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this month

Curiosity Is Always in Style



If you learn anything from working in the marketing and communications industry, as I have for almost 13 years now, it's that no two things are ever the same—and usually for good reason. When you take the time to learn those reasons, you're never quite the same again.

That's the way I feel when I think about the Baltimore City and Baltimore County communities. While on a photo shoot for this month's cover featuring Dr. Wendy Osefo at La Scala Ristorante Italiano in Baltimore, I discovered the charm of this phenomenal restaurant. Reading the stories that appear in this issue, I encountered dedicated individuals working in the health and hospitality industries. Traveling through Glyndon in Baltimore County, I witnessed the community's history and heritage in the architecture of the homes that grace its avenues and streets. So often our journeys end in a minor education of discoveries.

This curiosity that leads to discoveries is at the heart of *Baltimore Style*, inspiring us at the magazine to profile the very best that our region has to offer—the people who live here, the restaurants that serve their clientele here, the shopping opportunities that await you here and the resources and inspiration you can use to enhance your home and lifestyle. This issue is no exception: charcuterie, a health and wellness retreat, autumn comfort foods and a report on lung cancer diagnoses in women who are nonsmokers. Together, these stories make a wonderful point: It's possible to grow your knowledge about anything when you embrace your curiosity about a subject.

On that note, it's my pleasure to write to you as the new managing editor of *Baltimore Style*. While I'm new to this magazine, I'm not new to Baltimore. I was born in and spent a few years of my childhood growing up in Baltimore. Many of my relatives still call Baltimore home. I'm

looking forward to the opportunity to explore this region more. Editor PJ Feinstein and I, along with our entire *Baltimore Style* staff, look forward to bringing you even more stories on these pages. And I'm looking forward to hearing from you, our readers, about the topics that stoke your curiosity.

Happy Thanksgiving from all of us at *Baltimore Style*!

MICHAEL VYSKOCIL
Managing Editor

mvyskocil@midatlanticmedia.com



DAVID STUCK



Check out
Main Dish
Page 40

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ON THE COVER

Dr. Wendy Osefo at La Scala Ristorante Italiano, Baltimore

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HAIR STYLIST: DALLAS WHITCHER

DAVID STUCK



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our team

Baltimore style

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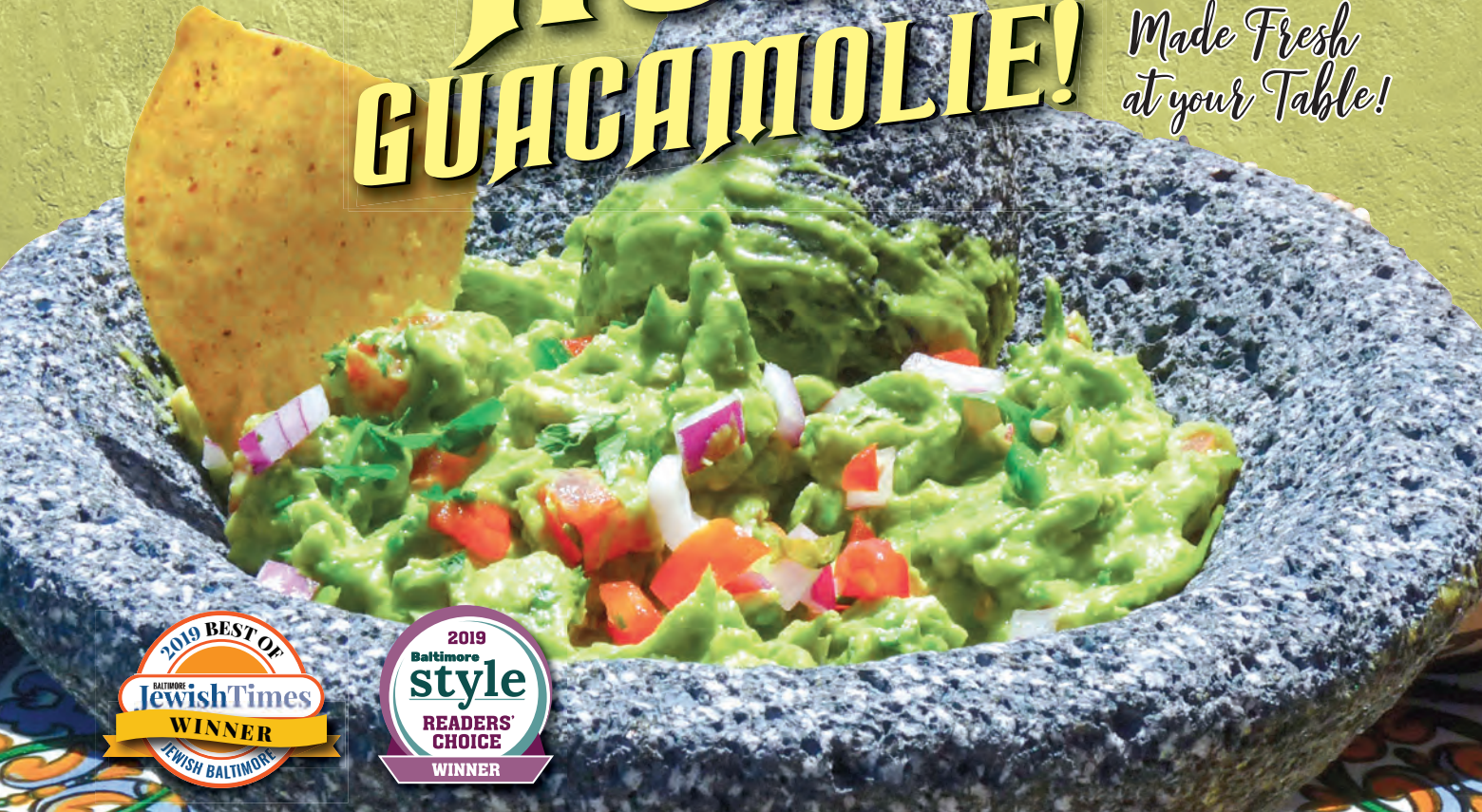
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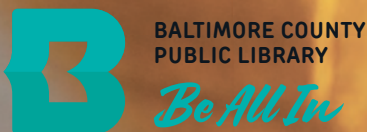
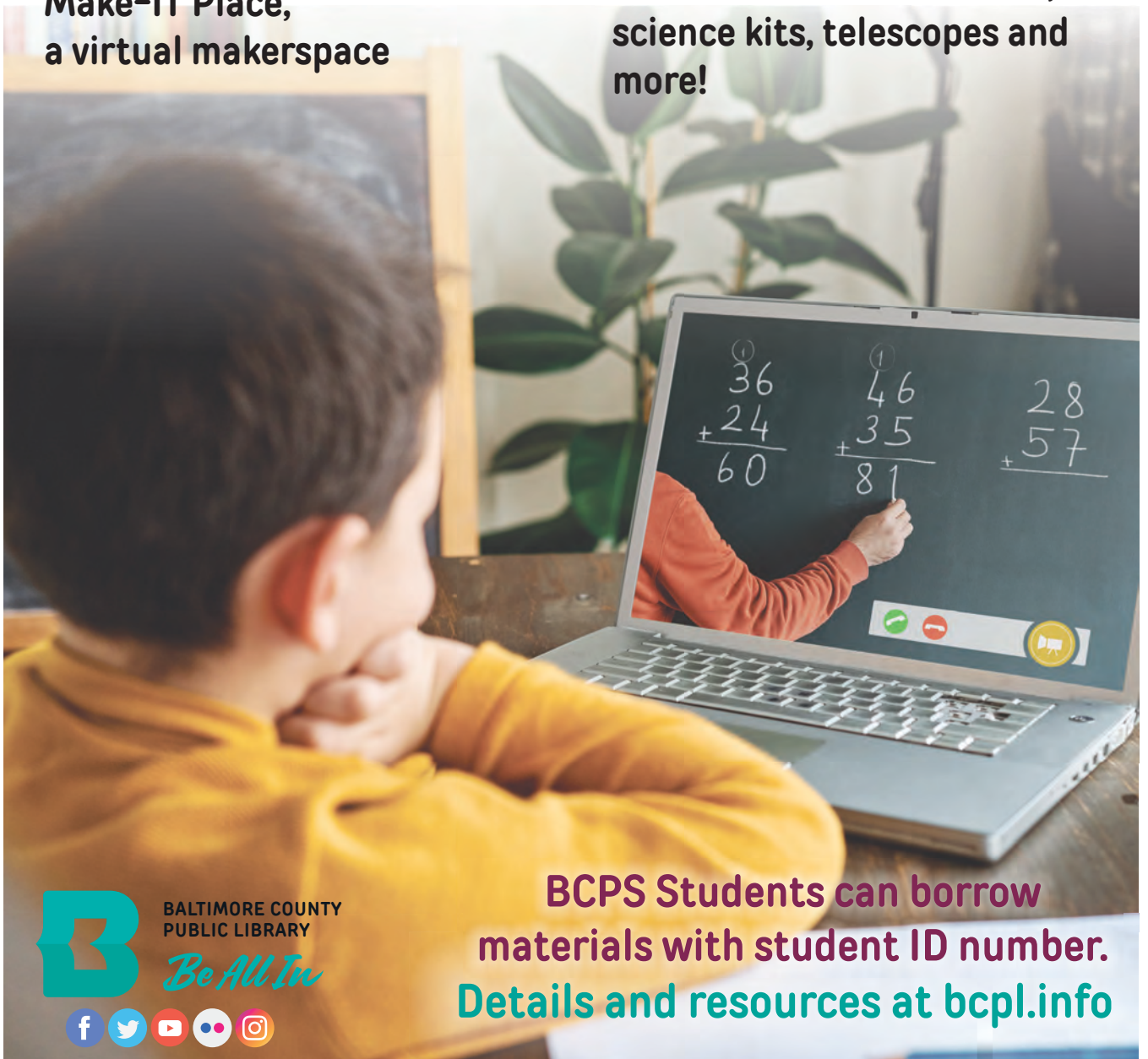
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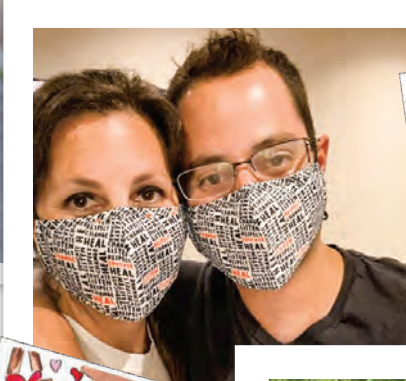
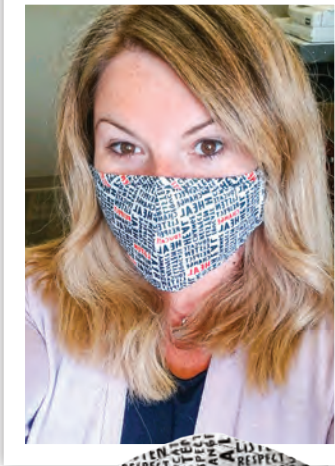


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Keeping Each Other Safe

... with education and a little style, too

BY ERICA RIMLINGER



Marissa Jachman, executive director of the Erin Levitas Foundation, designed face masks and greeting cards to support the work of the foundation's mission to prevent sexual assault and harassment using a research-based educational approach.

WOMAN: AMBER COLLISON/THE ERIN LEVITAS FOUNDATION; BOY AND FAMILY: MARISSA JACHMAN; COUPLE: LAURIE COLLINS ROSEN; CARDS: THE ERIN LEVITAS FOUNDATION

Erin Michele Levitas was a 22-year-old woman with a bright mind and far-reaching goals. The Baltimore native had recently been accepted at the University of Maryland Francis King Carey School of Law and was set to begin in fall 2015.

