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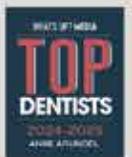
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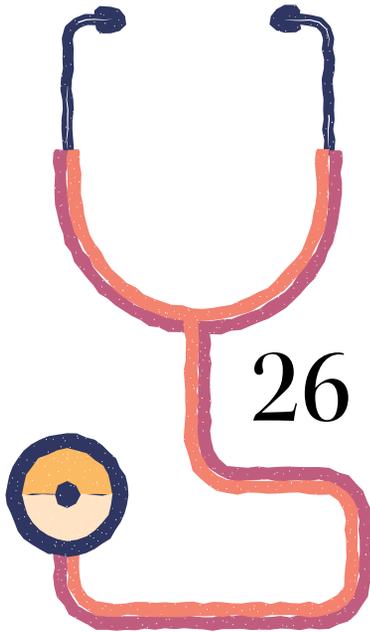


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SEPTEMBER/OCTOBER 2025

- ◀ **On the Cover:** Our biennial “Top Docs” honors are revealed. Design by August Schwartz  
*What’s Up? Central Maryland* online at [whatsupmag.com](http://whatsupmag.com).
- ♻️ Please recycle this magazine.



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## Call for Entries:

**The most exquisite and compelling projects in residential construction and design!**

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

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—open September 1st and close October 31st.



**[whatsupmag.com/homeexcellenceawards2026](https://whatsupmag.com/homeexcellenceawards2026)**

*Awards will be revealed in the February 2026 issues of What's Up? Annapolis,*

*What's Up? Eastern Shore, and March 2026 issue of What's Up? Central Maryland.*



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# Expert of the Month



Photo by Sienna Ferraro Shiblee

Alex Pagnotta

Alex Pagnotta

Managing Attorney | Sinclair Prosser Gasior

**A**lex Pagnotta holds an LL.M. in taxation, focusing on estate planning and estate administration, from New York University (NYU).

## What is the estate tax?

A tax applied to the value of your estate when you pass away. Your estate includes everything that you own at the time of your death minus your debts. If your estate is higher than the estate tax exemption, a tax is owed on the excess amount at a rate of 40% (federal) and 16% (Maryland).

## What about an estate tax at the state level?

Maryland imposes its own estate tax. If you pass away with an estate valued over \$5 million in 2026, the amount above that threshold is subject to Maryland estate tax.

**With the recent passing of the “One Big Beautiful Bill,” do I still need advanced estate planning? Yes—and here’s why:**

1. Since Maryland imposes its own estate tax on estates over \$5 million, planning now could save your estate from a significant state-level tax.
2. Two key unknowns make planning essential.

**a. You don’t know what the laws will be at the time of your passing.** The current exemptions apply *only if you pass away in 2026*. Exemption amounts can change. For

instance, if the “One Big Beautiful Bill” didn’t pass, the federal estate tax exemption would have been reduced to \$5 million (indexed for inflation). Additionally, Governor Wes Moore’s proposal that didn’t pass would have reduced Maryland’s estate tax exemption to \$2 million.

**b. You won’t know the value of your assets when you pass.** Your assets could grow in value, or you could receive an inheritance, pushing you over the exemption thresholds.

## How can you plan for the future when you don’t know what it holds?

Since we can’t predict future tax laws or the value of your estate years from now, here’s how to get started:

1. Calculate the current value of your estate. If you’re anywhere near the federal or Maryland estate tax exemption levels, it’s wise to consider advanced estate planning strategies like a SLAT, ILIT, QPRT, or a charitable trust.

2. Consult an estate planning attorney who can recommend advanced planning tools.

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# Arts & Culture

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HIGHLIGHTING  
ENTERTAINMENT,  
COMMUNITY,  
AND EVENTS



Maryland  
Seafood  
Festival

PG. 11



## **OYSTER THYME FEAST**

Savor the flavors of the Bay at the Oyster Thyme Feast, happening Saturday, September 13 at Harvest Thyme Tavern in Davidsonville. This all-you-can-eat oyster celebration features raw, fried, and Rockefeller oysters paired with wines selected by Chef Rik. A portion of proceeds supports oyster recovery efforts in the Chesapeake, so you can indulge for a good cause. Seating is limited, so get your ticket before it's shucked and gone! More info: [harvestthymetavern.com](http://harvestthymetavern.com) | 443-203-6846

## **The Big Dill World's Largest Pickle Party**

Pickle lovers, rejoice! The Big Dill returns to Power Plant Live! in Baltimore on September 20–21 with all things briny and bizarre. From pickle-eating contests and giant inflatables to themed cocktails and live music, this event is as quirky as it is fun. Whether you're team sweet or sour, there's something for every pickle personality. Costumes encouraged—pickle pride required. More info: [bigdill.com](http://bigdill.com)





## Maryland Seafood Festival

Feast your way through a Chesapeake Bay tradition at the Maryland Seafood Festival, happening September 13–14 at Sandy Point State Park. Enjoy steamed crabs, fresh-shucked oysters, chef demos, local vendors, beer tastings, and a kids' zone—all with beautiful bay views. With something delicious around every corner, this is your end-of-summer excuse to indulge in all things seafood. Bring the whole family for a weekend of fun and flavor. More info: [maryland-seafoodfestival.com](http://maryland-seafoodfestival.com).

## **MUSIC BY THE MARSH; CELEBRATING 40 YEARS AT JUG BAY WETLANDS SANCTUARY**

Join the celebration at Jug Bay Wetlands Sanctuary's 40th anniversary event, Music by the Marsh, on Saturday, September 27 from 2 to 7 p.m. Enjoy live music, food trucks, nature walks, hands-on exhibits, and family fun at the scenic Emory Waters Nature Preserve. It's a joyful day honoring decades of environmental education and habitat conservation along the Patuxent River. More info: [jugbay.org](http://jugbay.org) | 410-741-9330



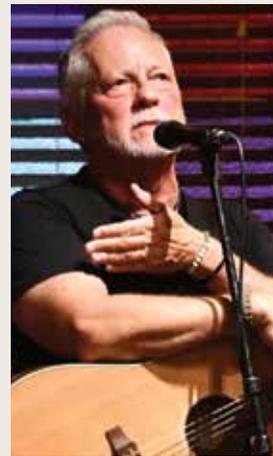


**ANNAPOLIS  
BAYGRASS  
MUSIC FESTIVAL**

Experience bluegrass with a purpose at the Annapolis Baygrass Music Festival, September 20–21 at Sandy Point State Park. This feel-good weekend features top Americana and jamgrass acts, plus local food, artisan vendors, and a strong focus on mental health and Chesapeake Bay conservation. Whether you're grooving by the main stage or lounging in the grass, it's a celebration of music, mission, and waterfront beauty. More info: [baygrassfest.com](http://baygrassfest.com)

**32ND ANNUAL BOB FERRY GOLF CLASSIC**

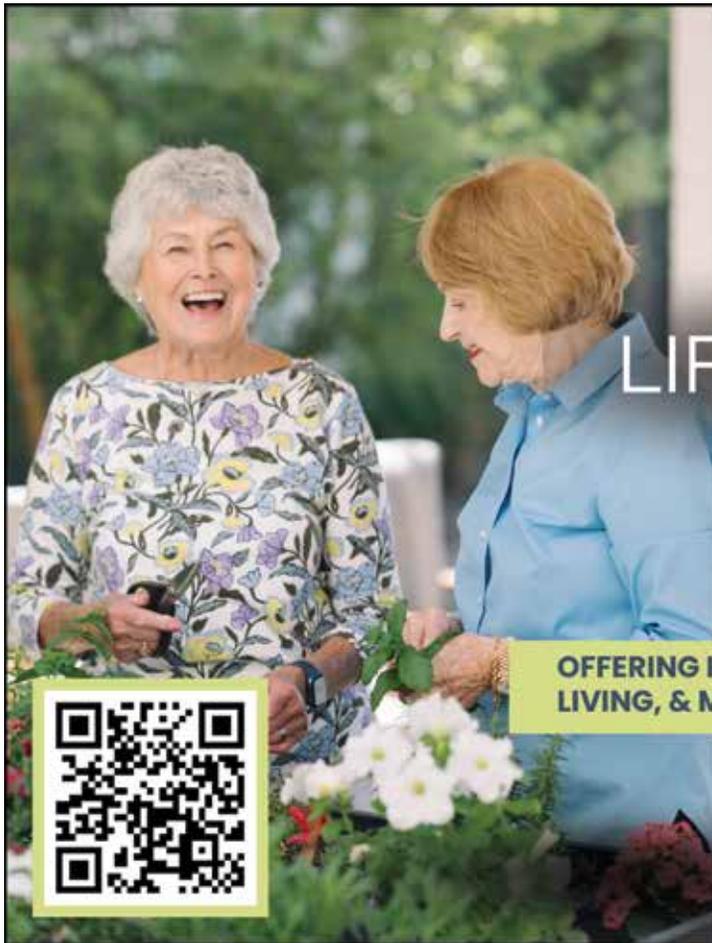
Hit the green for a good cause at the 32nd Annual Bob Ferry Golf Classic on Monday, September 15 at The Golf Club at South River. This annual fundraiser benefits the Boys & Girls Clubs of Annapolis & Anne Arundel County, supporting programs that empower local youth. Expect a day of friendly competition, great networking, and meaningful impact—plus a chance to show off your swing. More info: [bgcaa.org](http://bgcaa.org) | 410-263-2542



**A Night  
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Weaver**

Singer-songwriter Ray Weaver returns to his hometown for a soulful night of stories and songs on Mon-

day, September 15 at Killarney House Irish Pub. Enjoy an intimate acoustic performance alongside a delicious three-course dinner, all for just \$40. With heartfelt lyrics, warm humor, and a deep connection to the local community, Ray's performance promises an unforgettable evening. Perfect for date night or a meaningful Monday out. More info: [killarneyhousepub.com](http://killarneyhousepub.com) | 410-798-8700



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## FALL FESTIVAL ON THE GREEN

Celebrate the start of fall at the beloved Fall Festival on the Green, taking place Saturday, September 27 from 10 a.m.–3 p.m. in Crofton. Hosted by the Greater Crofton Chamber of Commerce, this free community event features food trucks, craft vendors, games, inflatables, and live entertainment for all ages. Bring the family, grab a pumpkin spice treat, and enjoy the crisp autumn air. More info: [crofton-chamber.com](http://crofton-chamber.com) | 410-897-2069



## Bay Bridge Paddle

Grab your paddleboard or kayak and take on the Chesapeake Bay during the Bay Bridge Paddle on Sunday, September 14. This one-of-a-kind race offers three course options under the iconic Bay Bridge, drawing paddlers of all levels to Sandy Point State Park. After the race, stick around for live music, food vendors, and festivities as part of the Maryland Seafood Festival. It's equal parts adventure, community, and shoreline fun. More info: [baybridgepaddle.com](http://baybridgepaddle.com)



**AL GREEN AT THE HALL AT LIVE!  
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Feel the soul and soak in the nostalgia as legendary singer Al Green performs live on Friday, September 19 at The HALL at Live! in Hanover. With timeless hits like “Let’s Stay Together” and “Tired of Being Alone,” this is a once-in-a-lifetime chance to see a true icon in an intimate setting. Doors open at 6:30 p.m.—don’t miss your chance to catch this unforgettable concert. More info: [maryland.livecasinohotel.com](http://maryland.livecasinohotel.com) | 443-445-2930

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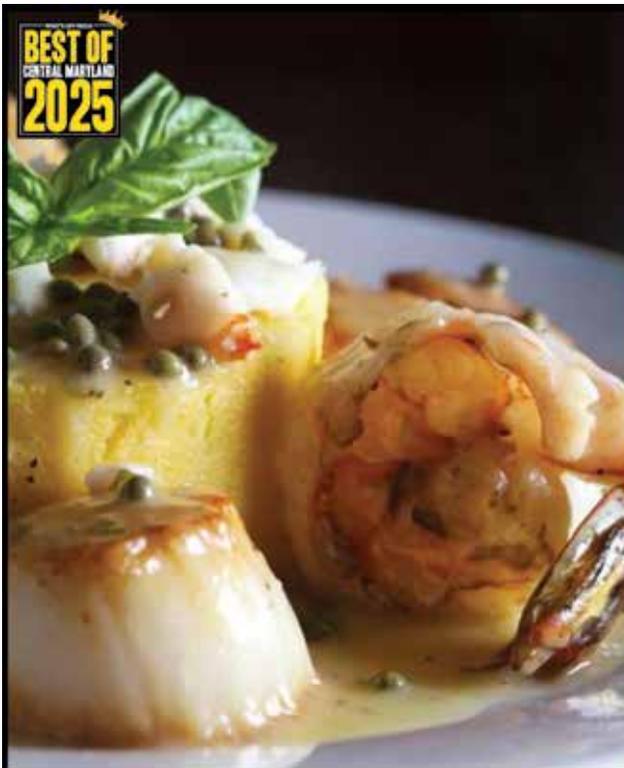
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# Feeding Hope

The Anne Arundel County Food Bank (AACFB) held its fourth Feeding Hope benefit on June 12th at the USNA Fluegel Alumni Center in Annapolis. The event, presented by the Deerbrook Fund, benefitted the food bank's work to provide fresh, nutritious food to neighbors in need across Anne Arundel County. Event attendees were treated to an array of delicious food from area restaurant sponsors, while the band Red Betty & The Ruckus rocked the house, and a unique "can-struction" project brought a sculpture made of cans to life throughout the event. Learn more about AACFB at [aafoodbank.org](http://aafoodbank.org).

**1.** Completed can-struction project **2.** Rob Levit, Leah Paley (AACFB CEO), and AACFB Board Members, Pamela Meyers, Brian Dague (Chair), and Jim Vika **3.** Community Foundation of Anne Arundel County staff members Mary Spencer (CEO), John Rodenhausen, Jennifer Lagrotteria, and William and Joann Vaughan (AACFB Board Member) **4.** Legislative Aide Spencer Dixon; Delegate Dylan Behler; Councilwoman Lisa Rodvien; Councilwoman Shannon Leadbetter; and Legislative Aide to Councilwoman Rodvien, Courtney Buiniskis **5.** Candid of guests enjoying the event, including Jonathan Kagan (center) **6.** Jeremiah Batucan (AACFB Board Member), Ellen Shiery, Andrew Blischak, Shelly and Scott Elliott, Chuck Hawley **7.** Caliente Grill owner Roxana Rodriguez and her colleague serve food to Georgi and Dick Franyo, and Helaine Barry (AACFB Board Member) **8.** Leah Paley, Hunger Hero Awardees Erica and Sean Shannon, and Brian Dague **9.** Vanessa Carter (AACFB Board Member), Dr. Shawn Ashworth (Food for Thought Pantry), Sandra Anez Powell, and Dr. Norman Powell **10.** Leah Paley, and board members, Helaine Barry, Brian Dague, Mary Louise Howe, and Jeremiah Batucan **11.** AACFB Board Chair Brian Dague, Hunger Hero Awardees Natalie Blackmon and Melita Jones, and AACFB CEO, Leah Paley





## Golf Fore Our Girls

Girls on the Run Greater Chesapeake hosted its annual Golf Fore Our Girls tournament on Thursday, May 15, at Renditions Golf Course in Davidsonville. Players and attendees enjoyed 18 holes of golf, on-course refreshments, a “Taste of Mexico” taco bar lunch, happy hour, prizes, and fun. The event supported the organization’s advocacy, outreach, and membership, ensuring access to positive, youth development programs across the region. Learn more about Girls on the Run Greater Chesapeake at [gotrchesapeake.org](http://gotrchesapeake.org).

1. Kirk Hammock, What’s Up? Media’s Beth Kuhl, and Anita Rizek 2. Girls on the Run Greater Chesapeake’s Executive Director Kelly Makimaa and Board Chair Mary Clare Coghlan (both in pink) with friends 3. Kelly Makimaa addresses the crowd 4-8. Groups ready to hit the links





Kelly Anderson



Emily Owens Channell

### LEADERSHIP ANNE ARUNDEL UPDATES BOARD

Leadership Anne Arundel (LAA), a community leadership training and networking institute, has announced two new Board members, who began their terms on July 1. Kelly Anderson, a graduate of the LAA Flagship Class of 2020 and current Director of Sarah’s House, a nonprofit shelter for those experiencing homelessness, joins the board. Joining her is Emily Owens Channell, a graduate of the LAA Flagship Class of 2024 and Director of Talent Acquisition for Eagle Title/Liff, Walsh & Simmons. Anderson and Channell join the LAA Board’s confirmed officers, including: Monica Rausa (FLG20), Chair; Shawn Ames (FLG22), Vice Chair; Todd Frankenfield (FLG18), Treasurer; and Christine Wilson (FLG07), Secretary. According to LAA President & CEO Kris Valerio Shock, “The Leadership Anne Arundel (LAA) Board of Directors is comprised entirely of LAA graduates. As such we benefit from the wisdom and experience of some of the most connected and experienced leaders in the county. We are deeply grateful for the passion and dedication to community leadership our new and continuing Board members bring to the table.” LAA’s full Board of Directors for the 2025–2026 Fiscal Year is listed at [leadershipaa.org/page/board](http://leadershipaa.org/page/board).

