pherm's heady brews. The company expanded its footprint, doubling in size to craft delicious concoctions. The taproom features live music, open mics, trivia nights, and, sometimes, yoga sessions. Bottoms up!

RaR Taproom

504 Poplar Street, Cambridge; 443-225-5664; rarbrewing.com; The flagship taproom of RaR Brewing is located in Cambridge. It's an original, from the onsite brewing to cedar top bar and local artwork—a place where gathering with friends to share a pint is a uniquely rewarding experience.

Jailbreak Brewing Company

9445 Washington Boulevard N., Ste. F, Laurel; 443-345-9699; jailbreakbrewing.com; HoCo's first production brewery, Jailbreak gained a following in Laurel and the surrounding communities for its precision crafted brews and approach to accompanying eats. The "Foodworks" side of the taproom offers a hearty menu of handhelds, flatbreads, and dry-aged meats.



Favorite Beach/Dock Bars

Big Owl Tiki Bar

3015 Kent Narrows Way S., Grasonville; 410-827-6523; thebigowl.com; From live music to Sunset DJ Parties, Big Owl Tiki Bar is a glorious beach bar right on the Kent Narrows just waiting for you to bring the party!

Coconut Joe's Bar & Grill

48 South River Road, Edgewater; 443-837-6057; coconutjoesmd.com; Feel like you are at the beach with indoor/outdoor dining, three bars, including two tikis overlooking the South River. Make the day even better by enjoying the large sand-filled play area with a brand-new pirate ship for the kiddos.

Foxy's Harbor Grille

125 Mulberry Street, St. Michaels; 410-745-4340; foxysharborgrille.com; Ready to visit paradise without a passport? Foxy's offers Caribbean-style dishes, Maryland crabcakes, local seafood, and more right in the St. Michaels Marina.

Harbor Shack

20895 Bayside Avenue, Rock Hall; 410-639-9996; harbor-shack.net; In 2006, the plan was to create Rock Hall's go-to place for drinking, dining, and entertainment; it is safe to say this neighborhood hangout has succeeded. The Harbor Shack has one of the best views of the Rock Hall Harbor with an eclectic, fun, and upbeat atmosphere on the Upper Eastern Shore.

The Jetty Restaurant & Dock

201 Wells Cove Road, Grasonville; 410-827-4959; jettdockbar.com; The Jetty has a packed social calendar, with live music all the time, but there is also a chance for you to get involved. Enjoy trivia night, karaoke, bingo, and so much more on the Kent Narrows.

Lowes Wharf Bayside & Tiki Bar

21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com; Ice cold

beer, cocktails, tasty treats... is there anything else we are missing? Oh yeah! Live weekend music. See ya at Lowes Wharf soon!

Pearl Annapolis and Ponche Tiki Bar

26 Market Space, Annapolis; 410-280-8686; pearlannapolis.com; One of the newest hotspots in Downtown is blending artisan cocktails and gourmet fare. Not only does it have a chic ambiance, but it also has the perfect place for a luau flare: Ponche Tiki Bar. Ponche has a tiki-inspired cocktail menu, pizza, and tacos to enjoy!

Pirate's Cove Restaurant & Dock Bar

4817 Riverside Drive, Galesville; 410-867-2300; piratescovemd.com; The Dock Bar at Pirate's Cove overlooks the West River with weekend entertainment, locally caught seafood specials, and a vast selection of beers, cocktails, and wine. Anyone want to join us for happy hour?

Rams Head Dockside

1702 Furnace Drive, Glen Burnie; 410-590-2280; ramsheaddockside.com; Rams Heads' pub grub and delicious entrees are served in a casual roadhouse-meets-beach bar atmosphere that overlooks Furnace Creek, complete with sandy beach, picnic tables, and palm trees!

The Sandbar at Rolphs Wharf Marina

1008 Rolphs Wharf Road, Chestertown; 410-778-6347; rolphswharfmarina.com; Rolphs Wharf Marina offers more than just a great place to dock the boat on the Chester River. Grab a cocktail and watch the sun set tonight with sand between your toes.

The Shanty Beach Bar at Tolchester Marina

21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchestermarina.com; Want me to spill what is considered the best kept secret on the Bay? The Shanty Beach Bar with their live entertainment and mudslides holds the key.



Super Surf 'n Turf

Blackwall Hitch

400 Sixth Street, Annapolis; 410-263-3454; blackwall-hitchannapolis.com; The nautical-meets-farmhouse design is omnipresent at Blackwall Hitch, from the upscale décor to the inspired menu, which features Chesapeake cuisine and locally-sourced meats.

Chart House Prime

300 Second Street, Annapolis; 410-268-7166; charthouseprime.com; Long-revered along Eastport's "Restaurant Row" for its classic 'n classy menu and million-dollar views of Spa Creek, Chart House received million-dollar renovation recently and is primed to continue hosting your special occasion dinners.

InGrano Restaurant & Events

17 Annapolis Street, Annapolis; 410-980-5514; ingranoannapolis.com; It's become the darling of West Annapolis—of the entire town really. InGrano boasts creative, contemporary Italian cuisine with world fusion inspiration (Japanese Wagyu served here), served with Vegas flair.

Don't miss the Cioppino. *Read our recent dining review here:*



Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; bay-beachclub.com; Comfortable yet refined, Knoxie's offers a fresh, farm-to-table and catch-of-the-day dining experience that features all the classics (crabcakes, rockfish, rack-of-lamb, New York strip) and plenty of fun, surprising dishes! *Read our recent dining review here:*



Lewnes' Steakhouse

401 Fourth Street, Annapolis; 410-263-1617; lewnessteakhouse.com; An Annapolis institution since 1921, the Lewnes family continues to host an impeccable dining experience, in which cuts of U.S. Prime beef, lamb, chicken, and market fresh seafood are the stars. Look no further than Lewnes' for a dinner that's sure to impress. *Read our 2025 dining review here:*



O'Learys Seafood Restaurant

310 Third Street, Annapolis; 410-263-0884; olearysseafood.com; In the heart of Annapolis' Eastport maritime district, O'Learys exemplifies fine dining, leaning heavily on the freshest seafood available for its culinary creations. While all manner of local and flown-in seafood shine here, don't overlook the Delmonico steak, Berkshire chops, or the craft cocktails.

Ruth's Chris Steak House

Locations in Annapolis and Odenton; ruthschris.com; Feast in supreme style at this renown establishment, where USDA Prime beef cuts are main attractions, but a bevy of market fresh seafood dishes also shine.

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; suicide-bridge-restaurant.com; Despite its namesake (which has an interesting history), this restaurant is heavenly and well-known among Shore locals for fresh seafood and the weekly Thursday night prime rib special.



Authentic Raw Bars



McGarvey's Saloon & Oyster Bar

8 Market Space, Annapolis; 410-263-5700; mcgarveysannapolis.com; For more than 45 years, McGarvey's has been serving oysters and fresh seafood in the heart of Annapolis. Can't figure out what you want from the Raw Bar? Not to worry, the Waterman's Sampler is calling your name.

O'Brien's Oyster Bar & Seafood Tavern

113 Main Street, Annapolis; 410-268-6288; obriensoysterbar.com; Not only does O'Brien's offer an extensive raw bar, but they are also helping give back to our Bay. O'Brien's is a partner of Oyster Recovery Partnership to help repopulate the oyster environment in the Chesapeake Bay. The shells of every oyster you suck down at O'Brien's end up back in the Bay. *Read our full dining review here:*



Ruse

209 N. Talbot Street, St. Michaels; 410-745-8011; ruse-restaurant.com; Ruse offers an oyster bar as an ode to the rich nautical history of the Eastern Shore, allowing them to showcase a variety of oysters and shellfish from the Chesapeake and other

American waterways. I wonder what else Chef Michael Correll is cooking up tonight.

Sailor Oyster Bar

196 West Street, Annapolis; 410-571-5449; sailoroysterbar.com; Looking for the raw bar of your dreams? I think I found the place right here in Annapolis. Local oysters, Japanese Madai Snapper Sashimi, Salmon Crudo, Tuna Tartar toast. Sailor Oyster Bar is open again (completely renovated after a fire); so, take advantage of this unique dining experience!

Sea Salt

1 Park Place Unit 7, Annapolis; 443-288-0986; seasaltannapolis.com; Want to find your new favorite oyster? The perfect place is right in Annapolis. Sea Salt has an abundance of oysters to try from up and down the east and west coasts, including Canada and even the Royal Miyagi from Washington State!

Skipper's Pier

6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com; The oyster bar consists of more than just raw oysters at Skipper's. Try out the Crab Crusted Oysters, featuring Chesapeake Bay harvest oysters with blue crab, garlic herb butter, bacon, parmesan, and beurre blanc. Yum!

Grab 'n Go Options

Eat Sprout

Locations in Easton, St. Michaels, Annapolis, and growing; eatsprout.com; Creating wholesome, nutritious, and absolutely delicious offerings (sandwiches, salads, entrees, drinks) for patrons that care about good health and great food is the mission of Eat Sprout. Husband/wife duo Ryan and Emily Groll founded Eat Sprout with scratch-made and organic in mind, and the business hasn't looked back, opening most recently in Bethesda.

Fishpaws Marketplace

954 Ritchie Highway, Arnold; 410-647-7363; fishpawsmarket.com; Gourmet grab 'n go options include everything you could possibly put on a charcuterie board, plus wines, mixers, sodas, and growlers/crowlers of fresh, local brews. Perfect for putting together a primo picnic! *Read our interview with owner Kim Lawson here:*



Giolitti Fine Italian Market

2068 Somerville Road, Annapolis; 410-266-8600; giolittideli.com; In the heart of Annapolis' Parole community, Giolitti has served Annapolitans top-notch, homemade Italian fare, deli subs and sandwiches, and to-go meals since 1992. The market goods and fine wines are also worth the trip.

Piazza Italian Market ▼

218 N. Washington Street, Ste. 23, Easton; 410-820-8281; piazzaitalianmarket.com; Boasting a "curated pantry" of Italian food staples and culinary curiosities, Piazza also features a deli case with both popular and rare cheeses, cured meats, paninis (for that grab 'n go lunch), plus a kitchen that whips up prepared meals-to-go (lasagnas, meatballs, etc.). *Read our 2025 dining review here:*



Happening Happy Hours



Seasons Olive Oil & Vinegar Taproom

180 Main Street, Annapolis; 410-280-1505; seasonstaproom.com; Fresh, naturally flavored oils and vinegars will help dress up your dishes at home. You can sample here, then purchase and take home to whip up your culinary creations.

The Spice & Tea Exchange

155 Main Street, Annapolis; 410-280-2088; spiceandtea.com; If you're looking to up your kitchen-game and add unique flavor to your cooking, the spices and blends you'll find at this artisan retail shop are certain to help.

The Winery

116 S. Piney Road, Ste. 104, Chester; 410-643-9466; thewineryki.com; A go-to for Kent Islanders' every party and picnicking libations and nibbles need. This store has it all, from gourmet meats and cheeses to fine wines, and even cigars.

Toastique ▲

214 Harker Place, Annapolis; 443-430-0085; toastique.com; If you're seeking a healthy, delicious pick-me-up for breakfast or lunch, then head to Toastique for artisan toasts, craft coffees, fresh bowls, juices, smoothies, and, even, wellness shots.

Read our recent interview with the owners here:



Amalfi Coast Italian + Wine Bar

401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com; Visit Amalfi Coast Monday through Friday from 3:30 to 6:30 p.m. for specialty cocktails, beers, and wines at happy hour prices. And wine bottles are half-priced every Monday and Wednesday.

Cavalli (formerly named Tuscan Prime) ▼

1905 Towne Centre Boulevard, Annapolis; 443-572-4677; tuscanprime.com; Who says happiness should only last an hour? We, for sure, don't, and neither does Tuscan Prime. Enjoy a long list of happy hour options Sunday through Thursday from 4 to 7 p.m., Tuesdays from 4 p.m. to close, and all-day Wednesdays.

The Goat

137 Prince George Street, Annapolis; 410-571-5577; thegoatannapolis.com; The Goat features happy hour every day from 2 to 5 p.m. Not only does The Goat have a great food menu, but also a delicious craft cocktail menu featuring homemade bloody Marys, local rotating drafts, and Rise Up Coffee.

The Hideaway

1439 Odenton Road, Odenton; 410-874-7300; hideawayodenton.com; Award-winning wings, smoked ribs, and adobo burnt ends tacos are all on the Hideaway Happy Hour menu in Odenton. Now's your chance to try the Blackberry Chipotle Wings while sipping a craft pint.

Hunters' Tavern

101 East Dover Street, Easton; 410-822-4034; tidewaterinn.com; Hunters' Tavern is nestled inside Tidewater Inn with happy hour Sunday through Thursday from 3:30 to 6 p.m. The menu consists of delicious bites like capicola flatbread and nacho cauliflower popcorn with wine, sangria, domestic bottle deals, and more! Read our full dining review here:



Mucho Gusto

991 Waugh Chapel Way, Ste. 100, Gambrills; 443-288-0720; muchogustogroup.com; Saddle up at Mucho Gusto for a dynamite weekday happy hour (Mon.-Thu. 3-6 p.m., and Friday 2-5 p.m.) with a special menu of festive, crowd-pleasing plates (quesadillas, taquitos, empanadas, birria sliders) and drinks (margs, sangria, crushes, beers, and wines)!



