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WHAT'S UP? MEDIA APRIL 2022

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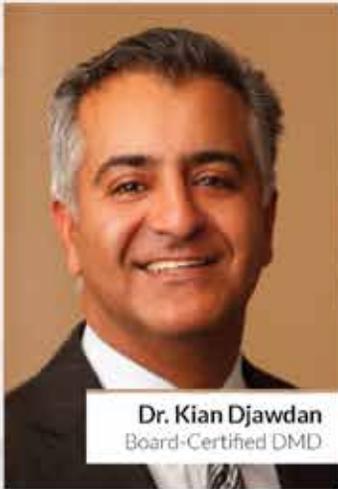
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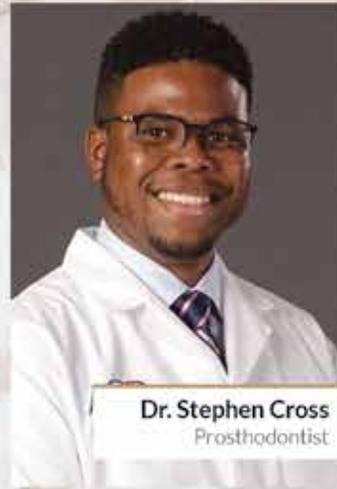
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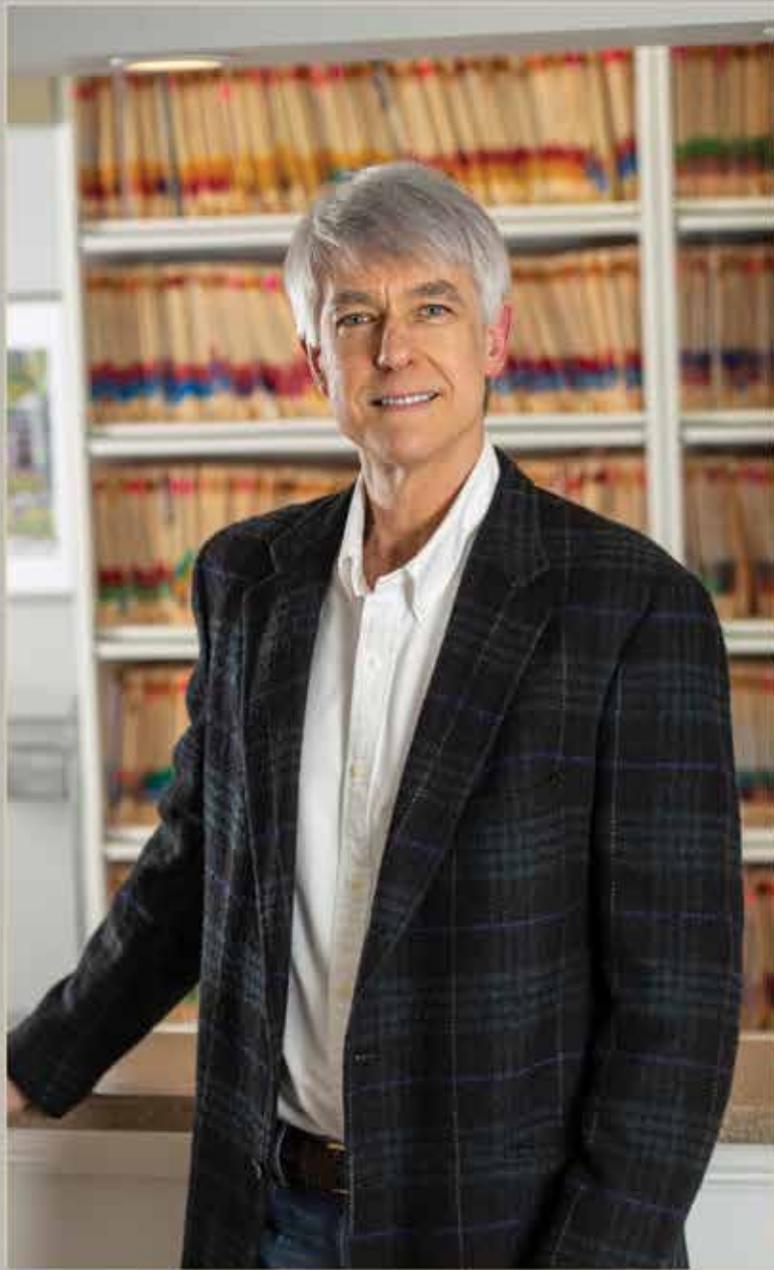
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Dr. Anderson is an omega class graduate from Georgetown University School of Dentistry, having earned a degree in Biochemistry from NYU. The office is celebrating over 25 years as a family-owned and operated business and is here to stay! We are always welcoming new patients and all major plans are accepted. His passion is to provide his patients with optimal oral health.

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Surgical vs Non-Surgical

Annapolis cosmetic surgeon, Dr. Henry Sandel is double board certified in advanced facial plastic and reconstructive surgery as well otolaryngology (head and neck surgery). His background in ear, nose and throat surgery makes him exceptionally well-qualified to perform rhinoplasty to improve both function and aesthetics. Dr. Sandel has performed hundreds of rhinoplasty procedures and has written book chapters and journal articles related to this procedure.