### South County Concert Association Celebrates 50 Years

The South County Concert Association, founded in 1975, is celebrating 50 years of offering the community a variety of concerts by nationally and internationally recognized artists. Its goals have remained the same over the decades—bringing fine music and entertainment to the stage. The Association now features five shows each season. It continues to offer performances that range from vocal and instrumental soloists to large, choral, instrumental, and dance groups. The 50th anniversary season kicks off this month, September 16 at South River High School with the band/vocalist group, The Bronx Wanderers (pictured). For the full schedule of this season’s concerts and more information, visit [southcountyconcertassociation.org](http://southcountyconcertassociation.org). Congratulations on 50 years!



### LUMINIS HEALTH ANNE ARUNDEL MEDICAL CENTER RECEIVES MASSIVE DONATION

Luminis Health Anne Arundel Medical Center (LHAAMC) has announced a transformational philanthropic gift from Annapolis resident Sally Ehrle, PhD—one of the largest in the hospital’s nearly 125-year history. In recognition of this extraordinary generosity, the main North Pavilion lobby at LHAAMC has been named in honor of Sally and her late husband, Raymond Ehrle. Dr. Ehrle’s contribution is the lead gift of a major philanthropic investment in support of Luminis Health’s Vision 2030 strategic plan, with the goal of enhancing health, advancing wellness, and removing barriers to high quality care. The Ehrle’s gift will support planned renovations to expand patient care space, allowing LHAAMC to better serve the community and introduce additional patient-centered innovations. “Raymond and I lived simply with a goal of someday using our resources to support the community,” Dr. Ehrle said. “I have been an Annapolis resident for 23 years and feel a strong tie to this community.” Always humble and focused on others, Dr. Ehrle has asked that the amount of her gift remain confidential and hopes to instead focus on the impact that philanthropy can make on the health of the community. “By enabling us to grow with the needs of our community, Dr. Ehrle’s gift will enhance the health of generations to come,” said Elizabeth Gross, vice president of the Luminis Health Anne Arundel Medical Center Foundation. Learn more about Luminis Health at [luminishealth.org](http://luminishealth.org).



**AACPL FOUNDATION  
ELECTS NEW LEADERSHIP**

The Anne Arundel County Public Library Foundation recently elected a new slate of officers for fiscal year 2026. Crownsville resident Jane Campbell-Chambliss will serve as president, with Katie PrechtI Cooke, of Annapolis, elected vice president. Stacy L. KorbelaK, of Annapolis, will take on the role of secretary, and Tim Williams, of Edgewater, will act as treasurer. Past president Linda Greene of Edgewater will remain on the executive committee, along with Stephen R. Holt, of Annapolis and Diane Rinaldo, of Edgewater, who will serve as at-large members.

“We’re excited to welcome our new officers and executive committee as we work to grow philanthropy for the library across Anne Arundel County,” said Cathleen Sparrow, Library Foundation executive director. “Libraries are where everyone belongs, and our board is committed to helping every branch thrive through strong community support.”

In 2006, a group of public-spirited individuals formed the Library Foundation as a separate 501 (c)(3) nonprofit organization to raise additional funds otherwise unsupported by county funding. For more information, visit [aacpl.net/donate](http://aacpl.net/donate).

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# Maryland Association for Environmental and Outdoor Education

**CELEBRATING 40 YEARS OF ADVOCATING FOR ENVIRONMENTAL LITERACY IN MARYLAND**

By Lisa A. Lewis

**W**hen a group of concerned individuals founded the Maryland Association for Environmental and Outdoor Education (MAEOE) in 1985, they embarked on a journey to empower members of Maryland's communities through environmental literacy. Initiated as a grassroots effort, the nonprofit organization has grown significantly throughout the years—emerging as a leader in this critical movement. As MAEOE commemorates its 40th anniversary this year, it not only celebrates the significant milestones it has achieved but also looks forward to continued growth.

Guided by its mission to “encourage, engage, and empower [the] community to understand, responsibly use, and promote the natural world,” MAEOE advances environmental education and serves as a catalyst for environmental stewardship. Comprised of a statewide network of partners, the organization cultivates an understanding of environmental issues, promotes problem-solving skills, and encourages community engagement. In short, MAEOE leverages environmental education as the pathway to achieving environmental literacy—enabling individuals to make informed decisions and take action to protect the environment.



“Maryland has a long history of environmental education,” says Laura Johnson Collard, executive director, MAEOE. “By equipping educators, resource managers, environmental program coordinators, students, and others with the knowledge and skills they need to understand the environment, we advocate for a greener, sustainable environment.”

## **MARYLAND GREEN SCHOOLS PROGRAM**

Established in 1999, the Maryland Green Schools (MDGS) program is the signature program of MAEOE. The program, which celebrated its 25th anniversary last year, has expanded to 22 of Maryland's 23 counties and Baltimore City, including every county except Somerset County. The MDGS program recognizes schools and organizations that connect students to nature and empower them to become environmental stewards.

According to MAEOE, 693 schools in Maryland are currently certified as Green Schools. This figure represents 38 percent of all schools in the state, including both public and private schools. MAEOE has set a goal to certify 50 percent of Maryland's schools by 2028.

“Green Schools provide engaging and effective instruction by integrating environmental learning across all subjects,” Collard says. “The results are powerful. We see students leading composting programs, conserving energy, joining environmental clubs, and advocating for what is important to them. These stories give us hope. They remind us that when young people are empowered with knowledge and a connection to the world around them, they become the changemakers we need—not just for the future, but right now.”

Becoming a Green School involves a rigorous application process. To maintain award status, schools must reapply every four years. An annual Youth Summit celebrates the achievements of teachers, students, parents, staff, and partners who participate in the program.

“The health of our world is dependent on our future biologists, naturalists, conservationists, environmentalists, and creative thinkers,” says Melissa King, school library media specialist, Flower Hill Elementary School, Montgomery County Public Schools. “Becom-

ing a Maryland Green School and continuing to do the work to maintain status as a Green School is extremely important to our students' outdoor education experiences and opportunities for hands-on learning. Understanding how their conservation efforts help the Earth is a powerful learning experience."

Although Maryland has always been a leader in the environmental literacy movement, the state made history in 2011 by becoming the first state in the nation to enact an environmental literacy high school graduation requirement. According to the mandate, every public school in Maryland is required to offer a comprehensive, multidisciplinary environmental education program integrated into the curriculum. This milestone not only underscores Maryland's commitment to fostering environmentally literate students but also demonstrates its role as a model for other states.

### **BEHIND THE SCENES AT A GREEN SCHOOL**

Flower Hill Elementary School in Gaithersburg is just one of the many Green Schools in Maryland. As part of its curriculum, the school offers numerous opportunities for students to learn about the natural world and participate in hands-on learning activities. King teaches nature-related lessons to her students and leads outdoor projects.

Students take part in a variety of environmental projects, such as creating and maintaining a pollinator garden, performing campus clean-ups, building and monitoring bluebird boxes, and walking to the neighborhood pond for community clean-ups. In addition, King says the second graders grow lettuce in the spring and harvest it in June.

"My desire to learn helps me become a better teacher and offer a variety of experiences to my students," King says. "It's so rewarding to see

my students grow. I love seeing them smile as they put their hands into the soil, marvel at the plants, flowers, birds, worms, and insects in our pollinator garden, and go on walking field trips in nature."

King is the lead teacher for Flower Hill Elementary School's Green School program. The school's elementary science curriculum includes environmental education at every grade level.

### **40TH ANNIVERSARY CELEBRATIONS**

Although MAEOE formally commemorated its milestone anniversary during its annual conference in February, the organization will continue the celebration during an open house at its new office location in the Earl Conservation Center, 1212 West Street in Annapolis. The event will take place on September 9 from 5 to 7 p.m. For more information, e-mail [communications@maeoe.org](mailto:communications@maeoe.org).

"The work we do for the environment is so rewarding," Collard says. "I love hearing from Green School students about what they are doing. Their stories fill me with hope for the future. I also love working with my colleagues throughout the region, the state, and the nation. Our organization is small, but we work with amazing people. We face challenges, but what we do collectively keeps us going every day."



FOR MORE INFORMATION ABOUT MARYLAND ASSOCIATION FOR ENVIRONMENTAL AND OUTDOOR EDUCATION, VISIT [MAEOE.ORG](http://MAEOE.ORG).

# Meet Student-Athlete Jack Nebbia

## AACS SENIOR HAS HIS SIGHTS SET ON RUNNING FOR A DIVISION I PROGRAM

By Tom Worgo

**R**unning records at Annapolis Area Christian School are etched in Jack Nebbia's brain. Nebbia, a four-year member of the school's cross-country team, thinks about them all the time. He's been sharply focused on breaking a few since he saw the numbers on the wall of the school's gym back in the seventh grade.

Hunter Steinau set one of those records as a senior in 2020—the 3200 meter run. With the way Nebbia improves on his times running year to year, he has a legitimate chance to break it. Nebbia shaved time off his 3200m run from his freshman year to his sophomore year. Things got even better in 2024. He increased his improvement and is second all-time to Steinau. Surpassing the record is even more important than winning championships, including the MIAA title he captured in November of 2024.

"That race helped me see what I am capable of," Nebbia explains. "It made the record seem a lot closer."

"I am pursuing it aggressively," Nebbia says of the record. "I think I will shave more time off because I have done it so much. I think I can shave another big chunk off. My realistic goal is to just break the record." Nebbia also wants to run in college at the highest level like Steinau, who went to compete for Division I High Point University in North Carolina.

The 5-foot-11, 140-pound Nebbia made a list of eight Division II and Division I schools—including Lees-McRae College, and Longwood and West Liberty universities—he's considering. He's after

**"THAT RACE HELPED ME SEE WHAT I AM CAPABLE OF"**



an athletic scholarship. Nebbia carries a weighted 4.1 grade-point average and plans to major in kinesiology.

"He can definitely run in a Division I program," says AACS Cross Country Coach Kristjana Cook, who also serves as an indoor and outdoor track assistant coach. "It's because of his drive and dedication—for sure. He is extraordinary. I tell his parents, I know they are his biggest fans, but I am right behind them."

Nebbia's determination to meet his goals showed this past summer. He ran 60 miles a week between at school and on the B&A Trail. That's a 15-mile increase from the summer of 2024. Nebbia hopes the additional training will get him better results.

Nebbia will become a three-sport athlete at AACS for the first time when the school fields its first-ever indoor track team this winter. He'll run the 600, 800, and the 1,600. Then its onto outdoor track. Nebbia competes in individual and relay events for the Eagles.

"It's hard for him to get everything he wants to do in a two-hour practice," AACS Track and Field Coach Madelyn Smith. "So, he will go out and really work on his own. And he's very coachable. He really listens to everything I have to say."

And the 17-year-old Nebbia is always looking to get in extra running. He's raced in Annapolis Striders events throughout high school, and competes in the club's 5K, 15K, and five-mile races.

"When he runs, it looks like he is floating," Cook says. "It's just effortless. He's always had a great work ethic. What separates Jack from other runners is his attitude. He runs with joy and it's infectious. Jack is naturally gifted, he really works hard and truly loves cross country," she adds. "That combination is what makes him so special."

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# Baltimore Ravens' Roger Rosengarten

**THE SECOND-YEAR TACKLE IS READY TO RUMBLE THIS SEASON**

By Tom Worgo

**R**oger Rosengarten enjoyed football more than he could ever imagine in 2024, with so many positive things happening. First, with the University of Washington Huskies, then with the Baltimore Ravens.

All of his success started when Rosengarten, a 6-foot-5, 316-pound offensive tackle, played in the College Football National Championship game against Michigan, and about two months later, he ran the fastest time by a lineman at the NFL Combine.

It only got better once he got involved with the NFL. The Baltimore Ravens drafted Rosengarten in the second round in April 2024 and a week later, he received a \$1.5 million signing bonus with an average annual contract salary of \$1.6 million. In the fall, he became the Ravens' starter at right tackle.

"I am really looking forward to year two," Rosengarten says. "I just have to stay focused. There is no room for error in the NFL."

How good was Rosengarten last year? He beat out Patrick Mekari, a fifth-year veteran in training camp. Mekari had 16 starts between both tackle positions, 13 at center and 17 at guard, in training camp. Rosengarten appeared in 17 games—starting 14—on his way to being named to the Pro Football Writers of America All-Rookie team.

College football prepared Rosengarten well for the NFL. He started 26 games over his final two seasons and earned All-American honors in 2023.



He learned what it was like to play in a pro-style offense. Rosengarten and the Huskies racked up 23 points or more in eight of 13 regular-season games. At the same time, he played with two 2024 first-round picks, quarterback Michael Penix, Jr. and wide receiver Rome Odunze, and third-round pick Ja'Lynn Polk, a wide receiver.

"We had weapons all around," says the 23-year-old Rosengarten, a native of Colorado. "It was really fun."

**What has been the biggest challenge in your two seasons as a Raven? What has really surprised you the most?** Being strong mentally throughout a whole season and having that pro mentality mindset. Staying consistent is the thing. The biggest surprise when I first came in last year: You can't make mistakes. There is

no room for error in the NFL. If you have room for error, you are going to get beat or give up a sack. Every step and hand placement has to be done with precision and absolute focus.

**Players say going from their first year to their second year is when you can make improvements. Is this due to your off-season training?** Absolutely. It is completely different from year one to year two. When you get here as a rookie, you stay in a hotel (for weeks). You aren't used to it. The little things to the big things. There is so much change in your second year, but it's good change.

**What type of training do you do?** Everything from A to Z. I do a mix of everything. I want to focus on my whole body, from the ankles up. I do high reps. I am not doing the full-out power thing. Some of the things I do: regular bench press, single-arm bench, split squats, and back squats. I also do cardio, and we are on the field for an hour to two hours. I will push a sled a lot on the field.

**"I JUST HAVE TO STAY FOCUSED. THERE IS NO ROOM FOR ERROR IN THE NFL."**

**Your time in the 40-yard dash at the NFL Combine last year was the fastest of any offensive lineman. How does your speed help you on the field?** For me, it's all about getting off once the play starts. I think a lot of analysts talk about the 10-yard split. I think I had a good one. I can get out in space, and we like to pull our tackles quite a bit. The quicker you can get on the defense, the quicker they will be on their heels.

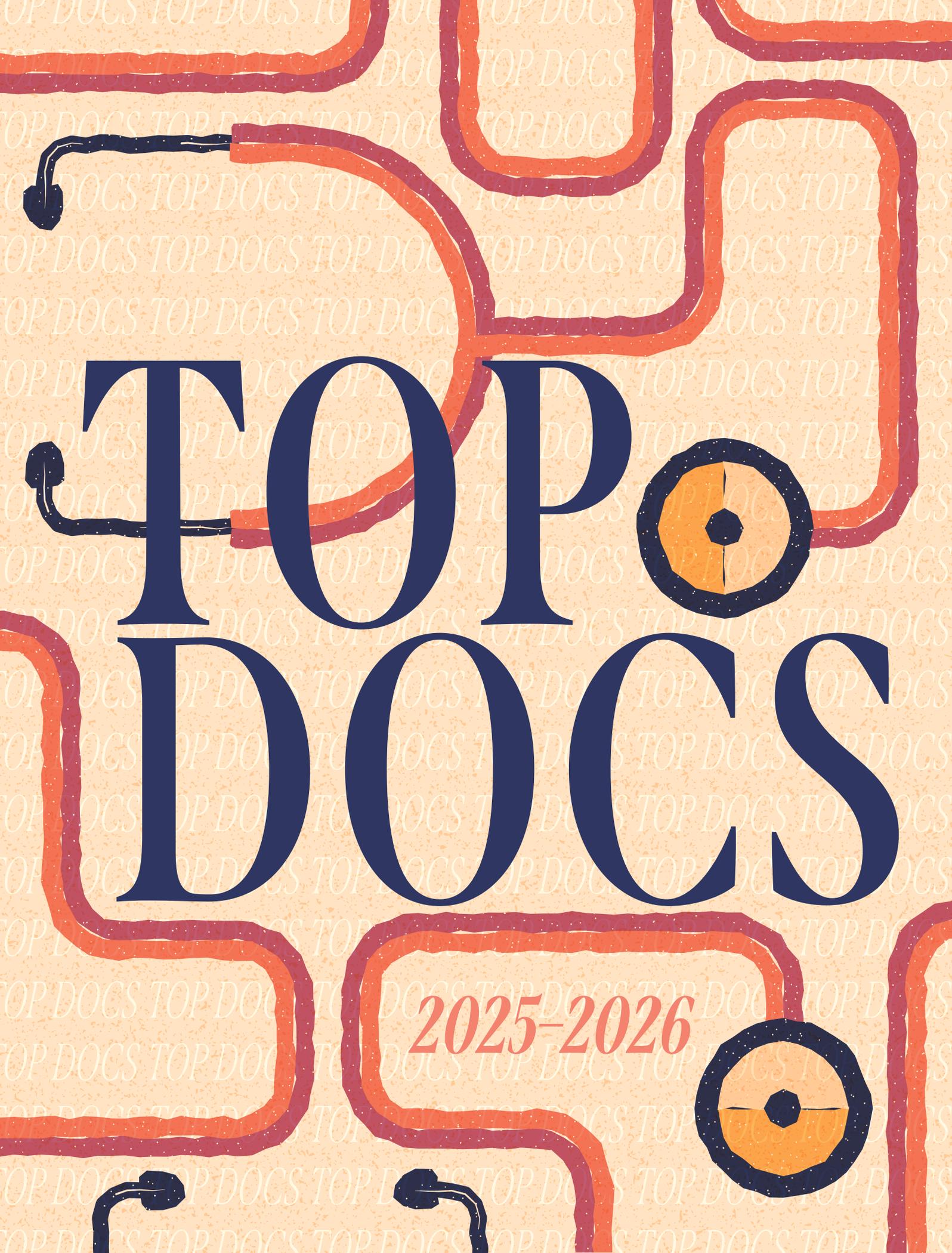
**The starting job wasn't handed to you in training camp last year. You had to battle to win the job. Can you talk about that?** That's the way it's been my whole life. My father and mother always told me that nothing is going to be given to you. You always have to earn your spot. I always tell myself I am going to compete and be the best offensive tackle on the field. That's the mentality I have.