Sweet Shops

Photo courtesy of Dessert First



Always Ice Cream

Locations in Annapolis, Edgewater, Pasadena, Crofton, Severna Park, and more; alwaysicecreamcompany.com; Downtown Annapolis locals and visitors have long enjoyed the flagship scoop shop on Main Street, and as the company's delectable, creamy creations became increasingly popular, the Cohen family grew the business into neighboring communities—and always gives back, supporting local charities.

Dessert First Dockside Coffee & Dessert Bar ▲

433 Kent Narrows Way N., Grasonville; 410-725-5767; dessertfirsthch.com; In the heart of the Narrows, you can enjoy craft coffees, freshly-baked pastries, and homemade ice creams just footsteps from the water, with great views of the bustling marina.

Kilwins

128 Main Street, Annapolis; 410-263-2601; kilwins.com; There's amazing ice cream, yes...but Kilwins is much more than that with cases of hand-made chocolates, candies, dipped pretzels, cookies, fudge, so on and so forth.

Nothing Bundt Cakes

Locations in Annapolis, Severna Park, Gambrills, and more; nothingbundtcakes.com; They're the sweet treats that brings smiles at every turn. The delectable bundt cakes are offered in a multitude of fun flavors (we love white chocolate raspberry) in bite-size and larger (to really feed that sweet tooth). *Read our interview with local ownership here:*



Scottish Highland Creamery

103 S. Morris Street and 314 Tilghman Street, Oxford; 410-924-6298; scottishhighlandcreamery.com; Using fresh, locally-sourced milk and cream and traditional techniques, the creamery has made each batch of ice cream by hand since its opening in 2005.

Storm Bros. Ice Cream Factory

130 Dock Street, Annapolis; 410-263-3376; stormbros.com; Since 1976, this straightforward scoop shop has served strollers along Annapolis' Ego Alley. No frills, all chills ice cream flavors keep the lines long all summer long.

Sugar Doodles Sweet Shop

Locations in Chester, Centreville, and Chestertown; sugardoodlessweetshop.com; Serving delicious Vandewende Farm Creamery's ice cream, plus every imaginable topping, Sugar Doodles has become a go-to for Kent Islanders and Shore-bound visitors for sweet treats, shakes, and even healthy acai bowls.

Marina Gems

Beacon Waterfront Galley & Bar

2020 Chesapeake Harbour Drive E., Annapolis; 443-949-8456; beaconwaterfront.com; Located in the heart of Chesapeake Harbour's marina and surrounded by the bayfront community of the same name, Beacon is ship-shape to serve cold drinks, nibbles, steamed seafood, crabcakes, handhelds, and filling entrees.

Bridges Restaurant on Kent Narrows ▼

321 Wells Cove Road, Grasonville; 410-827-0282; bridges-restaurant.net; Water, water everywhere! The Narrows, Wells Cove, and Prospect Bay surround this peninsula restaurant that boasts indoor and outdoor seating; a robust menu of surf 'n turf selections, sandwiches, pizzas, and sweets; docking; and close proximity to multiple marinas.

Deep Blue at Kitty Knight

14028 Augustine Herman Highway, Galena; 410-648-5200; deepbluerestaurant.com; Overlooking the bustling marinas along the Sassafra River, Deep Blue offers both white tablecloth dining and more casual outdoor seating; perfect respite for refined palates after a day of boating.

Osprey Point

20786 Rock Hall Avenue, Rock Hall; 410-639-2194; ospreypoint.com; Located in Rock Hall's protected harbor enclave, Osprey Point is near docking port and starboard, and even welcomes transient guests to their own, full-service, all-amenity marinas. The restaurant is white-tablecloth with a seasonal American menu.



Popular for Live Music

Photo courtesy Rams Head Group



The Boathouse

604 Cabana Boulevard, Deale; 410-867-9668; the-boathousedeale.com; There is plenty happening in Deale this summer. Check out The Boathouse at Anchored Inn for live music and a good time. Their music schedule is updated on Facebook.

Corah's Corner

105 N. Talbot Street, St. Michaels; 410-745-8008; corahs.com; Grab a table on the porch at Corah's Corner and get ready for a relaxing night or food, drinks, and live music. Looking for a quick and cheap date night? Have a dessert cocktail on the porch while listening to local performers.

Killarney House

584 West Central Avenue, Davidsonville; 410-798-8700; killarneyhousepub.com; It's always a hoot at Killarney House. There is live Irish music every Wednesday through Saturday, weekend brunch, and plenty of other can't-miss specials; even Ladies Night every Thursday.

Rams Head On Stage ▲

33 West Street, Annapolis; 410-268-4545; rams-headonstage.com; One of the staples of Annapolis is Rams Head On Stage. Since 1989, locals have been loving live music performed at the renowned Rams Head. This is your chance to see national acts in a very intimate venue,

at dining tables complete with full service, a delicious menu, and local brews. Take a look at their website to see who is playing next!

The Rumor Reel

1701 Poplar Ridge Road, Pasadena; 443-702-2188; therumorreelpasadena.com; Get your mahi, meatloaf, and meatballs, plus a huge serving of live music! The "Electric Eel" stage at the Rumor Reel hosts live music Thursdays through Sundays. The full schedule is updated on their website.

Stan & Joe's

37 West Street, Annapolis; 410-263-1993; stanandjoesaloon.com; Stan & Joe's is an Annapolis bar-music destination. Be entertained

by local musicians daily at their Annapolis (flagship) or Galesville (riverside) locations; during Dinner Under the Stars on West Street (Wednesdays and Saturdays through end of September) and First Sunday Arts (every first Sunday of the month through November), Stan & Joe's hosts performers in the adjacent parking lot.

Tiger Lily

206 N. Washington Street, Easton; 410-690-4602; tigerlilyeaston.com; It's become a darling of the Easton dining/live music scene. And could it not, with its eclectic fusion menu of small bites and large, creative cocktails/mocktails, high roller tequila collection, and a full sked of musicians and djs performing.

Destination Dining

Bella Italia Annapolis

609 Taylor Avenue, Annapolis; 410-216-6061; bellaitaliamd.com; Across Rowe Boulevard from the Navy-Marine Corps Memorial Stadium, Bella Italia draws Midshipmen, locals, and all fans of homemade Italian cuisine served in a casual setting. Owner Lino Chiaro brought home cooking from his native Italy direct to Naptown. *Read our latest dining review here:*



Carpaccio Tuscan Kitchen/Wine Bar

1 Park Place, Ste. 10, Annapolis; 410-268-6569; carpaccio-tuscankitchen.com; Located in the uptown "piazza" at Park Place, Carpaccio offers an upscale experience with classic Italian cuisine and an expertly crafted wine list. Lunch and dinner crowds can be a who's who of townies and on gorgeous afternoons, sipping a Bellini while nibbling

charcuterie on the outdoor veranda might have you second-guessing if you're in the Old World or new.

Read our full dining review here:



Della Notte ▼

1374 Cape St. Claire Road, Annapolis; 410-757-2919; delanotterestaurant.com; Della Notte has quickly gained favor among Cape locals as the go-to restaurant for hearty Italian fare, fine drinks, and welcoming atmosphere.

Read our full dining review here:



Dry 85

193-B Main Street, Annapolis; 443-214-5171; dry85.com; A marriage of epicurean tastes, Dry 85 offers an exquisite menu of fine whiskeys, craft beers, and artisanal spirits that you can pair to made-from-scratch dishes that'll "stick to your ribs."

Galliano Italian Restaurant & Wine Bar

2630 Chapel Lake Drive, Gambrills; 410-721-5522; gallianoitalianrestaurant.com; Galliano has elevated the dining scene in Gambrills/Crofton's Waugh Chapel complex with the white tablecloth, refined Italian cuisine experience. Attention to detail, from front-of-house to the line to each plate served, is a hallmark.

Harvest Thyme Modern Kitchen & Tavern

1251 W. Central Avenue, Davidsonville; 443-203-6846; harvestthymetavern.com; Harvest Thyme has all the fixings of a trendy-meets-traditional, farm-to-table dining experience. The menu leans heavily on the craft and skill of the kitchen (open and visible to diners) with fine meats, seafood, and veggies expertly prepared. The wood-fired pizzas are a hit, and you won't go thirsty from the floor-to-ceiling wine racks/selections ready to pop.

Jalapenos

85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com; Long revered for authentic Spanish and Mexican-influenced cuisine, Jalapenos offers upscale, full-service dining perfect for a special night out.

Lime & Salt

8395 Piney Orchard Parkway, Odenton; 410-874-6277; limeandsalt.co; A taqueria and agave bar (that's code for choice tacos and tequila), Lime & Salt is so much more than handhelds and rimmed glasses. With a full fleet of authentic dishes and fresh cocktails, the restaurant has garnered local acclaim and a loyal following.

Light House Bistro

202 West Street, Annapolis; 410-424-0922; lighthouse-bistro.org; Eat and drink with good company knowing that your patronage of this casual-yet-refined restaurant supports the Light House Homeless Prevention Support Center.

Main & Market

914 Bay Ridge Road, Annapolis; 410-626-0388; mainandmarket.com; With a Euro-café feel and expertly prepared dishes and delights to match, Main & Market has drawn the Bay Ridge community to the eatery for more than a quarter-century. And chances are you've been to an event catered by them—they've won Best Caterer honors in the annual Best of Annapolis readers' poll for many years.

Mamma Roma

8743 Piney Orchard Parkway, Odenton; 410-695-0247; mammaromas.com; Mamma Teresa rules the roost (she still takes orders front-of-house), but sons Bruno and Rino Romeo have taken over operations and the kitchen, and made this family-style restaurant one of the most comforting, authentic, and filling in the region. Odenton residents and visitors from afar can't get enough!

Mi Lindo Cancun Grill

2134 Forest Drive, Annapolis; 410-571-0500; lindocancun-grill.com; Mi Lindo represents the dream of owner Fredy Salmoran who came to the U.S. from Mexico at age 17 in 1999. He began working in the restaurant industry and by 2016 opened his own...Mi Lindo. Today, Fredy and his sons own and operate several more Mexican restaurants,





Osteria 177 ▼
 177 Main Street, Annapolis;
 410-267-7700; osteria177.com;
 Owner/chef Arturo Ottaviano had a dream to bring his native Italian recipes and experience to the states and by 2006 opened Osteria 177 on the most famed street in Annapolis. In short, the restaurant instantly elevated the restaurant scene and remains one of the finest dining experiences downtown. *Read our full dining review here:*



◀ **Red Red Wine Bar & Bistro**
 410-990-1144; redredwinebar.com; Red Red Wine burst on the Annapolis dining scene 14 years ago. The secret to its longevity and success? Owners Brian and Lisa Bolter created an upscale yet approachable gastro-pub atmosphere where fines wines, charcuterie, small plates, urban cuisine, and, even, hearty brunch rule, but pretention does not. *Read about our most recent visit here:*



including **Senor's Chile** locations in Edgewater, Arnold, and Severna Park. Their success is built upon authenticity and consistently excellent food. *Read our 2025 dining review here:*



Miss Shirley's Café
 1 Park Place, Annapolis; 410-268-5171; missshirleys.com; Breakfast, brunch, or lunch on your mind? Miss Shirley's epitomizes all three with a robust menu of creative dishes, which boast southern and Chesapeake influence...to the max! Skillets, chicken 'n waffles, signature omelets and pancakes, and creative sandwiches, salads, and more are all adored! *Read our new dining review here:*



Maryland Elevates the *Orange Crush* to State Cocktail Status



Story By **LISA J. GOTTO**



Photo by Arden Haley

Cold to the lips and refreshing to the palate, there's nothing quite like the sweet, juicy taste of the Orange Crush cocktail—the seasonal beverage staple as enigmatic with summers in Maryland as a bushel of fresh crabs.

And this summer we will no doubt be hoisting these fresh-squeezed, icy libations with greater gusto since the Maryland legislature passed a measure to make the vodka-based Orange Crush our official State cocktail in the eleventh hour of the last legislative session. The designation officially went in effect last month on June 25th.

But what is this you say about our neighbor and Atlantic shore sharer Delaware and its official state cocktail, which happens to be the Orange Crush?



Yes, this is a juicy tale indeed, as Maryland Delegate to the Assembly, Wayne Hartman of District 38C in Worcester and Wicomico Counties, tells it.

"In August of last year, the State of Delaware decided to take credit for the Orange Crush and declare it as their official state cocktail," explains Hartman, who co-sponsored HB 1001 with Maryland Senator Stephen S. Hersey.

"This proclamation stems from the drink's similar popularity in Delaware, and because of a bar in Dewey Beach claiming to have 'perfected' the cocktail. While imitation is the best form

of flattery, credit for this nationally-known drink should go to Maryland."

The lip-smacking roots of the Orange Crush go back decades to its origination in 1995 in a West Ocean City bar called the Harborside Bar & Grill, and its co-founders, Chris Wall and Lloyd Whitehead. And since that inception, Hartman says, many have tried to rebrand and redefine the Orange Crush as their own, but Hartman stresses that only the Harborside Bar & Grill has the true bragging rights to say, "Often Imitated, Never Duplicated."