Marissa Jachman, Erin's cousin, says she and her cousin were "a lot alike" growing up. "We gravitated to leadership roles. We cared about making change. She was outgoing, bubbly and fun. She also cared a lot about academics and did well academically. She wanted to make a difference in the world."

Erin wanted to use her law degree to prevent sexual assault, help survivors of sexual violence and make the world a safer place for women.

Her family members supported Erin's goals, but they were not immediately aware

of the reasons behind them. It was two years before Erin told her family that she, herself, had been sexually assaulted.

Shortly after accepting her spot in law school, Erin experienced stomach pains that were diagnosed as a rare, aggressive form of cancer. In a matter of months, less than a year after her diagnosis, Erin lost a bravely fought battle with the disease. She was still 22 years old.

Four-and-a-half years later, her family is still carrying Erin's cause and ideals forward. The Erin Levitas Foundation, which Jachman helps run and supports through volunteering, aims to prevent sexual assault and harassment using a research-based approach to education for middle schoolers.

Jachman says her large family was already close, but "things like this bring you closer. Every family member

jumped on board." With Jachman's background in nonprofit management, she was uniquely suited to help launch the foundation.

The foundation has collaborated with Dr. Quince Hopkins and other teaching staff at the University of Maryland Carey School of Law to design an evidence-based curriculum that will help middle school students identify, question and reject destructive ideas that contribute to sexual violence.

The foundation centered its work around early education because Erin "was forward thinking. She wanted to do something to accelerate the change in culture." It's also significant, Jachman says, that the foundation turned to the law school Erin planned to attend for help planning the curriculum.

"The curriculum is based on

(continued on page 46)

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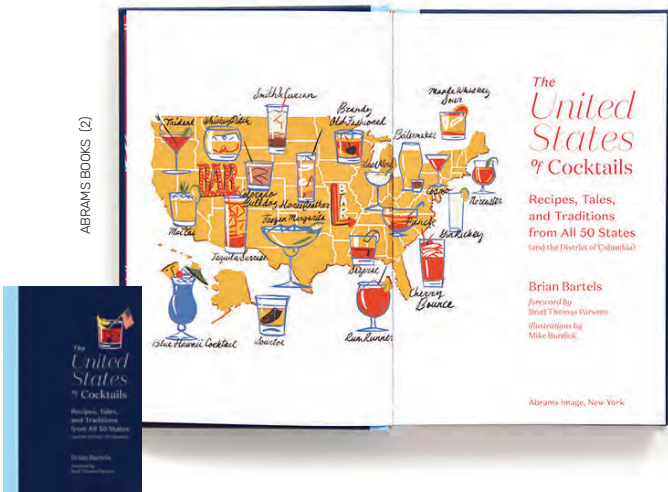


SERVING UP TALES OF FLAVOR

Books to nourish your soul this November

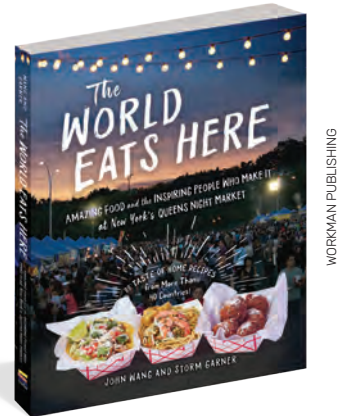
BY JAMIE L. WATSON

A borough full of immigrants, a country full of bars and a world history full of the effects of imperialism. Settle in with your favorite food and beverage and indulge in the following good reads this month.



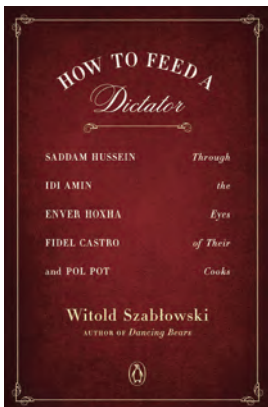
THE UNITED STATES OF COCKTAILS: RECIPES, TALES AND TRADITIONS FROM ALL 50 STATES (AND THE DISTRICT OF COLUMBIA)

Brian Bartels visited bars all over the country and shares the oldest bar, a cocktail bar, a bucket list bar and a beverage for each state, as well as recipes reflective of each state's cocktail culture. (I've been to 4% of them, including Maryland's bucket list bar, the Mount Royal Tavern.) Ryan Sparks, presently of Dutch Courage, reveals his creative recipe for a Tika Taka, and South Baltimore's Idle Hour gets a shoutout for its use of chartreuse. Throughout the book, Bartels drops an incredible amount of boozy knowledge, one that makes "The United States of Cocktails" a "cookbook" worth reading from cover to cover.



THE WORLD EATS HERE: AMAZING FOOD AND THE INSPIRING PEOPLE WHO MAKE IT AT NEW YORK'S QUEENS NIGHT MARKET

At New York's Queens Night Market, you can travel the world by going to one lot in New York City. In 2015, John Wang founded the market and capped all dish prices at \$6. In the years that followed, some Night Market vendors were able to open brick-and-mortar shops, while some were content with their day jobs and their Saturday nights in Corona. Ninety countries have been represented at the market, including many from Africa, Asia, Europe, the Americas and the Caribbean. The stories cover everything from first-generation immigrants with day jobs who cook on the side to longtime New Yorkers who are celebrating cuisines of their parents or grandparents. Not every recipe has common pantry ingredients or utensils, but with online shops, you should be able to find what you need to prepare the dishes. Let's hope next year finds a return of Baltimore's own Charm City Night Market (Instagram: @charmcitynightmarket).



HOW TO FEED A DICTATOR: SADDAM HUSSEIN, IDI AMIN, ENVER HOXHA, FIDEL CASTRO AND POL POT THROUGH THE EYES OF THEIR COOKS

At a recent edition of the Books and Conversation program at Baltimore County Public Library (held the second Friday of the month on Zoom at present), an attendee talked about "How to Feed a Dictator." Yes, even librarians can sometimes get scooped on a book! Polish journalist Witold Szablowski literally traveled the globe, interviewing the still-living chefs of Saddam Hussein, Idi Amin, Enver Hoxha, Fidel Castro and Pol Pot. Many began working for these tyrants because they were members of the military or in the regime somewhat already, and they were given an offer they couldn't refuse. Hair-trigger tempers, small petty slights leading to brutal massacres and vengeful wives are common, as are jokesters who inspired fierce loyalty. Was it Stockholm syndrome, or do they really see these men as occasional benevolent bosses, even as they lived in terror of oversalting the soup? What's even more terrifying is the randomness of how these men's whims changed the world. This work is not a light read, but it's a compelling one. After all, you'll learn about the banality of evil from people who knew these leaders as people, not historical figures, and who can tell their stories through the universal language of food.

Jamie L. Watson is a collection development manager with Baltimore County Public Library.



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**We are not
“them” but us.
And we live
right next door.**

My addiction and I go way back. My father was addicted to pain pills. He gave me my first pain pill when I was 11 years old. It was around that time he also informed me that taking a pill if you were sad was OK. I would turn to those pills from time to time throughout high school and college and beyond. I didn't gobble them by the handful. But I was the one patient who was always up for filling that extra refill or the patient who hoped a minor ailment was far worse than it was.

When I decided I wanted to get pregnant, I stopped. After my son was born, I continued to stop—for a time. Then I gradually began using again, every now and then, and drinking too much on the weekends. I felt I was keeping my head above water. I was anxious and depressed, and I often equated taking those pills or drinking as a way to catch my breath, to calm my mind from its incessant worries, thoughts and obsessions.

Then I had back surgery. Spinal fusion. It failed. Six weeks in, I sat patiently as the surgeon surveyed my most recent X-rays, and much to his own shock, he informed me that both the titanium rods used in the spinal fusion had snapped in two. I would have to deal with chronic pain for the rest of my life since the rods, I was told, could not be safely removed.

I grabbed onto that news and those steady streams of pills and off we went. I wouldn't now be confined to just taking pills every now and then but had a legitimate reason to take them consistently. My son was older. I decided to jump headlong into my addiction.

When people hear my story, many are quick to defend me, which I always find interesting. “It was those doctors pushing the pills on you,” someone once said to me. After all, I couldn't be

(continued on page 47)

THE ADDICT NEXT DOOR

BY LISA GREGORY

I am the addict next door. You know... the woman who lives in the nice house in the nice neighborhood with the nice family. That's me.

According to the National Institute on Drug Abuse, 130 people in the United States die from an opioid overdose each day. These days, it is being referred to as a national emergency. As such, the face of addiction is changing—becoming all encompassing. As one addict put it, “I'm the All-American girl...just the All-American girl who is addicted.”

Ask around and you will be hard-pressed to find someone whose life hasn't been directly touched by this epidemic or knows of someone whose life has been touched by it. Our society no longer has the luxury of the “us vs. them” mentality. The “them” is becoming all of us—from young and old to rich to poor and everything in between. And I was one of them.

Despite the social stigma it may invite, I don't hide my addiction. It is a part of who I have become now, and I reference it from time to time. In doing so, I have become increasingly amazed at the people who confide in me that they have someone close who is addicted, too. There was the middle-aged woman who, before confiding her secret, glanced around the room anxiously to see who was in earshot and then shared with me that her husband was an addict. Or the young girl who grabbed on to my mention of my addiction and began sharing the story of her mother, an addict. Both told a familiar story of back problems, surgery, opiates and then headlong addiction.

My story is very much the same. My drug of choice was opiates, oxycodone primarily. But I was not averse to drinking alcohol, too, when there were no pain pills to be had.

Pillars of Autumn

WRITTEN AND COMPILED
BY EBONY BROWN

It's that time again!

Cool to cold weather season ... brrr. Discover layers upon layers of stylish "sweater weather" fashion or, you know, fall and winter clothing. Who doesn't love more opportunities to accessorize outfits with a plethora of cozy knits, fashion tights, boots and coats? Especially boots and coats, the ultimate pillars of cold-weather wear. Many boot styles exist, from Chelsea, patterned and animal print to colored leather, mid-block heels for some added height and combat boots. Let the slouch or gathered boot style reintroduce itself to you. Let's not forget the over-the-knee and the classic riding boot (with a little height!). For outerwear, you can always find room for a new puffer coat to add to your collection. This season, the aviator and biker jackets are back in full force, along with classic herringbones and patterned wool-blend jackets. If you prefer a nice combo, try a shacket—a shirt jacket.



Oversized leather boots in black
(\$249, H&M)



Siren Bootie in mint green multi
(\$140, L'Artiste by Spring Step)



Jeffrey Campbell Calimity Western boot in Nude Croco
(\$180, Nordstrom)

Kangol x H&M Oversized shacket in black
(\$60, H&M)



Steve Madden Viktory over-the-knee boot in black patent
(\$100, Nordstrom)



Kangol x H&M Long puffer jacket in light beige
(\$60, H&M)



Jeffrey Campbell Archille lace-up boot in Red Tapestry
(\$200, Nordstrom)



Karl Lagerfeld Paris Brayden embellished bootie in black leather
(\$199, Nordstrom)



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(\$175, Marks & Spencer)



Siara Bootie in brown multi
(\$160, L'Artiste by Spring Step)



Paris Texas 60mm slouchy metallic python-print boots in gray
(\$750, Neiman Marcus)



Faux shearling borg-lined aviator jacket in black (\$125, Marks & Spencer)



Corlina Bootie in black multi (\$140, L'Artiste by Spring Step)



Steve Madden Viktory over-the-knee boot in black patent (\$100, Nordstrom)



Suede hiker lace-up walking boots in tan (\$125, Marks & Spencer)



Herringbone belted longline coat in black mix (\$175, Marks & Spencer)



Leather jacket in pink metallic coated (\$299, H&M)



Kisha-Flora Boot in red multi (\$190, L'Artiste by Spring Step)



Wide-fit Croc lace-up ankle boots in black (\$78, Marks & Spencer)



Gorjus-Swirls Boot in black multi (\$180, L'Artiste by Spring Step)



Sleeveless wool-blend coat in midnight blue (\$149, H&M)



Wool-blend shacket in dark green (\$129, H&M)



Wool-blend coat in natural white/gray checked (\$149, H&M)



Leather Western block heel ankle boots in blue mix (\$125, Marks & Spencer)



Perfect Zip Bootie 70 in Olive Crosta (\$545, Sarah Flint)

Come Home to Cool-Kid Spaces

Well, there they are, right? All spring, summer and fall. If only they had their own space all to themselves so that you could retreat to yours.