**Have you been taking snaps at left tackle, which is a very important position, over the past two years? Do you think you can play the position at a high level if called upon?** Being able to play both tackle positions is a rare commodity. I was taking left tackle repetitions last year. I will be comfortable wherever they put me. I can play guard if they want me to. We ended up signing (left tackle) Ronnie Stanley (in March). It feels good to be on the side where I started last season, and having a dynamic duo with the tackle play.

**It's hard thinking about the Ravens and not bringing up Head Coach John Harbaugh, who is going into his 18th season. How would you describe your relationship to him?** We have a great relationship. Coach Harbaugh is always going to be the first one on the field. For games, he wants to be nitty, gritty on the details. That's a great thing to have in a head coach. He is very detail-oriented, and I can't say enough good things about him.

**Before joining the Ravens, you had a great college career at Washington. What was it like playing in the College Football National Championship game against Michigan? What were the highlights?** It's definitely a once-in-a-lifetime opportunity. We didn't get the result we wanted, and I didn't play the way I wanted. Looking back at the season, I know I can lay my head on a pillow and say I gave everything I had. That has been my mentality. We can say we were one of college football's best teams. That is exciting.

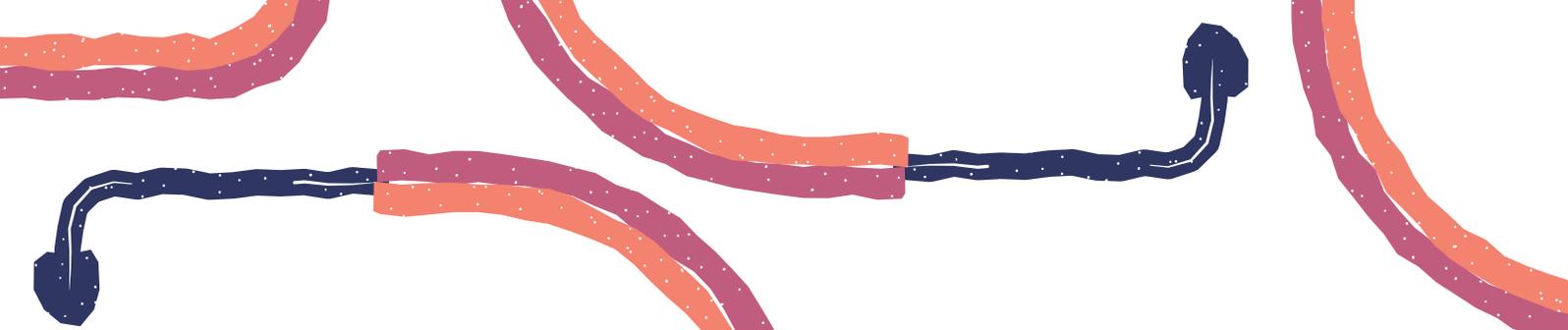




# TOP DOCS

2025-2026





# The Greater Chesapeake Bay region's top peer-recommended doctors

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

This is What's Up? Media's 12th biennial **Top Docs** project, dating back to 2003. And each campaign requires an amazing amount of time and energy to execute. Top Docs has been a six-month process that began in March with the survey of medical doctors practicing within the distribution region of our publications *What's Up? Annapolis*, *What's Up? Central Maryland*, and *What's Up? Eastern Shore*.

Doctors were asked to participate in an online, secure survey, which listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recommend their most qualified peers, in their opinion, for each category of specialty/condition. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). Surveys were collected by deadline, vetted, and the results tallied.

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

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



## Top Docs on the Shore

For the full list of Top Docs 2025–2026 on Maryland's Eastern Shore, visit [whatsup-mag.com](http://whatsup-mag.com) and click "Digital Editions" in the top-right corner of our website. You'll be able to flip through the digital versions of our magazines, including the October 2025 issue of *What's Up? Eastern Shore*.

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### **INTERNAL MEDICINE**

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

**Dr. Andre Savio Colaco** – Annapolis  
Internal Medicine •  
116 Defense Highway,  
Ste. 400, Annapolis,  
MD 21401 • 410-897-  
9841 • annapolisinter-  
nalmedicine.com

**Dr. Andrew Patrick McGlone** – Luminis  
Health Primary Care  
Annapolis • 2002  
Medical Parkway, Ste.  
670, Annapolis, MD  
21401 • 443-481-1150 •  
luminishealth.org

**Dr. Mariaileen Davis Sourwine** – Inspire  
Integrative Medicine  
• 277 Peninsula Farm  
Road, Bldg. 3, Ste.  
1, Arnold, MD 21012  
• 410-989-8833 •  
myprivia.com/pmg.  
inspire-im

**Dr. Rita Jeyarani Shkullaku** – Annapolis  
Internal Medicine •  
116 Defense Highway,  
Ste. 400, Annapolis,  
MD 21401 • 410-897-  
9841 • annapolisinter-  
nalmedicine.com

**Dr. Ruth Karman Gallatin** – Crofton  
Internal Medicine  
• 2401 Brandermill  
Boulevard, Ste. 220,  
Gambrills, MD 21054 •  
410-451-7214 •

**Dr. Timothy Gerard Woods** – Annapolis  
Internal Medicine •  
116 Defense Highway,  
Ste. 400, Annapolis,  
MD 21401 • 410-897-  
9841 • annapolisinter-  
nalmedicine.com

### **NATUROPATHIC MEDICINE**

*Diagnose, prevent, and treat acute and chronic illness to restore and establish optimal health by supporting the person's inherent self-healing process.*

**Dr. Erin E. Kinney** –  
The Kinney Clinic • 522  
Chesapeake Avenue,  
Ste. 2, Annapolis, MD  
2140 • 443-758-6778 •  
thekinneyclinic.com

### **NEPHROLOGY**

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

**Dr. Adnan Hasan Hashmi** – Washington  
Nephrology Associ-  
ates • 116 Defense  
Highway, Ste. 202,  
Annapolis, MD 21401 •  
410-224-0270 • wash-  
ingtonnephrology.com

**Dr. Andrew Earl Briglia** – Luminis Health  
Annapolis Nephrology  
Associates • 104  
Forbes Street, Ste.  
102, Annapolis, MD  
21401 • 410-571-8333 •  
luminishealth.org

### **NEUROLOGICAL SURGERY**

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

**Dr. Brian Joseph Sullivan** – Maryland  
Brain, Spine + Pain •  
1000 Bestgate Road,  
Ste. 400, Annapolis,  
MD 21401 • 410-266-  
2720 • mbpsp.com

**Dr. Chad Matthew Patton** – Luminis  
Health Orthopedics  
• 2000 Medical  
Parkway, Ste. 101,  
Annapolis, MD 21401  
• 410-268-8862 •  
luminishealth.org

**Dr. Clifford Todd Solomon** – University  
of Maryland Baltimore  
Washington Spine  
and Neuroscience  
Center • 255 Hospital  
Drive, Ste. 208, Glen  
Burnie, MD 21061  
• 410-553-8286 •  
umms.org

**Dr. Yu-Hung Kuo**  
– Luminis Health  
Neurosurgery • 1000  
Bestgate Road, Ste.  
400, Annapolis, MD  
21401 • 443-951-4994  
• luminishealth.org

### **NEUROLOGY**

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

**Dr. Brian C. Salter** –  
Annapolis Neurology  
Associates • 122 De-  
fense Highway, Ste.  
210, Annapolis, MD  
21401 • 410-266-9694  
• annapolisneurology.  
com

**Dr. Daniel Page Hexter** – Annapolis Neurology Associates • 122 Defense Highway, Ste. 210, Annapolis, MD 21401 • 410-266-9694 • annapolisneurology.com

**Dr. Maya Rai Carter** – Annapolis Neurology Associates • 122 Defense Highway, Ste. 210, Annapolis, MD 21401 • 410-266-9694 • annapolisneurology.com

**Dr. Molly Daymont Price** – Annapolis Neurology Associates • 122 Defense Highway, Ste. 210, Annapolis, MD 21401 • 410-266-9694 • annapolisneurology.com

**Dr. Nicholas A. Capozzoli** – Luminis Health Affiliate Provider • 122 Defense Highway, Ste. 100, Annapolis, MD 21401 • 410-263-9490 • luminishealth.org

#### OBSTETRICS

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

**Dr. Barbara G. Wells** – Chesapeake Women's Care • 2000 Medical Parkway, Ste. 306, Annapolis, MD 21401 • 410-571-9700 • myprivia.com/chesapeakewomenscare

**Dr. Jessica Brannon Russell** – Chesapeake Women's Care • 2000 Medical Parkway, Ste. 306, Annapolis, MD 21401 • 410-571-9700 • myprivia.com/chesapeakewomenscare

**Dr. Marcus Lefinis Penn** – Chesapeake Women's Care • 2000 Medical Parkway, Ste. 306, Annapolis, MD 21401 • 410-571-9700 • myprivia.com/chesapeakewomenscare

**Dr. Nicolle Renee Bougas** – Women Ob/Gyn P.A. • 2003 Medical Parkway, Ste. 250, Annapolis, MD 21401 • 410-224-2228 • myprivia.com/womenobgyn

#### OPHTHALMOLOGY

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

**Dr. Allan Richard Rutzen** – Rutzen Eye Specialists & Laser Center • 489 Ritchie Highway, Ste. 200, Severna Park, MD 21146 • 410-975-0090 • rutzeneye.com

**Dr. Heather Anne Nesti** – Chesapeake Eye Care and Laser Center • 2002 Medical Parkway, Ste. 320, Annapolis, MD 21401 • 410-571-8733 • chesapeakeeyecare.com

**Dr. Jeremy S. Snow** – Luminis Health Affiliate Provider • 2002 Medical Parkway, Ste. 610, Annapolis, MD 21401 • 410-897-0400 • luminishealth.org

**Dr. John Michael Avallone** – Ophthalmology Associates of Greater Annapolis • 83 Church Road, Arnold, MD 21012 • 410-757-2778 • annapoliseyecare.com

**Dr. Samuel Frank Boles** – Anne Arundel Eye Center • 127 Lubrano Drive, Ste. 301, Annapolis, MD 21401 • 410-224-2010 • annearundelleyecenter.com

#### ORTHOPEDIC SPORTS MEDICINE

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

**Dr. Benjamin McVay Petre** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Christina Marie Morganti** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Daniel Edward Redziniak** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. John-Paul Harris Rue** – Mercy Medical Center Glen Burnie • 7927 Ritchie Highway, Glen Burnie, MD 21061 • 410-761-2273 • mdmercy.com

**Dr. Justin Randall Hoover** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Michael Anvari** – Anne Arundel Orthopedic Surgeons, P.A. • 2926 Riva Road, Ste. 114, Annapolis, MD 21401 • 410-573-2530 • aaos.net

**Dr. Milford Howarth Marchant, Jr.** – MedStar Health Sports Medicine • 810 Bestgate Road, Ste. 310, Annapolis, MD 21401 • 410-554-6890 • medstarhealth.org

**Dr. Stephen Deshields Webber** – Luminis Health Orthopedics Mitchellville • 4000 Mitchellville Road, Ste. B116, Bowie, MD 20716 • 301-599-9500 • luminishealth.org

#### ORTHOPEDIC SURGERY (HAND)

*Dealing with surgery of the hand.*

**Dr. Alexander Donald Shushan** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Christopher Michael Jones** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Clayton Phillip Alexander** – Mercy Medical Center Glen Burnie • 7927 Ritchie Highway, Glen Burnie, MD 21061 • 410-761-2273 • mdmercy.com

**Dr. Thomas R. Dennis** – Annapolis Hand Center • 127 Lubrano Drive, Ste. 202, Annapolis, MD 21401 • 410-544-4263 • annapolishandcenter.com

#### ORTHOPEDIC SURGERY (HIP)

*Dealing with surgery of the hip.*

**Dr. James Herbert MacDonald** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Justin Randall Hoover** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Mark Loren Denzine** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Paul Jeffrey King** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

#### ORTHOPEDIC SURGERY (KNEE)

*Dealing with surgery of the knee.*

**Dr. James Herbert MacDonald** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Justin Randall Hoover** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Mark Loren Denzine** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Paul Jeffrey King** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

#### OSTEOPATHIC MEDICINE

*Whole-person approach to care by focusing on looking beyond your symptoms to understand how lifestyle and environmental factors impact your wellbeing.*

**Dr. Patrick Joseph Canan** – Luminis Health Primary Care Annapolis • 2002 Medical Parkway, Ste. 670, Annapolis, MD 21401 • 443-481-1150 • luminishealth.org

#### OTOLARYNGOLOGY

*Dealing with the ear, nose, and throat.*

**Dr. Anna Lisa DeBacco Overstreet** – Chesapeake Specialty Care Annapolis ENT • 2002 Medical Parkway, Ste. 230, Annapolis, MD 21401 • 410-266-3900 • annapolisent.com





**Dr. Lyle Modlin** – Annapolis Foot & Ankle (a division of Potomac Podiatry Group) • 43 Old Solomons Island Road, Ste. 102, Annapolis, MD 21401 • 410-263-3100 • annapolisfootandankle.com

**Dr. Rikhil D. Patel** – Peake Podiatry • 104 Forbes Street, Ste. 103, Annapolis, MD 21401 • 410 541-6323 • peakepodiatry.com

**PRIMARY CARE MEDICINE**

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

**Dr. Kosmas Papailiadis** – MedStar Health • 810 Bestgate Road, Ste. 135, Annapolis, MD 21401 • 410-573-1110 • medstarhealth.org

**Dr. Andrew Patrick McGlone** – Luminis Health Primary Care Annapolis • 2002 Medical Parkway, Ste. 670, Annapolis, MD 21401 • 443-481-1150 • luminishealth.org

**Dr. Casey Holloway Mabry** – University of Maryland Baltimore Washington Medical Center • 300 Hospital Drive, Ste. 121, Glen Burnie, MD 21061 • 410-553-8540 • umms.org

**Dr. Christopher Lewis Deborja** – University of Maryland Baltimore Washington Medical Group • 3708 Mountain Road, Pasadena, MD 21122 • 410-553-8273 • umms.org

**Dr. Janna Becker Davis** – University of Maryland Baltimore Washington Medical Group • 8601 Veterans Highway, Ste. 111, Millersville, MD 21108 • 410-553-8090 • umms.org

**Dr. Jeffrey Clark Schmidlein** – SP-DOCS Pediatrics and Internal Medicine • 844 Ritchie Highway, Ste. 206, Severna Park, MD 21146 • 410-647-8300 • spdocs.net

**Dr. John Alexander Billon** – Maryland Primary Care Physicians • 1509 Ritchie Highway, Arnold, MD 21012 • 410-757-7600 • mpccp.com

**Dr. Lyn Nguyen Dea** – Maryland Primary Care Physicians • 129 Lubrano Drive, Ste. 100, Annapolis, MD 21401 • 410-266-5852 • mpccp.com

**Dr. Mariaileen Davis Sourwine** – Inspire Integrative Medicine • 277 Peninsula Farm Road, Bldg. 3, Ste. 1, Arnold, MD 21012 • 410-989-8833 • myprivia.com/pmg.inspire-im

**Dr. Patrick Joseph Canan** – Luminis Health Primary Care Annapolis • 2002 Medical Parkway, Ste. 670, Annapolis, MD 21401 • 443-481-1150 • luminishealth.org

**Dr. Rita Jeyarani Shkullaku** – Annapolis Internal Medicine • 116 Defense Highway, Ste. 400, Annapolis, MD 21401 • 410-897-9841 • annapolisinternalmedicine.com

**Dr. Ruth Karman Gallatin** – Crofton Internal Medicine • 2401 Brandermill Boulevard, Ste. 220, Gambrills, MD 21054 • 410-451-7214