Rhinoplasty

Henry D. Sandel IV, MD FACS
Facial Plastic Surgeon
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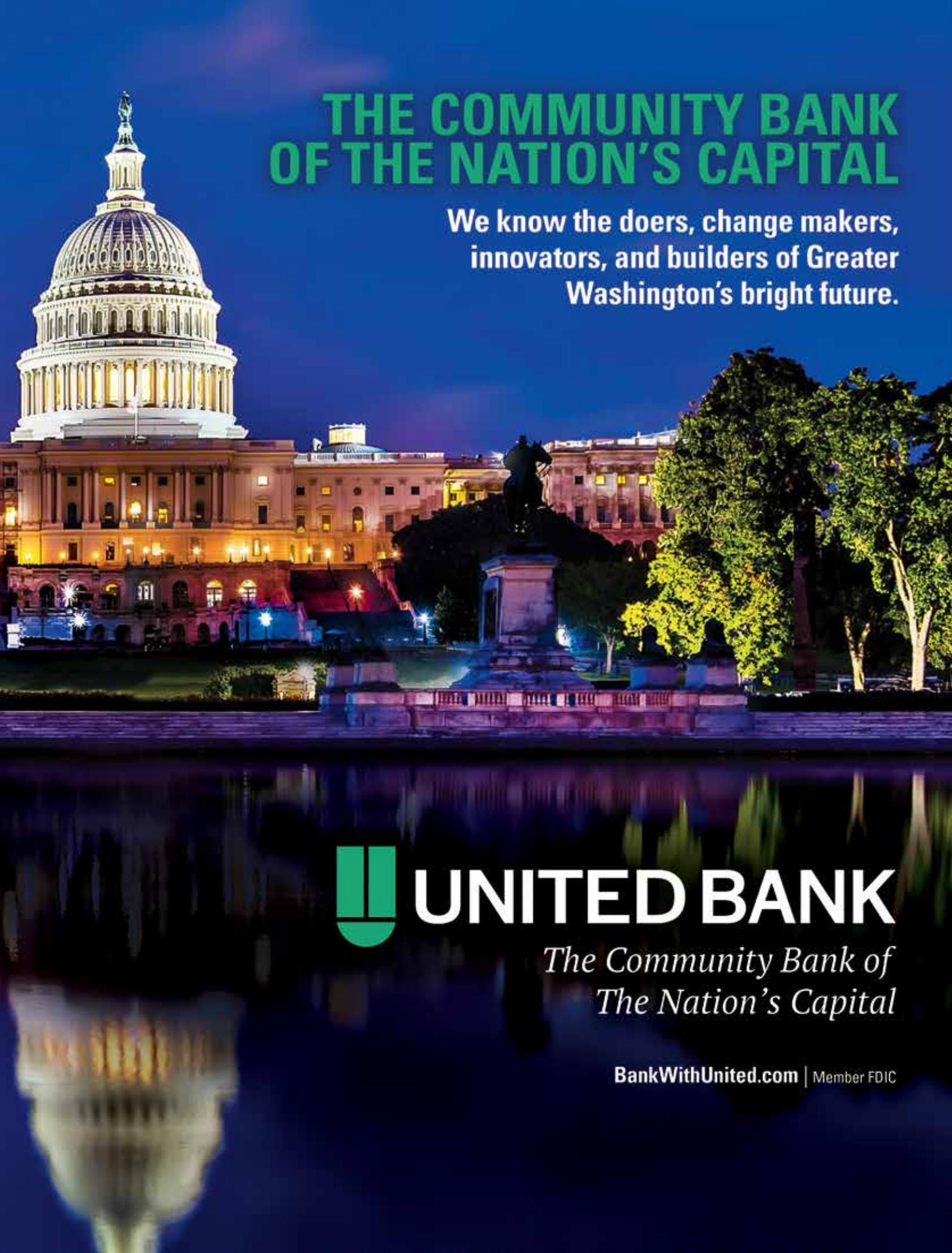
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Melissa Blohm

REALTOR®

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c 410 991 5967
MelissaBlohm3@gmail.com

Melissa has lived in Anne Arundel County for over 20 years, along with her husband and three children. She graduated from the University of Maryland,

where she earned a Bachelor of Science degree in Economics. As a Top Producing real estate agent, Melissa brings a wealth of industry knowledge and expertise about buying and selling real estate properties. She is extremely committed, hard-working, and a dedicated sales professional. Her approachable demeanor makes everyone feel comfortable, with customer service as her number ONE priority!



Michele Cordle

REALTOR®

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MicheleCordle@gmail.com

With 35 years of experience as a full time realtor I have had the privilege to work with over 550 buyers and sellers. I specialize in working with families, seniors and

investors. Working together with the Long & Foster Fine Homes I continue to have a great referral business. Raising my four now adult children in Annapolis has given me a huge prospective of the area. If you or someone you know needs help with their real estate needs, please call or email me today.



Margaret Dammeyer

REALTOR®

o 443 336 0814
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Margaret.Dammeyer@LNF.com

Margaret has lived in Annapolis for the past 30 years and has cultivated a passion for real estate. She has been the go-to advisor for family and friends seeking to buy or sell

their homes, and she is excited to share her expertise with others. Margaret brings a strong work ethic, artful negotiation skills, and the utmost professionalism to each client. Raised in a military family and married to a third-generation Annapolitan, Margaret understands the importance of finding that special place to call home.