BY SUSAN C. INGRAM

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BEDROOMS, 8; BATHS, 8/2; SQUARE FEET: 12,060

Is it me? Or is there something weirdly magical going on in this childhood retreat? The Munchkin-like dimensions of the appointments in the nursery of this spectacular 1926 Georgian tucked into 1 1/2 acres near Stony Run Park, Notre Dame of Maryland University and Evergreen Museum & Library make me feel like the Lullaby League and the Lollipop Guild ("The Wizard of Oz," for you youngsters) might scamper out center stage and just plain tickle their fancy.

—KELLIE HUFFMAN, NEXT STEP REALTY, 410-812-4712



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BEDROOMS, 6; BATHS, 4/1; SQUARE FEET: 3,500

When I graduated from my childhood crib and pretty-in-pink baby furniture, my mom asked, "What color do you want to paint your room?" Wow. I got to choose. My answer? "Lavender!" Since then, I realized that is the exact answer of many young girls. Lavender. I wonder why. It's not hard to understand if you put yourself in this wistful, bright little corner room in this 1930 stacked stone, cozy home in—where else—Homeland. This space comes complete with dragonflies and lots of room for daydreaming. —MARY LYNNE MULLICAN, CUMMINGS & CO, REALTY, 410-913-5086



▲ TEEN TERRITORY \$2,650,000

BEDROOMS, 5; BATHS, 6/2; SQUARE FEET: 11,294

What happens when they outgrow those simple adolescent digs and start demanding privacy and a bedroom door that locks? Behind which they disappear for eons (what the heck are they doing in there anyway)? Time to cut the cord, mom and dad! And what better way than in this charming, French Provincial, French-door-clad chamber in this sprawling—a gal could get lost in all that privacy—European-inspired getaway in Worthington Green. Oh, and speaking of teens, did I mention the in-home movie theater and shopping close by at Green Spring Station and Hunt Valley Towne Centre? Buh-bye kids! —HEIDI KRAUSS, KRAUSS REAL PROPERTY BROKERAGE, 410-329-9898



The Holiday Show 2020



Pilar Bossano



Jo Van Wely



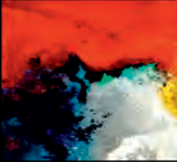
Doug Schulte



Kelly Cahill Ames



Debbie Lynn Zweibach



Tom Wilkinson



Sophia Baker



Marcie Orzewicz



Kathi Beauchesne



Annelise Lasnier



Bridget Parlato



Lauren Silex



Rae Hamilton



Jennifer Gately



Sandhya Sharma

HIGHLANDTOWN GALLERY NOVEMBER-DECEMBER

By appointment only

GALLERY HOURS

TUESDAY
12:00pm - 6:00pm

WEDNESDAY
12:00pm - 6:00pm

THURSDAY
12:00pm - 6:00pm

FRIDAY
8:00am - 6:00pm

SATURDAY
8:00am - 6:00pm

You can find it all at the Highlandtown Gallery
Make your private appointment today!
www.highlandtowngallery.com

Books by local authors
Ceramic - unique collections
Collages of elegant insects
Cutting boards
Encaustic & mixed media art
Fine art - unique collections
Jewelry - unique collections
Mosaics - art & furniture
Music by local talent
Origami & beaded garland
Ornaments - unique collections
Photography - hand painted
Puzzles - cardboard & wood
Resin art - collage & mixed media
Unique picture frames
Seasonal gourmet
Coffees, teas, and honey
Custom gift baskets
....and much, much more!

By appointment only

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Highlandtown
Gallery will be
open on Sundays

12:00pm - 6:00pm

Felicia Zannino-Baker, Owner - magnoliadesignstudios@comcast.net
FINE ART-GIFTS-FRAMING-INTERIOR DESIGN
Buy artwork online now at www.highlandtowngallery.com



The Winners!

Thank you to all who voted in our third annual Readers' Choice contest. We saw so much enthusiasm this year — and we don't blame you. There are many great businesses, restaurants, health-care providers and other talented individuals in the Baltimore area that deserve your recognition. We invite you to read, share and enjoy these excellent winners that are an important part of our community. Congratulations to all of them and thank you, our readers, for participating in this year's Readers' Choice contest.

PARTY TIME

BEST VENUE FOR AN INTIMATE GATHERING
Liberatore's Ristorante, Locations in Bel Air, Eldersburg, Perry Hall, Timonium and Westminster

RUNNER-UP | **13.5% Wine Bar**, Baltimore

BEST VENUE FOR A BIG BASH
Baltimore Museum of Art, Baltimore

RUNNER-UP | **American Visionary Art Museum**, Baltimore

BEST PARTY PLANNER
Transcendent Events, Baltimore

RUNNER-UP | **Rachel Hoffberger**, **Plan It Perfect Caterers**, Baltimore

BEST DJ WHO DOESN'T PLAY 'YMCA'
DJ (Chris) Kopec, Ellicott City

RUNNER-UP | **Mike Beatty (aka DJ Batman)**, Ocean City

BEST BAND
Ballyhoo!, Aberdeen

RUNNER-UP | **Crushing Day**, Baltimore

BEST PHOTOGRAPHER AND VIDEOGRAPHER
Alicia Wiley Photography, Baltimore

RUNNER-UP | **Zinnia Films**, Baltimore

BEST CATERER
The Classic Catering People, Owings Mills

RUNNER-UP | **Copper Kitchen**, Baltimore

BEST PHOTO BOOTH
Pixilated, Baltimore

RUNNER-UP | **Unfotogettable**, Baltimore

BEST SPECIAL OCCASION VENUE
American Visionary Art Museum, Baltimore

RUNNER-UP | **Baltimore Museum of Art**, Baltimore

BEST AMUSEMENT PARK
Hersheypark, Hershey, Pennsylvania

RUNNER-UP | **Busch Gardens Williamsburg**, Williamsburg, Virginia

KIDS AND COMMUNITY

BEST NONPROFIT
BARCS (Baltimore Animal Rescue & Care Shelter), Baltimore

RUNNER-UP | **Baltimore Humane Society**, Reisterstown

BEST COMMUNITY CENTER
The Y in Central Maryland, Multiple locations

RUNNER-UP | **Towson Rec**, Towson

BEST FUNDRAISING EVENT

Festival of Trees, benefiting the Kennedy Krieger Institute

RUNNER-UP | **The Y Turkey Trot Charity 5K**, benefiting the Y in Central Maryland

BEST CO-WORKING SPACE
R. House, Baltimore

RUNNER-UP | **Belvedere Square**, Baltimore

BEST RESTAURANT FOR BRINGING THE KIDS
Friendly Farm, Upperco

RUNNER-UP | **Miss Shirley's Café**, Baltimore

BEST VENUE FOR BRINGING THE KIDS
The Maryland Zoo in Baltimore, Baltimore

RUNNER-UP | **National Aquarium**, Baltimore

BEST PARK
Angel Park, Perry Hall

RUNNER-UP | **Gunpowder Falls State Park: Hammerman Area**, Middle River

BEST PLAYGROUND
Annie's Playground, Fallston

RUNNER-UP | **Angel Park**, Perry Hall

BEST KIDS' PROGRAMMING
Port Discovery Children's Museum, Baltimore

RUNNER-UP | **The Y in Central Maryland Y Camp**, Multiple locations in Baltimore City and Anne Arundel, Baltimore, Carroll, Harford and Howard counties

BEST (ACTUALLY TEEN-APPROVED) TEEN PROGRAMMING
Creative Alliance, Baltimore

RUNNER-UP | **Jewish Community Center of Greater Baltimore**, Baltimore and Owings Mills

BEST SPECIAL NEEDS PROGRAMMING
Special Olympics Maryland, Baltimore

RUNNER-UP | **Kennedy Krieger Institute**, Multiple campus and outpatient centers in the Baltimore area, Columbia, Fulton and Odenton

BEST DAY CAMP
Beachmont Christian Ministries Day Camp, Kingsville

RUNNER-UP | **The Y in Central Maryland Y Camp**, Multiple locations in Baltimore City and Anne Arundel, Baltimore, Carroll, Harford and Howard counties

BEST OVERNIGHT CAMP
Camp Puh'tok, Monkton

RUNNER-UP | **River Valley Ranch**, Manchester

BEST SPECIAL NEEDS CAMP
Camp Ramah in the Poconos, Lakewood, Pennsylvania

RUNNER-UP | **KLAL (Keep Living and Learning) at the Jewish Community Center of Greater Baltimore**, Baltimore and Owings Mills

ALL ABOUT THE ARTS

BEST PERFORMING ARTS VENUE
Hippodrome Theatre at the France-Merrick Performing Arts Center, Baltimore

RUNNER-UP | **Joseph Meyerhoff Symphony Hall**, Baltimore

BEST ART GALLERY
Creative Alliance, Baltimore

RUNNER-UP | **The Alchemy of Art**, Baltimore

BEST MUSEUM
Baltimore Museum of Art, Baltimore

RUNNER-UP | **The Walters Art Museum**, Baltimore

BEST CLASSIC BALTIMORE EVENT
Artscape, Baltimore

RUNNER-UP | **HONfest**, Baltimore

BEST LOCAL MUSICIAN AND GROUP
Baltimore Symphony Orchestra, Baltimore

RUNNER-UP | **Ballyhoo!**, Aberdeen

BEST VISUAL ARTIST
Kelly Walker, Baltimore

RUNNER-UP | **Michael Kirby**, Baltimore

BEST QUIRKY-COOL SPOT
American Visionary Art Museum, Baltimore

RUNNER-UP | **Papermoon Diner**, Baltimore

FITNESS & FUN

BEST GYM AND FITNESS CENTER
Merritt Clubs, Multiple locations in the greater Baltimore area

RUNNER-UP | **Brick Bodies**, Locations in Padonia, Reisterstown and Rotunda

BEST BALL FIELD
Oriole Park at Camden Yards, Baltimore

RUNNER-UP | **The Ripken Experience**, Aberdeen

BEST HIKING TRAIL
Cromwell Valley Park and Loch Raven, Parkville

RUNNER-UP | **Gunpowder Falls State Park**, Includes Hereford Area, Torrey C. Brown Rail Trail, Sweet Air Area, Central Area, Hammerman Area and Dundee Creek Marina

BEST PERSONAL TRAINER

Matthew Wilson, DO WORK Fitness, Baltimore

RUNNER-UP | **Miranda Besaw, Limitless Fitness**, Forest Hill

BEST SOCIAL SPORT Football

RUNNER-UP | **Kickball**

BEST YOGA

YogaWorks, Baltimore

RUNNER-UP | **BreakAway Yoga Studio**, Parkville

BEST POST-YOGA JUICE SPOT

Pure Raw Juice, Locations in Bel Air, Federal Hill, Hampden, Locust Point and Towson

RUNNER-UP | **PLANTBAR**, Locations in Belvedere Square, Brewers Hill, Harbor Point and Towson

THE GOLDEN YEARS

BEST 55+ COMMUNITY

The Villages at Woodholme (55+ community), Baltimore

RUNNER-UP | **Chapel Springs Senior Apartments (62+ community)**, Perry Hall

BEST ALZHEIMER'S AND DEMENTIA CARE

Gilchrist, Baltimore City, Baltimore and Howard counties

RUNNER-UP | **Brightview Senior Living**, Locations in Baltimore, Bel Air, Catonsville, Perry Hall, Towson and White Marsh