**Dr. Semra Sahinci** – VIP Physician Group • 166 Defense Highway, Ste. 303, Annapolis, MD 21401 • 240-914-8721 • vipphysician-groupllc.com

**Dr. Stephen Clarke Hamilton** – Annapolis Internal Medicine • 116 Defense Highway, Ste. 400, Annapolis, MD 21401 • 410-897-9841 • annapolisinternalmedicine.com

**Dr. Victor Michael Plavner** – Maryland Primary Care Physicians • 1509 Ritchie Highway, Arnold, MD 21012 • 410-757-7600 • mpccp.com

**PSYCHIATRY**

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

**Dr. Gillian Schweitzer** – 716 Giddings Avenue, Ste. 33, Annapolis, MD 21401 • 757-604-6676

**Dr. Melissa Anne Wellner** – Annapolis Psychiatry • 380 Bellerive Road, Ste. 5B, Annapolis, MD 21409 • 410-575-4085 • annapolispsychiatry.com

**Dr. Michael John Labellarte** – CPE Clinic, LLC • 130 Admiral Cochrane Drive, Ste. 103, Annapolis, MD 21401 • 410-979-2326 • cpeclinic.com

**Dr. Nancy Catherine Wheeler** – Nancy C. Wheeler, M.D., P.A. Psychiatrist • 133 Defense Highway, Ste. 114, Annapolis, MD 21401 • 410-266-9181 • nancywheelermd.com

**Dr. Thomas Joseph Cummings, Jr.** – University of Maryland Baltimore Washington Medical Group Behavioral Health • 301 Hospital Drive, Glen Burnie, MD 21061 • 410-787-4490 • umms.org

**Dr. Vladimir Demidov** – Luminis Health Pathways Alcohol & Drug Treatment Center • 2620 Riva Road, Annapolis, MD 21401 • 443-481-5400 • luminishealth.org

**PULMONOLOGY**

*Dealing with the function and diseases of the lungs.*

**Dr. Adil Degani** – Luminis Health Lung Specialists Annapolis • 2003 Medical Parkway, Ste. 300, Annapolis, MD 21401 • 443-951-4277 • luminishealth.org

**Dr. Keith Eric Goulet** – Luminis Health Lung Specialists Annapolis • 2003 Medical Parkway, Ste. 300, Annapolis, MD 21401 • 443-951-4277 • luminishealth.org

**Dr. Peter Phillip Olivieri III** – University of Maryland Baltimore Washington Medical Group Pulmonology at Tate Center • 305 Hospital Drive, Ste. 304, Glen Burnie, MD 21061 • 410-553-8241 • umms.org

**Dr. Richard Allen Bernstein** – Richard A. Berstein MD • 133 Defense Highway, Ste. 109, Annapolis, MD 21401 • 410-224-5558 • myprivia.com/rbernmedicine

**RADIATION ONCOLOGY**

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

**Dr. Angel Eduardo Torano** – Annapolis Radiology Associates • 2001 Medical Parkway, Annapolis, MD 21401 • 443-481-1000 • annapolisradiology.com

**Dr. Mary E. Young** – Annapolis Radiology Associates • 2001 Medical Parkway, Annapolis, MD 21401 • 443-481-1000 • annapolisradiology.com

**RADIOLOGY**

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

**Dr. David Frierson Todd** – Annapolis Radiology Associates • 2001 Medical Parkway, Annapolis, MD 21401 • 443-481-1000 • annapolisradiology.com

**Dr. John Stanitski Park** – Annapolis Radiology Associates • 2001 Medical Parkway, Annapolis, MD 21401 • 443-481-1000 • annapolisradiology.com

**Dr. Kevin Lee Berger** – Chesapeake Medical Imaging • 122 Defense Highway, Annapolis, MD 21401 • 855-455-8900 • cmirad.net

**Dr. Laura Ann Amodei** – Bay Radiology • 277 Peninsula Farm Road, Ste. A, Arnold, MD 21012 • 410-544-3331 • bay-radiology.com

**Dr. Mark Douglas Baganz** – Chesapeake Medical Imaging • 122 Defense Highway, Annapolis, MD 21401 • 855-455-8900 • cmirad.net

**RHEUMATOLOGY**

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

**Dr. Ashok Cherian Jacob** – Annapolis Rheumatology • 166 Defense Highway, Ste. 200, Annapolis, MD 21401 • 410-897-1941 • arheum.com

**Dr. Ashu P. Mehta** – Anne Arundel Rheumatology • 1655 Crofton Boulevard, Ste. 101, Crofton, MD 21114 • 443-292-4872 • annearundelrheumatology.org

**Dr. Erinn Elizabeth Maury** – Mid-Atlantic Rheumatology • 231 Najoles Road, Ste. 160, Millersville, MD 21108 • 410-787-9400 • midatlanticrheum.com

**Dr. Jonathan David Miller** – Annapolis Rheumatology • 166 Defense Highway, Ste. 200, Annapolis, MD 21401 • 410-897-1941 • arheum.com

**Dr. Susan Marie Berger** – Annapolis Rheumatology • 166 Defense Highway, Ste. 200, Annapolis, MD 21401 • 410-897-1941 • arheum.com

#### THORACIC SURGERY

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

**Dr. Gavin Leon Henry** – University of Maryland Baltimore Washington Medical Center • 305 Hospital Drive, Ste. 304, Glen Burnie, MD 21061 • 410-553-8150 • umms.org

**Dr. Stephen M. Cattaneo, II** – Luminis Health Thoracic Surgery Annapolis • 2003 Medical Parkway, Ste. 301, Annapolis, MD 21401 • 443-481-3300 • luminishealth.org

#### UROLOGY

*Dealing with the urinary or urogenital organs.*

**Dr. Adam Jacob Mathias Kern** – Chesapeake Urology • 810 Bestgate Road, Ste. 235, Annapolis, MD 21401 • 443-231-1500 • unitedurology.com/chesapeake-urology

**Dr. David William McDermott** – Anne Arundel Urology • 600 Ridgely Avenue, Stes. 222-223, Annapolis, MD 21401 • 410-266-8049 • aaurology.com

**Dr. Mara Rebecca Holton** – Anne Arundel Urology • 600 Ridgely Avenue, Stes. 222-223, Annapolis, MD 21401 • 410-266-8049 • aaurology.com

**Dr. Michael Janney Biles** – Anne Arundel Urology • 600 Ridgely Avenue, Stes. 222-223, Annapolis, MD 21401 • 410-266-8049 • aaurology.com

#### VASCULAR TREATMENT / SURGERY

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

**Dr. Geetha Jeyabalan** – MedStar Health Vein Centers • 810 Bestgate Road, Ste. 300, Annapolis, MD 21401 • 443-782-7611 • medstarhealth.org

**Dr. John David Martin** – University of Maryland Vascular Surgery Annapolis • 116 Defense Highway, Ste. 100, Annapolis, MD 21401 • 410-571-5545 • umms.org

**Dr. Justin Kristofer Nelms** – University of Maryland Baltimore Washington Medical Center Vascular Center • 255 Hospital Drive, Ste. 107, Glen Burnie, MD 21061 • 410-553-8300 • umms.org

**Dr. Kevin Arthur Brown** – MedStar Health Vein Centers • 810 Bestgate Road, Ste. 300, Annapolis, MD 21401 • 443-782-7611 • medstarhealth.org

**Dr. Mark O'Brien Peeler** – MedStar Health Vein Centers • 810 Bestgate Road, Ste. 300, Annapolis, MD 21401 • 443-782-7611 • medstarhealth.org

#### CONDITION - BACK PAIN

**Dr. Chad Matthew Patton** – Luminis Health Orthopedics • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

**Dr. Juan Carlo Rodriguez Alfonso** – Luminis Health Orthopedics Annapolis • 2000 Medical Parkway, Ste. 101, Annapolis, MD 21401 • 410-268-8862 • luminishealth.org

#### CONDITION - BREAST CANCER

**Dr. Carol Kaplan Tweed** – Maryland Oncology Hematology • 810 Bestgate Road, Ste. 400, Annapolis, MD 21401 • 410-897-6200 • marylandoncology.com

**Dr. Cynthia Louise Drogula** – University of Maryland Baltimore Washington Medical Center Aiello Breast Center • 203 Hospital Drive, Ste. 100B, Glen Burnie, MD 21061 • 410-553-8351 • umms.org

#### CONDITION - DIABETES

**Dr. Kathleen Anne Prendergast** – University of Maryland Center for Diabetes and Endocrinology at Baltimore Washington Medical Center • 255 Hospital Drive, Ste. 9, Glen Burnie, MD 21061 • 410-787-4940 • umms.org

**Dr. Kristin Michelle Flammer** – University of Maryland Center for Diabetes and Endocrinology at Baltimore Washington Medical Center • 255 Hospital Drive, Ste. 9, Glen Burnie, MD 21061 • 410-787-4940 • umms.org

#### CONDITION - IRRITABLE BOWEL SYNDROME

**Dr. Barry Joel Cukor** – Gastro Health • 621 Ridgely Avenue, Ste. 201, Annapolis, MD 21401 • 410-224-4887 • gastrohealth.com

**Dr. David Stuart Jencks** – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com

**Dr. Mark Hallen Flasar** – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com

**Dr. Raja Taunk** – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com

**Dr. Thomas Lloyd Simcox** – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com

#### CONDITION - LYME DISEASE

**Dr. William Evan Vickers** – Mid Atlantic Health • 71 Old Mill Bottom Road N., Ste. 102, Annapolis, MD 21409 • 443-317-3393 • midatlantichealthinstitute.com

#### CONDITION - MACULAR DEGENERATION

**Dr. Tamara Kay Fackler** – Chesapeake Eye Care and Laser Center • 2002 Medical Parkway, Ste. 320, Annapolis, MD 21401 • 410-571-8733 • chesapeakeeyecare.com

#### CONDITION - MEDICALLY SUPERVISED WEIGHT LOSS

**Dr. David Conrad Anderson** – Annapolis Medical Weight Loss • 2401 Brandermill Boulevard, Ste. 360, Gambrills, MD 21054 • 410-721-9862 • annopolismedical-weightloss.com

**Dr. Victoria Ann Bottone** – Annapolis Medical Weight Loss • 2401 Brandermill Boulevard, Ste. 360, Gambrills, MD 21054 • 410-721-9862 • annopolismedical-weightloss.com

#### CONDITION - PAIN MANAGEMENT

**Dr. LeeAnn Rhodes** – All Star Pain Management & Regenerative Medicine • 166 Defense Highway, Ste. 300, Annapolis, MD 21401 • 443-241-8102 • allstarpainmanagement.com

#### CONDITION - SLEEP APNEA

**Dr. Adil Degani** – Luminis Health Lung Specialists Annapolis • 2003 Medical Parkway, Ste. 300, Annapolis, MD 21401 • 443-951-4277 • luminishealth.org

**Dr. Ira Martin Weinstein** – Annapolis Asthma, Pulmonary & Sleep Specialists • 116 Defense Highway, Ste. 500, Annapolis, MD 21401 • 410-266-1644 • annapolispulmonary.com

**Dr. Joydeep Som** – Chesapeake Specialty Care Annapolis ENT • 2002 Medical Parkway, Ste. 230, Annapolis, MD 21401 • 410-266-3900 • annapolisent.com



SCAN ME



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OTOLARYNGOLOGISTS



Brandon M. Wachal, MD

Lee A. Kleiman, MD, FACS



Robert B. Meek, III, MD



Emily Drury, D.O.



SCAN ME



**WELCOME**

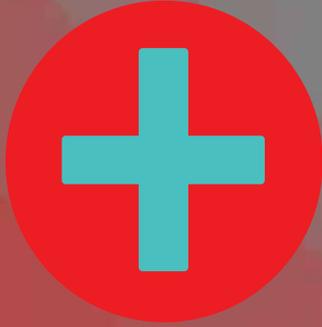
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# LEADING MEDICAL PROFESSIONALS

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.





# CHESAPEAKE UROLOGY

**Dr. Adam Kern, Director of Pediatric Urology**

**C**hesapeake Urology proudly congratulates Dr. Adam Kern, Director of Pediatric Urology at Chesapeake Urology, on being named a Top Doctor in Pediatric Urology by *What's Up?* Magazine. This recognition highlights Dr. Kern's dedication to providing compassionate, highly skilled care to children and families across Central Maryland and the Eastern Shore.

Dr. Kern is one of the most extensively trained pediatric urologists in the Mid-Atlantic region. He leads Chesapeake Urology for Children, a specialized program offering advanced treatment in a child-friendly, family-focused setting. With deep knowledge in both routine and complex pediatric urologic conditions, including kidney stones, hypospadias, hernias, undescended testicles, and voiding

dysfunction, Dr. Kern is known for his precise surgical approach and calm, caring demeanor.

His philosophy is simple: treat every child as if they were a member of his own family. That belief is shared across his care team of fellowship-trained anesthesiologists, pediatric nurses, sonographers, and support staff, who work together to ensure a comfortable and personalized experience for every patient.

Dr. Kern's impressive training includes a medical degree from the University of Chicago Pritzker School of Medicine, a residency in urological surgery at Johns Hopkins, and a pediatric urology fellowship at UT Southwestern. Today, he brings that world-class knowledge and skill to the communities he serves from Annapolis to Howard County and beyond.

Whether it's a simple outpatient procedure or a complex diagnosis, families trust Dr. Kern for his experience, empathy, and dedication.

Chesapeake Urology congratulates Dr. Kern on this well-earned honor and thanks him for his outstanding contributions to children's health.

To learn more or schedule an appointment with Dr. Kern, visit <https://uro.to/DrKern>.

**CHESAPEAKE UROLOGY**

**810 Bestgate Road, Suite 235  
Annapolis, MD 21401  
443-231-1500**



# ORAL SURGERY SPECIALISTS

**Drs. Chris Chambers, Neil Sullivan, Kurt Jones, Borek Hlousek, Cliff Walzer, and Kenneth Kufka**

**D**rs. Walzer, Sullivan, Hlousek, Jones, Chambers, and Kufka are renowned Board Certified Oral and Maxillofacial Surgeons. Dr. Kufka, who is skilled in advanced surgical techniques, seamlessly fits in with the practice, further enhancing their comprehensive care offerings. These experts handle a broad spectrum of oral, dental, and facial issues. Their proficiency encompasses dental implant surgery, wisdom tooth removal, and corrective jaw surgery, employing methods that emphasize bone structure rebuilding with minimal surgical intervention and enhanced patient comfort. Their practice prioritizes creating stunning smiles and rejuvenating the functionality of teeth and jaws. Unique to their specialty, they are licensed to administer intravenous (IV) general anesthesia in a state-of-the-art office environment. Their practice ethos combines excellent care with the art, science, and technology, ensuring an outstanding

experience marked by compassion, courtesy, and respect.

The practice is known for managing a wide variety of problems related to the mouth, teeth, and facial regions, offering a full scope of oral and maxillofacial surgery. Their expertise extends from routine procedures like wisdom tooth removal to more complex surgeries such as dental implant placement and corrective jaw surgery. The surgeons utilize advanced techniques designed to rebuild bone structure with minimal surgical intervention, optimizing patient comfort and promoting quicker recovery times.

In addition to their surgical expertise, the practice is equipped to diagnose and treat facial pain, injuries, and fractures, providing comprehensive care under one roof. The practice operates across five state-of-the-art locations, ensuring that patients throughout

the region have access to top-quality care close to home.

The team's commitment to excellence is reflected in every aspect of their work, from the initial consultation to post-surgical follow-up. They continually invest in the latest technology and ongoing education, ensuring that they remain at the forefront of their field. This dedication, combined with a patient-centered approach, has earned them a stellar reputation as leaders in oral and maxillofacial surgery in the region.

## ORAL SURGERY SPECIALISTS

Annapolis, Pasadena,  
Kent Island, Waugh Chapel  
410-268-7790 ▪ [annapolisoss.com](http://annapolisoss.com)



MARYLAND ORAL  
SURGERY ASSOCIATES



# DR. ZIAD BATROUNI

Maryland Oral Surgery Associates

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

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

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

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

**Maryland Oral Surgery Associates**  
**Annapolis & Crofton**  
**410-897-0111**  
**410-721-0700**  
**mosa4os.com**



**Q:** What are Dental Implants?

**A:** When you are missing teeth, you may feel uncomfortable eating, speaking or worst of all SMILING. Dental implants offer a permanent

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

**KURT JONES, DDS**  
Oral Surgery Specialists



**Q:** Is it time for me to consider a hearing aid?

**A:** If you've noticed it's becoming harder to follow conversations- especially in places with background noise of poor

acoustics-it may be time to explore the benefits of a hearing aid. Today's hearing aids are discreet, comfortable, and highly effective. They don't just improve hearing-they help you stay connected to the people and moments that matter most. Studies also suggest that maintaining good hearing can reduce the risk of social isolation and help preserve cognitive function. Taking the step toward better hearing can make a big difference in your quality of life.