Trish Dunn

REALTOR®

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trishdunnrealestate@gmail.com

Trish has a proven track record of success. She is a full time real estate agent who also has a residential lender's license which gives her a unique perspective

in the important finance arm of buying and selling homes. Trish is a long time resident of Annapolis who has lived on the Eastern Shore so she can easily work with buyers and sellers alike on both sides of the bridge. She is also an avid runner having completed 53 marathons. She brings the same stamina and focus to her real estate business.



Chris Fuller

REALTOR®

d 410 757 3142
c 301 219 9638
Chris.Fuller@LNF.com

Chris Fuller has over 18 years of experience in the real estate field and is prepared to assist you in your real estate needs. The motto of "excellence in client care

and service" is foremost when working for his clients. A large majority of Chris' business has come from referrals of clients Chris has completed a smooth real estate transaction. Whether a multi-million dollar property, or a fixer-upper starter home, regardless of price or condition, Chris Fuller will work hard for you when you choose him to represent you in real estate.



Jackie Reinauer

REALTOR®

o 410 263 3400
c 410 212 9079
Jacquelyn.Reinauer@longandfoster.com

The child of career military parents, Jackie Reinauer has moved over 20 times before making Annapolis her home. Prior to real estate, Jackie worked for

service industry companies, honing her innate strong customer service skills, and that commitment and professionalism shows in all she does. As a full-time Realtor for over 16 years, she is committed to making the process easier and enjoyable. Regardless of direction or strength of the prevailing winds, Jackie is driven to make your next real estate experience "Smooth Sailing".



Michelle Triolo

REALTOR®

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Michelle@MichelleTriolo.com

Michelle is a Chesapeake Bay area expert who has a vast knowledge of our local market inside & out! She is compassionate about helping buyers and sellers

achieve the most out of their real estate transactions and often finds lifelong clients as a result. Providing a tailored plan for every buyer & seller, top-notch marketing skills, strong negotiation techniques, and excellent customer service proves to be invaluable to those who work with her. Servicing Anne Arundel County & beyond...ready to help you from start to finish!



Kirstin Whitaker

REALTOR®

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www.kirstinwhitaker.lnf.com

Kirstin was born and raised in Annapolis and gets tremendous joy from her community and helping families find their new home here. In 2019, she

captured over 100% of the listing price for her sellers and negotiated successfully for her buyers in every competitive offer situation. Her listings averaged only 35 days on the market, beating the local average. She is passionate about the environment and supporting local business. She donates a portion of every sale to a local environmental cause.

On the Cover: Step into secret gardens of the Chesapeake. Photography by Stephen Buchanan. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

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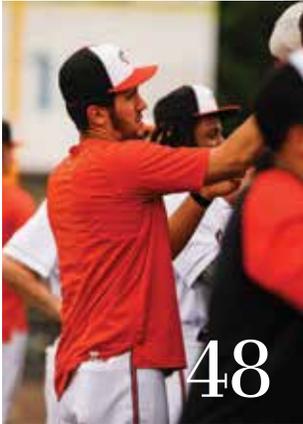
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editor *From the*



And because of this renewed enthusiasm to spruce up our homes and properties, we enjoy presenting topics that have homeowner appeal. In this issue, we hope you'll find inspiration in Janice Booth's feature article "Garden Sanctuaries in Chesapeake Country" profiling five homeowners and the remarkable gardens they've cultivated. We also showcase a fantastic custom-built country home in Davidsonville that has amenities dreams are made of—definitely eye-candy for the real estate buff in each of us. And if you'd like to find your own forever home or get your current property in tip-top shape, our annual "Home Resource Guide" lists many professionals ready to help you realize those dreams.

This sprucing up extends to the environment, so to speak. After all, if we're spending our time and money making our homesteads look and function their best, we ought to help our surrounding environments "feel" their best. More than a few dairy farmers north of the Mason-Dixon got this memo. Read about the dynamic partnership between the Alliance for the Chesapeake Bay, Hershey's, Land O'Lakes, and dairy suppliers in Rita Calvert's feature article "Hershey's Kisses, Cows & Clean Water." It's good news for the entire Chesapeake watershed.

Looking back on those landscaping years, I remember how the crew and I used to get through the long, very hot days by drinking more water than a mule, but also by chuckling to ourselves that "We're making the world look a little bit nicer; a bit greener." Words I still find myself uttering each spring as I steady a shovel to edge a bed. And it's nice to know a lot of folks feel the same.

*Happy spring and happy
sprucing up the homestead!*

James Houck,
Editorial Director

A large, stylized handwritten signature in black ink, appearing to read "James Houck".

Tufts of fresh grass have poked through the soil, infant buds and blossoms abound on the tulip poplars and hydrangeas, and the Leyland cypresses have gained another inch or several. I'm looking over my property this spring—over all that it is, while remembering all that it was.

When we bought our home nearly 15 years ago, those cypresses were just a foot or so taller than me. Now they reach more than 40 feet high—unfortunately, I've lost three of them to snowstorms (they lean heavy in wet snow). The hydrangeas were relocated when I made landscaping adjustments and installed several garden beds around the property's perimeter shortly after we moved in. It's the landscaper in me that saw beyond the basics. (Yes, I was a hands-on landscaper for several summers during my college years; might have even worked on your property!) I still enjoy some landscaping each season—tweaking the property a bit here and there.

The tulip poplars—two 80-foot towers on my property alone, and several others adjacent—darn near frighten me every time a windstorm blows through. Most have remained well rooted; one did tumble over from three properties down the road—it took out 160-plus feet of my backyard's fencing. Thankfully nobody was harmed, and home insurance helped with the new fence. As for growing grass in our shaded lot, let's just say it's a perpetual work-in-progress.