BEST ASSISTED LIVING

Oak Crest, Parkville

RUNNER-UP | **Stella Maris Hospice**, Timonium

BEST INDEPENDENT LIVING

Oak Crest, Parkville

RUNNER-UP | **Brightview Senior Living**, Locations in Baltimore, Bel Air, Catonsville, Perry Hall, Towson and White Marsh

BEST SENIOR CENTER

Seven Oaks Senior Center, Perry Hall

RUNNER-UP | **Bykota Senior Center**, Towson

BEST HOME-CARE SERVICES

Gilchrist, Locations in Baltimore City and Baltimore and Howard counties

RUNNER-UP | **Visiting Angels**, Serving locations throughout Maryland

BEST HOSPICE CARE

Gilchrist, Locations in Baltimore City and Baltimore and Howard counties

RUNNER-UP | **Stella Maris Hospice**, Timonium

BEST SENIOR PROGRAMMING

Baltimore County Senior Centers, Multiple locations

RUNNER-UP | **Modell Performing Arts Center at the Lyric**, Baltimore

GET SMART

BEST CONTINUING EDUCATION

Towson University, Towson

RUNNER-UP | **Community College of Baltimore County**, Locations in Catonsville, Dundalk and Essex

BEST PRESCHOOL

Baltimore City Head Start, Multiple locations in Baltimore

RUNNER-UP | **Immaculate Conception School**, Towson

BEST PRIVATE SCHOOL (ELEMENTARY-MIDDLE) - BOYS

Loyola Blakefield, Towson

RUNNER-UP | **The Boys' Latin School of Maryland**, Baltimore

BEST PRIVATE SCHOOL (ELEMENTARY-MIDDLE) - GIRLS

Notre Dame Preparatory School, Towson

RUNNER-UP | **Garrison Forest School**, Owings Mills

BEST PRIVATE SCHOOL (ELEMENTARY-MIDDLE) - COED

St. Ursula Catholic School, Baltimore

RUNNER-UP | **Immaculate Heart of Mary School**, Towson

BEST PRIVATE HIGH SCHOOL - BOYS

Calvert Hall College High School, Baltimore

RUNNER-UP | **Loyola Blakefield**, Towson

BEST PRIVATE HIGH SCHOOL - GIRLS

Notre Dame Preparatory School, Towson

RUNNER-UP | **Mercy High School**, Baltimore

BEST PRIVATE HIGH SCHOOL - COED

McDonogh School, Owings Mills

RUNNER-UP | **The John Carroll School**, Bel Air

BEST PUBLIC SCHOOL (ELEMENTARY-MIDDLE)

Sparks Elementary School, Sparks Glencoe

RUNNER-UP | **Youth's Benefit Elementary School**, Fallston

BEST PUBLIC SCHOOL (HIGH SCHOOL)

Hereford High School, Parkton

RUNNER-UP | **Towson High School**, Towson

BEST SPECIAL NEEDS SCHOOL

Kennedy Krieger High School, Greenspring Campus, Baltimore

RUNNER-UP | **Jemicy School**, Owings Mills

BEST LOCAL MASCOT

The Oriole Bird, Baltimore Orioles

RUNNER-UP | **Poe**, Baltimore Ravens

BEST TEACHER (ELEMENTARY-MIDDLE)

Emily Waugh at Maryvale Preparatory School, Lutherville

RUNNER-UP | **Vered Nusinov at Krieger Schechter Day School**, Baltimore

BEST TEACHER (HIGH SCHOOL)

Tom Peri at Notre Dame Preparatory School, Towson

RUNNER-UP | **Philip Jack Bressler at Calvert Hall College High School**, Baltimore

BEST AFTERCARE

Open Door, Locations in Anne Arundel and Baltimore counties

RUNNER-UP | **Fitness Fun & Games**, Multiple locations in the Baltimore area

BEST MARYLAND COLLEGE AND UNIVERSITY

Towson University, Towson

RUNNER-UP | **Johns Hopkins University**, Baltimore

EATS AND DRINKS

BEST CUP OF COFFEE

Zeke's Coffee, Baltimore

RUNNER-UP | **Daily Grind**, Baltimore

BEST BAR

Looney's Pub, Baltimore

RUNNER-UP | **Das Bierhalle**, Parkville

BEST CRAB CAKE

Pappas Restaurant & Sports Bar, Cockeysville

RUNNER-UP | **G & M Restaurant & Lounge**, Linthicum Heights

BEST HAPPY HOUR

Hightopps Backstage Grille, Timonium

RUNNER-UP | **Jimmy's Famous Seafood**, Baltimore

BEST COFFEE SHOP TO GET SOME WORK DONE

Zeke's Coffee, Baltimore

RUNNER-UP | **Atwater's**, Locations in Belvedere, Canton, Catonsville, Hopkins and Kenilworth

BEST COCKTAILS

The Bluebird Cocktail Room & Pub, Baltimore

RUNNER-UP | **Clavel**, Baltimore

BEST BARTENDER

Noel Klein at Lib's Grill, Perry Hall

RUNNER-UP | **Tony DellaRose at Looney's Pub**, Perry Hall

BEST DATE NIGHT LOCALE

Lib's Grill, Locations in Canton, Bel Air, Maple Lawn and Perry Hall

RUNNER-UP | **Woodberry Kitchen**, Baltimore

BEST LOCAL BREWERY

Union Craft Brewing, Baltimore

RUNNER-UP | **Inverness Brewing**, Monkton

BEST LOCAL BEER

Loose Cannon by Heavy Seas Beer

RUNNER-UP | **National Bohemian aka "Natty Boh"**

BEST LUNCH

DiPasquale's Italian Marketplace, Baltimore

RUNNER-UP | **Atwater's**, Locations in Belvedere, Canton, Catonsville, Hopkins and Kenilworth

BEST GREASY SPOT

Blue Moon Café, Baltimore

RUNNER-UP | **Double T Diner**, Locations in Annapolis, Bel Air, Catonsville, Laurel, Pasadena, Perry Hall and White Marsh

BEST HIDDEN GEM

El Salto Mexican Restaurant, Locations in Baltimore, Parkville and Nottingham

RUNNER-UP | **Dangerously Delicious Pies**, Baltimore

BEST GROCERY STORE

Wegmans, Multiple locations in Maryland

RUNNER-UP | **ALDI**, Multiple locations in Maryland

BEST LOCAL LIQUOR STORE

Beltway Liquors, Towson

RUNNER-UP | **The Wine Source**, Baltimore

BEST ICE CREAM AND FROYO

The Charmery, Baltimore and Towson

RUNNER-UP | **Prigel Family Creamery**, Baltimore and Glen Arm

BEST PIZZA

Matthew's Pizza, Baltimore

RUNNER-UP | **DeSantis' Pizza Grill & Bar**, Perry Hall

BEST PLACE TO PICK UP A DATE

Looney's Pub, Baltimore

RUNNER-UP | **The 8x10**, Baltimore

BEST BRUNCH

Miss Shirley's Cafe, Baltimore

RUNNER-UP | **Iron Rooster**, Locations in Annapolis, Canton, Hunt Valley and Locust Point

BEST RESTAURANT

Charleston, Baltimore

RUNNER-UP | **Jimmy's Famous Seafood**, Baltimore

BEST RESTAURANT VIEW

Rusty Scupper Restaurant & Bar, Baltimore

RUNNER-UP | **Sunset Cove**, Middle River

BEST BAKERY

Fenwick Bakery, Parkville

RUNNER-UP | **Yia Yia's Bakery & Pizzeria**, Rosedale

BEST SALAD

Sabatino's, Baltimore

RUNNER-UP | **Chiapparelli's**, Baltimore

BEST TACO TUESDAY

Taco Love Grill, White Marsh

RUNNER-UP | **El Salto Mexican Restaurant**, Locations in Baltimore, Parkville and Nottingham

BEST LOCAL CHEAP EATS

Chicken Rico, Locations in Baltimore, Dundalk, Hyattsville and Waldorf

RUNNER-UP | **Blue Pit BBQ and Whiskey Bar**, Baltimore

TAKE CARE

BEST COSMETIC SURGEON

Dr. Emily Clarke-Pearson at Charm City Plastic Surgery, Baltimore

RUNNER-UP | **Dr. Adam Basner at The Plastic Surgery Center of Maryland**, Lutherville-Timonium

BEST DENTIST

White Marsh Family Dentistry, Baltimore

RUNNER-UP | **Dr. Kelly Foster at Timonium Dental**, Timonium

BEST ORTHODONTIST

Amanda Gallagher Orthodontics, Locations in Abingdon, Baltimore and Nottingham

RUNNER-UP | **Baltimore Orthodontic Group**, Locations in Baltimore, Catonsville, Eldersburg, Ellicott City and Lutherville

BEST MENTAL HEALTH PRACTITIONERS

The Resource Group Counseling and Education Center, Towson

RUNNER-UP | **Goldfinch Wellness**, Baltimore

BEST ORTHOPEDIC PRACTICE

Towson Orthopaedic Associates, Locations in Bel Air, Rosedale and Towson

RUNNER-UP | **Johns Hopkins Orthopaedics**, Multiple locations in Maryland

BEST VISION CARE

Katzen Eye Group, Locations in Baltimore, Bel Air, Lutherville, Owings Mills, Parkton, Reisterstown, Rosedale and Towson

RUNNER-UP | **Wilmer Eye Institute**, Locations in Baltimore, Bel Air, Bethesda, Columbia, Frederick, Lutherville, Odenton and White Marsh

BEST PEDIATRICIAN

The Maryland Pediatric Group, Lutherville

RUNNER-UP | **Next Step Pediatrics**, Towson and Parkton

BEST OB-GYN

Hoffman and Associates, Baltimore and Windsor Mill

RUNNER-UP | **Dr. Carol E. Ritter**, Towson

BEST URGENT CARE

Patient First, Multiple locations in Maryland

RUNNER-UP | **MedStar Health Urgent Care**, Multiple locations in Maryland

BEST VEIN CLINIC

The Vein Center at GBMC, Towson

RUNNER-UP | **Vein Clinics of America**, Locations in Baltimore, Columbia, Owings Mills and Timonium

BEST LASIK CENTER

LasikPlus Vision Center, Towson

RUNNER-UP | **Wilmer Eye Institute**, Locations in Baltimore, Bel Air, Columbia, Lutherville, Odenton and White Marsh

BEST ER AND HOSPITAL

GBMC, Towson

RUNNER-UP | **University of Maryland St. Joseph Medical Center**, Towson

BEST NATIONAL PHARMACY

CVS, Multiple locations in Maryland

RUNNER-UP | **Walgreens**, Multiple locations in Maryland

BEST VET

Northwind Animal Hospital, Baltimore

RUNNER-UP | **Eastern Animal Hospital**, Baltimore

BEST GASTROENTEROLOGIST

Dr. Joshua Forman at Goldberg, Rosenstein, Khan & Forman, M.D., P.A., Towson

RUNNER-UP | **Dr. Linda Ellen Rosenthal at MedStar Endoscopy Center**, Baltimore and Lutherville

B'MORE BEAUTIFUL

BEST MAKEUP ARTISTS

Sofia Alexandria Makeup Artistry, Baltimore

RUNNER-UP | **Kristen Floyd at OCB Spa**, Towson

BEST PLACE TO GET BOTOX

LifeMed Institute, Lutherville-Timonium

RUNNER-UP | **Meg Fox at Breast Reconstruction and Restoration Center**, Mercy Medical Center, Baltimore

BEST HAIR STYLIST

Pauli Archer at Dejavu Salon, Dundalk

RUNNER-UP | **Katie Mirable at Headlines Hair Salon**, Nottingham

BEST BARBER

Paul Luca's Barber Shop, Parkville

RUNNER-UP | **Bill Puller (aka Bill the Barber) at Blue Spark Barbershop**, Baltimore