In fact, the rivalry for Orange Crush supremacy has spilled over to the District, reportedly going viral between senators Chris Coons of Delaware and Ben Cardin of Maryland as they participated in a good-natured Orange Crush making competition prior to the summer of 2024 recess. We are happy to report that Team Maryland bested the concoction put forth by "The First State."

In addition to bragging rights, the official designation brings with it the potential to help boost tourism dollars in the State, as it serves up a prime menu item for promotion.

"The Orange Crush is not just a drink but part of the Maryland experience," says Maryland Tourism Coalition's Executive Director, Ruth Toomey.

The designation, she adds, will undoubtedly drive more tourism and strengthen the state's economy. With the current 9 percent alcohol tax on each beverage served, passing HB

1001 would create a perfect opportunity for celebratory events across bars and restaurants, boosting both food and beverage sales.

"By designating the Orange Crush as the official cocktail, we can also stimulate new campaigns with liquor stores and distributors, spotlighting key ingredients like orange vodka."

While the Orange Crush originated in Ocean City, the popularity of its juicy, icy goodness grew rapidly and has since been known to be promoted in various counties throughout the state, including Queen Anne's with its annual Crabs N' Crushes campaign that guides visitors to the places where crabs are noted to be delectably paired with this refreshing counterpart.

So, what crab dish best floats the boat for taste with this illustrious bill's sponsor?

"Delegate Hartman likes to pair an Orange Crush with a Maryland Crab Cake," says Hartman staffer, Will Smith.

At the end of the day, the quest to make the Orange Crush the official state cocktail was supported by nearly three dozen sponsors, passed in the House unanimously with a 137-0 vote, and cleared the State senate with a mere two minutes to spare in the last legislative session.

Cheers to the Orange Crush and all who partake! Hip, hip, hooray for the official State cocktail—a Maryland original!

Advertise
with us today!



**RESERVE
YOUR SPACE**

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

| | | | | |
|--|--|------------------------------------|--|--------------------------------------|
| Best Breakfast Sandwich in America | America's Favorite Family Friendly Restaurants | Best Pancakes in the Country | The South's Best Breakfast Spots | Maryland's Favorite Restaurant |
| Restaurant Hospitality Magazine | FoodNetwork .com | FoodNetwork .com | Southern Living Magazine | Restaurant Association of MD |



SPICY SHIRLEY



MARYLAND OMELET



BLUEBERRY PANCAKES



BISTRO BEEF SANDWICH

20th Anniversary 2005-2025 Cheers to 2 Decades
of Delicious Daytime Dining!
Voted Best Brunch - Best of What's Up Annapolis 2025

Miss Shirley's
CAFE
*Award Winning
Breakfast, Brunch & Lunch*

ANNAPOLIS 1 Park Place
INNER HARBOR 750 E Pratt Street
ROLAND PARK 513 W Cold Spring Lane
8 AM - 3 PM
Brunchin' 7 days a week!
443.4BRUNCH
MissShirleys.com



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 7/31/25



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



The Most Important Balancing Act of Your Life

RETIREMENT INVESTING AND ESTATE PLANNING

Prepared by What's Up? Media



Planning for your future and what are considered your very best years isn't just about building wealth, it's also about protecting your assets. While retirement investing and estate planning are often thought of separately, balancing the two is essential for achieving long-term financial security and leaving a meaningful legacy to your loved ones and/or causes you for which you care deeply.

Retirement investing focuses on growing your assets to support you throughout your non-working years. Through 401(k)s, IRAs, and other investment vehicles, the goal is to build a nest egg that will sustain your lifestyle for upwards of 25 years after you retire. But without a coordinated estate plan, all that hard-earned wealth may not be managed or transferred according to your wishes.

Estate planning, on the other hand, ensures that your assets are distributed the way you intend and that your loved ones are taken care of if something happens to you. It includes legal tools like wills, trusts, power of attorney, and healthcare directives—all critical for avoiding probate, reducing taxes, and preventing family disputes.

The key is to integrate both strategies. For example, knowing which retirement accounts have beneficiaries versus which pass through a will can avoid costly mistakes. A Roth IRA may offer tax advantages for heirs, while placing certain assets in a trust could protect them from estate taxes or long-term care costs. There are many considerations, each as unique as the person considering them.

To find balance, review your financial and legal plans every few years or after major life events. Though you may already know much of the forthcoming information, perhaps this article will serve as your reminder to take action. Coordinate with professionals such as your financial advisor, estate attorney, and accountant to align your investment strategy with your estate goals.

Ultimately, investing can help you live well today and into the future. Estate planning ensures your values and wealth continue to have impact beyond your lifetime. Together, they form a complete plan for peace of mind and a lasting legacy.

HERE IS A DETAILED LIST OF 20 RETIREMENT INVESTMENT VEHICLES, INCLUDING RISK LEVELS, WHEN TO CONSIDER INVESTING (PHASE), HOW TO START, AND MORE.

1. 401(K) PLAN: An employer-sponsored retirement account allowing pre-tax contributions and tax-deferred growth. **Risk Level:** Varies (usually Medium depending on allocation) **Retirement Phase:** All **Income vs. Growth:** Balanced **How to Start:** Enroll through your employer; select from the plan's investment menu.

2. ROTH 401(K): Employer-sponsored plan using after-tax contributions, with tax-free withdrawals in retirement. **Risk Level:** Varies (Medium to High) **Retirement Phase:** Early to Mid **Income vs. Growth:** Growth **How to Start:** Enroll through your employer if offered; allocate funds and choose investments.

3. TRADITIONAL IRA: Individual retirement account that allows pre-tax contributions with tax-deferred growth until withdrawal. **Risk Level:** Varies (Medium) **Retirement Phase:** All **Income vs. Growth:** Balanced **How to Start:** Open with a brokerage or bank; fund and choose investments.

4. ROTH IRA: Individual retirement account with after-tax contributions and tax-free withdrawals in retirement. **Risk Level:** Varies (Medium to High) **Retirement Phase:** Early to Mid **Income vs. Growth:** Growth **How to Start:** Open at a brokerage; fund up to the annual limit and choose investments.

5. SEP IRA: Retirement account for self-employed individuals or small business owners with higher contribution limits. **Risk Level:** Varies (Medium) **Retirement Phase:** Early to Mid **Income vs. Growth:** Balanced **How to Start:** Open through a financial institution; contribute and invest based on earnings.

6. SIMPLE IRA: Plan for small businesses and their employees allowing both employer and employee contributions. **Risk Level:** Varies (Medium) **Retirement Phase:** Early to Mid **Income vs. Growth:** Balanced **How to Start:** Set up by employer; contribute from paycheck and select investments.

7. HEALTH SAVINGS ACCOUNT

(HSA): Tax-advantaged account for medical expenses; funds roll over and can be used in retirement. **Risk Level:** Varies (Low to Medium if invested) **Retirement Phase:** Early to Mid (usable in Late) **Income vs. Growth:** Growth **How to Start:** Must be enrolled in a high-deductible health plan (HDHP); open HSA with a provider and choose investments.

8. TAXABLE BROKERAGE AC-

COUNT: Standard investment account without retirement-specific tax benefits; flexible withdrawals. **Risk Level:** Varies (Low to High depending on investments) **Retirement Phase:** All **Income vs. Growth:** Balanced **How to Start:** Open with a brokerage and invest in stocks, bonds, ETFs, etc.

9. TARGET-DATE FUNDS:

Mutual funds that automatically adjust asset mix based on your expected retirement date. **Risk Level:** Medium (reduces over time) **Retirement Phase:** All **Income vs. Growth:** Balanced **How to Start:** Select fund based on your retirement year via your 401(k), IRA, or brokerage.

10. INDEX FUNDS:

Low-cost mutual or exchange-traded funds that track market indexes like the S&P 500. **Risk Level:** Medium **Retirement Phase:** Early to Mid **Income vs. Growth:** Growth **How to Start:** Buy through a brokerage or retirement account.

11. EXCHANGE-TRADED FUNDS

(ETFs): Funds traded on stock exchanges that provide diversified exposure to various asset classes. **Risk Level:** Varies (Low to High) **Retirement Phase:** All **Income vs. Growth:** Balanced **How to Start:** Purchase through a brokerage account.

12. MUTUAL FUNDS:

Professionally managed portfolios of stocks, bonds, or other assets. **Risk Level:** Varies (Low to High) **Retirement Phase:** All **Income vs. Growth:** Balanced **How to Start:** Buy through IRAs, 401(k)s, or investment accounts.

13. REAL ESTATE INVESTMENT

TRUSTS (REITS): Companies that own income-generating real estate, offering high dividends. **Risk Level:** Medium to High **Retirement Phase:** Mid to Late **Income vs. Growth:** Income **How to Start:** Purchase via ETFs, mutual funds, or directly through brokerages.

14. ANNUITIES: Insurance products that offer a steady stream of income in retirement, often guaranteed. **Risk Level:** Low to Medium (varies by type: fixed, variable, indexed) **Retirement Phase:** Late **Income vs. Growth:** Income **How to Start:** Buy through an insurance provider or financial advisor.

15. TREASURY SECURITIES (T-BILLS,

NOTES, BONDS): U.S. government-backed debt instruments with fixed interest payments. **Risk Level:** Low **Retirement Phase:** Mid to Late **Income vs. Growth:** Income **How to Start:** Purchase through TreasuryDirect.gov or a brokerage.

16. CORPORATE BONDS:

Debt securities issued by companies to raise capital; they pay periodic interest. **Risk Level:** Medium **Retirement Phase:** Mid to Late **Income vs. Growth:** Income **How to Start:** Buy through a brokerage.

17. CERTIFICATES OF DEPOSIT

(CDS): Time deposits from banks with fixed interest rates and maturity periods. **Risk Level:** Low **Retirement Phase:** Late **Income vs. Growth:** Income **How to Start:** Open at banks or purchase online through brokerage platforms.

18. STABLE VALUE FUNDS:

Low-volatility investment option available in some retirement plans, focused on capital preservation. **Risk Level:** Low **Retirement Phase:** Mid to Late **Income vs. Growth:** Income **How to Start:** Allocate funds within your 401(k) or similar plan.

19. GOLD OR PRECIOUS METALS:

Alternative investment often used to hedge against inflation or economic downturns. **Risk Level:** High **Retirement Phase:** Early to Mid **Income vs. Growth:** Growth / Hedge **How to Start:** Buy via ETFs, gold IRAs, or physical bullion dealers.

20. TIPS (TREASURY INFLATION-PROTECTED SECURITIES):

Government bonds indexed to inflation, protecting purchasing power. **Risk Level:** Low **Retirement Phase:** Mid to Late **Income vs. Growth:** Income / Inflation Protection **How to Start:** Buy through TreasuryDirect.gov or a brokerage account.

NOW, MARRY THESE INVESTMENTS VEHICLES TO A SMART ESTATE STRATEGY. HERE ARE 15 ESTATE PLANNING TIPS:

1. Create a Will: Clearly state how you want your assets distributed and who will care for any minor children. Keep it updated as life circumstances change. **2. Establish a Revocable Living Trust:** Helps avoid probate and keeps your affairs private. Allows for easier asset management during incapacity. **3. Name Beneficiaries on All Accounts:** Designate beneficiaries for retirement accounts, life insurance, and brokerage accounts. Use “transfer on death” or “payable on death” designations where possible. **4. Appoint a Durable Power of Attorney:** Allows someone to manage your finances if you become incapacitated. Choose someone trustworthy and financially responsible. **5. Create a Health Care Proxy / Advance Medical Directive:** Specify who will make medical decisions if you’re unable to. Outline your preferences for life-sustaining treatment. **6. Review and Update Your Plan Regularly:** Life changes like marriage, divorce, birth, or death require updates to your plan. Review every 3–5 years even if nothing major has changed. **7. Minimize Estate Taxes:** Use strategies such as lifetime gift exemptions and charitable donations. Consider irrevocable trusts to move assets out of your taxable estate. **8. Plan for Digital Assets:** Include instructions and access information for email, social media, online banking, etc. Consider naming a digital executor. **9. Consider Long-Term Care Planning:** Look into long-term care insurance or Medicaid planning strategies. Protect assets from being drained by healthcare costs. **10. Include Business Succession Planning (if applicable):** Outline how your business will be transferred or sold. Prevent disputes among partners or heirs. **11. Consolidate and Organize Important Documents:** Keep all estate documents, insurance policies, deeds, and account statements in a secure, accessible place. Inform your executor and family where to find them. **12. Use Trusts Strategically:** For minor beneficiaries or those with special needs, trusts can protect assets and provide for ongoing care. Generation-skipping trusts can benefit grandchildren and reduce estate taxes. **13. Avoid Probate Where Possible:** Probate can be time-consuming and expensive. Use beneficiary designations, joint ownership, and trusts to bypass it. **14. Communicate Your Plans:** Let your family know your general wishes to avoid confusion and conflict. Keep your executor and healthcare proxy informed of their roles. **15. Work with Professionals:** Hire an estate planning attorney, financial advisor, and tax expert. DIY estate planning can be risky or incomplete if your situation is complex.

ARE YOU READY TO ROCK THE BOAT?



F4AC
FISH FOR A CURE

REGISTER OR SPONSOR TODAY!