Most homeowners can probably relate to the changes that we, and our properties, experience over the years—hopefully for the better. And it's with this informed experience that we put together this April issue. Each spring, there's an obvious focus on home and design, both indoors and out.

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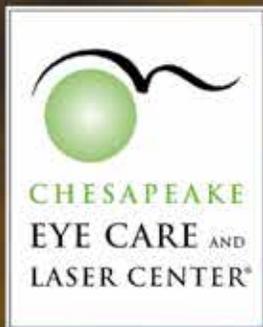
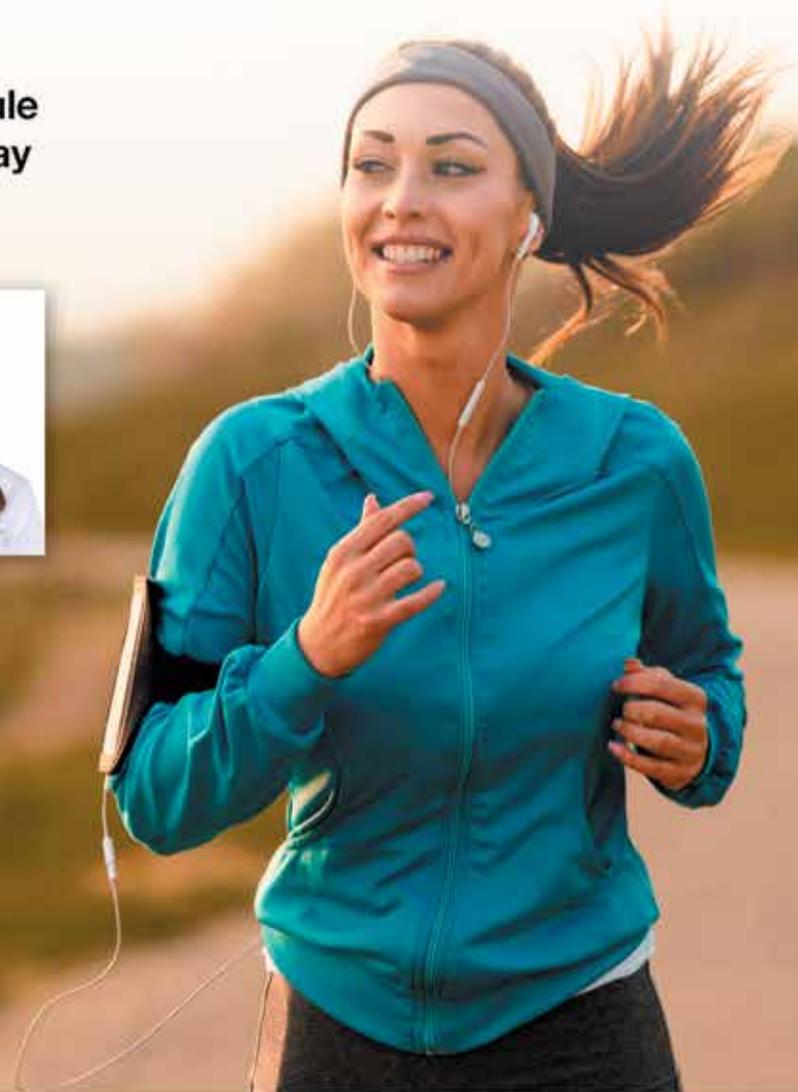
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Out on the **TownE**

25 EVENT PICKS | 34 SALUTE | 36 SPOTLIGHT | 44 ATHLETE | 48 INTERVIEW



Maryland Chicken Wing Festival

On April 2nd, from 11 a.m. to 5 p.m., ABC Events is hosting the 8th Annual Maryland Chicken Wing Festival at the Anne Arundel County Fairgrounds in Crownsville. The festival will bring together wings from some of the best establishments around as well as family friendly events, activities, music, good food, and drinks. There will be a limited number of tickets sold, and, new this year, there will be late admission tickets available in the afternoon for people who can't come to enjoy for the whole day. Find more information and order tickets at abceventsinc.com.



St. Margaret's Spring Bazaar

The Women's Guild at St. Margaret's Church on the Broadneck Peninsula will host a Spring Bazaar from 9 a.m. to 2 p.m. on Saturday April 2nd in both the Parish and Fellowship Halls. There will be items available for purchase from local crafters as well as commercial vendors. Previous Bazaars have included jewelry, baskets, home décor, photography, hand painted plates and glassware, handmade knitted items, quilted items, and more. For more information, contact Judy Hall at judy.hall0404@gmail.com.



↑ AN EVENING UNDER THE TUSCAN SKY

Join the Hospice of the Chesapeake Foundation for one unforgettable night. An Evening Under the Tuscan Sky will be on April 9th at 5:30 to 11 p.m. at the Live! Casino & Hotel in Hanover. This is Hospice of the Chesapeake's annual gala and largest fundraiser event of the year. The elegant night will be fun-filled with dinner, drinks, auctions, and dancing to support the organization's vital programs. Find more information at hospicechesapeake.org/2022-gala.

↓ BOSOM BUDDIES BALL

Bosom Buddies Charities is a local non-profit organization whose mission is to promote breast cancer awareness, encourage detection, support treatment, and celebrate healing. Bosom Buddies is hosting their Bosom Buddies Ball on April 2nd at The Westin Annapolis Hotel. The theme for the event will be Celebrating Hope & Light and more information can be found at bosombuddiescharities.com.