BEST SALON

Image Is... Salon, Timonium

RUNNER-UP | **Headlines Hair Salon**, Nottingham

BEST SPA

About Faces Day Spa & Salon, Locations in Baltimore, Pikesville, Salisbury, Timonium and Towson

RUNNER-UP | **Spa in the Valley**, Hunt Valley

BEST MASSAGE

About Faces Day Spa & Salon, Locations in Baltimore, Pikesville, Salisbury, Timonium and Towson

RUNNER-UP | **Ojas Massage and Skin Care Bare Hills**, Baltimore

BEST WAXING

Crystal Swinder at The Browtender Studio, Essex

RUNNER-UP | **About Faces Day Spa & Salon**, Locations in Baltimore, Pikesville, Salisbury, Timonium and Towson

BEST MANI AND PEDI

About Faces Day Spa & Salon, Locations in Baltimore, Pikesville, Salisbury, Timonium and Towson

RUNNER-UP | **Mia Sorella Nail Studio**, Parkville

BEST PERMANENT MAKEUP

Baltimore Tattoo Museum, Baltimore

RUNNER-UP | **Carly Walter at Baltimore Beauties Permanent Makeup Studio**, Lutherville

HOUSE & HOME

BEST LOCAL DRY CLEANERS

J&J Alterations & Cleaning, Lutherville

RUNNER-UP | **Glyndon Lord Baltimore Cleaners**, Cockeysville and Glyndon

BEST CAR WASH

Canton Car Wash, Locations in Abingdon, Canton, Columbia, Nottingham and Pikesville

RUNNER-UP | **Auto Spa Car Wash**, Cockeysville

BEST FLOORING

Next Day Floors, Locations in Columbia, Dundalk, Glen Burnie, Parkville and Windsor Mill

RUNNER-UP | **Jim Boyd's Flooring America**, Timonium

BEST WINDOWS

Anderson, Multiple dealers across Maryland

RUNNER-UP | **Forbes Design Center**, Lutherville-Timonium

BEST LANDSCAPER

Y&L Landscaping, Windsor Mill

RUNNER-UP | **Maxalea, Inc.**, Baltimore

BEST INTERIOR DESIGN

Angel Fischer Planning & Design LLC, Baltimore

RUNNER-UP | **Stuart Michael Interiors**, Baltimore

BEST ROOFING, SIDING AND DECKS

Phil DiBello Family Roofing, Baltimore

RUNNER-UP | **Allied Remodeling of Central Maryland, Inc.**, Towson

BEST PLUMBER

Wes Plumbing, Nottingham

RUNNER-UP | **Warrior Plumbing and Heating, Inc.**, Baltimore

BEST HVAC

Perry Hall Heating & Air Conditioning Co., Inc., Baltimore

RUNNER-UP | **BGE HOME**, Multiple locations in Maryland

BEST PEST CONTROL

Brody Brothers Pest Control, Owings Mills

RUNNER-UP | **Atlantic Pest Control**, Baltimore

BEST ELECTRICIAN

BGE Home, Multiple locations in Maryland

RUNNER-UP | **M&D Electric**, Perry Hall

BEST REAL ESTATE FIRM

Cummings & Co. Realtors, Locations in Baltimore, Bel Air, Canton, Columbia, Lutherville, Ruxton, Perry Hall and Timonium

RUNNER-UP | **Northrop Realty, A Long & Foster Company**, Serving multiple locations in Maryland

BEST REALTOR

Bob Simon at Long & Foster, Towson and Lutherville

RUNNER-UP | **Zack Bryant at Northrop Realty, A Long & Foster Company**, Fallston

SHOP 'TIL YOU DROP

BEST LOCAL BOOKSTORE

The Ivy Bookshop, Baltimore

RUNNER-UP | **Atomic Books**, Baltimore

BEST CAR DEALERSHIP

Jones Junction, Bel Air

RUNNER-UP | **Heritage**, Multiple locations

BEST MALL

Towson Town Center, Towson

RUNNER-UP | **The Mall in Columbia**, Columbia

BEST SHOPPING CENTER

Hunt Valley Towne Center, Cockeysville

RUNNER-UP | **The Avenue at White Marsh**, White Marsh

BEST BOUTIQUE

Brightside Boutique, Baltimore

RUNNER-UP | **Karma**, Lutherville

BEST FORMALWEAR - WOMEN

Synchronicity Boutique, Baltimore

RUNNER-UP | **Sassanova Green Spring Station**, Lutherville

BEST BRIDAL

Betsy Robinson's Bridal Collection, Baltimore

RUNNER-UP | **K&B Bridals**, Bel Air

BEST FORMALWEAR - MEN

Tuxedo House, Timonium

RUNNER-UP | **JBD Clothiers**, Towson

BEST MENSWEAR

Christopher Schafer Clothier, Baltimore

RUNNER-UP | **J.S. Edwards**, Baltimore

BEST SHOE STORE

Towson Bootery, Towson

RUNNER-UP | **Charm City Run**, Locations in Baltimore, Bel Air, Columbia and Timonium

BEST FURNITURE AND MATTRESS STORE

Su Casa Furniture, Baltimore and Ellicott City

RUNNER-UP | **Bob's Discount Furniture**, Columbia

BEST LOCAL MUSICAL INSTRUMENT STORE

Bill's Music House, Catonsville

RUNNER-UP | **Ryan Fowler's Guitar Experience**, Towson

BEST JEWELER

Smyth Jewelers, Ellicott City and Timonium

RUNNER-UP | **Radcliffe Jewelers**, Pikesville and Towson

LET'S TRAVEL

BEST DAY TRIP

Annapolis

RUNNER-UP | **St. Michaels**

BEST LOCAL TRAVEL DESTINATION

Ocean City

RUNNER-UP | **St. Michaels**

BEST CRUISE LINE

Royal Caribbean

RUNNER-UP | **Carnival**

BEST AIRLINE

Southwest Airlines

RUNNER-UP | **Delta Air Lines**

BEST AIRPORT

Baltimore/Washington International Thurgood Marshall Airport, Baltimore

RUNNER-UP | **Washington Dulles International Airport**, Chantilly, Virginia

BEST RENTAL CAR

Enterprise Rent-A-Car, Multiple locations in Maryland

RUNNER-UP | **Hertz**, Multiple locations in Maryland

BEST LOCAL TRAVEL AGENT

The Cruise Lady, Inc., Baltimore

RUNNER-UP | **Terrapin Travel**, Virginia Beach, Virginia

BEST PLACE TO TAKE THE KIDS

Hersheypark, Hershey, Pennsylvania

RUNNER-UP | **The Maryland Zoo in Baltimore**, Baltimore

BEST PLACE TO TAKE YOUR SWEETHEART

St. Michaels

RUNNER-UP | **Boordy Vineyards**, Hydes

BEST GIRLS' WEEKEND DESTINATION

Nashville, Tennessee

RUNNER-UP | **Ocean City**

BEST DESTINATION TO GO BY YOURSELF

Baltimore Museum of Art, Baltimore

RUNNER-UP | **Ocean City**

EVERYTHING ELSE

BEST PET GROOMER

Best Friends Fur Ever, Cockeysville and Joppa

RUNNER-UP | **Snazzy Jazzy's Pet Salon & Spa**, Timonium and Phoenix

BEST LOCAL INSURANCE AGENCY AND AGENT

Eric W. Snyder Insurance Agency, Erie Insurance, Parkton

RUNNER-UP | **Fred Meyer & Sons Insurance**, Baltimore

BEST FINANCIAL PLANNER

T. Rowe Price, Baltimore

RUNNER-UP | **Chesapeake Financial Advisors**, Towson

BEST LAW FIRM

Cuomo Law Firm, Baltimore and Towson

RUNNER-UP | **Miles & Stockbridge**, Baltimore and Easton

BEST REGIONAL BANK

M&T Bank, Multiple locations in Maryland

RUNNER-UP | **PNC**, Multiple locations in Maryland

BEST LOCAL BANK

Howard Bank, Locations in Baltimore City and Anne Arundel, Baltimore, Cecil, Harford and Howard counties

RUNNER-UP | **Rosedale Federal Savings & Loan Association**, Multiple locations in Maryland

BEST LOCAL CREDIT UNION

SECU, Multiple locations in Maryland

RUNNER-UP | **Point Breeze Credit Union**, Locations in Baltimore, Bel Air, Hunt Valley, Owings Mills and Westminster



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**BEST PRIVATE
High School for Girls**

**BEST
High School Teacher—Tom Peri**



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ADAPTING

to Serve Community

OPERATING ANY BUSINESS

during COVID-19 requires adapting and rethinking. For Ida B's Table, the coronavirus pandemic forced this business to completely restructure how it conducts business. We talked with Derrick J. Purcell, partner and director of operations for Ida B's, to learn about the changes this modern soul food restaurant is rolling out.

As was the case with most restaurateurs, a pandemic was never in Ida B's business model.

"We've had to rethink everything, from serving customers and scheduling employees to planning the business going forward," says Purcell.

Ida B's was primarily a dine-in restaurant before COVID-19, but with shutdowns and limited capacity laws, the staff worked hard to pivot the restaurant's operations to offer curbside pickup and contactless takeout.

"I want to publicly thank my employees for the jobs they do," he says. "Being able to adjust in the midst of a pandemic means a great deal, and we're grateful to the fact that they continue to ride this out with us."

Now, in an effort to better serve the community and strengthen the business, Ida B's Table has taken this change as an opportunity to become a permanent fast-casual restaurant.

Customers will still receive the delicious, high-quality food they're accustomed to,

IDA B'S TABLE RESPONDS TO PANDEMIC WITH SWITCH TO FAST-CASUAL CONCEPT

BY KATIE BEECHER
PHOTOGRAPHY BY DAVID STUCK



Vegan smoked eggplant



Rum-infused bread pudding with caramelized rum sauce gets a topping of house-made vanilla bean ice cream.

Derrick J. Purcell, director of operations and partner at Ida B's Table, is pictured in the Ida B's Bookstore, which is attached to the restaurant's dining area.

but they'll benefit from the added convenience of faster service, takeout, curbside pickup and delivery through Uber Eats, Grubhub and DoorDash.

"People can easily walk in, and that gives us a chance to serve more of the community," says Purcell. "We're in the thick of it downtown. There are lawyers going to court and doctors at Mercy Hospital who don't have a lot of time to sit and wait."

"This gives us multiple opportunities to increase revenue that can help us hire our team back, become stronger in the community and serve more diligently." —DERRICK J. PURCELL

Ida B's will still be a full-service restaurant on the weekend with brunch and late-night dinners offering live music. The staff also plans to increase its catering services and launch Ida B's Pantry, which will sell local produce, including dairy products, meats and eggs.

As a sweet bonus, the restaurant is excited to offer its own house-made ice cream as part of its fast-casual service as

well as an upscale version for Ida B's dine-in experience.

Vegan customers will also be thrilled to know that Ida B's is adding vegan-friendly options to the menu. Purcell was inspired to create more accommodating dishes and desserts after his wife became vegan during the pandemic.

"This gives us multiple opportunities to increase revenue that can help us hire our team back, become stronger in the

community and serve more diligently," he explains.

Ida B's Table places significant importance on community service. The business was founded in partnership with The Real News Network, a nonprofit center for journalism based in Baltimore whose mission is to give a platform to people who don't have a voice and use their stories to foster change.

Naming the restaurant after Ida B.

Wells-Barnett was a perfect choice, according to Purcell. The prominent African-American journalist and activist encapsulated everything the restaurant and The Real News Network wanted to stand for.

"She led anti-lynching movements, helped found the NAACP and spoke out for African-American rights," says Purcell. "We chose her for who she is, for her role as a journalist and for the ways in which she served her community."