SATURDAY, NOVEMBER 1, 2025

Join us in 2025 as we celebrate our continued commitment to making a splash in cancer care for our community.

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 18 years, F4AC has raised more than \$6.5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 19th Annual Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will be taking place on Saturday, November 1, 2025 at Safe Harbor Annapolis, our tournament home.



For more information and to register,
visit us at www.fishforacure.org.





LEVEL UP YOUR LIFE!

A FINANCIAL WEALTH,
RETIREMENT & ESTATE PLANNING GUIDE

WHAT'S UP? MEDIA





LEVEL UP YOUR LIFE!

SPECIAL ADVERTISING SECTION

A Financial Wealth, Retirement & Estate Planning Guide



SINCLAIR PROSSER GASIOR

Estate Planning, Elder Law, Estate Administration and Probate Attorneys

Have you ever wondered what would happen to everything you've worked so hard for—your home, your car, your bank accounts, your retirement savings—if you were suddenly incapacitated or passed away? The truth is, the fate of your assets depends entirely on what you do now.

We believe that everyone over the age of 18 should have some level of estate planning, whether it's a simple Power of Attorney or a comprehensive Living Trust. And the sooner you take action, the better protected your family—and your legacy—will be.

With nearly 30 years of experience, our attorneys are leaders in Maryland estate planning. But we're not just about drafting documents. We take a full-service approach

to ensure your plan actually works by aligning your assets properly to help avoid probate and reduce stress on your loved ones. Additionally, as members of the prestigious American Academy of Estate Planning Attorneys, we stay ahead of the curve with up-to-date strategies and continuing legal education.

At Sinclair Prosser Gasior, we're passionate about building long-lasting relationships with our clients and their families. That's why we offer:

- Free educational events to demystify estate planning
- Complimentary review meetings to keep your plan current
- Ongoing support to adapt as your life evolves

And if you're new to estate planning,

we make the process easy. Attend one of our free seminars and receive a **complimentary consultation with an attorney—a \$500 value—**to discuss your goals and get the guidance you deserve.

With offices in Annapolis, Bowie, Columbia, and Waldorf, our team is ready to provide the personalized, thoughtful assistance you need. Call us today at (410) 573-4818 or visit spgasior.com to learn more and register for a seminar near you. Because peace of mind starts with a plan.

SINCLAIR PROSSER GASIOR

- **Annapolis** – 183 Harry S. Truman Pkwy, Suite 104
- **Bowie** – 4201 Mitchellville Rd., Suite 403
- **Columbia** – Columbia Business Suites, 5850 Waterloo Rd., Suite 140
- **Waldorf** – Hamilton Centre II, 3261 Old Washington Rd., Suite 2020
- (410) 573-4818 | Spgasior.com



ADAMS LAW OFFICE, LLC

Suren G. Adams founded Adams Law Office, LLC more than 20 years ago to help her clients get their financial house in order and find peace of mind. Her practice has since grown from a solo practice to a team of legal professionals. Adams obtained her Bachelor of Arts degree in government and politics from the University of Maryland and her Juris Doctorate degree from the George Washington University Law School.

The thought of estate planning can keep you up at night, but it also gets put off during the light of a busy day. At a time when we have very little control over so much in life, this is an area where we can make sure your wishes are honored, nothing is lost, mismanaged, or given to the wrong person. Organizing these life details ahead of time gives such peace of mind because you can rest assured knowing that if something unexpected happens, there is a plan in place for your loved ones to follow. We love helping our clients turn their wishes into legacies.



4201 Mitchellville Road, Suite 500
Bowie, MD 20716
301-805-5892 | adamslawoffice.net



KMA LAW OFFICE

Big-Firm Services with Small-Firm Attention & Dedication

KMA Law Office focuses its practice on the areas of Estate Planning, Probate, Personal Injury, and Workers' Compensation.

Located in Severna Park, KMA Law's attorneys are licensed to practice in Maryland and Washington, D.C. and are members of the Maryland State Bar Association's Estates & Trusts Section and the Maryland Association for Justice.

Since its inception in 2010, KMA Law Office's mission has been to protect its clients. It focuses on assisting individuals and families alike to protect both their assets and their interests:

- **Estate Planning:** KMA Law works closely with clients to address all of their concerns while protecting their assets and ensuring their legacy for future generations.
- **Probate:** KMA Law Office monitors deadlines and completes the extensive paperwork required in estate administration so that its clients can mourn peacefully.
- **Personal Injury:** KMA Law's attorneys have over 30 years of experience handling personal injury claims, dealing with the insurance companies and the Courts so that clients can focus on their own recovery.
- **Workers Compensation:** KMA Law Office regularly represents clients before the Maryland Workers' Compensation Commission to pursue the benefits injured workers are entitled to under the law.

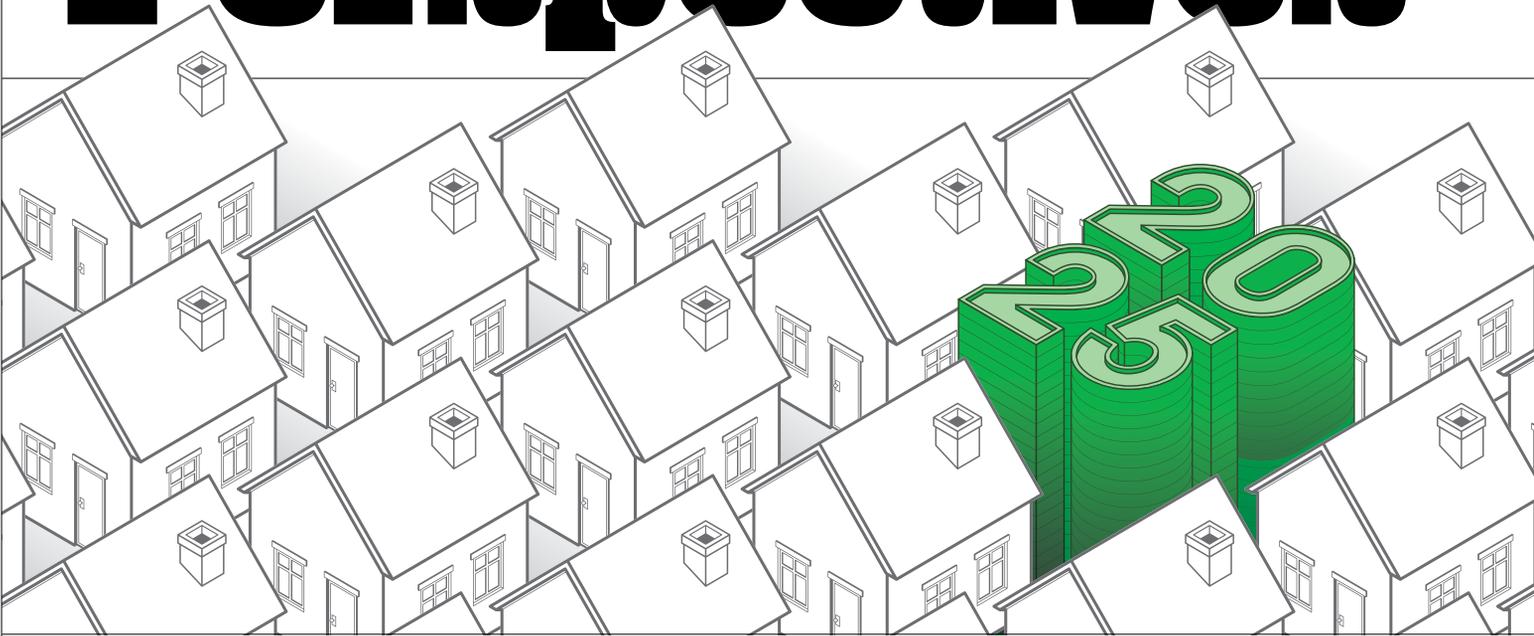
KMA Law Office values Professionalism, Compassion, Empathy, Teamwork, Honesty, and Hard Work. We take great pride in providing our clients with big firm services with small firm personal attention.

KMA LAW OFFICE

540 Ritchie Hwy #201,
Severna Park, MD 21146
410-777-8646 | kma-law.com
info@kma-law.com



Real Estate Perspectives



Local agents share their opinions and experiences with our market

Real estate is an ambitious and ever-evolving industry highlighted by market statistics and technology intersecting with “boots-on-the-ground” expertise and perspectives. One real estate agent could describe a property on the market differently than another. Prices fluctuate with economic pressures *and* consumer trends. Amenities that are fashionable one year may not hold as much value as the next. And, of course, buyers and sellers may or may not agree when negotiating a property. When they do, it can feel like heaven for both parties.

What's Up? Media wants to help you along the golden road toward home ownership. And so, we've pinged local real estate professionals for their market insights and advice. The following Q&A will hopefully help guide you toward your next purchase or sale. We begin by asking...

The public sentiment seems to lean toward the market being a “sellers’ market,” but buyers are finding great value and opportunity, too. What is your assessment of the local/regional real estate market and its near future?

“There’s been a shift towards a more balanced market as inventory levels have continued to rise. Sellers are still benefiting from high buyer demand and several years of appreciation but are becoming more flexible with regards to pricing and buyer negotiations. A successful home sale always comes down to price and condition. The ‘Pie in the sky’ pricing strategy, especially without the necessary exemplary condition/location that this required, has backfired in the recent resale market and some sellers are understanding they have to realistically price in order to successfully sell. As market sentiment continues to settle, more buyers may reenter the home buying market.”—*Christy Bishop of Berkshire Hathaway HomeServices PenFed Realty*

“The Annapolis and Eastern Shore luxury waterfront markets remain incredibly resilient. Inventory is still tight in some segments, particularly for turnkey homes with deep-water access, but there

are opportunities for serious buyers who are ready to act quickly. As we move through 2025, I anticipate a continued uptick in well-priced listings and a healthy demand from buyers who value the Chesapeake Bay lifestyle. Even in a seller's market, knowledgeable buyers are finding long-term value—especially when they work with an agent who knows the waterfront inside and out.”—*Brad Kappel of TTR Sotheby's International Realty*

“The interesting thing about today's market is the market segmentation. For example, it is a tremendous seller's market for homes just under a million dollars in water privileged communities in preferred school districts. On the other hand, it is a deep buyer's market in the same zip codes for waterfront homes above three million dollars. It is uneducated to apply a label to the whole market. A discerning professional examines the segment closely and uses absorption rate to label the market.” —*David Orso of Berkshire Hathaway HomeServices PenFed Realty*

What excites you about real estate today, and the industry overall?

“How dynamic and ever evolving the industry is. Every market shift, whether it's technology-driven or economic, creates new opportunities to serve clients better. I'm especially inspired by how innovation—like AI, virtual tours, and advanced data analytics—is enhancing the way we market properties, understand trends, and provide value. It's making the buying and selling experience more efficient, informed, and personal than ever before.”—*Mia Anderson of Berkshire Hathaway HomeServices Homesale Realty*

“Our local area is thriving on the same principles, which led to tremendous growth 50 years ago. Proximity to major metropolitan markets, access to airports, superior outdoor living and water access, small town vibes, and a sense of community. We stand on the same foundation and a renaissance is in full effect.”—*David Orso of Berkshire Hathaway HomeServices PenFed Realty*



“Recent innovations passed nationally for selling investment properties that avoid or delay capital gains through nontraditional 1031 exchanges, so sellers are not required to purchase more brick-and-mortar properties, yet still able to access tax advantages like a traditional 1031 tax deferred exchange. Locally here, Anne Arundel County's passage of Accessory Dwelling Unit (ADU) legislation to expand housing options affordably by allowing a homeowner to build a second dwelling unit on their existing property.”—*Christy Bishop of Berkshire Hathaway HomeServices PenFed Realty*

What are some best practices for buyers entering the market and how they can approach finding their dream home?

“Start with clarity—define what matters most: water depth, commute, school district, or proximity to downtown Annapolis or Eastport. Then, align yourself with a seasoned waterfront specialist who understands tidal data, riparian rights, and FEMA flood zones. In this competitive market, being pre-approved and prepared to act is essential. Buyers who trust the process and stay engaged will find the right home—and often, off-market opportunities are through a well-connected agent.”—*Brad Kappel of TTR Sotheby's International Realty*

“Buyers entering the market are going to set themselves up for greater success by making sure they get their best team of representation together up front. This means pairing up with an experienced professional agent that already has a network to pave the path for success for them. Thinking you can educate yourself or just use a friend who has a license will be a hard lesson. Mistakes can be really expensive in real estate, from costly home inspection misses to extreme risks to your health from things like radon gas not being tested in this area. An experienced agent is priceless when it comes to buying a home.”—*Christy Bishop of Berkshire Hathaway HomeServices PenFed Realty*

For sellers considering listing their home, what preparations should they take in advance of pricing and marketing it?

“Understand the 2025 market. Covid is over; that was four years ago. Recency of sales and trends is extremely important. Dig deep on research and understand the important relationship between the condition of the home and pricing of the home.”—*David Orso of Berkshire Hathaway HomeServices PenFed Realty*



Technology has greatly enhanced the marketing experience in the past decade; what are some of your favorite tech/marketing tools that you utilize?