Photo by Joe Andruoyk

9th Annual Chip In for the Arts Golf Tournament

Chesapeake Arts Council's largest fundraiser takes place this month—the annual golf tournament will be at Compass Pointe Golf Course in Pasadena on April 13th from 7:30 a.m. to 4 p.m. Help make this year's event even more memorable than last year's, which featured 104 golfers and raised funds for CAC's creative arts programs. Find more information at Chesapeakearts.org.

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↑ COPPÉLIA

The Ballet Theatre of Maryland presents a beautifully staged interpretation of one of the best-loved classical ballets. Coppélia is a ballet about a pair of lovers, an eccentric inventor, and his beautiful, yet mysterious, daughter who entertains and delights in this comedic fractured fairytale. The performances will be at 7:30 p.m. on April 22nd and at 1 p.m. and 4:30 p.m. on April 23rd at Maryland Hall. Find more information and buy tickets at balletmaryland.org/coppelia.



30th Anniversary GreenScape

April 23rd is the 30th Anniversary GreenScape throughout Annapolis. GreenScape is a City of Annapolis and community beautification project to clean up and plant in public spaces throughout the city. For more information, or to volunteer, contact Marisa Wittlinger at mdwittlinger@annapolis.gov or find more information at annapolis.gov/greenscape.

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↑ Annapolis Book Festival

Key School in Annapolis is hosting the 19th Annual Annapolis Book Festival. The festival will take place on April 9th from 10 a.m. to 5 p.m. Emmy award-winning journalist Terence Smith, U.S. Congressman Jamie Raskin, best-selling author Clint Smith, and award-winning veteran journalist Susan Page will headline the free event. The festival brings together nationally and internationally renowned authors with thousands of book fans for author talks, panel discussions, book signings, and other activities. Find more information at keyschool.org/annapolisbookfestival.

BRUNCH4STAGE4

Leslie's Week will host the 5th Annual Brunch4Stage4 on April 24th from 11:30 a.m. to 3:30 p.m. at The Golf Club at South River in Edgewater. This event gifts vacations to Stage 4 Metastatic Breast Cancer women and their families to the Dollywood DreamMore Resort in the Tennessee Smoky Mountains. All proceeds from the silent and live auctions will fund the vacations. Find more information at lesliesweek.org.

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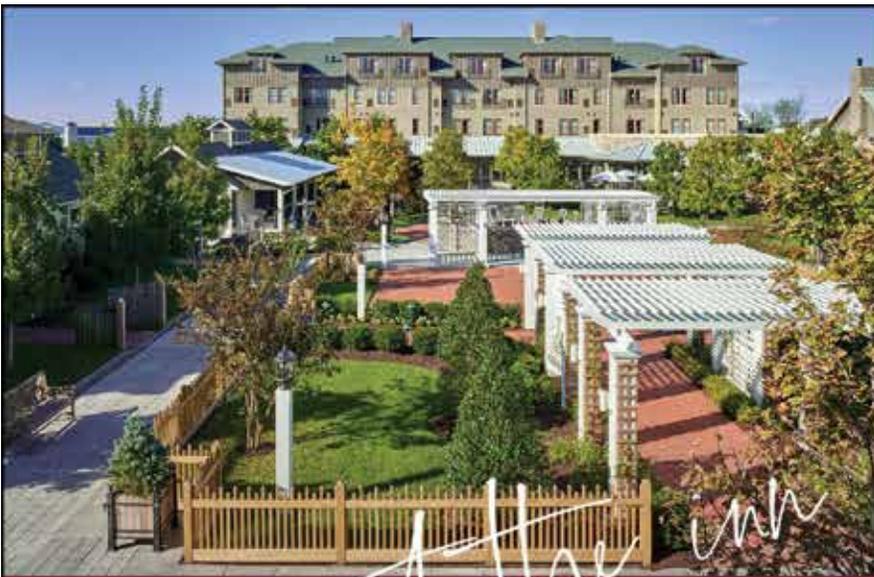


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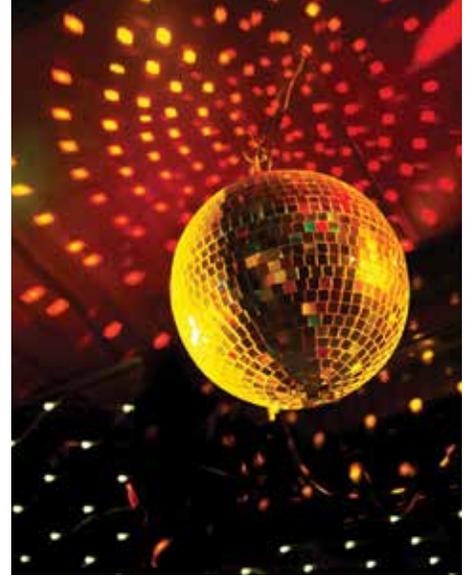
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↑ St. Anne's Auction and Disco

St. Anne's School in Annapolis is having their Auction and Disco fundraiser on April 23rd at 6 p.m. Former NFL player Reggie Rivers will serve as the event host for the night, which includes a paddle raise, live auction, dancing, and entertainment. Find more information by contacting Jill Rowlett at jrowlett@st.annesschool.org.