Its partnership with Stratford University is one community initiative Ida B's hopes to maintain during the pandemic. Ida B's offers internships to the students and, if they do well, hires them at the end of their internships. Not only does this partnership offer students new skills and employment, but it also helps Ida B's connect with Baltimore and offer yet another way to serve the people living in it.

Ida B's also supports the Ida B. Wells Memorial Foundation and encourages everyone to donate. One hundred percent of contributions go directly to the foundation, which was started by her family in 1988. The organization preserves Ida B. Wells-Barnett's legacy by supporting programs and organizations that emphasize education, journalism, social justice, equality and integrity. □



CHARCUTERIE BOARDS 101

Impress your guests with an
Instagram-worthy grazing board

BY SARAH ZLOTNICK
PHOTOGRAPHY BY DAVID STUCK

What's not to love about charcuterie boards? They're versatile, easy to prepare and, most importantly, delicious. They also make quite the impressive Thanksgiving appetizer when curated with care. Here, Melissa Shear, owner of CheezMD, offers expert tips for artful displays of meat, cheese, crackers and more.

Upgrade your dishware

Thanksgiving is a special occasion, so break out a special platter. A rustic wood or live edge cutting board will feel right for the season, but a vintage tray or formal china will work wonderfully, too.

Think seasonally about ingredients

Cranberry jam, chutneys and spiced nuts will add fall colors and flavors, while pickled or jarred vegetables such as artichoke hearts can amp up the cornucopia feel. Traditional charcuterie can be replaced or supplemented with slices of country ham or cured Italian bresaola. For a final festive touch, add some candy corn or mellowcreme pumpkins.

Go the extra mile with cheese and crackers

You could throw on a hunk of brie and some Ritz. Or you could bake the cheese in a mini Dutch oven, then top with pomegranate seeds and serve with crusty slices of toasted baguette for dipping.

SPECIAL OCCASION? MAKE A CURATED CHARCUTERIE BOARD FILLED WITH SEASONAL TREATS DISPLAYED IN A VARIETY OF COLORS



Melissa Shear, owner of CheezMD

Follow a few key rules for your display

Shear swears by a few tricks for making her boards so aesthetically pleasing, starting with color. Ensuring you have a variety of hues, and that one or two shades appear in multiple places, will keep the eye dancing across the board.

Next up: height. Add dimension by corralling a few ingredients (such as olives and prosciutto-wrapped breadsticks) in smaller jars and dishes directly on the board, then place “wet” ingredients (oozy cheese and fresh fruit) directly next to those vessels so that they don’t bleed onto drier items like crackers. Finally, a sprig of fresh sage or rosemary will add a gourmet flourish.

Get inspired by Instagram

CheezMD is hardly the first venture of its kind, a fact Shear freely admits. She follows @ainttoproudto me for tips and tutorials, and she also finds inspiration from @grazintablesandboards, @seecandycook and @cheeseboardqueen. Hashtags such as #cheeseboardsofinstagram and #plattersoftheworld are two additional resources to explore. □



In Sickness and In Health

Cancer came to the Bauers' health retreat. They had the tools to evict it.

BY ERICA RIMLINGER

PHOTOGRAPHY BY
MARIA LINZ PHOTOGRAPHY

Liz Bauer

Liz Bauer knew it was wrong the moment she felt the lump. As a mom who had been “either pregnant or nursing for the past four years,” she says she had every reason to dismiss the lump as a harmless clogged milk duct. But something about this lump didn’t feel harmless.

“Something felt wrong,” she says. “It was so big it took my breath away.”

She called her midwife, who advised her to get a mammogram, which confirmed Liz’s intuition. At age 36, Liz—living a life packed with two preschool boys, a husband and a full-time job—now found herself facing a daunting battle with breast cancer.

Conversely, one could say breast cancer now faced a daunting battle with Liz.

Todd and Liz Bauer with their children Cash (left) and Rocky at The Farmette at 4424.

If cancerous cells were capable of sentient decision making, cancer might have chosen to settle elsewhere. Liz and her husband, Todd Bauer, have structured their home and lives around tackling tough health challenges. That is, in fact, their day job.

Challenge accepted

Todd Bauer, owner of Optimal Health Alliance, has spent nearly 20 years building his reputation as one of Baltimore's top wellness coaches and personal trainers. He trained Kevin Spacey and Robin Wright while they were in Baltimore filming "House of Cards," sculpting Wright's famous Claire Underwood arms.

Liz first met Todd when she hired him as her trainer. At the time, she was 35 pounds overweight and had developed health problems such as arthritis and autoimmune issues. She enrolled in Todd's comprehensive nutrition and fitness plan to reset her life.

He reset her life—and more. Liz's arthritis and autoimmune symptoms disappeared, she lost 35 pounds and, perhaps most significantly, she says, "I fell in love."

As their relationship deepened and grew more serious, they discussed

opening a health retreat center—a place to bring clients to learn about nutrition, exercise, mindfulness and relaxation. They found a 3-acre property within the Baltimore area in Glen Arm. They closed on the place on December 31, 2014, and that night, Todd proposed to Liz at the farmhouse.

The Bauers have since renovated their space into a total wellness retreat, The Farmette at 4424, which offers nutrition counseling, indoor and outdoor group and individual fitness, massage, sauna and meditation. Clients work out with Todd in an open-air barn and have access to the organic vegetables grown on-site and eggs from the chickens that

roam the yard. Their massage therapist, Caitlyn Thompson, brings clients outside after their treatments to feed their three goats. Next year, Liz hopes to breed the goats and start making goat cheese.

The unexpected chapter

Enter breast cancer. Liz says she was raised to favor holistic over Western medicine. "My parents are as 'granola' and alternative as can be," she says. But looking at images of a 5-centimeter tumor that had already entered her lymph system, Liz knew she'd need every tool in the tool belt to get well.

Her doctors at Johns Hopkins recommended fighting the disease by starting





From left: The gym, massage and meditation room; the outdoor fireside meeting and meditation space; and Liz Bauer with farm-fresh eggs and produce. The Farmette at 4424 is at 4424 Langtry Drive in Glen Arm.

“We don’t want you to be perfect. It’s about giving people love, helping them heal.”

with four rounds of Adriamycin (known as the “red devil” to cancer patients and practitioners), then 12 treatments of Taxol, followed by a double mastectomy and the removal of lymph nodes.

Todd worked to build a nutrition and wellness plan to complement and increase the effectiveness of the chemotherapy.

“It’s important to treat the disease, of course, and we’re doing that,” Todd says. “But where’s the exercise, the nutrition and the mindfulness to help you stay well through the treatment and beyond?”

Todd and Liz agreed that if they were to commit to the lengthy and intense treatment regimen, they needed to align their lifestyles to get the most benefit from it.

For Todd, that meant “doing a deep dive into what nutrition is best for preventing cancer, the best nutrition

plan during chemo for staying well and strong, and for maximizing its benefits.”

He consulted cancer experts in both holistic and Western medicine, and he worked with his team at Optimal Health Alliance to build a complete pre- and post-chemotherapy and surgery wellness plan. This wellness plan included exercise and nutrition, mindfulness, meditation, supplements and massage.

Todd is “very analytical, very in his brain,” Liz says with a laugh.

“I just knew there was a lot more information available,” Todd says.

A holistic approach

The results after one chemo, says Liz, were “shocking.” She had responded to her treatment in the top 5% of patients. The nurses were impressed. Liz was stunned.

Her “eyes widened,” Todd says. “She couldn’t even feel the lump.”

By the time chemotherapy was complete, cancer could no longer be detected in her lymph nodes and the 5-centimeter tumor had been reduced to less than 1 centimeter.

The Bauers credit Liz’s robust response to her treatment to “Western medicine along with that holistic edge.”

Todd is now working to partner with cancer practitioners to bring what he and Liz learned to other cancer patients. Most importantly, Todd says, health and nutrition plans have to be adjustable and responsive.

“It was hard. With Liz’s nausea during chemotherapy, we had to adjust the eating plan. You have to eat what makes you feel good when you’re sick,” he says. “And we figured out when she was well enough to exercise and when she wasn’t, and when it was best to use massage. We had to be flexible.”

And 2020 required still more flexibility.



Right before her scheduled mastectomy, COVID-19 descended on the country, closing hospitals to nonessential surgeries and visitors.

Because of the restrictions, Liz faced her double mastectomy alone. Todd dropped her off at Johns Hopkins Bayview with a suitcase and said, “I’ll see you in two days.” As a steady presence alongside Liz during every single one of her chemo treatments, Todd never envisioned this scenario occurring.

The hospital, Liz says, felt like a “ghost town,” but staff went above and beyond to make the experience easier for her. “I will forever be grateful to these angels,” she says.

Looking ahead

Liz was officially deemed cancer free in July. It was “exciting in that moment,” says Liz, but she feels “the hardest battle—the emotional and mental battle—

against the unknown and the fear” of cancer returning is just beginning. “It’s way harder than physical battles.”

In the meantime, Liz says she’s “going to do everything I can and bring everything I possess to exercise, health and self-care to make sure it doesn’t come back. I will become healthy and strong again.” But she acknowledges the journey has “ups and downs.”

The downs, she says, “are the hard part for me.” As someone who describes herself as “a naturally positive person,” she nevertheless feels pressure to present a positive face, even on bad days. There’s this good-vibes-only, forced-positivity attitude cancer survivors can face from family, friends, strangers—and even herself. Liz says she feels the pressure of regulating the mood of the household: “The kids thrive off of me. When I’m happy, they’re happy.”

At the same time, she knows it’s

unrealistic. “There are times it’s hard to just look in the mirror. That’s when I see cancer,” she says. She allows herself to cry and acknowledges the need to accept “the real and the raw” along with the positive attitude.

She has allowed the kids to see her sad and has shown them scars they asked to see. “They were very curious and interested” in the surgical sites, she says, when she returned from the hospital.

This connection to reality “is how we connect with clients, too,” Liz says. “To be truly healthy, we need to know where you really are. We hear a lot of, ‘Oh, gosh, I don’t want you to see how I eat.’ We don’t want you to be perfect. It’s about giving people love, helping them heal.”

After this past year, Liz says, “when you take good care of yourself, I know firsthand how good that feels.” □





Cancer CONUNDRUM

Why are more nonsmoking women being diagnosed with lung cancer?

BY COURTNEY MCGEE

The **IMAGE OF A WOMAN** hearing the word “cancer” delivered solemnly across her doctor’s desk brings to mind diagnoses of breast, skin or ovarian categories. Lung cancer is not as expected, but it has become increasingly common.

Approximately 229,000 adults will be diagnosed with lung cancer this year (13% of all new cancer diagnoses), according to American Cancer Society estimates. People tend to think of lung cancer as a disease of men who have smoked for years. More and more, however, doctors are diagnosing lung cancer in nonsmoking women. Dr. Josephine Feliciano,

associate professor of oncology, clinical director, Johns Hopkins Sidney Kimmel Cancer Center at Bayview, Center of Excellence in Thoracic Oncology, has studied this development.

TRENDING UPWARD

Feliciano says the medical community first took notice of the increase around the early 2000s, even as cigarette use in general decreased. “It was becoming recognized that there were patient populations with little or no tobacco exposure being diagnosed with metastatic lung cancer.”

But is the same lung cancer affecting both smokers and nonsmokers? “In general, this appears to be a very different type of lung cancer than smokers get, but there is no mutually exclusive category,” says Feliciano. “In nonsmokers, it is more common to have a molecular variant or subtype of lung cancer that can respond to treatments given as pills as opposed to IV therapies such as chemotherapy or immunotherapy. Additionally, these types of lung cancers in nonsmokers may not respond to therapies that smokers may be more likely to respond to, such as

immunotherapy. The lung cancers in non-smokers are often of the adenocarcinoma subtype. Patients with significant smoking history are also prone to squamous cell carcinoma and small cell carcinoma.”