“We leverage every digital touchpoint available—from cinematic video tours and drone flyovers to SEO-optimized listing pages and social media content and geo-targeted ads. Our proprietary media partnerships and GPS ad units allow us to showcase listings in national publications. The goal is simple: maximum exposure to the most qualified buyers—locally and beyond.”—*Brad Kappel of TTR Sotheby’s International Realty*

What are some of the most sought-after property amenities that buyers are asking for?

“Buyer preferences can shift over time, but there are definitely some consistent trends we’re seeing in today’s market. Right now, some of the most in-demand property amenities include:

“Home Office Space: With remote and hybrid work becoming more common, buyers are placing a high value on having a dedicated, quiet workspace—often with good natural light and privacy.

“Outdoor Living Areas: Features like covered patios, outdoor kitchens, decks, and well-landscaped yards are very popular, especially in regions with mild climates. People want space to entertain or relax outside.

“Updated Kitchens and Bathrooms: These rooms still top the list in terms of ROI and desirability. Buyers often look for modern appliances, quartz or granite countertops, and walk-in showers or soaking tubs.

“Energy Efficiency: Features such as solar panels, high-efficiency HVAC systems, double-pane windows, and smart thermostats are increasingly important as buyers look to lower utility costs and reduce their environmental impact.”—*Mia Anderson of Berkshire Hathaway HomeServices Homesale Realty*

Where are the most sought-after communities on the western side of the Bay Bridge? And on the Eastern Shore?

“On the western shore, Annapolis remains the crown jewel—particularly communities like Bay Ridge, Wardour, and Fishing Creek Farm. Eastport continues to draw buyers who want a walkable lifestyle near Spa Creek and downtown. On the Shore, we’re seeing increased demand in Queenstown, Stevensville, and the Bay Bridge Marina area, where new developments like Sunset Wharf are bringing luxury waterfront living, with Hinckley owned and operated marina access to the Eastern Shore.”—*Brad Kappel of TTR Sotheby’s International Realty*

Besides realtors and their roles in negotiating a property transaction, what other contracted services must buyers and sellers be aware of and carefully vet?

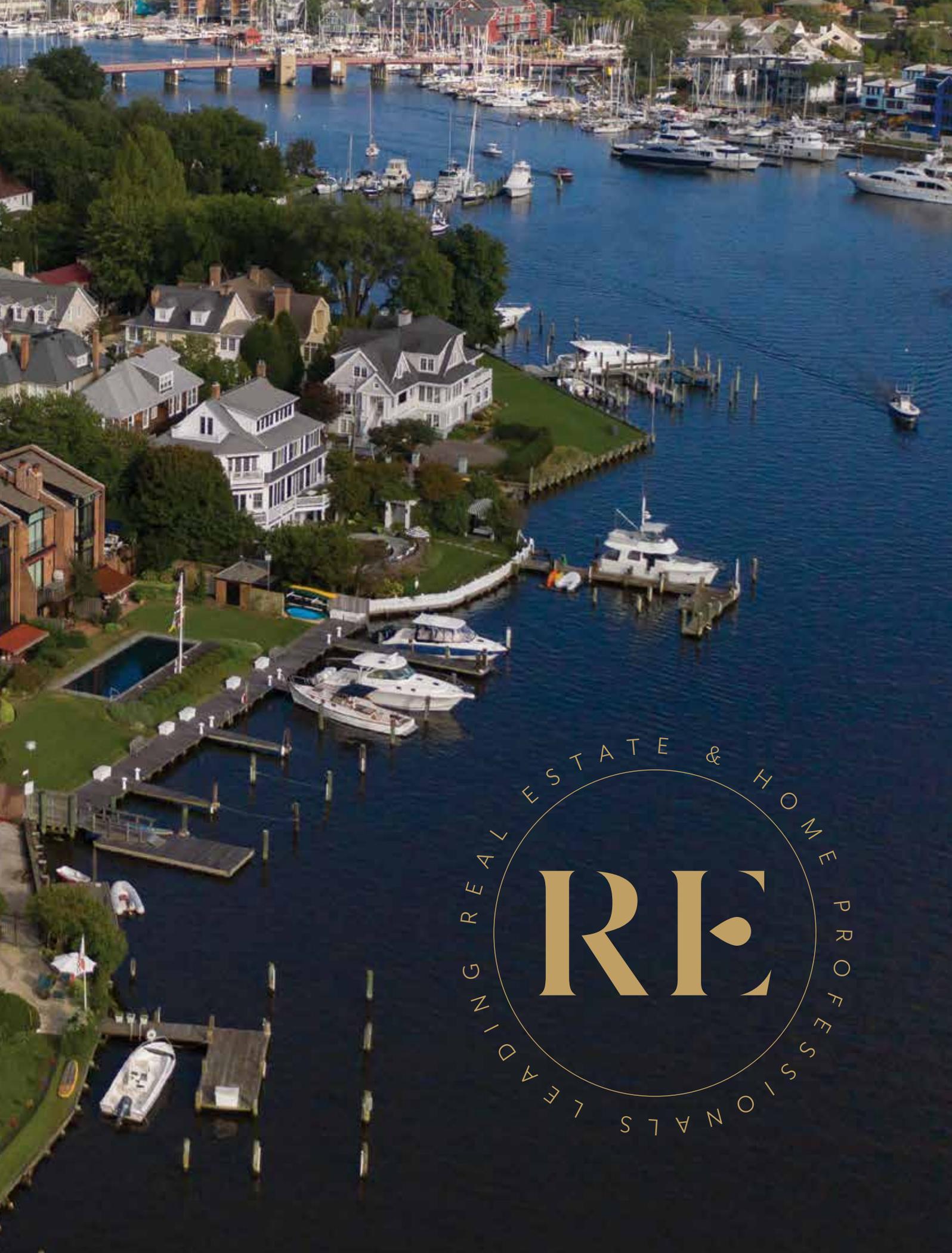
“A real estate transaction is truly multifaceted. While Realtors play a central role in guiding negotiations and managing the flow of the transaction, there are several other contracted services that both buyers and sellers must be mindful of, each of which can significantly impact the success and smoothness of the deal. Carefully vetting these professionals is essential:

“Home Inspectors: For buyers especially, a home inspection is one of the most critical steps. A thorough, unbiased inspector can uncover issues that may not be visible during a showing. It’s important to choose someone licensed, experienced, and with a reputation for honest, detailed reporting—not someone who glosses over problems to keep a deal moving.

“Contractors/Repair Professionals: Sellers often need pre-listing repairs or improvements, and buyers may need estimates for future work. Reliable contractors with a history of quality workmanship in a timely manner and fair pricing are invaluable—and hard to come by on short notice. Always vet early.

“Insurance Agents: Buyers will need homeowner’s insurance to close. Rates and coverage vary widely, especially in areas with weather or liability risks. Choose agents who can shop multiple carriers and understand the unique nuances of the property.

“The bottom line is that every professional involved in a real estate transaction plays a part in its success—or failure. As an experienced Realtor, I’ve built a trusted network of vetted professionals and always guide my clients toward quality and integrity at every step. The details matter—and so do the people handling them.”—*Mia Anderson of Berkshire Hathaway HomeServices Homesale Realty*



REAL ESTATE & HOME
RE
LEADING PROFESSIONALS



Get started here



As seen on



CHRISTY BISHOP

BERKSHIRE HATHAWAY HOMESERVICES
PENFED REALTY

Christy Bishop, a leading figure in the real estate arena, brings an unparalleled zeal to safeguarding her clients' wealth while approaching her profession with utmost dedication. With an illustrious career spanning almost 30 years, Christy's roots in Maryland and upbringing amidst the scenic landscapes of Severna Park and Annapolis instilled in her a deep appreciation for the nuances of real estate.

Acknowledging the profound responsibility that comes with negotiating her clients' most significant assets, Christy underscores the importance of trust and integrity in her practice. As the daughter of 2 United States Marines and Naval Academy graduates (Mike Morgan USNA '67 & John Bishop USNA '65), her faith and honesty is unparalleled. Christy's commitment to representing her clients' best interests has earned her accolades with many expressing gratitude for securing an optimal sale price and terms for their home sale.

For Christy, the essence of her work lies in fostering meaningful relationships with her clients and alleviating the inherent stress associated with buying or selling property. Whether dealing with a condominium or a gated estate, her clients are assured of receiving top-notch representation characterized by unwavering integrity and professionalism.

Beyond her client-centric approach, Christy remains deeply engaged in her local real estate community and her exceptional track record and commitment to ethical standards has earned her lifetime membership in the top 1% of Anne Arundel County Realtor's Masters Club.

Embracing the Anne Arundel County Lifestyle, she finds joy living in Annapolis on the water with her husband and German Shepherd. When not immersed in real estate endeavors, Christy loves to go boating and fishing, is an avid gardener and spending time away at the Delaware Beaches.



Christy Bishop

443-994-3405 | 410-647-8000
Christy@CBMoving.com
www.CBMoving.com

@MarylandWaterfront

FOR SALE & RECENTLY SOLD PROPERTIES



1058 Red Clover Rd
Gambrills, MD 21054 | \$660,000
Sold - Represented Seller



2601 Barred Owl Way
Odenton, MD 21113 | \$525,000
Sold - Represented Seller



2919 Woolgrass Drive
Odenton, MD 21113
Sold - Represented Seller \$845,000



2186 Chesapeake Harbour Dr
Annapolis, MD 21403
Just Listed 1.7M



THE
ANCHOR TEAM
OF ACADEMY REALTY

Jack Papaleonti, GRI

THE ANCHOR TEAM OF ACADEMY REALTY



Experience Matters – Meet the Anchor Team

Led by Jack Papaleonti, GRI, the Anchor Team at Academy Realty brings a powerful combination of experience, teamwork, and dedication to every real estate transaction. With over 65 years of combined expertise, we understand the complexities that come with buying or selling a home—and we know how to navigate them.

In real estate, challenges can arise quickly and unexpectedly. That's why having a responsive, knowledgeable team by your side makes all the difference. We've successfully handled transactions involving waterfront homes, historic properties, condos, co-ops, investment and retirement homes, foreclosures, bank-owned and condemned properties, as well as commercial real estate. We're also well-versed in dealing with homeowner associations, well and septic systems, and more.

Whether you're buying or selling for personal use or investment, this is one of the most important decisions you'll make. Trust Academy Realty and the Anchor Team to deliver results with integrity, professionalism, and a commitment to getting the job done right.



801 Compass Way, Suite 7
Annapolis, MD 21401
www.AcademyRealty.com
Tel# 410-263-9105
Cell# 410-991-4465  

FEATURED PROPERTIES



768-B Fairview Ave
Annapolis, MD
Rented - \$4,000



2609 Point Lookout Cv
Annapolis, MD
For Sale \$650,000



8609 Wintergreen Ct #408
Odenton, MD
For Sale \$374,900



2586 Golfers Ridge Rd
Annapolis, MD
Sold \$705,000



BEST OF ANNAPOLIS 2025
 AND
 2024
 2023
 2022
 2021
 2020
 2019
 2018
 2017
 2016
 2015
 2014
 2013
 2012

CALL FOR A FREE ESTIMATE!
410.981.9466
 fichtnerexteriors.com

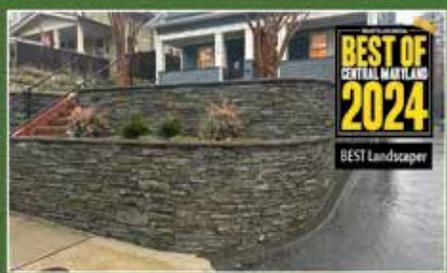


Your home deserves a beautiful exterior that will give it lasting protection.

ROOFING | SIDING | WINDOWS | GUTTERS

PATIOS, RETAINING WALLS, WALKWAYS, FRONT ENTRANCES, DRIVEWAYS, LANDSCAPING.
 Summer Specials...Call or email now to schedule a FREE estimate.

At Ciminelli's we focus on quality materials, exceptional craftsmanship and customer service. We have worked in the Annapolis and surrounding area since 1991. We have a full service Garden center - Ecoasis Garden Center, where customers can preview materials and plants for their projects.



- Landscaping
- Walkways
- Retaining Walls
- Paver Driveways

- Pool Decks
- Patios
- Lighting
- Drainage

MHIC #120642 Licensed and Insured



Ciminelli's
 Landscape Services, Inc.
 Quality • Value • Responsive Service
 Since 1991

410-741-9683 | www.ciminellislandscape.com
info@ciminellislandscape.com



CALL

WEBSITE

Home & Garden

78 CHESAPEAKE'S ULTIMATE OUTDOOR FEAST

82 WHEN INSPIRATION BEGINS AT HOME

84 A SPECIAL GEM IN EASTPORT

**Picture
Perfect**

PG. 80





Chesapeake's Ultimate Outdoor Feast

By Lisa J. Gotto

No doubt, the Chesapeake's most notable summer party is a cracking-good time that's as old as the Bay! Now that summer crab-feasting time is in full-swing, you'll want to set a festive tabletop that is both pretty and practical. Along those lines, we've cooked up some inspiration with a subtle spirit of Americana!

Start smart

Let's face it, crab-cracking is a down-right messy endeavor on the best of days, so it pays to prepare with a proper, no-fuss table-topper. Honor tradition and lean into the theme of the day with this **Luuu Crab Kraft Paper Roll** from Bulk Party Supplies. This will provide an excellent base from which to build the rest of your table scheme.