CASEY CARES GALA

The 22nd Annual Casey Cares Gatsby Gala is back on April 30th from 6:30 to 11 p.m. at the American Visionary Art Museum in Baltimore. This glamorous evening is inspired by the Roaring Twenties and guests will enjoy premium open bar, cocktail hour, seated dinner, live music, silent and live auctions, and more. Proceeds benefit the programs for critically ill children and their families in Maryland, Florida, Washington, D.C., and six other states. Find more information at caseycares.org/events/gala.

Across the Bridge



SHORERIVERS @ TROIKA GALLERY

The opening reception of the ShoreRivers @ Troika Gallery exhibit is on April 22nd at 5 p.m. What do art and environmental stewardship have in common? They are both powerful ways that we work in and for our communities, express shared values, and help build the future we want to inhabit. These art pieces are inspired by our local rivers and they deserve to be celebrated. The exhibit will continue through May 22nd. Find more information at shorerivers.org/event/troika.

Earth Day Extravaganza

Academy Art Museum in Easton is welcoming children and their caregivers to explore and create art together and save the planet. On April 23rd at 10 a.m., come to the eARTH Arts Day Extravaganza and make some great projects to take back home. For more information, or to RSVP, email Constance Del Nero at cdelnero@academyartmuseum.org.

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CHESAPEAKE INTERNATIONAL CHAMBER MUSIC COMPETITION

Visit Ebenezer Theatre in Easton on April 2nd and 3rd for the 10th Biennial Chesapeake International Chamber Music Competition for Young Professionals. The performances will also be live streamed all day, each day. This exciting celebration of chamber music will feature five of the most distinguished young ensembles competing for the Lerman Gold and Silver Prizes. This year's finalists come not only from the U.S. but also from Austria and Switzerland and have studied and prepared at distinguished schools and conservatories. For more information, visit chesapeakemusic.org.

Eastern Shore Sea Glass and Coastal Arts Festival

The Eastern Shore Sea Glass Festival is back for another year and will feature more than 90 artisans with coastal and sea-glass related jewelry, home décor, art, and more. The two-day festival includes entrance to the festival, educational lectures, live music, and all of the exhibitions and historic structures on the campus of the Chesapeake Bay Maritime Museum. The festival will be held on April 2nd from 10 a.m. to 5 p.m. and April 3rd from 10 a.m. to 4 p.m. Find more information at seaglassfestival.com.