WOMEN AT RISK

According to the American Cancer Society, up to 20% of people who die from lung cancer each year have never smoked. That’s enough deaths to categorize lung cancer in nonsmokers among the top 10 deadliest cancers in the United States. What’s more, the National Institutes of Health found that women are decidedly more at risk than men. For nonsmokers between the ages of 40 and 79, the incidence of lung cancer among men is between 5% to 14%. In women, this percentage ranges between 14% to 21%.

“Hormones may also contribute, and there is research looking at hormones in lung cancer, not only specifically in nonsmokers, but also in smokers,” says Feliciano. Among the differences between the sexes, however, “in general, women tend to live longer and have better survivals from lung cancer than men, stage for stage.”

NONSMOKING CAUSES OF LUNG CANCER

Researchers continually seek clues to explain the increase. “There is not clear-cut data that there is one prevalent risk factor to develop lung cancer if you are a nonsmoker,” notes Feliciano. “Some factors include environmental pollution, indoor pollution, radon and asbestos. There are also some genetically related risk factors such as having a family member with lung cancer, or having an inheritable type of lung cancer or cancer syndrome.”

The U.S. Environmental Protection Agency identifies exposure to radon as a significant cause of lung cancer, accounting for approximately 21,000 deaths per year, including close to 2,900 nonsmokers. Extended exposure to concentrated radon contamination puts people at greater lung cancer risk, but the only way to know if radon is a problem

in your home is to test for it, as radon cannot be smelled or seen.

Bans on public smoking have been effective in reducing the danger of secondhand smoke in the last two decades. Nonetheless, about 7,000 people die each year because of lung cancer caused by secondhand smoke, according to the American Cancer Society. Industry regulations have made workplaces safer with better control of exposure to carcinogens such as asbestos and diesel exhaust. Thankfully, air pollution in the United States is not as bad as in other countries. Improvements have been made, yet incidence continues.

EARLY DETECTION SAVES LIVES

As with other cancers, early detection is key. Distant metastatic lung cancer has a five-year survival rate of 6%. Each year, tens of thousands of patients are cured of non-small-cell lung carcinoma (NSCLC). In addition, any stage of lung cancer is treatable in some way.

“The curability and survivability of lung cancer correlates with the stage at which it is diagnosed,” says Feliciano. Screening, done by a low-dose CT scan, is only used for high-risk populations. “Unfortunately, for nonsmokers, there is no proven lung cancer screening modality as there is for patients who have significant smoking histories. Also, lung cancer in general tends to present with symptoms when the disease is more advanced when it is not detected by screening.”

What are potential warning signs? “Symptoms of lung cancer may be a cough, shortness of breath or chest pain,” Feliciano explains. “As the cancer becomes more advanced, people may feel more tired, have poor appetite or weight loss, or have symptoms if the cancer spreads to another organ, such as pain if it goes to a bone or headaches or seizures if it goes to the brain. One challenge is that the symptoms are not specific to lung cancer, and many patients may assume symptoms are related to another health condition such as pneumonia, asthma or heart disease.”

Be aware of any persistent or worsening symptoms, and don’t hesitate to contact your doctor with concerns.

The American Lung Association reports that about 142,000 lung cancer deaths occurred in 2019—more deaths than from colon, breast and prostate cancers combined.

ADVANCES IN CANCER TREATMENT

Still, treatments are progressing in exciting ways. “There have been more treatments for lung cancer approved in the last 10 years than in the last 30 years combined,” says Feliciano. “The majority of these improvements have been in the metastatic and locally advanced stages of lung cancer. Targeted therapies and immunotherapy have been responsible for improving lung cancer survival in the last 10 years.”

Unique, molecularly driven subsets of lung cancers may respond well to targeted medications. “There are many types of ‘targetable’ lung cancer with approved therapies and more in the pipeline,” says Feliciano. “Immunotherapy has also improved the survival for lung cancer, particularly in the metastatic and locally advanced setting.”

Approaches to treatments have changed over time. Drugs such as gefitinib and erlotinib were initially approved for lung cancer patients regardless of smoking status, but doctors began to see that some populations responded unusually well—nonsmokers and Asian women, in particular, had the best response. “Since that time, many more unique variants have been identified, and many more drugs have been developed, many of which are more common in patients with minimal or no smoking history,” says Feliciano.

No one is fully exempt from risk, but healthy practices are still worthwhile. Don’t smoke. Eat a diet rich in fruits and vegetables. Stay on top of your own well-being. Listen to your body. Successful identification and treatment of any cancer begins with acute attention to changes occurring in your body. Breathe in awareness. □

COZY UP TO FALL COMFORT FOODS

Seasonal specialties from
Baltimore chefs

BY KATIE BEECHER

As the air turns crisp amid the changing seasons and continuing COVID-19 pandemic, we could use a big plate of yummy goodness to warm us up and raise our spirits. We talked with three Baltimore chefs to find out what types of comfort food they're cooking up this fall and present some cozy, seasonal dishes you can make at home.

Chef Zack Mills from True Chesapeake Oyster Co.

For this fall, True Chesapeake Oyster Co. is seeking to build its menu around locally sourced produce, including squashes, beets and carrots.

"We source local, and we're in the season where we're seeing a transition into a lot more vegetables and heartier items. Our goal is to highlight all of that stuff," says Executive Chef Zack Mills.

And what feels more like fall than a warm, comforting soup? "I love soup. I can't say enough about it," Mills says with a laugh. "It's the kind of dish that warms you up, and I find it enjoyable."

Although he's always looking for new ideas, his staple soup to make at home



Chicken fried steak by True Chesapeake Oyster Co.

is butternut squash with corn, smoky sausage, such as kielbasa or andouille, and chives.

"It's a great transitional soup from summer to fall," he says. "I've been making it for over 15 years, and I honestly can't remember where I originally found it, but I've just adapted it and made it my own."

For True Chesapeake Oyster Co., Mills has been playing around with a fall crab bisque. He is also planning to bring back its popular oyster stew that uses spices such as fennel, tarragon and raw Pernod to create different anise flavors that will pair perfectly with the oysters.

"It's taking your average stew and spicing it up a bit to wake up your palate. It's definitely a dish that can be made at home," says Mills.

For those looking for a more substantial meal, you'll want to try the chicken fried steak with mashed potatoes. "We wanted to do something more elevated, so we used a thicker cut of meat that's been breaded and fried," Mills explains.

The dish is served with Sauce Diane, a creamy mushroom gravy elevated with cognac and shallot, with mushrooms sourced from a farm on Maryland's Eastern Shore. Paired with creamy mashed potatoes, this dish is one you'll be craving all fall.



Clockwise from left:
Oyster stew, spaghetti
with butternut squash
and clams, Executive
Chef Zack Mills, True
Chesapeake Oyster Co.



DAVID STUCK (3)



The restaurant is also serving up spaghetti with butternut squash and clams, described as a mashup between spaghetti with clams and pasta carbonara. The sauce itself is a combination of butter, Parmesan cheese and juiced butternut squash, topped with cured egg yolks and crispy bacon.

For the at-home chef, Mills recommends learning how to make your own pasta.

“It’s light-years better in taste and it’s not hard to master,” he says. “It’s really fun, and there are lots of amazing cookbooks out there.”

Mills says that he’s happy to see so many people take to cooking at home and he appreciates the Baltimore community’s continued support. “It’s sad to see so many closures of friends’ restaurants. I’m just thankful for the people who are coming out to eat and support us. It’s lovely

to see that kind of response for the restaurant industry.”

CHEF ZACK MILLS’ OYSTER STEW

Makes 4 servings

INGREDIENTS

For the Base:

- 4 ounces (1 stick) unsalted butter**
- 1 bulb fennel, washed well and diced**
- 1 stalk celery, diced**
- 3 medium shallots, diced**
- Coarse salt, for seasoning**
- ½ cup all-purpose flour**
- 1 tablespoon Worcestershire sauce**
- 2 tablespoons hot sauce**
- 2 sprigs fresh tarragon**
- 1 bay leaf**
- 1 fresh Italian flat-leaf parsley sprig**
- 4 cups (1 quart) heavy cream**
- Oyster liquor from approximately 20 shucked oysters**

For the Stew:

- 4 ounces (1 stick) unsalted butter**
- 1 cup baby potatoes, halved**
- 1 cup diced leeks**
- 1 cup diced fennel**
- Oyster Stew base (see recipe below)**
- 20 oysters, shucked and liquid reserved**
- 2 tablespoons finely chopped fresh tarragon**
- 2 tablespoons minced chives**
- Crisp, crumbled bacon pieces (optional)**

DIRECTIONS

FOR THE STEW BASE:

1. Heat butter over medium heat in a heavy-bottomed saucepan. Add fennel, celery and shallots; season with salt. Cook, stirring occasionally, until the vegetables are fragrant and translucent. Sprinkle with flour and stir to fully coat vegetables with flour. Cook 2 minutes more, until the flour has a toasted, nutty smell.
2. Add Worcestershire and hot sauces. Stir mixture with a wooden spoon, scraping the bottom of the pan. Add remaining ingredients



Chef Chris Amendola

“Anyone who’s going to try using them should know that they have a golden color once they’re ripe, and they tend to oxidize fast, so you want to use them relatively quickly,” he explains.

For anyone who wants to cook some comfort food at home, Amendola says you can’t go wrong with a stew or chili.

“Any kind of meat stew is always a good choice,” he says. “I like to do rabbit and lamb stews for this time of year.”

When it comes to his own form of comfort food, nothing can beat classic family cooking.

“My main comfort food is my mom’s cooking,” he says. “There’s a lasagna she makes, and I know how she makes it, but whenever I try to make it, it never seems to be the same. It’s just something you can never re-create.”

CHEF CHRIS AMENDOLA’S PAWPAW BREAD

INGREDIENTS

8 ounces (2 sticks) unsalted butter, melted, plus more for buttering pan
1 ½ cups granulated sugar
3 whole eggs
3 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
2 teaspoons salt
2 cups pawpaw puree

DIRECTIONS

1. Preheat oven to 325 degrees. Butter a standard-size (8 ½-by-4 ½-by-2 ½-inch or 9-by-5-by-3-inch) loaf pan and set aside. In a large mixing bowl, combine melted butter and sugar, and stir well until combined. Add the eggs and mix well. Add the flour, baking soda, baking powder and salt to the bowl with the wet ingredients.

2. Add the pawpaw puree and combine, scraping down the sides of the bowl to ensure that all of the ingredients are mixed well. Pour batter into prepared pan. Bake for 45 to 55 minutes. Let cool on a wire rack before turning bread out of pan.

Pawpaw bread from Foraged

and simmer for 20 minutes to allow stew to thicken and flavors to marry together.

3. Strain stew base and set aside.

FOR THE STEW:

1. Add butter to the bottom of a pot over medium heat and allow to melt. Add potatoes and cook for 5 minutes or until they begin to soften. Add leeks and fennel; cook for 3 more minutes. Pour in stew base and cook for 5 minutes or until all vegetables are cooked but still slightly al dente.

2. While stew is simmering, add oysters and cook until they firm up, about 3 minutes. Once cooked, fold in tarragon and chives. Garnish with bacon pieces, if desired, and serve.

Chef Chris Amendola from Foraged

When Chef Chris Amendola thinks comfort food, he pictures anything that makes someone feel warm and fuzzy inside, especially on cooler nights.

With temperatures getting colder, Foraged patrons can most likely expect some mouthwatering braised meats and hearty stew-style dishes on the menu.

“Our mushroom stew is a fan favorite for this season when we have several different varieties of mushrooms,” says Amendola.

As a “hyper-seasonal” eatery, Foraged’s menu mainly depends on what farmers have available for the season and what

the chef feels like cooking up.