A PLAN & A SCHEME

At the center of it all, these **11.5-inch ceramic serving platters** from The Royal Standard will not only come in handy for delivering those steaming crustaceans to your guests, but they'll help you create a functional and attractive centerpiece by lining three- to four of them up along the length of your table. Wind groupings of **crystal blue votives** like these from Darjen in between for a casual, but attractive and low-profile party centerpiece.



TO EACH HIS OWN

Set each place with a **sensible dinner plate**—after all, there will be cornbread and corn on the cob, too! We loved these stylish melamine plates from The Company Store for their practicality and simplicity. They will be the perfect base on which to top all the tools of the crab-picking trade that each person will need. These are served up in a **classic, pewter bucket** from Salisbury that you can use time and again at future seasonal feasts.





The paired pint

Wash down those butter and Old Bay-infused morsels of crab claw meat with a local IPA served up in timeless **pint glass emblazoned with a handsome pewter crab**. This one from Salisbury sets the standard for quality and classic appeal. Pair your pint with a nearby **crab dip bowl** from Birch Lane to keep your warmed butter or additional condiments conveniently within reach.

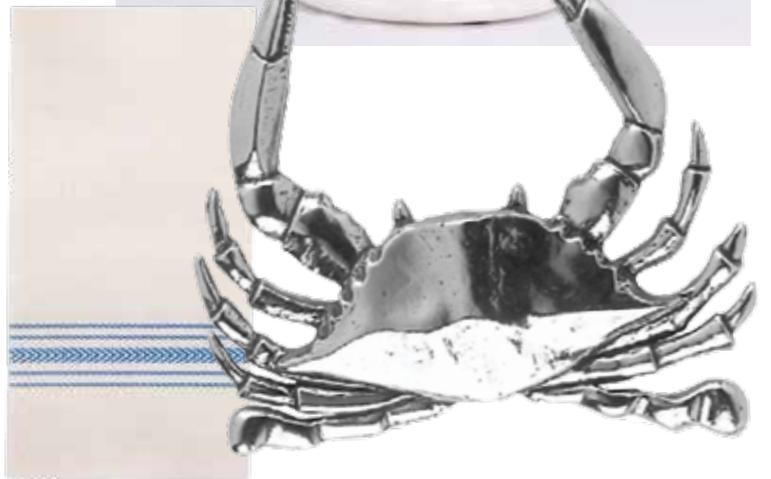
WICKER WARMER

Speaking of cornbread, bring yours to the table in this sturdy, **handmade wicker bowl** by Camden. This White Wash version of the bowl will make a great addition to the tabletop when dressed with this **Chesapeake Crab flour sack towel** by The Royal Standard. The towel will help keep your bread warm and the wicker will lend tone, texture, and balance to your melamine and pewter scheme.



KEEPING IT CLASSY

Address the mess as you go with an abundance of these **stylish and smart Hoffmaster Fashion Point, white and blue dishtowel-patterned paper napkins**. While they're larger and fluffier than most, you may still need to secure them to the table when our ubiquitous Bay breezes blow. So, we added these **pewter crab napkin weights** by Salisbury to the table for good measure.



Picture Perfect!

CAPTURING YOUR GARDEN'S GIFTS

By Janice F. Booth

Our summer gardens are really showing off for us now, at this midpoint in the year. All the planning and hard work are bearing fruit—literally. You have every reason to be proud of your garden's beauty. And yes, I suspect, like me, you're also identifying flaws and weaknesses that your attentive gaze recognizes. But consider: There's another way to "look at it."

Let me suggest setting down your garden tools and picking up your camera or smartphone. Now's a great time to take some pictures!

"Why?" you ask. Well, there are several reasons to plan some summer photo shoots. Let's review some of the (1) uses you might have for garden photographs and (2) tips and tricks for taking great garden photos.



You ought 'a be in pictures...There are lots of reasons for spending time taking photos of your garden and the gardens of others as well:

A **fresh viewpoint** to observe both the familiar and the overlooked beauty in your garden. Looking at a picture often gives a fresh viewpoint. Plants, both welcome and uninvited, can be noted. Your perspective changes when you see your shrubs and trees in a photo.

A **diary** of the growth and expansion of particular plants and trees—throughout the year and over the years. On your computer create a folder for each area or special planting in your garden. Save this season's dated photos of each area, then you can add future photos. You may even locate some photos taken in the past of that lovely magnolia or the flowerbed you redid 2 years ago.

A **reminder** of work that needs to be done. Note the plants that need to be moved or trimmed or receive first aid at some future date—a visual "To Do" list.

A **source of beauty & gifts** to use as notecards, greeting cards, and other original creations. If you take photos of your neighbor or friend's garden, you have resources for gifts—notecards with pictures of his garden or a t-shirt printed with her garden's fountain and pergola.

You may come up with other uses for these photos. But one thing I've found, it is great fun to plan and execute these "portrait sessions" of your garden.

Ready, Set, Shoot!...Which brings us to a review of garden photography with some bonus tricks and tips. Here are some pointers beyond the “point-and-shoot” variety of photos:

LOCATION & COMPOSITION:

- ◆ Make some notes on which areas you want to photograph.
- ◆ Consider the best angles and locations for photographing each area. (If you’re doing the photos of a friend or neighbor’s garden, ask about their favorite areas.)
- ◆ Decide on the preferred size: portrait (vertical photo) or landscape (horizontal pic).
- ◆ Does the area to be photographed demand a “big picture” or a “focused closeup”?

LIGHTING:

- ◆ For outdoor plant photography *avoid* taking photos in the middle of the day. Images often appear washed out. For indoor plant photography, you may need to add light.
- ◆ Golden & Blue Hours: The “*golden hours*” are sunrise and sunset when the light is kind. The period when a cloudless sky becomes a dark blue is called the “*blue hour*,” a good time for photos when the house is lit inside and porch lights turned on creating a soft glow.
- ◆ Overcast skies are good: Diffused light works well for cooler colored flowers or plants creating richer colors. Be aware of what lurks in the background, and experiment with ‘Portrait’ Mode to blur the background.

SETUP:

- ◆ Vary the viewpoints—from above, side, or below. Choose the best flowers for your focus. You may want to clean off insects and debris from leaves and around the base of the plants in the picture. Bring a spray bottle for “instant dew.” The droplets add freshness to the image.
- ◆ Look at the image you’re about to photograph from top-to-bottom and side-to-side. What’s in the corners of the picture?
- ◆ Avoid distractions in the picture unless that’s where you want the viewer to look—a favorite pet resting in the begonia bed, a bright Cardinal perched in the poplar tree.
- ◆ You may want to have a tripod handy—a small one allows you to steady the image and setup a picture from ground level looking up, a fresh viewpoint for most of us.



SEQUENTIAL photos: You may want to note your locations and return in a month or two, or every few weeks and take another photo of the same area. You’ll discover some interesting developments as you review the sequence of pictures.

Don’t forget **TEXTURE**. The veins of the leaves, the pebbles at the edge of the flowerbed, the fuzzy petals of the flower can all add to the beauty.

Once you’ve gotten a satisfactory number of photos of each garden or portion of garden,

DISCARD, EDIT, and ORGANIZE your photos. If you wait, you’ll forget what you were going for—beauty, growth, problem areas. Move those photos that make the cut into the garden folders you created. If you’re using a smartphone, you will automatically have the date of the photo, and you can add a note as well. When winter comes you can go back to the folders and enjoy revisiting the splendor of your summer garden.

You may find yourself sending photos of your garden to friends in your emails, or you might add a favorite image of your garden to your social media posts. Added bonuses after all your planning and efforts.



When Inspiration Begins at Home

By Lisa J. Gotto

Exquisite, stately, and perfectly situated on a 1.47-acre parcel of waterfront property that provides unobstructed views of Harness Creek, the South River, and the Bay, this French Country estate offers everything the discerning homeowner could want and more.

A subtly winding drive conveys guests to this exceptional 8,200-square-foot manor style home designed to enliven and inspire its inhabitants with its tranquility and panache.

Primary Structure
Built: 1998

Sold For:
\$7,400,000

Original List Price:
\$8,499,000

Bedrooms:
7

Baths: 6
Full, 2 Half

Living Space:
8,280 Sq. Ft.

Lot Size:
1.47 acres

The inspiration begins in this home's spacious foyer that leads into the residence's formal living room with its wall of floor-to-ceiling windows to the waterfront. The pale and blush color palette here provides an uninterrupted overview of the water's proximity and the home's lush backyard that leads to its private sandy beach. Stone fireplaces on opposite sides of the room frame the space with an elegant yet comforting air. Opulent wood trim work is evident throughout.

This centerpiece of a room flows to the kitchen and then formal dining room on one side and then to the family's more private and casual living spaces on the opposite side. The kitchen is a conceptual masterpiece of fine modern design with its sleek, modern finishings, and high-end, stainless-steel appliances. The nearly all white palette is punctuated with a central island of sandy wood and flawless stone countertops. Like the rest of the main level living spaces, the kitchen floors are outfitted with white oak hardwoods. The morning's coffee can be enjoyed at the lovely, café-style seating area for two overlooking the waterfront.

A set of double doors leads to the formal dining room which is bathed in an abundance of natural light. A custom-painted mural highlights the space with a vision of a bucolic seascape.



Listing Agent: Day Weitzman & Robert Weitzman, Coldwell Banker Realty, 3 Church Circle, Annapolis, m. 410-353-0721, o. 410-263-8686, dweitzman@cbmove.com, coldwellbanker.com **Buyers' Agent:** Brad Kappel, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 410-279-9476, o. 410-280-5600, brad.kappel@sothebysrealty.com, ttrsir.com

The more casual water-facing family room is located on the opposite side of the living room and is prized for its amazing views and an attractive wall of built-ins.

This level of the residence also features a lovely study where the homeowners can utilize the convenience of the home's elevator to the upper floors, where the spacious primary suite awaits.

This room has three sets of large windows looking out to the water and separate fireside seating area.

The *en suite* bath is a world of its own with separate his and hers vanities, a luxurious soaking tub overlooking the water, and a massive glass shower. The suite opens to a to-die-for room-sized walk-in wardrobe with custom built-ins.

This home provides a total of seven bedrooms, most with water views and *en suite* baths, an au pair suite above the garage, and an expanded lower level that features a large, second family room with fireplace, and a communal gathering and casual dining area.

This space overlooks the water and perhaps the property's best asset among many, its outdoor recreation area with a sumptuous in-ground pool and surrounding patio area. Whether they choose to lounge here or catch some sun on the curved upper deck above, this home's new owners have the ultimate vantage point from which to take in the Bay.



NANCY HAMMOND EDITIONS



RACE! BY NANCY HAMMOND

32" X 48" 5/8" LTD ED GICLEE PRINT
40" X 60" SIGNED ARTIST PROOF

OPEN DAILY · 416 6TH STREET, ANNAPOLIS MD · 410-295-6612 · NANCYHAMMONDEDITIONS.COM

A Special Gem in Eastport

By Lisa J. Gotto

W

elcome to the meticulous charm of a classic colonial home that has been wonderfully maintained over its 20-plus year history.

The inviting front entry packs on the curb appeal in its desirable Eastport neighborhood with its impeccable brick paver driveway, lush yard, and mature trees. Its pillared portico offers an air of refined convenience, and once inside the roomy foyer with its warm hardwoods and gorgeous two-tone staircase, guests are greeted by its myriad decorative elements.

Primary Structure Built: 2004

Sold For: \$1,533,510

Original List Price: \$1,549,000

Bedrooms: 3

Baths: 3 Full, 1 Half

Living Space: 2,640 Sq. Ft.

Lot Size: .17 acres



Listing Agent: Vic Pascoe, Keller Williams Select Realtors of Annapolis, 1997 Annapolis Exchange Parkway, Annapolis, m. 301-252-7771, vicpascoe@kw.com, kellerwilliams.com **Buyers' Agent:** Unrepresented

A double-wide arched entry to the residence's formal living room is situated to the left of the foyer and flows through to the formal dining room. These spaces are light and bright from an expanse of windows at the front of the house in the living room. The two rooms are elevated with a dual column feature delineating the rooms along a half wall that features a built-in wine rack in the dining room.

A kitchen with rich, warm wood cabinetry and wood floors features a roomy center island with a gas range and breakfast bar seating for three at its granite countertop. A cozy banquette along the room's wall of windows makes a great space for periodical reading and coffee drinking.

This room flows easily into the adjacent family room that features an incredible stone fireplace with wood-burning insert and wood mantle. A wall of handsome built-ins and beams overhead adds to the comfortable, homey feeling of this space that is designed for family gathering.

The warm hardwoods and charm of this three-bedroom home continues upstairs where one of the bedrooms is being used as a cheery home office that shares a bath with the residence's second bedroom. A spacious primary suite features tall ceilings and large windows. An equally spacious primary bath features a large soaking tub, a stoned-topped dual vanity, elegant tile, and a roomy glass shower with built-in marble-tile bench.

This home's lower level has been upgraded from basement to bonus level status with a large home gym area, laundry facilities, and extra room outfitted as a second home office.