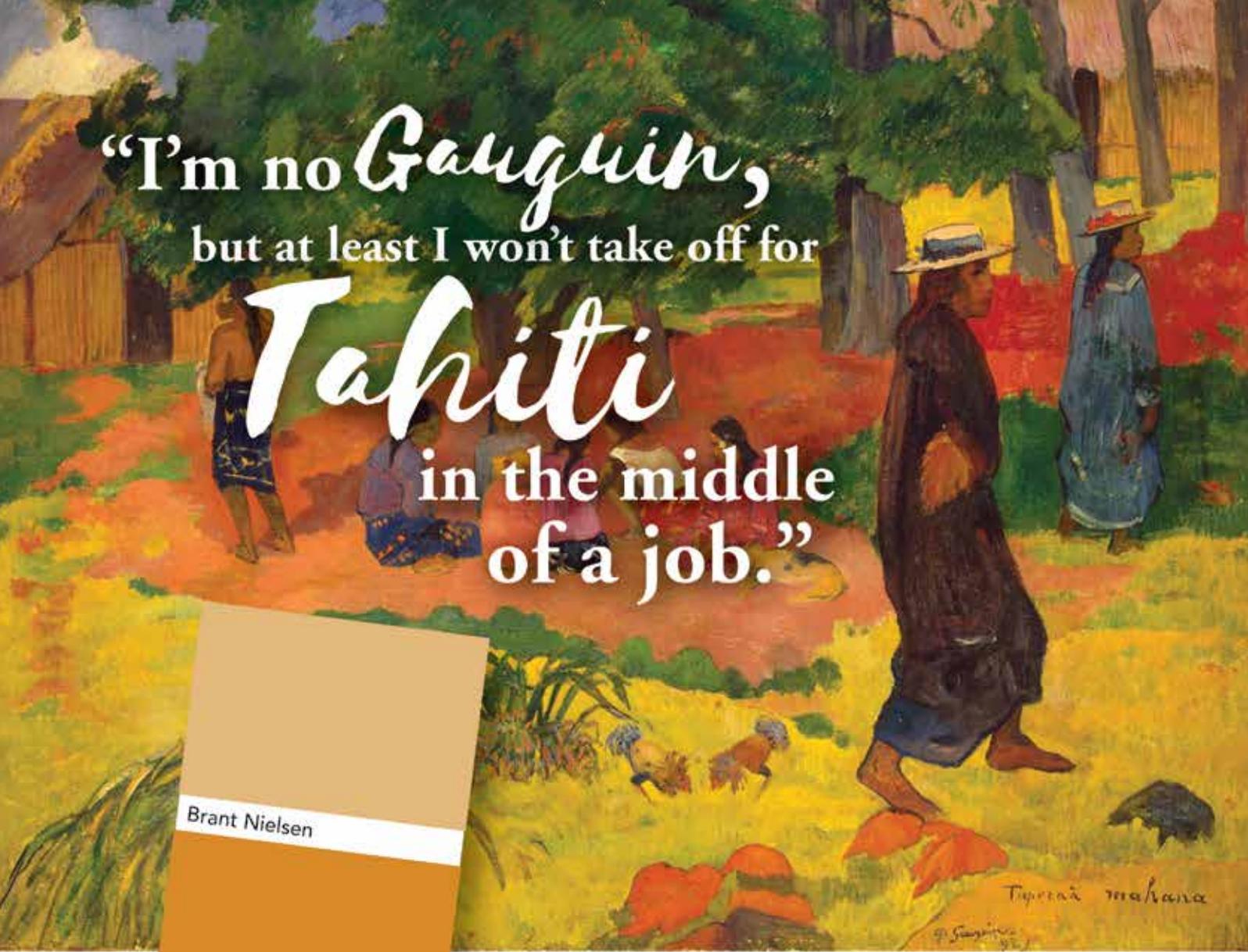
↑ WARD WORLD CHAMPIONSHIP WILDFOWL CARVING COMPETITION & ART FESTIVAL

The Ward Foundation, the nonprofit that operates the Ward Museum of Wildfowl Art and hosts the historic Ward World Championship Wildfowl Carving Competition & Art Festival, has made the decision to hold a modified, three-day event April 22 to 24. In lieu of the regular in-person event at the Roland E. Powell Convention Center in Ocean City, a virtual modification of the competition will resemble the 2021 virtual event, with several exciting new components and competition categories, in addition to the return of live-streamed portions of judging. More information at wardmuseum.org.

↓ Taste of St. Michaels

Taste of St. Michaels will be April 30th in St. Michaels. Taste of St. Michaels includes a tasting crawl from 11 a.m. to 4 p.m., which allows participants to taste their way around St. Michaels at award-winning restaurants. In addition to the tasting crawl, there will be restaurant specials all weekend. Find more information and get tickets to the event at stmichaels.org.





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TOWNE SALUTE

Ginger Houston-Ludlam

GiGi's Playhouse Annapolis

By Tom Worgo

When Ginger Houston-Ludlam's 24-year-old daughter Carmen expressed interest in GiGi's Playhouse Annapolis, the two of them decided to pay a visit soon after the facility opened in 2018. Ginger realized that the national organization, which works with children and adults with Down syndrome and their families, had great potential.

Ginger's involvement started small. Her daughter loves to dance, and GiGi's Playhouse offered few dance programs at the time of their visit. "I said, 'Wait a minute. I know that a lot of people with Down syndrome love music and love to dance,'" Houston-Ludlam explains. "I asked, 'Why aren't we throwing dances? And (President) Judy (Co) said, 'Great idea. Why don't you help out?'"

That's all the encouragement Houston-Ludlam needed. She jumped right in during the fall of 2018 and formed a dance committee. That led to five themed dances in 2019. Since then, she has become one of the organiza-

tion's most dedicated volunteers and has developed several new and innovative programs. Houston-Ludlam started a career development program and a cooking and mixology class. She also teaches a sewing class and organizes and helps with fundraisers.

"Ginger has been really incredible," says Judy Co, who manages GiGi's Playhouse Annapolis. "She has helped bring some amazing programs here. Being a parent of an adult with Down syndrome, she really understands the needs and opportunities we can create. She's an integral part of what we do and she's thoughtful, knowledgeable, reliable, and a joy to work with."

Of all the things the 62-year-old Houston-Ludlam does, the career development program is the most involved and important thing. It launched last fall. The program offers communication skills and work skills and habits related to finding and holding a job, including the importance of a positive attitude, showing up on time, and the essentials of good hygiene. On top of that, the program, which ran from early-September to mid-November, included showing how to operate a cash register.

It was so successful, GiGi's Playhouse will run the in-person program again in spring 2022. "It's a wonderful program" Co says. "It gives the adults a place for an extended period to learn important life skills, independent skills, and job skills. It was really needed. They are doing so many different things like cooking and stuff with computers."

Houston-Ludlam also has gotten buy-in from the corporate world. She's working with two restaurants and two businesses in the Annapolis area to set up internships for adults. "My daughter has a job," says Houston-Ludlam, who works at the University of Maryland as a biology professor and holds a doctorate degree in Cell Biology and Molecular Genetics. "I have seen what it

means to her. It is such an important part of her self-esteem."

Houston-Ludlam also designed a cooking class called GiGi's Kitchen. She used a program promoted by former First Lady Michelle Obama as the basis for the class. Houston-Ludlam stresses promoting a healthy diet. She started the sessions two years ago and has continued it through this spring. The classes run once a week for about an hour and half.

"The first 15 minutes or so we talk about nutrition," Houston-Ludlam says. "And we look at food labels and salts. Then we have a recipe and break the group up into tables. One table does the meat and the other table the vegetables. And some put together a salad."

Houston-Ludlam has her hand in fundraising, too. She was most active in 2019 and 2020. She called the fund-raising mixology class "my brainchild." The first one took place in August of last year and another one is scheduled for this summer. Houston-Ludlam also helped a concession stand fundraiser at three Naval Academy football games and she and her daughter made items for the silent auction of the organization's gala.

Houston-Ludlam has been generous with her time. She has volunteered for four other organizations since 2009. "She comes with new, fresh ideas in a way most volunteers wouldn't even think to do," says Stacie Hansen, a board member of the organization. "We only have two full-time employees. It is essential for us to stay open and have people like Ginger be leaders."

To learn more about GiGi's Playhouse Annapolis, visit gigisplayhouse.org/annapolis.

Do you have a volunteer to nominate? Send What's Up? an email to editor@whatsupmag.com.