**DR. ROBERT MEEK, III**  
Anne Arundel ENT and Facial Plastic Surgery



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

**A:** Our practice is unique in offering both surgical and restorative dental solutions under

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

**KIAN DJAWDAN, DMD**  
Djawdan Center for Implant & Restorative Dentistry



**Q:** When is Your Heart Rate Too High?

**A:** A resting heart rate over 100 beats per minute is called tachycardia. The key is that this elevated rate

occurs at rest, not during physical activity, which normally raises your heart rate. Tachycardia can lead to symptoms such as shortness of breath, sweating, fainting or even cardiac arrest. There are several types of tachycardia, and treatment may include medications, implanted devices or a procedure called ablation to correct abnormal heart rhythms. It's important to note that not all elevated heart rates are due to a heart condition – heat, caffeine, stress and emotions can also temporarily increase your heart rate.

**ABID FAKHRI, MD**  
Cardiologist, [umbwmc.org/heart](http://umbwmc.org/heart)



**Q:** What happens after a tooth is extracted?

**A:** After the extraction of a permanent tooth, bone and gingival tissue (gums) start to fill the extraction site. However, the

body also starts to “melt away” the bone in a vertical and horizontal dimension. If implant tooth replacement is desired, a site preservation bone graft is usually required to prepare the surgical site, especially if bone loss occurred prior to the extraction. This recreates ideal bony contours, and makes dental implant success more predictable. The bone graft is usually performed at the time of extraction with no additional discomfort.

**ZIAD BATROUNI, DDS**  
Maryland Oral Surgery Associates



**Q:** When is the best time to get a hip or knee replacement?

**A:** Some patients reach a point where pain and mobility issues disrupt daily life, and they’re ready

for surgery right away. But if you’re able to plan ahead, timing can help. Autumn allows recovery before winter weather increases your risk of slips and falls. Winter offers time to heal before spring and summer activities. Spring and early summer work well with school breaks and recovery in time for mid-summer travel. The best time is when you’re healthy, supported and ready to recover. Whenever you choose, we’ll be here to guide you through it. Learn more at [Luminis.Health/Joint-Surgery](http://Luminis.Health/Joint-Surgery).

**JAMES MACDONALD, MD**  
Luminis Health



**Q:** What led you to specialize in pediatric urology, and what do you enjoy most about treating children?

**A:** I find it greatly rewarding with a pediatric population

knowing that positive outcomes we achieve now will last a lifetime.

**DR. ADAM KERN**  
Chesapeake Urology

**LEADING MEDICAL PROFESSIONALS**

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



# “IT'S BEEN LIFE CHANGING

Finally! A local doctor is helping cancer survivors live free from the constant pain and suffering associated with **Peripheral Neuropathy!**

Irreversible is not a word you want to hear from your Doctor but it's a common one if you've been diagnosed with **Chemotherapy-Induced Peripheral Neuropathy or CIPN.**

Robert S. of Crofton survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair bound." **Nearly half of patients who undergo chemotherapy will develop CIPN.**

Chemotherapy medications travel throughout the body and attack cancer cells; sadly, they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. Unfortunately, a high number of people will be forced to endure the symptoms associated with CIPN for months, or even years, after they've finished chemo.

When asked how CIPN was affecting his quality of life, Robert responded, **"It was difficult to even walk up and down stairs and do other things we usually take for granted."**

The most common symptoms include:

- pain, tingling, burning, weakness, or
- numbness in arms, hands, legs or feet
- sudden, sharp, stabbing or shocking pain sensations
- loss of touch sensation
- clumsiness and trouble using hands to pick up objects or fasten clothing
- loss of balance and falling

For some, their nerves recover over time. For most, the nerve damage is 'irreversible.' Robert had been told just that by a series of Doctors and specialists. Essentially they could cure his cancer, but couldn't fix the damage done by the curative drugs.

Then Robert made a call to Dr. Jinell Smithmyer of Chesapeake AIM (Acupuncture and Integrative Medicine) right here in Anne Arundel County. Dr. Smithmyer is using the time tested science of acupuncture alongside a technology originally developed by NASA. This breakthrough therapy assists in increasing blood flow and treats this debilitating disease by expediting recovery and healing. **After a series of treatments, Robert was taking stairs with stride!**

"We have a house on the water with stairs. This morning I walked right down the stairs and got in the car," Robert shared. **"I remember thinking, 'that's become mighty easy for me' - I didn't have to hold on to the hand rail or anything! It's life changing to have this mobility back!"**

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Dr. Smithmyer's treatments are now living lives free from pain and suffering. For over 9 years, she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes, without invasive surgeries and medications that come with uncomfortable side effects.

**If you've recently beat cancer only to find that you're living a life in constant pain and discomfort, or you're struggling with the same symptoms as a result of Diabetic Peripheral Neuropathy, Dr. Smithmyer and the incredible team at Chesapeake AIM can help!**

Dr. Smithmyer is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Only 10 new neuropathy patients will be accepted before the end of the year, so **call (410) 694-7217 now to schedule a consultation.**

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## FALL OPEN HOUSE

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## OPEN HOUSE

Thurs. October 16, 2025

Tues. November 11, 2025

Thurs. February 5, 2026

Thurs. April 9, 2026

9:30-11:30 a.m.

Registration required  
at [htrinity.org/admissions](http://htrinity.org/admissions)



PS-8

Glenn Dale & Bowie

[htrinity.org](http://htrinity.org) 301-262-5355

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](http://severnschool.com/open-house)



Severn School



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K-5 Annapolis	K-5 Severn	MIDDLE SCHOOL Severn	HIGH SCHOOL Severn
OCT. 2	OCT. 8	OCT. 16	OCT. 27
NOV. 14	NOV. 5	NOV. 20	NOV. 17



REGISTER AT [WWW.AACSONLINE.ORG/VISIT](http://WWW.AACSONLINE.ORG/VISIT)

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

#### PLAN YOUR VISIT



Experience the Key difference for yourself. Attend one of our admission events or schedule a private tour of campus today!





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

**1. Map out all of the schools and make a list.** Make a list of all the possible schools, conduct some research on them, and then select a few before the application process starts. When your selection has been narrowed down to the best candidates, it's time to begin organizing your campus visits. Plan ahead and map out each school you are seriously considering because you should ideally visit them all.

**2. Order is important.** Make an effort to visit your top school or schools last. You'll start to have a clearer understanding of your preferences as you visit additional campuses. By the end of the process, you will have a better idea of what to look for and what questions to ask about the campus you wish to tour.

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

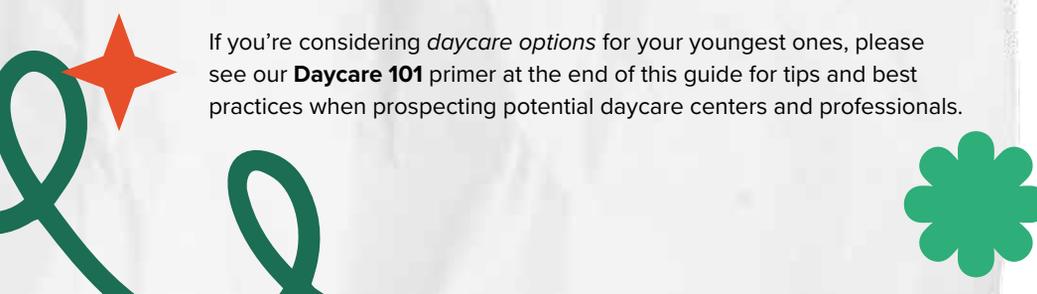
**4. Make extra time to explore on your own.** Make sure you take extra time to explore areas of campus that were not covered in your trip because the official campus tour will showcase the school's best characteristics. This is the ideal time to sit in on a class or lecture, observe students, or visit any departments that interest you.

**5. Talk to current students and staff.** Your tour guide may be a biased source because it is their responsibility to present the best possible image of their school. Your guide's knowledge is important, but you might wish to speak with existing students to get a more honest impression. If the tour didn't cover anything, ask the students: What is life like for students? Is meeting people and forming friendships easy? On campus, is there a lot of diversity? Are you having trouble adjusting?

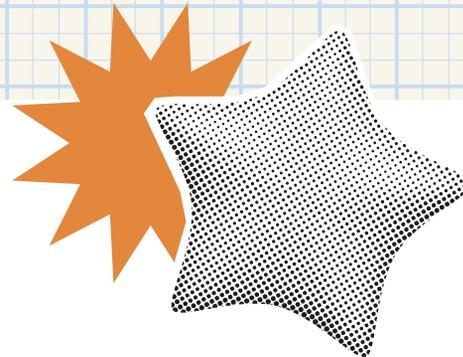
**6. Document every visit.** If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so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

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

**8. Shadow Days.** Shadow days provide prospective students with a firsthand experience of a school's daily life—academics, social dynamics, and campus culture—helping them make informed decisions, ease transition anxiety, and determine if the environment is the right fit for their personal and educational goals.



If you're considering *daycare options* for your youngest ones, please see our **Daycare 101** primer at the end of this guide for tips and best practices when prospecting potential daycare centers and professionals.



**Regional educational institutions, learning centers, and schools that advertise in the *What's Up? Media* family of publications are listed below. For program availability, visitation instructions, and open house dates, please think about giving them a call directly. The listing of schools is alphabetical.**

### **Annapolis Area Christian School**

Lower School Annapolis Campus – 710 Ridgely Avenue, Annapolis; 410-846-3504; aacsonline.org; October 2 and November 14, 9 a.m. to 10:30 a.m. Lower School Severn Campus – 61 Gambrills Road, Severn; October 8 and November 5, 9 a.m. to 10:30 a.m. Middle School – 109 Burns Crossing Road, Severn; October 16 and November 20, 7 p.m. to 8:30 p.m. Upper School – 109 Burns Crossing Road, Severn; October 27 and November 17, 9 a.m. to 12 p.m. K-12 Evening Information Nights – 109 Burns Crossing Road, Severn; Inside the Kerr Center; September 18, and April 23, 7 p.m. to 8:30 p.m.

### **Anne Arundel Community College**

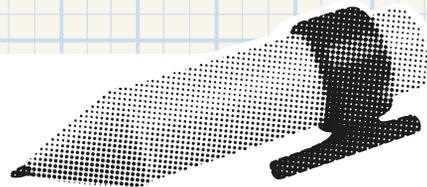
101 College Parkway, Arnold; 410-777-2222; aacc.edu; October 8, 5 to 7 p.m.

### **Archbishop Spalding High School**

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; October 26, 10:30 a.m. to 2:30 p.m., sign-ups are available online.

### **Benedictine School**

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



### Boys' Latin School of Maryland

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.org; September 28, 10 a.m. to 1 p.m.

### Calvert Hall College High School

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; November 8, 10 a.m. to 1 p.m.

### Chesapeake College/Eastern Shore Higher Education Center

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

### Critchlow Adkins Children's Centers

15 S Hanson St, Easton; 410-822-8061; cacckids.org; Contact school directly for guidance on visitations, tours, etc.

### Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; November 5, 6:30 p.m.; February 4, 10 a.m.

### Elizabeth Seton High School

5715 Emerson St, Bladensburg; 301-864-4532; setonhs.org; Open House – November 2, 11 a.m. to 2 p.m.; Prospective parent night – October 8, 6:30 p.m. to 8 p.m.

### Holy Trinity: An Episcopal School

Primary – 13106 Annapolis Road, Bowie; 301-262-5355; The Daisy Lane School & High School Prep – 11902 Daisy Lane, Glenn Dale; 301-464-3215; htrinity.org; October 16, November 11, February 5, April 9, 9:30 a.m. to 11:30 a.m.

### Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-923-3660; indiancreekschool.org; Lower School – November 13, 9 a.m. to 10:30 a.m. Middle School – November 20, 9 a.m. to 10:30 a.m. Upper School – November 6, 6 p.m. to 7:30 p.m.

### Johns Hopkins Peabody Preparatory

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

### Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Grades K-8; October 21, 1:30 p.m. to 3:15 p.m.

### Key School

534 Hillsmere Drive; 410-263-9231; keyschool.org; 2.5 years to Kindergarten: November 9, 9 a.m. to 10:30 a.m. Grades 1–4: October 8, 9 a.m. to 10:30 a.m. Grades 5–8: October 22, 1:30 p.m. to 3:30 p.m. Grades 9–12: October 24, 6:30 p.m. to 7:30 p.m. and October 29, 1:30 p.m. to 3:30 p.m.

### Lighthouse Christian Academy

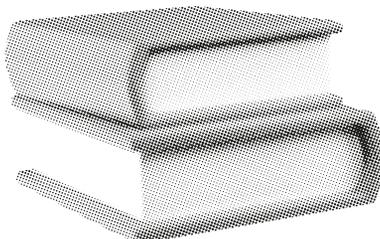
931 Love Point Rd, Stevensville; 410-643-3034; lcademy.org; September 5, December 17, January 14, February 11, March 11, April 15, Times TBD.

### McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; All open houses run from 9:15 a.m. to 10:45 a.m. Lower School – September 16 and 25, October 3, 7, 16, and 21, November 4, 11, and 18, December 3. Middle School – September 17 and 24, October 1, 8, 15, and 22, November 5, 7, 14 and 19, December 2. Upper School – September 18, 26 and 30, October 9, 14, 17 and 23, November 6, 10, 13 and 20, December 4.

### Monsignor Slade Catholic School

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



### Montessori International Children's House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessorinternational.org; Tours are held on Wednesday mornings by appointment only.

### Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; November 9, 1 p.m. to 3 p.m.

### Oldfields School

1500 Glencoe Road, Sparks; 410-472-4800; oldfieldsschool.org; Contact school directly for guidance on visitations, tours, etc. In-person tours will last 1 hour, with online virtual 15-minute tours available online.

### Peak Academic Solutions

806 Parkwood Ave, Annapolis; 410-934-7567; peakacademicsolutions.com; Contact directly for online tutoring and academic coaching.

### Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Contact school to schedule an in-person tour. A virtual tour is available on the school website.

### Rockbridge Academy

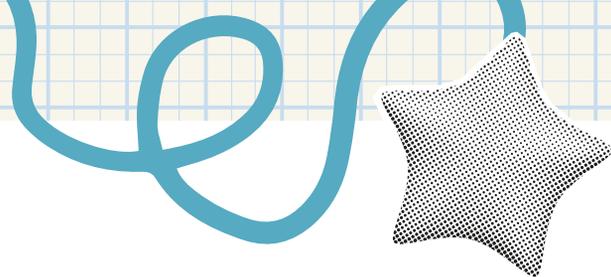
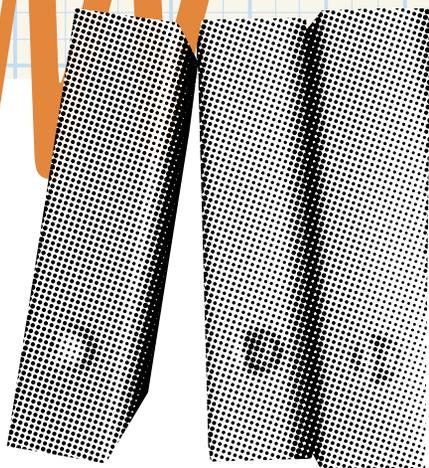
680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; All Grades – October 6, 9 a.m. to 11 a.m. Junior Kindergarten and Kindergarten – October 17, 9 a.m. to 11 a.m. Preview Night (open to all prospective families) – November 7, 7 p.m. to 9 p.m.

### St. Andrews Day School

4 B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; November 13, 10 a.m. to 12 p.m.

### St. Anne's School of Annapolis

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; stannesschool.org; November 11, 9 a.m.



### St. John the Evangelist Catholic School

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; October 7 with advance registration being required. Please contact lfish@stjohnsp.org for in person tours. A seven minute online virtual tour is offered on the school website.

### St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; October 14, 9:30 a.m.

### St. Martin's in the Field Episcopal School

375 A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; October 15, January 14, 10 a.m. to 12 p.m.

### St. Martin's Lutheran School

1120 Spa Road, Annapolis; 410-263-4723; stmartinsonline.org; January 23, February 20, 9 a.m. to 2:30 p.m. March 13, 9 a.m. to 1 p.m.

### St. Mary's Annapolis

109 Duke of Gloucester Street, Annapolis; 410-263-2869; stmarysannapolis.org; Elementary (Pre-K through Grade 8) – October 24, 9 a.m. High School – October 25, 9 a.m. Athletic Open House (Pascal Field) – October 28, 6 p.m. to 8 p.m.

### Sts. Peter and Paul High School

High School – 1212 S. Washington Street, Easton; 410-822-2275; hs.ssppeaston.org; October 26, 12 p.m. to 2 p.m. Elementary School – 900 High Street, Easton – Contact school directly for guidance on visitations, tours, etc.

### St. Vincent Pallotti High School

113 St. Mary's Place, Laurel; 301-725-3288; pallottihs.org; Lady Panther Pink Out Admissions Event – October 20, 7 p.m. to 9 p.m. Open House – November 2, 2 p.m. to 5 p.m. Arts, Sciences & Learning Center Open House – December 2, 6 p.m. to 8 p.m.