“There’s never really a set menu,” he explains. “We use staple ingredients for this time of year, but it has more to do with what we’re feeling on that day and what the weather is like.”

The Hampden eatery also recently invested in a smoker, which opens up a realm of flavorful possibilities.

“I want to start playing with it more over the next few weeks and see what it produces for us,” says Amendola. “We’ve smoked some sausages, and we recently smoked a pig’s head and paired it with a smoked head cheese, which was incredibly delicious.”

Customers should definitely keep an eye out for Foraged’s pawpaw dishes. Pawpaw is a fruit indigenous to this region yet it only has a two- to three-week harvest period. Amendola recommends trying it while you can.

“We only use local ingredients, so we don’t have any tropical fruit on our menu, but these are cool because they have a tropical fruit flavor to them,” he says.

Since pawpaw tends to be fairly sweet, Amendola will typically make pawpaw bread and pudding or puree it to make different types of desserts. He’s even smoked them and used them as a glaze on spare ribs.



Chef Josh Robinson

Right, clockwise from left: Rum-infused bread pudding with caramelized rum sauce and house-made vanilla bean ice cream on top, Ida B's rib board, smoked turkey meatloaf with barbecue glaze, vegan smoked eggplant, stuffed French toast with strawberries and banana caramel sauce



Derrick J. Purcell from Ida B's Table

As the month of November rolls in, Ida B's Table will be rolling out some changes. Baltimore's beloved modern soul food restaurant will be transitioning to fast-casual dining (see page 30), and with this change comes new food offerings.

"We've got a lot of great dishes coming out," says Chef Derrick J. Purcell, director of operations and partner at Ida B's Table. "We're adding lake trout, macaroni and cheese, collard greens and roasted sweet potato. Our smoker lets us easily provide smoked chicken."

Ida B's will also be serving its own version of Hoppin' John, a black-eyed peas and rice dish that the staff is hoping will bring some comfort to any patrons who love Southern-style cooking.

Fans of the classic dine-in dishes shouldn't worry; Ida B's Table will still be doing upscale dishes like its salmon burger made with sustainable salmon.

Crab cakes, of course, will still make an appearance on the menu.

"Some may not call that comfort food, but those of us from Baltimore love our crabs, so it's comforting to us," says Purcell.

Speaking of comforting, Purcell's favorite comfort food is a slow-roasted pulled pork served with macaroni and cheese, cabbage and cornbread. "When you're pulling it apart, you see it transform from a lump of meat to an amazing tasting dish with flavors of garlic and thyme. Just talking about it makes me crave it," says Purcell with a laugh.

IDA B'S TABLE SMOKED TURKEY MEATLOAF WITH BARBECUE GLAZE

Makes 4 servings

INGREDIENTS

For the Meatloaf:

1 tablespoon extra-virgin olive oil
1 yellow onion, diced
2 stalks celery, diced
1 whole red bell pepper, diced
1 teaspoon ground cumin
1 tablespoon garlic powder
1 tablespoon freshly ground black pepper
2 tablespoons coarse kosher salt
2 tablespoons smoked paprika
2 pounds ground turkey

For the Glaze:

2 tablespoons unsalted butter
¼ cup finely chopped onion
¼ cup diced red bell pepper
1 clove garlic, crushed
½ teaspoon coarse kosher salt
¼ teaspoon freshly ground black pepper
¼ teaspoon smoked paprika

¼ teaspoon chili powder
1 cup ketchup
½ cup chili sauce
¼ cup water
¼ cup champagne vinegar
¼ cup dark-brown sugar
1 tablespoon Worcestershire sauce
1 teaspoon Dijon mustard

DIRECTIONS

For the Meatloaf:

1. Preheat a smoker to 225 degrees. Heat the olive oil in a skillet over medium heat. Add the onion, celery and bell pepper and sauté vegetables for 4 to 5 minutes. Remove from heat and let cool. Add spices and vegetable mix to the ground turkey. Mix well and form into a loaf.
2. Place meatloaf into smoker and cook for 3 hours. During the last half hour of cooking, liberally apply the glaze (recipe follows). Cook until the minimal internal cooking temperature reaches 165 degrees for 15 seconds.

For the Glaze:

1. Melt butter in a medium saucepan over medium heat. Once the butter is warm, add the onion, bell pepper and garlic. Once the ingredients start to sizzle, stir in salt, pepper, smoked paprika and chili powder.
2. Add ketchup, chili sauce, water, champagne vinegar, dark-brown sugar, Worcestershire sauce and Dijon mustard, carefully stirring so that the mixture in the pan does not scorch. Once this glaze is warm, remove from the heat and apply to meatloaf. □

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I feel my teachers incorporate everything that is important for children to learn in this day and age. They discuss with us what's going on in the world with honesty. I get so much from every class.

I like math because I like to problem solve a lot. When I grow up, I want to be a doctor — I'm passionate about helping people.

During distance learning, it surprised me how similar it was to being in a classroom at Park, talking with your teachers and classmates. Everything was so well thought out and it didn't feel improvised. It was great.

It was fun to play basketball last winter and make new relationships with people. We traveled to different schools and had a really good season. All of my teammates were really nice and supportive. They cheered for you!

A word that describes Park is inclusive.

—Olivia, 7th Grade

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Keeping Each Other Safe

continued from page 11

research. The evidence shows this kind of education at this age works,” says Jachman. “We know early education makes a difference, and we frame the discussion in an age-appropriate way. We know empathy is a protective factor against sexual violence and harassment. There’s also an undeniable link in the research between homophobic name-calling and sexual violence.”

To help support the foundation’s work, Jachman tapped into her creativity as well by designing masks and greeting cards.

“We’re a creative family,” Jachman says. “My grandmother had a store in Pikesville called Signatures” that did custom-painting projects. “We’re builders. We don’t ask: ‘Where do we get that?’ We ask: ‘How can we make that?’”

Jachman came up with the idea for masks for a socially distanced fundraiser. “Everyone does T-shirts, but we knew we needed masks this year.

We wanted something that communicated our message. The words printed on the mask are our words: ‘listen, change, respect, heal, educate.’ They were chosen for a reason. People are covering their mouths, but with this mask, they can still communicate this message.”

The foundation partnered with Crooked Monkey, a local mid-Atlantic manufacturer, to make the masks. Although the fundraiser is over, the masks are still selling well on the foundation’s website. Jachman says she has more ideas for masks and would love to try new designs. She is also drawing greeting cards, which has been a longtime hobby.

“When COVID hit, it was a release for me,” she says. She liked the idea of making greeting cards because “people were having a hard time connecting, and getting something in the mail, it’s tactile—like a hug you needed.”

Jachman says she and other foundation volunteers will continue to design cards—a holiday line—and messages that “communicate women’s power,” which was Erin’s message.

“Erin’s life work and purpose were going to center on preventing sexual harassment and assault,” says Jachman. That work continues, even with COVID-19 shutting down schools, as the program is adjusting to be available through a train-the-trainer model and an online version.

“We’re hearing positive feedback from educating kids about harassment and will be working with school staff on how to respond to it. Now that we know these are the steps we can take to prevent gender-based violence in the next generation, we can’t look away and say we didn’t know,” says Jachman. “It makes you think about what a better next generation we’ll have. We will because of Erin.” □

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The Addict Next Door

continued from page 15

an addict. I lived next door in the nice house with the nice family. But, no, the doctor may have been prescribing them, but I was the one taking too many and demanding more and more and more.

And yet, this same person, who refused to accept that I could be an addict of my own doing, recently posted a meme on Facebook that said, “If Narcan is free to addicts because they have a disease, why isn’t chemo free for cancer patients?”

I can’t even begin to explain why that argument, logistically alone, does not work.

But I get it. I understand the frustration. While at in-patient rehab, I met a woman who had been clean for a year. She decided to celebrate that fact by indulging in her substance of choice and falling back into her addiction. Apparently, she was a frequent flyer at the facility, complaining loudly that the last time she was there, the cafeteria offered a salad bar and now didn’t.

I was desperate for this second chance and did not intend to take it for granted. I wanted rehab. Truly. I remember walking circles in my living room, waiting for my last pills to wear off and knowing the hell I would face with withdrawals—think the flu 100 times over—because I had no more pills to take. During those times, I would daydream about rehab and the chance to start again. I wanted to live. I had something to live for: a wonderful family and a job that I had once loved and thrived in and had lost.

In my foggy, drug-fueled mind, I was trying to hang on to it. You see, addicts lives their lives in a 20- or so-minute span of euphoria once the pills have been ingested or, given my later habit, snorted. I would try to cram in all the “normal stuff” I used to do during that tiny time frame. Be a good mom. Be a good wife. Load the dishwasher. Clean out the cat box.

It was folly, I know, but I held stubbornly to it.

I did the same with my freelance writing career. By the end of my addiction, I had gone from a thriving 20-year business to a single contract, which I lost eventually.

I attended a meeting high on pills and must have nodded off. I remember someone asking me if I was OK. A day or two later, I received a phone call saying that my services would no longer be needed. I had worked for this client from the very start of my freelance career two decades earlier.

Today, I don’t drink. I don’t take pills. I have found immense joy in life. It took rehab—in and outpatient, intense therapy and an understanding of the little girl who spent most of her growing up years traumatized.

I don’t excuse my actions. I will carry the guilt of what I put my husband and son through for the rest of my life. But I have worked hard to understand why I made the choices I did. I believe all addicts deserve that consideration. We are not “them” but us. And we live right next door. □



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Dr. Wendy Osefo

Assistant Professor of Education, Johns Hopkins School of Education; Founder and CEO, The 1954 Equity Project LLC; Star of Bravo TV's 'The Real Housewives of Potomac'



DAVID STUCK

Professor, media personality, political commentator and nonprofit leader **Dr. Wendy Osefo** maintains a fulfilling professional life. Find out how this busy mother of three children does it all through her signature style.

Q: Why do you love teaching?

A: I love teaching because I think it's so powerful to be able to educate the minds of the next generation of leaders. Teaching is a pulpit that I don't take for granted because when you're a teacher, you not only help students think through issues, but you also help them in the ways they'll approach issues when they face them in society.

Q: What is your vision for the future of The 1954 Equity Project?

A: My vision is that regardless of your race, your socioeconomic status or your preference in your sexuality—whether

you're from the LGBTQIA+ community—you want to be a part of any community you are in. A college campus often says, "We want to have diverse people." It's not about diversity; it's about inclusion. How do the Black people at your school feel? How do the women feel? How do the people from the LGBTQIA+ community feel? We want them to be a part of our college community.

Q: What's been your experience so far with "The Real Housewives of Potomac"? Can you give our readers any hints about what's to come in the series?

A: The show has been the craziest ride of my life. As far as hints on what's to

come, I'm just going to say that you have not seen anything yet.

Q: What are some of your favorite places in Baltimore?

A: When I moved to Baltimore, I remember the first thing I was drawn to was the Inner Harbor. Another place that I think is amazing is the Enoch Pratt Free Library. It's beautiful not just because of the aesthetics, but when you go in there, you feel as though you're just wrapped in knowledge. I absolutely love the Pratt Library and, of course, Johns Hopkins University—it's where I teach!

Q: How would you describe your personal style?

A: My personal style is a bit edgy but still modern pieces of timelessness. The saying I live by is fashion fades, but style is eternal. I don't like to do what's fashionable. I like to do what is stylish. That means lots of high-low pieces and wearing camouflage jeans with heels. I never like to stick to the same elements all the way through. I'll always throw something off either by wearing a dress with sneakers or heels with camo shorts.

Q: We understand you're passionate about home décor. How would you describe your interior decorating style?

A: My interior design style is modern meets farmhouse. I love home décor. I'm even thinking about possibly launching in the future—wink, wink—a home décor line. I believe that your home is your place of peace. Everyone's home, especially during this pandemic, has become our place of peace. Why not make it something that you love to be in? —MICHAEL VYSKOCIL



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