Outside, the home opens from the kitchen/family room space to a gorgeous, paved courtyard and backyard with shade trees that provide the perfect canopy for dining al fresco. And with all of downtown Annapolis in walking distance, restaurants and recreational pursuits are mere minutes away.

Ace
Home Improvements LLC
 Your home deserves an Ace.

YOUR ULTIMATE ROOFING EXPERTS

Your home deserves the best protection. Trust Ace Home Improvements to keep you covered. Call today for a free inspection or estimate.

Scan for website

Roofing ★ Siding ★ Windows ★ Decks ★ Doors
 We work with all insurance companies to restore your home like new

Before **After**

301-392-9293
443-292-4854

Financing available.
 Call for details

BBB A+ Rating
 CERTIFIED ROOFER
 2023

"Ace"
 Locally owned & operated for 18 years

www.AceHomeImprovementsllc.com

MHC #136778 • M-HOR #7036

 ASK THE DOC


Dr. Jonathan D. Solomon

Solomon Eye Physicians & Surgeons

Q: **Glaucoma cannot be cured—but what can I do to slow its progression, besides drops?**

A: There's a lot we can do. While drops remain a first-line treatment, advances in glaucoma care now offer alternatives like laser therapy (SLT) and minimally invasive glaucoma surgeries (MIGS)—procedures that reduce intraocular pressure and may even decrease your dependence on drops. These options are especially helpful if you struggle with drop side effects, adherence, or progression despite medication. We also encourage healthy lifestyle habits and consistent follow-up. Glaucoma management is lifelong, but it doesn't have to be limiting. Early intervention gives us the best chance to protect your vision while improving your day-to-day comfort and convenience.

4201 Northview Drive, Ste 500, Bowie, MD | 301-464-1885

 ASK THE DOC


James Lynch, MD

Stellate Ganglion Block (SGB)

Q: **What treatment is effective for anxiety, besides medication and psychotherapy?**

A: Stellate Ganglion Block (SGB) has been shown to reduce anxiety symptoms by 50%. SGB is an injection of local anesthetic along the nerve in the neck that controls the sympathetic nervous system—the "fight-or-flight" system—which can be inappropriately elevated in many people with anxiety. This safe, simple injection has been used to treat pain since the 1920s and has been used to treat posttraumatic stress disorder (PTSD) for over 15 years and more recently to treat Long COVID and POTS symptoms. The SGB procedure takes about 10 minutes and can provide significant relief of anxiety symptoms such as feeling on edge, restlessness, and sleep problems.

2401 Brandermill Blvd, Suite 200, Gambrills, MD | 410-626-4577 | drjameslynch.com

 ASK THE DOC

For more information visit [whatsupmag.com](https://www.whatsupmag.com)

Health & Beauty

88 SETTING THE RECORD STRAIGHT ON SEED OILS

89 IN SUPPORT OF ISOMETRIC EXERCISE

90 SOME BENEFIT TO GOING BLUE?

**5 Tips for
Summer
Skincare**

PG. 92



Setting the Record Straight on Seed Oils

DON'T LISTEN TO THE INTERNET. NO, THEY'RE NOT BAD FOR YOU.

By Dylan Roche

It's always good to have a seed of doubt about anything you read on the Internet, especially when it comes to your health. After all, the decisions you make based on the information you have could determine your health in either the short term or long term. And the latest health-related online conspiracy theory? Seed oils.

If you listen to unqualified wellness influencers, you might think they're highly processed, toxic carcinogens. But according to health experts with organizations from the American Heart Association to the Mayo Clinic to Harvard Medical School, you have no reason to worry—seed oils, in fact, are healthy for you.

WHAT ARE SEED OILS?

As the name implies, seed oils are a range of vegetable oils that come from the seed of a plant (unlike oils that come from a fruit, such as olive oil). Seed oils tend to be more affordable and have a more neutral flavor, and their high smoking point makes them great for cooking because they are able to withstand high temperatures. Vegetable oils are a heart-healthy option because they have polyunsaturated and monounsaturated fats, which lower your cholesterol. Examples include canola oil, sunflower oil, soybean oil, corn oil, soybean oil, and sesame seed oil, among others.



WITH THAT UNDERSTANDING OF SEED OILS, CONSIDER THESE MYTHS OR MISCONCEPTIONS YOU MIGHT HAVE HEARD:

MYTH: Seed oils cause inflammation

FACT: This misconception stems from the fact that seed oils are high in a type of polyunsaturated fat known as omega-6 fatty acids. You probably hear more frequently about their counterpart omega-3 fatty acids, which are better for fighting inflammation in the body. Ideally, your diet should include a balance of omega-3s and omega-6s, but Western diets tend to be higher in sources of omega-6s than they are in omega-3s. There's no scientific support to the idea that this imbalance is harmful, and most doctors agree that although people should be increasing their consumption of omega-3s, that doesn't make omega-6s bad for you.

MYTH: Processed foods like seed oils cause disease

FACT: While it's true that highly processed foods are linked to illnesses like diabetes, heart disease, and cancer, the problem isn't the seed oils. The problem is many of the other ingredients. Fried food, fast food, packaged snacks, and similar products contain added sugars, particularly in the form of high-fructose corn syrup, sodium, dyes, and artificial ingredients. The seed oils, health experts explain, are often one of the sole healthy ingredients in some of these foods.

MYTH: Seed oils are produced with dangerous chemicals

FACT: When making a fruit oil such as olive oil, the olives are pressed to extract the oil manually. To extract oil from a seed, manufacturers use a compound called hexane. Although hexane is toxic in gas form, it's safe in the liquid form used when extracting oil, according to the Dana-Farber Cancer Institute, noting that there may be trace amounts in the oil but not enough to pose risk.

So the next time you're cooking in your kitchen at home, don't hesitate to reach for the canola oil or soybean oil—they're versatile choices for whatever you're making, and they're good for you, too.



Start by considering the importance of resistance training. Even if you're not bodybuilding (very few people are), doing simple weight-bearing exercises help us maintain strength and mobility throughout our life. When you move weight—whether that's via free weights, a machine, or your own bodyweight—you're moving your muscles through three states:

- ◆ **Concentric:** when your muscles shorten
- ◆ **Eccentric:** when your muscles lengthen
- ◆ **Isometric:** when your muscles are held in place

That last one is important, because getting stronger doesn't have to encompass shortening and lengthening your muscles the way you would when you pump a dumbbell or perform a chin-up, when your limbs go through a range of motion and young muscles contract and relax to move your joints. Holding your body in place will help build strength. Think of a plank, a wall squat, or a dead hang. None of these involve movement, but they do require you to bear weight, which makes you stronger.

In Support of Isometric Exercise

By Dylan Roche

Does exercise always have to include...movement? Well, technically, no. While movement is a key component of many exercises essential for good health, particularly aerobic activity, isometric exercises help you build strength while you hold yourself in a static position.

Before you commit yourself exclusively to an entire workout of isometric exercises, it's important to remember there are pros and cons, and an isometric exercise might be more appropriate for some individuals than they are for others.

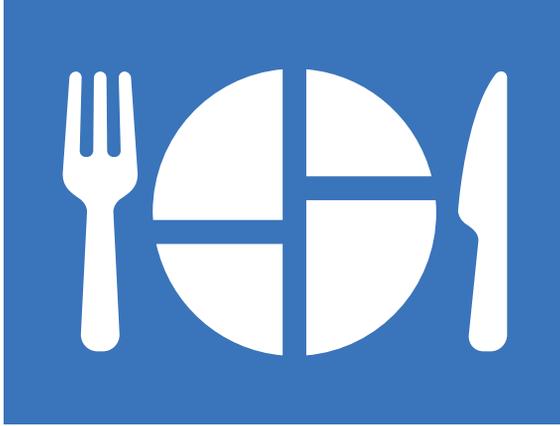
CONSIDER THE BENEFITS:

- ◆ These isometric exercises don't require movement, so there's less risk of injury.
- ◆ They're good for people who may be recovering from injury or have a debilitating condition like arthritis.
- ◆ They can help improve stability as you hold a position for an extended period of time.

BUT CONSIDER THE DRAWBACKS:

- ◆ You only build strength in that one position, as opposed to building strength along a full range of motion when you contract and relax your muscles.
- ◆ You don't build speed or endurance from an isometric exercise.

Isometric exercises are a great addition to a varied routine, and they can give you a low-intensity starting point for building up strength before adding movement or weights. As always, discuss a fitness plan with your doctor or a trainer to make sure you're starting out in a way that's right for you and your health goals.



Some Benefit to Going Blue?

THE IDEA OF A BLUE ZONE DIET COULD BE THE ANSWER TO LONGEVITY, BUT DON'T LET YOURSELF BE BOUND TO IT

By Dylan Roche

Blue Zone.” It’s not exactly an official term for any region of the world. But there’s still a reason you might want to pay attention to these geographic areas. Blue Zones were identified and labeled by researcher Dan Buettner with *National Geographic* and the National Institute on Aging, who noticed five cities with the largest percentage of centenarians—that is, people who live to age 100.

The areas in question? Loma Linda, California; Nicoya, Costa Rica; Ikaria, Greece; Sardinia, Italy; and Okinawa, Japan. What Buettner noticed when he studied the lifestyles of people in these Blue Zones was that they had eating habits with many similar qualities. They ate mostly plant-based diets with minimal amounts of animal protein, consumed healthy fats like olive oil and nuts, consumed alcohol in moderation, prioritized whole foods while avoiding ultra-processed ones, and practiced good portion control.

All of that might sound like solid nutritional advice. But Dr. Taylor Wallace, CEO of Think Healthy Group, isn’t necessarily convinced. “I’m not certain why so many people like it,” he says of the Blue Zone Diet trend. “Studies show people don’t do well with eliminating food groups in the long-term... There is definitely strong evidence that fruits and vegetables can improve longevity and prevent the development of chronic disease. I’m not sure that there is great data on the Blue Zone Diet in particular, but components of the diet... do have good evidence to support their role in long-term health and longevity.”

As Wallace points out, components of the diet—fruits, vegetables, legumes, and fish—are frequently noted as nutrient-dense foods. But eating like people from Blue Zones isn’t a magic solution. There are other factors, such as higher levels of physical activity and stronger social support from communities, that can contribute to longevity in certain cultures.

He also points out that there are shortcomings to the diet. A plant-based focus is good for increasing your consumption of fruits and vegetables, but that doesn’t mean meat and dairy need to be avoided. Sure, he says, it’s okay to give up cheeseburgers and ice cream, but lean meats and low-fat or nonfat dairy products are good sources of protein and other vital nutrients.

“As someone who has done a lot in the protein research space, I can tell you that not getting enough protein and dairy can have repercussions on musculoskeletal health, which is super important as we age,” Wallace says. “We are also about to publish new data that show that low dietary choline, predominantly found in animal-derived foods and seafood, intake can also put you at increased risk for cognitive decline later in life.”

It’s also worth noting that there’s no formal studies on the benefits of Blue Zone Diets beyond Buettner’s observations. However, there have been studies that show components of the diet, such as increased intake of plant-based foods, reduced emphasis on meat, limited processed foods, and limited added sugars can all stave off chronic disease. The healthy aspects of the Blue Zone Diets are seen in other lauded diets as well, such as the Mediterranean Diet or the American Institute for Cancer Research’s New American Plate.

What is Dr. Wallace’s advice? He recommends, “It’s always smart to have a balanced diet (and take a multivitamin).”

BUT IF YOU'RE LOOKING TO LIVE LIKE PEOPLE IN THE BLUE ZONES OR ADOPT SOME OF THEIR HEALTHY HABITS, HERE ARE SOME DIETARY TIPS YOU COULD CONSIDER:

1. Build each meal around plant-based foods. You don't have to give up meat and dairy, but you should focus on vegetables and fruits primarily.
2. Be moderate in the animal products you consume by decreasing your portions and looking at foods like meat and dairy as a garnish rather than a protein source.
3. Replace refined grain products with whole grains. Whole-wheat bread, as well as brown rice, oats, and barley, will provide steadier energy than their white counterparts.
4. Enjoy a serving of legumes like beans, peas, or lentils every day for protein and fiber.
5. Consume healthy fats from olive oil or nuts and seeds.
6. Alcohol isn't off limits, but you should have it in moderation. Wine, particularly red wine, is typically drunk with meals in places like Sardinia and Ikaria. Limit yourself to one glass.
7. Limit foods that are highly processed or made with artificial ingredients. Refined sugars and trans fats are linked to risk of disease.
8. It's not just what you eat but how much. Portion control can aid in energy levels and overall weight management. People in Okinawa observe a cultural practice known as *hara hachi bu*—the idea is to stop eating when you feel 80 percent full. Satiety is about being not hungry rather than stuffed.
9. Let dessert be something you have on special occasions rather than a daily treat.
10. Drink primarily water along with unsweetened tea and coffee but avoid high-sugar drinks like soda.
11. Engage in physical activity every day, throughout the day. If you have the option, walk to do some of your errands, or take up an active hobby such as hiking or cycling.
12. Take time to relax and reduce stress every day through stretching, meditating, praying, or deep breathing exercises.