### Salisbury University

1101 Camden Ave, Salisbury; 410-543-6161; salisbury.edu; Contact school directly for guidance on individual tours. Group tours of up to 80 students can be booked online and are offered Tuesday, Wednesday and Thursday from 10:30 a.m. to 12 p.m.; Virtual 360 degree and student-guided tours are offered online on the school website.

### School of the Incarnation

2601 Symphony Ln, Gambrills; 410-519-2285; schooloftheincarnation.org; November 11, January 24, 8:30 a.m. to 11 a.m. Tours are provided, with no appointment needed, every Tuesday from 9:00 a.m. to 11 a.m.

### Severn School

Lower School – Chesapeake Campus: 1185 Baltimore Annapolis Boulevard, Arnold; 410-862-3684; severnschool.com; October 1, 9 a.m. Middle and Upper School – Teel Campus: 201 Water Street, Severna Park; October 23, 7 p.m.

### The Calverton School

300 Calverton School Rd, Huntingtown; 410-535-0216; calvertonschool.org; Contact school directly for guidance on visitations, tours, etc.

### The Children's Center

2500 Mitchellville Road, Bowie; 301-249-7702; thechildrenscentre.com; Contact directly to schedule an in-person tour.

### The Country School

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; October 14, 6 p.m.

### The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; October 19, 11 a.m. to 12:30 p.m. and 1 p.m., to 2:30 p.m., November 9, 11 a.m. to 12:30 p.m.

### The Summit School

664 E. Central Avenue, Davidsonville; 410-798-0005; thesummitschool.org; October 9, November 18, December 15, February 6, 9 to 10:30 a.m.

### University of Maryland College Park

7999 Regents Dr, College Park; 301-314-8385; umd.edu; October 2025, Time and Specific Date TBD.

### University of Maryland Eastern Shore

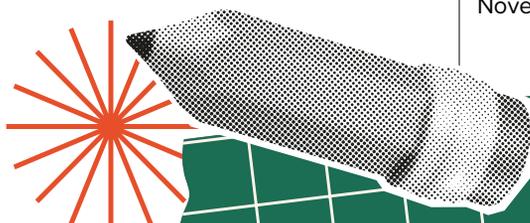
30665 Student Services Center, Princess Anne; 410-651-7747; wwwcp.umes.edu; Contact school directly for guidance on visitations, tours, etc. Tours can be taken in a large group setting or a more exclusive student-family setting.

### Washington College

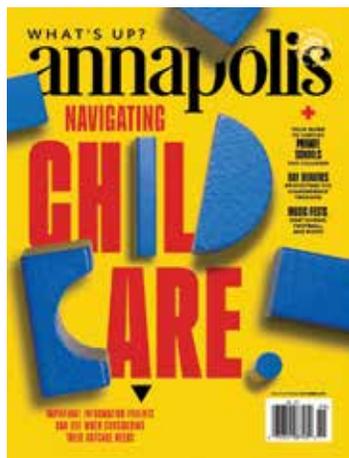
300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; Open House – November 8, 9:30 a.m. to 1:30 p.m. Fall Fridays – September 26, October 3 and 24, November 14, 9:30 a.m. to 3:30 p.m.

### Wye River Upper School

316 S. Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Open House – October 22, January 22 and March 26, 8:30 a.m. Virtual Open House – November 6, December 4, 12 p.m. Community Open House – November 5, 10 a.m. to 12 p.m.



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## FALL OPEN HOUSE EVENTS:

<p><b>Lower School</b> (PK3 - Grade 5) Thursday, November 13 9:00 - 10:30 a.m.</p>	<p><b>Middle School</b> (Grades 6-8) Thursday, November 20 9:00 - 10:30 a.m.</p>	<p><b>Upper School</b> (Grades 9-12) Thursday, November 6 6:00 - 7:30 p.m.</p>
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# DAYCARE 101

A PRIMER FOR VETTING OPTIONS; KEY FACTORS EVERY PARENT SHOULD CONSIDER

Selecting the right daycare for your young child is one of the most important decisions you'll make as a parent. It's not just about finding a safe place for your child to spend their day—it's about ensuring their emotional, social, and cognitive development is nurtured while you balance your own work or personal commitments. The decision can be overwhelming, given the range of options available, but understanding what factors to prioritize can help you make the best choice for both you and your child.



## 2. CHILD-CAREGIVER RATIOS AND GROUP SIZES

Every daycare center has a specific child-to-caregiver ratio, which directly impacts the amount of attention and supervision your child will receive. Lower ratios are typically better, as they ensure your child gets the individual attention and support they need. **Regulatory Ratios:** Check the state or local guidelines for the required child-to-caregiver ratio. This varies by age group, but for infants, it's typically 1 caregiver for every 3–4 children, and for toddlers, the ratio might go up to 1 for every 6–8 children. **Group Size:** Smaller groups tend to lead to more personalized care, and your child is more likely to bond with their caregiver. You want to ensure that your child's needs are met and that they can develop a strong relationship with their caregivers.



## 1. SAFETY AND HEALTH STANDARDS

The most important consideration when choosing daycare is to ensure that the environment is safe and healthy. Parents should look for: **Licensing and Accreditation:** Make sure the daycare center is licensed by the relevant local or state agencies. Accredited centers often adhere to more stringent guidelines, including staff training, child-to-caregiver ratios, and safety protocols. **Cleanliness and Sanitation:** Ask about the center's cleaning routines, particularly how often toys, play areas, and common surfaces are sanitized. A daycare with a strong focus on cleanliness helps reduce the spread of germs, which is especially important for younger children who are more susceptible to illness. **Safety Measures:** Check for childproofing, security systems (e.g., locked doors, ID checks for drop-offs), and emergency plans in place. This ensures your child is not only comfortable but also protected in case of emergencies.



## 3. QUALIFIED AND CARING STAFF

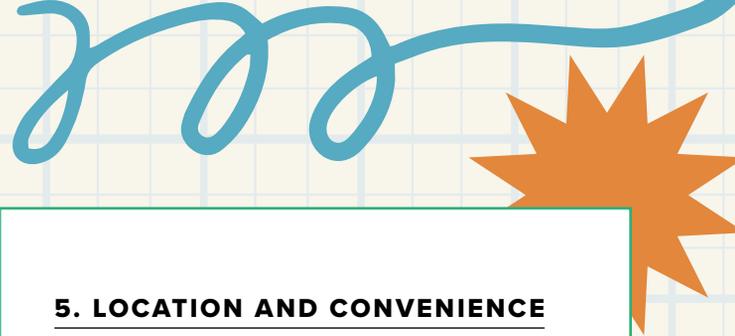
The quality of daycare staff plays a huge role in the environment your child will experience. Look for the following when evaluating daycare staff: **Staff Training and Qualifications:** Ideally, daycare providers should have relevant qualifications, such as certifications in early childhood education, CPR, and first aid. Additionally, ongoing training in child development, behavior management, and even nutrition is a good sign that the daycare is committed to providing high-quality care. **Staff Turnover:** High staff turnover can indicate problems with workplace culture or inadequate training, which can disrupt the continuity of care for your child. Consistent caregivers are key for building trust and emotional security in your child. **Caregiver Attitude:** During your visit, observe the caregivers' interactions with children. Are they warm, attentive, and engaged? Do they communicate with children at their level, offering comfort when needed or guiding behavior with patience? This is an important factor in assessing the overall atmosphere.



#### **4. CURRICULUM AND DEVELOPMENTAL ACTIVITIES**

The first five years of a child's life are crucial for their development. A good daycare will offer more than just care—it will provide an environment conducive to learning and growth. Look for: **Age-**

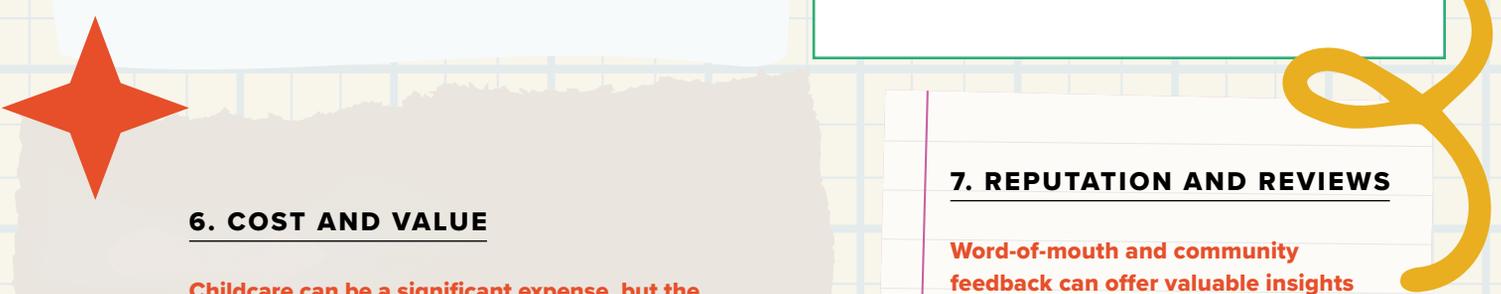
**Appropriate Learning:** While infants might not need an elaborate curriculum, toddlers and preschoolers benefit from play-based learning that supports their social, emotional, cognitive, and motor skills. Ask about daily activities like reading time, outdoor play, creative arts, and educational games. **Structured Routine:** Children thrive on routine, as it provides a sense of security and helps them understand expectations. Check if the daycare has a consistent daily schedule, including time for meals, naps, play, and learning. **Personalized Attention:** Every child develops at their own pace. A good daycare provider will understand the individual needs and abilities of each child and adjust activities accordingly, whether it's for advanced learners or children needing extra support.



#### **5. LOCATION AND CONVENIENCE**

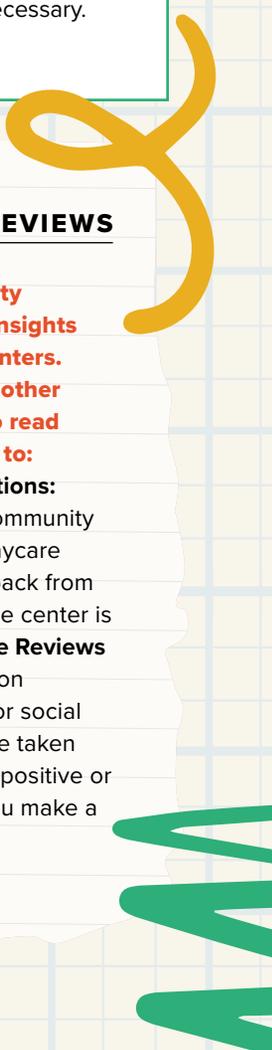
While the quality of care is paramount, convenience is also a key factor for parents. A daycare that's convenient for your commute can make your day run more smoothly and reduce stress. Consider: **Proximity to Home or Work:**

Choose a daycare that is either close to your home or your workplace, depending on your daily schedule. If the daycare is far out of your way, you may find yourself rushed or spending too much time commuting, which can add stress to your day. **Operating Hours:** Does the daycare's schedule align with your work hours? Some centers may offer extended hours for parents who work late or have unusual schedules. Ensure that the hours are flexible enough to accommodate your family's needs. **Emergency Pickup Policies:** Check if there are policies in place for emergency pick-ups in case you're running late or if your child becomes ill during the day. It's important to know that someone can be there quickly if necessary.



#### **6. COST AND VALUE**

Childcare can be a significant expense, but the most expensive option is not always the best choice. When evaluating cost, consider the following: **Cost vs. Quality:** The cheapest option may not always provide the best quality care, and the most expensive one may not necessarily offer better care either. Weigh the cost against the level of care, staff qualifications, and overall experience your child will receive. **Additional Fees:** Be sure to ask about any hidden fees, such as registration, late pickup, field trips, or special programs. This will help you get a clearer picture of the total cost of childcare. **Financial Assistance:** Some daycare centers offer sliding scale fees or financial aid, depending on family income. If this is a concern, inquire about possible subsidies or assistance programs.

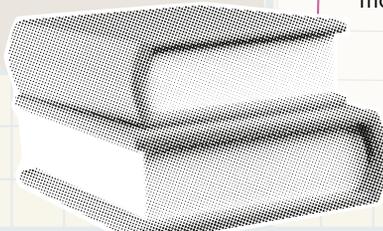


#### **7. REPUTATION AND REVIEWS**

Word-of-mouth and community feedback can offer valuable insights into the quality of daycare centers. Seek recommendations from other parents, and don't hesitate to read online reviews. Pay attention to:

**Word-of-Mouth Recommendations:**

Talk to other parents in your community about their experiences. If a daycare has consistently positive feedback from parents, it's a good sign that the center is trustworthy and reliable. **Online Reviews and Ratings:** Look up reviews on childcare directories, Google, or social media. While reviews should be taken with a grain of salt, patterns of positive or negative feedback can help you make a more informed decision.



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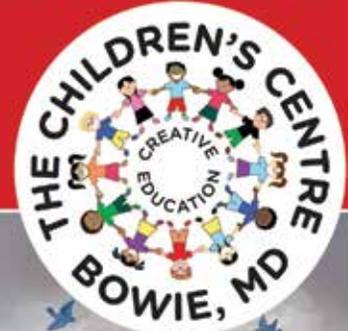
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# Home & Garden

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Fall Home  
Cozy  
PG. 56



# Fall Home Cozy

## OUR FAVORITE FALL INTERIOR ENHANCEMENTS

By Lisa J. Gotto

**F**eathering fall's nest is a highlight of the year for many interiors aficionados. If this sounds like your lane, we feel you, and we've tapped our sources and resources to bring you this inspirational guide to creating an experiential fall home environment that goes well beyond surface-level décor.



### THROWN OVER

A good book, a fire, and a cozy throw is the quintessential way to spend a fall evening at home. And nothing is more relaxing than wrapping yourself in cuddly faux fur. This one from Pine Cone Hill via Perigold.com is double-sided and double-layered for maximum plushness. It also plays into the trend of layering in varied textures to our interiors, so there is also a balance struck between structure and style.

### SEASONAL STRATEGY

Nothing says homey and cozy these days more than a delicate floral print, and we loved this one from the Anna Elizabeth line of Greenhouse Fabrics. Homeowners who love to personalize by the season are falling in love with the concept of purchasing the perfect pillow forms for their living areas and then swapping them out seasonally with custom fabric covers. This strategy helps keep any scheme from getting stale and is kinder to the environment than constantly replacing pillows to address seasonal mood enhancements.



### Supple Seating

If you're going to add one pivotal piece of furniture this fall, you'll want that to be something super comfy to toss your must-have throw onto. This gorgeous Soma leather chair in Cognac from Hydeline is elegant yet comfortable, with its box-style seat cushions and well-defined welts giving it a tailored look, but one that is accommodating for all members of your household.



### AMBER WAVES

Counterbalancing autumn's softer goods with rich metallic accent pieces in shades of amber and gold are always seasonally inviting. Adding votives that enhance and reflect light, like this Branch Candleholder from Arhaus, creates the warm glow that turns any evening into an autumnally ambient event.



## Pretty Practicality

Let's face it, in fall—ash happens. That wood-burning fireplace that you always dreamed of is doing its thing and making your living space ultra-cozy and autumnally atmospheric with its flickering flames. But it's also creating its fair share of burned wood by-product that needs to be cleaned out regularly. This year blend this useful and gorgeous copper ash keeper in with your other hearth essentials near the fireplace for the convenient storage of ash until it can be removed using its sturdy handle with its carved wooden dowel accent.



## THE SUNNY SIDE

For many reasons, we are seeing exceptionally sunny versions of yellow wall treatments making an appearance in many of today's best-dressed homes. And why not? Even though yellow is probably not the first color you think of because of its association with the taxi cab and the banana, muted, buttery shades of this hue are definitely having a moment because of its warm and comforting aesthetic. This version is called Dayroom Yellow from Farrow & Ball.

## OH MY, GOURD!

People who really love to decorate will tell you that the best thing to happen to the pumpkin was not the carving knife, it was getting creative with its traditional orange rind and using it to explore alternate colors and whimsical patterns. This collection from Ballard Designs grows in shape and scale every autumn offering something fun for every fall home.



## Floor Show

Autumn is always rich with color, and this multi-colored beauty is a Strawberry Thief Indigo rug from Ruggable. Not only will it artistically pull this room scheme together, it will endure the seasonal slings and arrows of autumn's weather, pets, and kids because it is durable and 100-percent washable, so you can fall for the pattern and the style with no wear-and-tear concerns.

Photo credits: Supple Seating, image courtesy of hydeline.com. Throw over, image courtesy of perigold.com. Seasonal strategy, image courtesy of greenhousefabrics.com. Amber waves, image courtesy of Arhaus.com. Pretty Practicality, image courtesy of plowandhearth.com. Oh my, gourd!, image courtesy of ballarddesigns.com. The sunny side, image courtesy of mydomain.com. Floor Show, image courtesy of ruggable.com.



**Transplanting:** Survey your garden. Those beautiful hostas have doubled in size. That white peony overflows her part of the flowerbed. And what about those irises? They've begun to encroach on their neighboring phlox.

- Take a look at your shrubs and plants. If they're too large or clash in color or foliage with the rest of their bedmates, move them. (They'll be fine with it.)
- Choose a site with appropriate sunlight and dig a hole.
- Around the plant to be moved, carefully dig in a circle about 6" from the stem.
- Gently lift out the root ball and loosen roots from any tightly packed soil.
- In the new hole place a handful of Epsom salt crystals and drop in the root ball. Back-fill around the plant, gently tapping down the soil. (Do not pack the soil too tightly.)
- Water thoroughly and continue to watch that the relocated plant gets sufficient moisture and light.
- Avoid fertilizing now. The plant is settling in and recovering; we want to encourage growth in the root system, not more leaves and blossoms.

# Movin' & Shakin'

## THREE HINTS FOR EXPANDING YOUR GARDEN

By Janice F. Booth

**W**ith autumn slipping into our consciousness, we gardeners sometimes examine our gardens for ways to make things even lovelier next season. Let me suggest three useful activities—moving shrubs and plants for optimum beauty, and two simple methods for creating new plants from our faithful dears by propagation.



**Plants that are particularly happy to be divided:**

- hosta,
- astilbe,
- peony, iris,
- coral bells,
- hellebores,
- phlox,
- canna,
- daylilies

**Propagating by Dividing:** This is a great way to keep a beautiful specimen in your garden. Look for those healthy, full plants and shrubs—they may even be the ones that are getting a bit too big for their setting.

- Begin by digging up the plant as you would for moving. (See above.)
- Gently remove it from the ground and lay it on its side so you can see the root ball. Using your hands, loosen the roots as much as possible without damaging them.
- With a sharp knife or small spade, start from the bottom of the root ball and cut upward toward the plant's foliage. Be careful to avoid cutting major roots. You're looking to create two root balls and plants.

**SO, HERE ARE THREE USEFUL SUGGESTIONS FOR EXPANDING AND ENHANCING YOUR GARDEN NOW THAT SEPTEMBER IS HERE:**

- Add some Epsom salt to the bottom of the original hole, then return one of the halves to its hole. Backfill and thoroughly water the plant.
- Now that you can see the size of the new root ball, decide on a new location and dig a hole. Be sure you've considered the amount of daily light and proximity of other plants. Your newly-created plant will undergo separation anxiety for a while.
- Drop in a few crystals of Epsom salt and the root ball.

Follow the same procedure as with the "mother" plant—backfill and thoroughly water.

- Until the first frost, keep an eye on the separated plants. Be sure they're getting sufficient water (but not soggy.) There may be some drooping leaves, but don't be dismayed. They'll perk up before long.
- The particular joy of "dividing" plants is that you keep these happy plants growing as a family. There's a history developing among the sister plants.



### Simple steps-by-step for propagation with cuttings:

- Tools needed: sharp knife or garden scissors, pot, loose soil (possibly mixed with Vermiculite or Perlite for drainage), water
- Choose a sturdy stem of a healthy plant or shrub.
- Cut a 4–6" section of stem, or for succulents a plump leaf is sufficient.
- Remove leaves on the lower half of the piece
- For succulents only: leave the leaf or stem to harden or seal for 24 hrs. before setting it in sand or very dry soil. (Sometimes tiny pebbles will work as the growing medium.)
- Gently immerse the section of stem in damp, loose soil or in water. (If you're trying the water method, be sure to use a container that will allow only the lower 1/3 to 1/2 of the stem to be submerged.) Be sure the soil is not wet but keep it slightly damp.
- Set the cutting in its medium in diffused light. Be patient! This will take a while. Within 4–6 weeks, sometimes sooner, you'll have tiny roots growing. (That's why the water method is fun. You can watch as the roots begin to emerge from the stem.)
- When the roots seem sufficiently developed, set the cutting into a pot of the appropriate size. Use clean, fresh soil, not too compacted. Cover only the lower 1/3 of the stem and roots with soil. (Be careful not to let the cutting sit too long in the water; it will eventually rot.)
- Watch your lovely new plant grow and flourish. You can pinch off too-long stems to shape the plant as it grows.



**Propagating with Cuttings:** There are other forms, such as grafting, that can be used to create new plants from old, but they're a bit too complicated for my kind of gardening time and interest. So, let me give you a rundown on this easy and almost foolproof method of adding favorite plants to your garden next spring.

#### Outdoor Plants that are easily propagated with cuttings:

Geraniums, Spirea, Basil, Fuschia, Dahlia, Azalea, Hydrangea

#### Indoor plants that are easily propagated with cuttings:

Pothos, Philodendron, Snake plants, Begonia, Succulents, Spider plants, Cacti

These small projects in our gardens will not only enhance the beauty and strength of our plants, but the relocated shrub, the sister hostas, and the family of young begonias from last fall's garden will brighten our gardens next spring.



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# Level Up

By Lisa J. Gotto

# F

our levels and nearly 3,000 square-feet of optimized living space combine with the beauty and convenience of townhome-living right on the heart of downtown Annapolis.

Turn-key luxury abounds from the customized-tiled entry and then throughout this modern urban abode with classic touches. Those touches start with French doors that lead to a walk-in level bedroom that also makes a great den. The entry level is accessed via the home's incredible two-car garage (a nearly unheard of urban bonus) and all floors are accessible via elevator.

One level up, there's new, honey-colored hardwood floors in the great room which comprises a spacious living room, dining area, and kitchen. Exceptional flow throughout the space and lots of light from the living room's four large windows,

makes this a great place for simple soirees and traditional family evenings at home with dinner and a movie. The living room is spacious and is highlighted with a lovely Federal-style gas fireplace.

The chef will enjoy great sightlines for entertaining from the ultra-modern kitchen complete with all high-end, stainless-steel appliances and plenty of workspace around the room's large center island. A luxurious statement-maker, this island is topped with a rare and striking Blue Bahia granite, seats three for breakfast, and offers tons of prep space. This room's gorgeous custom cabinetry carries through to the lovely formal dining area with its sophisticated built-in sideboard. Glass-front cabinets, a wine fridge, and glass rack make this an exceptional bar and beverage center. An additional series of four large windows at this end of the open-plan living space helps keep gatherings light and bright.

The primary bedroom suite on the upper floor is large and also benefits from a series of large windows and those beautiful hardwood floors. A companion, *en suite* bath offers the amenities of a spa with its custom tile treatment, dual vanity, soaking tub, and glass panel shower with built-in

**Primary Structure Built:** 2020

**Sold For:** \$1,600,000

**Original List Price:** \$1,795,000

**Bedrooms:** 4

**Baths:** 4 Full, 1 Half

**Living Space:** 2,960 Sq. Ft.

**Lot Size:** .2 acres



bench. Two, large walk-in closets make this room as functional as it is beautiful. There are two additional bedrooms on this level with their own baths, as well as the home's laundry facilities.

Push the elevator button one more time on this floor and you'll arrive at your personal outdoor oasis in the form of a 600-square foot rooftop deck. The ultimate scheme for those who love to entertain, this luxurious space features gorgeous flooring, a stacked stone gas fireplace, awning, and one of the best rooftop views in all of Annapolis.

**Listing Agent:** Reid Buckley, Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org **Buyers' Agent:** Nicole Callendar, Keller Williams Realty, 6200 Coastal Highway, Ocean City, m. 410-440-6688, o. 410-524-6400, callendarcloses@gmail.com, kellerwilliams.com

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# A Perfect Namesake

By Lisa J. Gotto

**P**alatial, gracious, and modern are three words that could be used to describe this amazing residence located on the water's edge in Edgewater. Built to stand the test of time, this 6,000-square-foot home offers a multi-million-dollar view of the South River from nearly every vantage point.

And from the moment you walk in, you know you have arrived somewhere truly special with this residence's massive two-story foyer punctuated with the sweeping, sculpted look of its architectural staircase and enormous views that expand out to the waterfront.

**Primary Structure Built:** 1994

**Sold For:** \$2,200,000

**Original List Price:** \$2,700,000

**Bedrooms:** 6

**Baths:** 5  
Full, 1 Half

**Living Space:** 6,055 Sq. Ft.

**Lot Size:** .26 acres

The entry extends into a spacious living room with a stone, gas fireplace feature wall, incredibly large picture windows, and access to this level's wrap-around deck. This space then flows into a formal dining room with its own fabulous water views, and beyond into a sleek, white, modern kitchen. Custom flat-panel cabinetry and gorgeous granite countertops extend around the periphery of the room that is washed in natural light from its picture windows overlooking the water. A separate breakfast area and a large center island provide the ultimate in utility.

Built for entertaining, this residence also offers a butler's pantry, a multi-purpose room with full bar, a guest suite with bath, and a mudroom on the main level. There is also a spacious family room with a fireplace and a den with a curved wall



of windows to the water, and an amazing wall of built-ins for display and storage. Gorgeous hardwood floors flow throughout the main level.

Upstairs, there's an opulent primary suite dramatically detailed to frame the South River as art through its architectural-enhanced window package and soaring ceiling detail. The room offers not only great views but access via sliding doors to a balcony off the bedroom. A separate seating area overlooking the water and a fireplace feature wall give the room the feel of an exclusive, private retreat. This amazing suite also offers a large dressing room with closets and a built-in vanity with lighted mirror.

There are four additional, large bedrooms in this home, as well as another entertaining and family gathering space on the home's lower level, along with a home gym.

Located in the gated community of South River Landing, this residence enjoys many community-based amenities, including a pool at the water's edge, tennis and pickleball courts, basketball courts, walking paths, and a playground.



**Listing Agent:** Michele Cordle, Long & Foster Fine Homes, 145 Main St., Annapolis, m. 410-562-8680, o. 410-263-3400, michele.cordle@longandfoster.com, longandfoster.com **Buyers' Agent:** Teresa Klem, Long & Foster Fine Homes, 145 Main St., Annapolis, m. 443-23-1364, o. 410-263-3400, teresa@goannapolis.com, longandfoster.com



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*Awards will be revealed in the February 2026 issues of What's Up? Annapolis,  
What's Up? Eastern Shore, and March 2026 issue of What's Up? Central Maryland.*

# Health & Beauty

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Successful  
Hair Slugging**

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# Ancient Grains Are Making a Comeback

By Dylan Roche

**Y**ou've probably heard the expression "What's old is new again," right? What if that applied to food—specifically, ancient grains. They're about as old as food can get, but now they're making a comeback as more people recognize their health benefits.

While there's no strict definition as to the ancientness of these grains, according to the Whole Grains Council, they're not exactly the same as more modern grains like wheat, oats, and rice, which have been selectively bred and modified through specific cultivation methods over the years, primarily for greater abundance and resistance to disease. Ancient grains are the same today as they would have been hundreds or even thousands of years ago, when they formed the basis of the diets in the regions of the world where they grew.

While modern grains are often processed and refined (think brown rice made into white rice), they're still widely available in their whole forms. And although these whole modern grains have their nutritional benefits, such as complex carbohydrates for sustained energy, they're not quite on the same level as ancient grains, which are much more nutrient dense.

**How do we define whole?** When a grain is whole, it hasn't been cracked, crushed, or processed, which removes vital parts of the grain—the bran, the germ, and the endosperm. These parts of the grain are the source of the nutrients like fiber and protein. According to research by Harvard Medical School, people who eat four servings or more of whole grains (whether modern or ancient) every day have a lower risk of dying from heart disease or cancer.



## SO, WHICH ANCIENT GRAINS SHOULD YOU BE TRYING? A FEW ANCIENT GRAINS YOU MIGHT'VE HEARD OF (BUT NEVER TRIED BEFORE)...

**Amaranth:** Once cultivated by the ancient Aztecs, amaranth can be cooked up into a fluffy porridge similar to oatmeal. It's rich in protein, particularly the amino acid lysine, which is often lacking in plant-based protein sources. **Barley:** Known for its mildly nutty flavor and chewy texture, barley makes a hearty addition to salads, pilafs, and risottos, and its generous soluble fiber content makes it great for digestive health. **Millet:** This small-seed grain is cultivated in many parts of Africa. Because of its mild and almost sweet flavor with a hint of buttery-ness, millet works well as a breakfast porridge. It's rich in magnesium and easier to digest compared with most grains. **Quinoa:** Although it's technically a sprout, quinoa cooks up similar to a cereal grain. It has a nutty flavor and slight chewiness, which will give dimension to salads or as a heartier substitute for rice. It's one of the rare plant foods to provide all nine essential amino acids, making it a complete protein source. **Rye:** This European grain is similar to wheat and barley, and it's often used to make bread. It has a distinctive earthy, almost sour flavor with a little bit of tang. Because it's high in fiber, it's great for managing blood sugar and cholesterol.

## WAYS TO PREPARE WHOLE GRAINS

If you have your doubts, try mixing in an ancient grain with something you already like. Next time you make rice pilaf, replace half your rice with quinoa, or add some barley to your morning oatmeal. Be sure to rinse your grains before cooking. Some of them have a naturally occurring organic compound called saponins that can become foamy when the grains are cooked in water, but a quick rinse in a fine-mesh sieve under cold water will remove it. Give your grains a quick toast in a dry skillet over low heat before you boil them to deepen and enhance their flavor. Swap out the water you cook the grains in with chicken stock or vegetable broth for a more flavorful dish.



# What You Should Know About Rucking

By Dylan Roche

**A**n aerobic exercise like walking or running hardly needs any introduction—most of us already know these are good for us. Our heartrate increases, we breathe a little more heavily, and we break a (light or heavy) sweat.

But...what if there were a way to make these everyday popular cardio choices a little more intense? That's the idea behind rucking, and it's why this modification to your typical cardio session to improve your strength and endurance is a favorite among fitness trainers.

So, if you're asking yourself, "What is *rucking*?" we've got the answers for you here.

## **WHY IS RUCKING ALL THE RAGE?**

Rucking is the practice of walking or running while wearing a rucksack, or close-fitting weighted backpack. Rucking is often part of boot camps and military training. The Cleveland Clinic calls rucking a full-body workout that will not only raise your

heartrate but also strengthen your muscles more than simple running or walking would. Many fitness influencers on social media—such as David Goggins, a retired Navy Seal and long-distance runner—tout rucking as a crucial part of their training program.

The American Council on Exercise points to the combination of cardio and strength training. Adding weight to a cardio session means you burn more calories, improve your aerobic endurance, and build strength in your lower body and core.

## **CAN I USE ANY KIND OF WEIGHTED BACKPACK?**

Can you? Sure. Putting weights in a backpack is an easy and inexpensive way to test out whether you like rucking. But on a consistent basis, it's best to use an actual rucksack—rucksacks are designed with special inserts to hold weights close to your body, and they evenly distribute the weight across your body. A backpack with weights in it could put strain on your spine or shoulders, and the weight could bounce around or shift too much.

If you decide to get a rucksack, make sure you proceed with caution. If you're used to lifting 30 pounds in the gym, you might think you'll have no problem weighting yourself up with 30 pounds for a walk—but that's not the case! Rucking 30 or even 20 pounds for an extended period of time is much different from lifting 30 pounds for a few seconds. It's best to start off with an added 5 pounds and increase your weight a little bit each week.

## **WHAT SHOULD I CONSIDER WHEN PLANNING MY RUCKING WORKOUTS?**

You'll quickly notice that weight affects how hard your workout is. A run or a walk that's easy or moderate when you're unweighted all of a sudden becomes much more intense with a rucksack on. If you're rucking as part of your workout routine, take care to consider: How heavy your rucksack is? What distance you'll go? What pace you'll maintain? How long you'll run/walk?

Army research shows that when you add 1 percent of your bodyweight, you increase your energy expenditure by approximately (emphasis on approximately) 1 percent. That means if you're 150 pounds, then 5 pounds is about 3.3 percent of your bodyweight, and when you put on a 5-pound rucksack, you will need to exert 3.3 percent more effort.

You could let yourself slow down about 30 seconds per mile or shorten your distance by about 3 percent and get the same workout you usually do, or you could push yourself to keep the same pace and run the same distance while feeling a little more exerted, which leads to progress. However you approach it, you'll find your rucksack makes you faster and stronger.



# 7 Steps for Successful Hair Slugging

By Dylan Roche

**S**lugging may not sound like the most glamorous skincare and haircare hack you've ever heard of, but that hasn't stopped it from becoming popular. It started with a simple approach to nourish dry skin: Apply a thick coat of oil and let it sit to lock in moisture. From there, skin slugging has given way to the popularity of *hair slugging*, the practice of combatting dry or damaged hair with the same oil treatment. Dermatologists say it's a safe and effective practice, and it's one that's been used around the world for generations.

So, if you're curious about how you can use a simple oil you might already have in your pantry or medicine cabinet at home to achieve softer, smoother, more lively hair, here are seven steps you can adapt to your specific needs:

**1. Determine if it's right for you.** Start by deciding whether hair slugging makes sense for your hair, particularly depending on the time of year. If you have coarse, frizzy, brittle hair, then slugging would help moisturize your strands, especially in the winter months when the air tends to be dryer. But if you have an oily scalp, then slugging could cause a breakout around your hairline, and if you have especially fine hair, you could end up with an oily buildup that is difficult to wash out. (If you do have finer hair and still want to give it a moisturizing boost, pay attention to the next step.)