5 Tips for Summer Skincare

By Dylan Roche

When summer arrives, bringing heat and humidity with it, you might feel as if the last thing you want to do is lather up your face with moisturizer. After all, it's just going to feel heavy and greasy, isn't it? But just because it's summertime doesn't mean you should neglect your skin, especially when you need to consider sun protection during this season more than any other. Instead, you should rethink your skincare routine with these five tips:



1. Prioritize sunscreen.

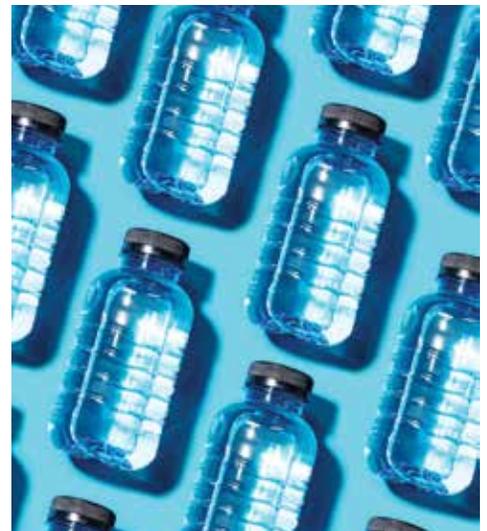
Ideally, you should be using sunscreen all year long. The sun's rays can still be harmful throughout the winter, but summer means you're likely spending a lot more time outdoors at a time when the UV rays are strongest. Opt for daily sunscreen with an SPF of 30 or greater and be sure to reapply every two hours.

2. A lighter moisturizer is okay. In fact, it's more than okay—it's probably better. In heat and humidity, you don't need the thick products you use in the winter to create a barrier and lock in your skin's moisture. A moisturizer that's too rich can cause milia, those tiny white cysts on your skin's surface. Instead, choose a moisturizer containing hyaluronic acid, which keeps your skin hydrated without feeling heavy.



3. Use toner to freshen up. Ever feel as if a hot summer day has just left you feeling gross? It's normal. But don't be so quick to give your face a thorough wash more than your usual twice-daily routine. You might already use a good toner for maintaining your skin's pH while prepping it to absorb any skincare products you apply, but toner is especially good in the summertime because it can refresh your skin when you've been sweating or enjoying the outdoors, but it does so without irritating your skin or stripping away moisture the way frequent washing would.

4. Stay hydrated. You can't have hydrated skin if you're...well, dehydrated. Drinking plenty of water is important for overall good health, especially in the summer when you're exposed to the heat. That extends to your skin, as staying hydrated saves your skin from drying out and keeps it looking fresh and supple.



5. Wear less makeup. Cutting back on the makeup you wear, especially if you typically wear heavy foundation, gives your skin a chance to breathe and relieves your skin of excess oil. Instead, consider using a tinted moisturizer instead, which isn't as heavy or as irritating but will still give your skin the consistency you seek from makeup.

Food & Dining

94 ALL'S WELL AT MAMMA'S



Fettuccine
Mediterraneo at
Mamma Roma



All's Well at Mamma's

By James Houck



Oh yes, you can have it all at Mamma Roma, the bustling Italian eatery in Odenton. If family-style feasting is what you and yours are in the mood for, then your party will be pleased by the extensive menu, fine food preparation, pleasant service, and boisterous atmosphere that is Mamma's. The renown restaurant, now celebrating its 20th anniversary (congrats to owners/brothers Rino and Bruno!), has been *the* go-to restaurant for the Piney Orchard community and beyond to enjoy fine Italian fare in a casual, charming even, setting.

Time and again, Mamma's hits all the right notes when my family visits for lunch or dinner. Stepping through the shopping center façade opens the door to the Mamma's experience, with its inviting dining room decked in a bright palette of wood tables and paneling, yellow paintwork, black and white tile flooring, golden pendant lighting, and a Mediterranean mural that stretches the length of one wall. Wine

YOUR PARTY WILL BE PLEASED BY THE EXTENSIVE MENU, FINE FOOD PREPARATION, PLEASANT SERVICE, AND BOISTEROUS ATMOSPHERE THAT IS MAMMA'S.



MAMMA ROMA

8743 Piney Orchard Parkway, Odenton; 410-695-0247; mamaromas.com

bottles, strands of ivy, framed photos here and there, and the Piccolo Espresso Bar (good for a cuppa or freshly baked sweet treat) are eye-catching throughout the entire space.

We plan to arrive hungry when jotting down "Dinner at Mamma's" in the family calendar and our recent visit was no exception. Though I, my wife, and two growing pre-teens can clean our plates, we tend to over-order anticipating some take home for the day ahead. And Mamma's portions satisfy in this regard. Add to that all manner of beverages to sip, savor, enjoy—wines, beers, cocktails, sodas, teas, the aforementioned espresso bar—and you're covered.

Starting our meal with a shallow bowl full of steamed mussels was a good start. Mamma's offers

the delectable morsels in several preparations of varying sauces and accoutrements. We chose the Mussels Tegamino with garlic, olive oil, lemon, croutons, and white wine sauce. So very good. Added to that was an order of Shrimp Barca, consisting of toasted Italian bread slices topped with grilled shrimp in a peppercorn cognac cream sauce—a repeat hit of several visits that delivers with decadent flavor and a balance of crisp and soft textures.

Moving on to entrees, we took note how the menu is organized into various groupings of entrees including: baked (lasagna, parmigiana, ziti, manicotti, etc.), "gladiators" selections (house specialties), pastas (the most extensive number of dishes), chicken, veal, seafood, and more casual faves like pizzas (New York or Sicilian styles), calzones, strombolis, salads, soups, and subs. We had hearts set on a few items—gnocchi among them. We chose both the Gnocchi Sorrentina (a classic preparation of the pillowy potato dumplings in a rosé sauce with basil and baked with mozzarella cheese), and the Gnocchi Portobello (with a creamy white sauce full of portobello mushrooms and bacon). Both were heavenly.





Where's Wilma?

FIND WILMA AND WIN!

Our wonderful Wilma, the high-flying What's Up? Media mascot, is planning her summer around great outdoor experiences, al fresco dining, small-town shopping, and visiting local attractions. She's flying from shore to shore in pursuit of the best that the Chesapeake Bay region has to offer. 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 Stuart S. of Gambrills, 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 July 31, 2025. 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, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions.

- IFC = Inside Front Cover
- IBC = Inside Back Cover
- BC = Back Cover
- LREHP = Leading Real Estate & Home Professionals
- FWREPG = Financial Wealth, Retirement & Estate Planning Guide
- ATD = Ask the Doc

| | |
|--|------------|
| A La Mode | 32 |
| Academy Realty, Inc | LREHP |
| Ace Home Improvements LLC | 85 |
| Adams Law Office, LLC | FWREPG |
| Anne Arundel Medical Center - AAMC Foundation | IBC |
| Anne Arundel Medical Center - Fish For A Cure | 66 |
| Atlantic Lighting & Irrigation Company | 37 |
| Baltimore Washington Medical Center | BC |
| Christy Bishop, CB Moves, Berkshire Hathaway, PenFed Realty | LREHP |
| Ciminelli's Landscape Services, Inc | 76 |
| Coldwell Banker Crofton Melanie Graw | 2 |
| Djawdan Center for Implant and Restorative Dentistry | 1 |
| Fichtner Home Exteriors | 76 |
| Galliano Italian Restaurant & Wine Bar "Galliano Waugh Chapel" | 63 |
| Great Scottie Veterinary Clinic | 33 |
| Harvest Thyme Modern Kitchen & Tavern | 27 |
| Higgins and Friends Pet Sitting, LLC | 36 |
| HOPE For All | 37 |
| Hospice of the Chesapeake | 19, 37 |
| Indian Creek School | 35 |
| Integrity Tax and Small Business Solutions | 8 |
| James Lynch MD | ATD |
| JQ Electric | 32 |
| Kenwood Kitchens | 31 |
| KMA Law Office | FWREPG |
| Lime & Salt | 27 |
| Mamma Roma | 28 |
| Miss Shirley's Cafe | 63 |
| Mucho Gusto | 28 |
| Nancy Hammond Editions | 83 |
| On The Green Inc | 32 |
| Perfect Pet Resort | 37 |
| Prostatis Group, LLC | 17 |
| Ruth's Chris Steak House | 28 |
| Seyern School | 13 |
| Shiple's Dental Care | 5 |
| Sinclair Prosser Gasior | 36, FWREPG |
| Solomon Eye Physicians & Surgeons | ATD |
| Tangled Balloons LLC & Alpha-Lit Annapolis | 36 |
| The Arc Central Chesapeake Region | 47 |
| The Jaklitsch Law Group | IFC |
| Thompson Creek Window Company | 95 |
| Tribute at Melford, Cadence Living | 13 |
| Urban Air Adventure Park | 95 |
| Vaneska Adams with eXp Realty | 33 |



ANNE ARUNDEL MEDICAL CENTER FOUNDATION

DENIM & DIAMONDS

BENEFITING MENTAL HEALTH IN OUR COMMUNITY

THANK YOU TO OUR GENEROUS SPONSORS

Thank you to the generous sponsors and supporters of Luminis Health Anne Arundel Medical Center's 2025 Denim & Diamonds Bash. Together, we made a significant and lasting impact on children, adolescents, and families right in our own community in need of pediatric mental health services close to home. Please visit our website to watch the incredible recap video, stay connected with us to learn more about mental health services at LHAAMC, and stay tuned for exciting Bash news!



PRESENTING SPONSOR

Anesthesia Company, LLC

PLATINUM SPONSORS

Davis Family Foundation · Ken's Creative Kitchen · LHAAMC Medical Staff

DIAMOND SPONSORS

Annapolis Radiology Associates · BGE · Boatyard Bar & Grill · Complete Landscaping Service · Corporate Office Properties Trust
David & Jennifer Watson · Eagle Title · Federated Lighting · Gilchrist · Hyatt & Webber, P.A. · James & Therese Roberts
John & Cathy Belcher · John Vos Family Foundation · Kagan Stern Marinello & Beard, LLC · Law offices of Thomas J. Fleckenstein
Liff, Walsh & Simmons · M&T Bank · Mark & Carolyn Keller · Medicine With a Mission · Private Wealth Partners, LLC · Shore United Bank
Steve & Biana Arentz · The Evan K. Thalenberg Family · The Peterman Ponatoski Family Foundation · Total Wine & More · Truist · What's Up? Media

SILVER SPONSORS

Anne & Jim Bolduc · Anne Arundel Moms · Auxiliary of LHAAMC · CRGA Design · DiNenna Lee CPA's LLC
Doctors Emergency Services P.A. · Gossett Group · Izzo Family Foundation · LaBarge Financial · Liquified Agency · Lockton
Oral Surgery Specialists – Drs. Walzer, Sullivan, Hlousek, Jones, Chambers, & Kufta · PwC · The Newberry and Ostrowski Families
The Village at Providence Point

DENIM SPONSORS

Albert W. Turner Charitable Lead Annuity Trust/Carrollton Enterprises · Anderson Fire Protection · Apple Signs, Inc. · Bank of America
Blackwood Associates · Boomershine Consulting Group · Chaney Enterprises · Chartis · Council Baradel · Douglas Commercial LLC
Eye on Annapolis · Fidelity Investments · First National Bank · Frost Law · Fulton Bank · FutureCare · Gratias Wealth
Jackie & Keith Hennessey · Korn Ferry · Lou & Laurie Berman · MacKenzie Contracting Company, LLC · McNamee Hosea · RSM
Sandy Spring Bank · Sims & Campbell · The Law Offices of Stacey B. Rice, LLC · The Pellegrini Family · Therapy Partner Solutions

HOSPITALITY SPONSORS

Annapolis Pediatrics · AT&T · Bloomstone Jewelers · Bo's Effort · Brad Kappel Team | TTR Sotheby's International Realty
Capitol Strategies · Chester River Landscaping · Cushman & Wakefield · EPIC · Grand Rental Events · Greenfield Properties LLC
Hall, Render, Killian, Heath & Lyman, P.C. · Hammond Wilson · HeimLantz CPAs and Advisors · HighStarr Copy & Print Services
Hutchinson Design Group · Ironmark · Kent Island Jewelry · Krall Family Foundation · Lisa & Chris Smith
McAllister, DeTar, Showalter & Walker LLC · MDC Total Building Maintenance, Inc. · Moran Insurance
Mullen, Sandberg, Wimbish, & Stone, PA · Naptown Scoop · Ogletree Deakins · ShiftMed · Sip Social Central Maryland
The Ellerson Group, Inc. · Thomas Park Investments · USI Insurance Services · Venable LLP · Wealthspire



Contact us at: denimanddiamonds@luminishealth.org

www.AAMCDenimAndDiamonds.org



Always caring for our community.

For 60 years, the **University of Maryland Baltimore Washington Medical Center** has built a legacy putting the health and people of this community first.

- High-quality hospital care.
- Easy access to primary and specialty care.
- A network of wellness-focused community services.
- Nationally recognized programs in cancer and cardiovascular care.
- Innovative surgical treatments for neurological and orthopedic conditions.
- Award-winning lung and critical care.
- Honored for nursing excellence.
- All connected to academic medicine.

And we're just getting started.

UM BALTIMORE
WASHINGTON
MEDICAL CENTER



Celebrating **60** YEARS

umbwmc.org/alwayscaring | A better state of care.