**2. Choose your oil.** Not all oils will be the right fit. A heavier oil like coconut oil or olive oil will work well to penetrate the shafts of thicker hair. If you've got finer hair, you want to go with a lighter choice like argan oil or grapeseed oil, which won't weigh your hair down.

**3. Prepare your hair.** Prepare your hair for slugging by conditioning it and towel drying it (without any applied heat), leaving it slightly damp but not wet.

**4. Apply and wrap.** Apply the oil to your damp hair but be careful about the amount you use. You want your hair to be generously and evenly coated but not dripping. Once you've finished applying it, wrap your hair with a towel or scarf, or you can cover it with a bonnet or shower cap.

**5. Let it sit.** It's usually best to slug hair right before you go to sleep, so you can give your hair a full eight hours to lock in moisture.

**6. Style as needed.** The next morning, take off the wrap and remove any excess oil. This can typically be done with a toweling and brushing, but if there is a lot of leftover oil, you may need a light shampooing. Style your hair afterward the way you usually do.

**7. Repeat as needed.** You don't need to (and probably shouldn't) slug your hair every night. Stick with once a week to begin with. If your hair is very dry, you may need to repeat the process twice a week, and if you find your hair is prone to oiliness, you can cut back to every other week or even once a month.



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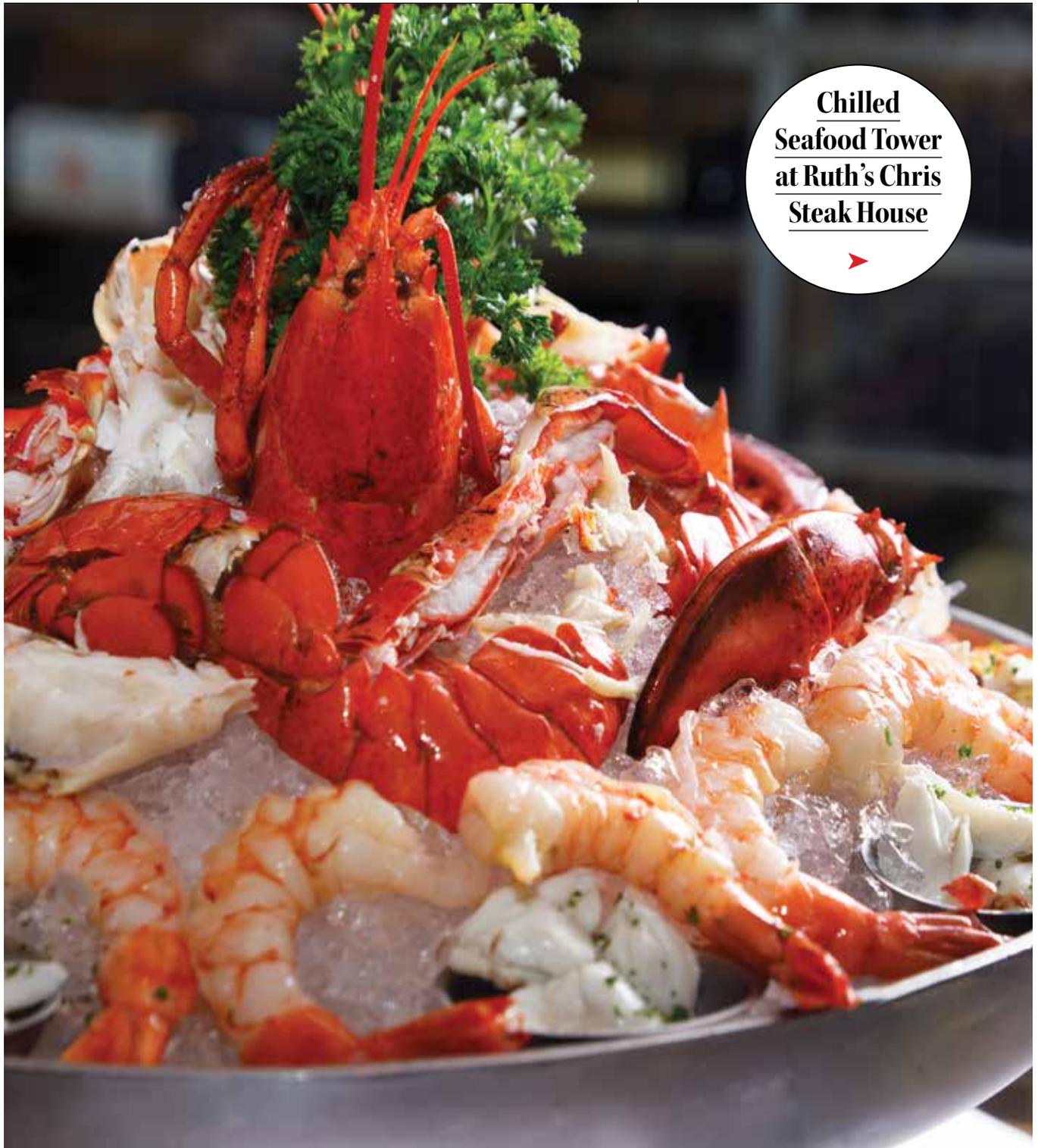
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# Food & Dining

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Chilled  
Seafood Tower  
at Ruth's Chris  
Steak House



# Delicious Steaks and Warm Hospitality at Ruth's Chris

By Lisa A. Lewis

**F**ounded in 1965 by Ruth Fertel, Ruth's Chris Steak House boasts a reputation as one of the most respected and popular steak house chains in the United States. The restaurants specialize in offering premium steaks broiled to perfection, friendly service, and a welcoming atmosphere.

"Every Ruth's Chris location strives to deliver unparalleled service, surpassing our guests' expectations by providing what we call 'plus one service,'" says Odenton General Manager Andre Bennett. "Simply put, we exceed what would be considered normal restaurant behaviors. What is normal for Ruth's Chris would be considered going the extra mile or above and beyond by most industry standards."

A family-owned and operated franchise, Ruth's Chris Steak House Odenton is conveniently located across from Odenton MARC Station. The restaurant group also operates the Annapolis location, neatly tucked in the Eastport maritime neighborhood.

To learn more, we recently talked to Andre.



## RUTH'S CHRIS STEAK HOUSE

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

**What makes Ruth's Chris Steak House Odenton different from other locations in Maryland?** Based on what our guests say, what sets us apart in Odenton is the pure ambiance of our restaurant. When you walk through the front doors, the first thing you see is the beautiful marble host stand, where our hosts are waiting to greet you. Once you are seated, the hosts invite you to walk toward the bar, where you can feel the energy of our guests as they enjoy cocktails and conversation. When you turn the corner, you notice the crystal-clear wine walls, displaying wine from every corner of the world. As you continue walking, you pass large booths with incredible glasswork and admire the custom chandeliers that adorn the building.

**Tell us about your background in the restaurant industry.** My experience dates back more than 25 years. I started as a short order cook for a small mom-and-pop Italian restaurant. I have since worked for and/or managed several well-known casinos, hotel chains, and celebrity chef restaurants. Some of those casinos include Harrah's, Caesars Atlantic City, and Tropicana Atlantic City. The restaurateurs include Steven Starr, Wolfgang Puck, and Tilman Fertitta, to name a few.

**What are some of your most popular dishes?** By far, the most popular items on the menu are our steak options. Whether it's the 16-ounce ribeye—juicy and broiled to perfection—or the petite filet—lean, tender, and prepared to your preference—most guests choose to complement these options with our Maryland-style crab cake, Chesapeake style. This dish is prepared with lump crab meat and asparagus and topped with hollandaise sauce. Another popular entrée complement is one of our 8–10-ounce juicy lobster tails.



**Tell us about your premium cuts of steak and your unique broiling method.** We are known for our USDA prime beef. Our premium cuts are of the highest quality and are known for their exceptional marbling, tenderness, and flavor. Although we offer a wide range of beef selections, one cut towers above the rest as our showstopper: our Tomahawk Ribeye. The Tomahawk isn't just a steak; it's an event. Weighing in at 40 ounces, it's carved with the rib bone left extra-long and French trimmed for dramatic flair. Its bold presentation demands attention, while its intoxicating aroma—sizzling from our 500-degree plates—sets the stage for an unforgettable first bite and dining experience.

All of our steaks are seasoned with salt and pepper and topped with butter. Our unique broiling method intensifies the flavor, texture, and presentation. This method not only sets us apart from all other steak houses, but it's also a big part of the elevated experience. The signature 1800-degree broiler locks in the juices instantly, searing the outside of the steak with a perfect caramelized crust. Broiling creates complex layers of flavor that other cooking methods can't match. Ruth's Chris isn't just about cooking beef; it's about creating an experience.

**What is a popular seafood dish?** While you can't go wrong with staples like our calamari or our spicy shrimp appetizer, one of our most popular seafood dishes is the spicy salmon entrée, an 8.5-ounce salmon filet broiled. It's topped with our spicy salmon sauce, which includes honey, ginger, soy sauce, Thai chili sauce, jalapeños, and green onions. These ingredients create a sweet, mildly spicy sauce that complements the filet.

**Tell us about your selection of beverages.** We offer a wide range of high-end scotches and bourbons, multiple handmade craft cocktails, a variety of wine options, and ice-cold beer. We only use freshly squeezed fruit juices and house-made simple syrup, which give our cocktails a distinct mouthwatering, refreshing flavor.

**Describe the dining experience.** At Ruth's Chris, we provide the dining experience you expect. We are well-versed at reading our guests. Whether you're celebrating a special milestone, entertaining clients, or enjoying dinner with friends and family, we offer a dining experience like no other.



## SWEET POTATO CASSEROLE

*Makes 4 Servings*

### Ingredients

#### Crust Mixture:

3/4 cup brown sugar  
1/4 cup flour  
3/4 cup chopped nuts (pecans preferred)  
1/4 cup melted butter

#### Sweet Potato Mixture:

3/4 cup sugar  
1/4 teaspoon salt  
1/4 teaspoon vanilla  
2 cups mashed sweet potatoes  
1 egg, well beaten  
1/4 cup butter

### Process

Combine Crust Mixture in mixing bowl and put to one side. Combine Sweet Potato Mixture ingredients in a mixing bowl in the order listed. Combine thoroughly. Pour Sweet Potato Mixture into buttered baking dish. Sprinkle Crust Mixture evenly onto surface of Sweet Potato Mixture. Bake for 30 minutes at 350F. Allow to set for at least 30 minutes before serving.



# Readers' Dining Guide



Welcome to your regional dining. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email [editor@whatsupmag.com](mailto:editor@whatsupmag.com) and let us know! And for the full guide, visit [whatsupmag.com](http://whatsupmag.com).

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**The Pier Waterfront Bar & Grill**

48 South River Road, Edgewater; 443-837-6057; thepierwaterfrontbarandgrill.com \$\$\$ ●●●●●

**Pirate's Cove Restaurant and Dock Bar**

4817 Riverside Drive, Galesville; 410-867-2300; piratescove-md.com \$\$\$ ●●●●●

**Senor's Chile**

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

**Skipper's Pier Restaurant & Dock Bar**

6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com \$\$\$ ●●●●●

**South County Café**

5960 Deale Church-ton Road, Deale; 410-867-6450; southcountycafe.com \$ ●

**Stan and Joe's Riverside**

4851 Riverside Drive, Galesville; 410-867-7200; stanandjoesaloon.com \$\$\$ ●●●●●

**West River Pit BBQ**

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

**Yellowfin Steak & Fishhouse**

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

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

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

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

**The Big Bean**

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

**Blackwall Barn and Lodge**

329 Gambrills Road, Gambrills; 410-317-2276; barnandlodge.com \$\$\$ ●●●●●

**Blue Rooster Café**

1372 Cape St Claire Road, Annapolis; 410-757-5232; goto-roosters.com \$ ●●

**Brian Boru Restaurant and Pub**

489 Ritchie Highway, Severna Park; 410-975-2678; brianboru-pub.com \$\$\$ ●●●●●

**The Beach Bar**

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

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

**Broadneck Grill and Cantina**

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1350 Dorsey Road, Hanover; 410-684-2900; cantinamam-malucia.com \$ \$, Beer and Wine, Family Friendly

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

**Crafty Crab**

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

**Crazy Crab**

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

**Donnelly's Dockside**

1050 Deep Creek Ave, Arnold; 410-757-4045; donnel-lysdockside.com \$ \$ ●●●

**Eggspectation**

2402 Brandermill Blvd, Gambrills; 443-292-4181; eggspec-tation.com \$ \$ ●●

**Founder's**

**Tavern & Grill**  
8125 Ritchie High-way, Pasadena; 410-544-0076; founder-stavernandgrille.com \$ \$ ●●

**Frisco Taphouse**

2406 Brandermill Blvd, Gambrills; 443-292-4075; friscotap-house.com \$ \$ ●●

**Galliano Italian Restaurant**

2630 Chapel Lake Drive; 410-721-5522; Gallianoitalianresta-urant.com \$ \$ ●●

**Garten**

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

**Greene Turtle**

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

**Grumps Cafe**

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

**The Hideaway**

1439 Odenton Road, Odenton; 410-874-7300; hideawayo-odenton.com \$ \$ ●●●

**Hunan L'Rose**

1131 Annapolis Road, Odenton; 410-672-2928 \$ ●

**The Irish Pub**

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4594 Mountain Road, Pasadena; 410-702-2918; theirishpub-nextdoor.com \$ \$ ●●

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

### Mamma Roma

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

### Molloy's Irish Pub & Restaurant

1053 Route 3 North, Gambrills; 410-451-4222; molloyirishpub.com \$\$ ●●

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

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1258 Bay Dale Drive, Arnold; 410-349-0200; oloughlinspub.com \$ ●●

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

### Pitaya Mexican Restaurant

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

### The Point Crab House & Grill

700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com \$\$ ●●

### Ram's Head Dockside

1702 Furnace Drive, Glen Burnie; 410-590-2280; ramsheaddockside.com \$\$ ●●●●

### The Rangoli Restaurant

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

### The Rumor Reel Restaurant

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

### Sam & Maggie's Dockside Grill

1575 Fairview Beach Road, Pasadena; 410-360-9526; samandmaggies.com \$\$ ●●●● Seasonal

### The Seaside Restaurant

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

### Senor's Chile Café

594 Benfield Boulevard, Severna Park; 410-431-3000; senorschile.com \$\$ ●●

### Senor's Chile Cantina

1264 Bay Dale Drive, Arnold; 410-421-1010; senorschile.com \$\$ ●●

### The Social

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



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560 Baltimore Annapolis Boulevard, Severna Park; 410-647-6300; sofis-crepes.com \$ ●●

**Timbuktu Restaurant**

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

**Prince George's County**

**Amber Spice**

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

**BLVCK Cow**

6133 Highbridge Road, Bowie; 301-798-7195; Blvckcow.com \$\$\$ ●●●

**Bobby McKey's Dueling Piano Bar**

172 Fleet Street, National Harbor; 301-602-2209; bobbymckkeys.com \$\$\$ ●●

**Bond 45**

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

**Busboys and Poets**

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

**The Common**

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

**Crafty Crab**

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

**Fiorella Italian Kitchen & Pizzeria**

152 National Plaza, National Harbor; 301-839-1811; fiorellapizzeria.com \$\$\$ ●●●●

**First Watch**

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

**Huncho House**

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

**The Irish Whisper**

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

**KitchenCray Cafe**

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

**Looney's Pub**

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

**Mad Cow Grill**

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

**Milk & Honey Café**

12500 Fairwood Parkway, Bowie; 240-260-3141; milk-honeycafe.com \$\$\$ ●●●

**Portum**

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

**Public House**

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

**Red Hot & Blue**

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

**Redstone American Grill**

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

**Rip's Country Inn**

3809 Crain Highway, Bowie; 301-804-5900; ripscountry-inn.com \$ ●●

**Rosa Mexicano**

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

**Ruby's Southern Comfort Kitchen**

14207 Old Annapolis Road, Bowie; 240-260-3989; rubys-bowie.com \$\$\$ ●

**SoBe Restaurant and Lounge**

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

**Succotash**

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

**Voltaggio Brothers Steak House**

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# Where's Wilma?

**FIND WILMA AND WIN!**

It's super September and our favorite flying mascot, Wilma, is soaring across the Chesapeake Bay region in her single prop plane to touch down in towns from shore to shore. Wilma love to eat, shop, and have fun at many of the area's best businesses. Where will she pop into 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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Melissa P.** of Severn, who won a gift certificate to a local business!

Please Print Legibly

**I FOUND** \_\_\_\_\_ Advertiser \_\_\_\_\_  
**WILMA** \_\_\_\_\_ Advertiser \_\_\_\_\_  
**ON PG.** \_\_\_\_\_ Advertiser \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

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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 September 30, 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](http://whatsupmag.com/promotions).

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For more information and to register,  
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