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↑ Travis Gray Joins Engel & Völkers

Engel & Völkers Annapolis and Ocean City welcomes Travis Gray to its brokerage as both an Advisor and License Partner. Travis brings a proven track record, local market expertise, and years as a respected industry leader. “We developed a relationship over the last few years that quickly revealed similar visions and principles for the importance of culture, leadership, and integrity in the real estate industry,” says Rick Foster, License Partner and Broker of Engel & Völkers Annapolis and Ocean City. Gray, a waterfront and fine property specialist, is an Associate Broker, holds the GRI designation, and has received numerous industry awards. “With Engel & Völkers I saw the opportunity to become part of a global brand with a network that lives and breathes exceptional client service,” Gray says. To learn more about Gray, visit travisgray.evrealestate.com.

BELLO MACHRE WELCOMES THREE NEW BOARD MEMBERS ↓

Bello Machre, Inc. announced the election of three new members to its governing body. **Larry Cate** is the Co-Founder and Principal of Absolute Fire Protection, Inc., and Absolute Systems Engineering, Inc., in Annapolis, MD, and Kent Island Ventures, LLC, in Kent Island, MD, and Marco Island, FL. Cate brings over thirty years of leadership and business acumen to Bello Machre’s Board of Directors. **Mike Saldi**, a long-time supporter of Bello Machre and its mission, is the Founder, President and CEO of SCLoLogic, a global provider and industry leader in supply chain management, in-building workflow, logistics solutions, and asset management, headquartered in Annapolis. **Jimmy Rey Tadlock III** is from Severn, Maryland, and works for Goodwill Industries in Fort Meade. Prior to his position at Goodwill, he completed an internship at Anne Arundel Medical Center in Annapolis, rotating throughout the Engineering, Information Systems, and Marketing departments. He completed his studies at Old Mill High School in Millersville. An outstanding athlete, Tadlock earned Special Olympics silver and bronze medals in two national soccer games. He brings a wealth of leadership experience to the Board, having served as Special Olympics Maryland Global Messenger and Athlete Leader since 2015. Bello Machre’s President and CEO Dr. Robert Ireland says, “Larry, Mike, and Jimmy are strong, compassionate leaders who will further enhance our board as we continue expanding and growing our organization to fulfill our mission to provide a lifetime of loving care to individuals with developmental disabilities.”

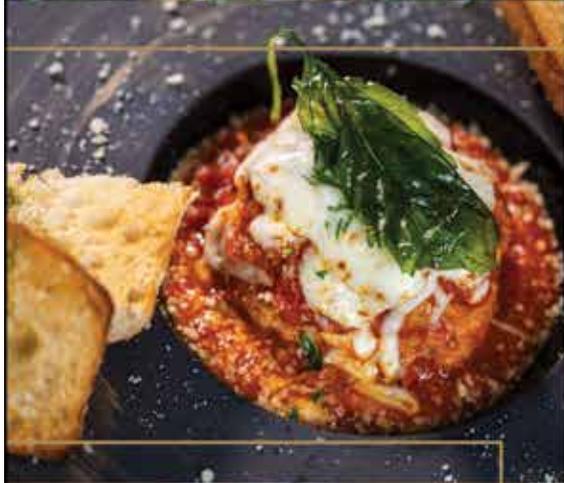


Severn River Association’s New Executive Director

On March 1st, the Severn River Association officially welcomed Jesse Iliff as the organization’s new executive director, a position previously held by longtime director Tom Guay. Iliff comes to the SRA with extensive environmental, legal, and hands-on experience, having previously served as the waterkeeper for Arundel Rivers Federation. “It’s been an incredible privilege to serve as your South, West & Rhode Waterkeeper these past years,” Iliff shared. “[But] the Severn River is where I first felt the call to serve our planet. It’s where I learned to swim, to fish, to waterski, to sail, and where I learned that if you hit it just right jumping off a boat house, 9.8m/second squared can stretch to what seems like forever. Sweet Severn, I’m coming home!” To learn more, visit severnriver.org.




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LOCALS WIN MARYLAND TRADITIONS HERITAGE AWARDS

Maryland Traditions, the traditional arts program of the Maryland State Arts Council, announced the winners of its 2022 Heritage Awards, which recognize long-term achievement in the traditional arts. Heritage Award nominations are accepted in three categories: Person or People, Place, and Tradition. Three awards, each featuring a \$5,000 grant, are given annually. This year's winners are: **Person or People:** Husband and wife duo Meki and JoAnn Toalepai of Anne Arundel County, who are entertainers, event producers, and cultural ambassadors for Pacific Islander (PI) culture. The pair created spaces in which PI people and others continue to learn about and participate in traditional PI music and dance. These spaces include the multigenerational, family-run ensemble Meki's Tamure Polynesian Arts Group, founded in 1969, and the Pacific Fun Day Festival, founded in 1985; **Tradition:** The Waterfowl Festival of Talbot County, an annual cultural event in Easton that celebrates and educates the public about waterfowling culture and conservation traditions on the Eastern Shore. Founded in 1971, the Festival is among the oldest and largest continuous events of its type, featuring decoy carving, sporting art, and the World Waterfowl Calling Contest; **Person or People:** Shelley Ensor of Baltimore County, a singer, musician, and choral director revered within the central Maryland gospel music tradition. Part of a long family lineage in this worship-based tradition, Shelley has sung, performed, and directed gospel music regionally for churches and other institutions in Carroll and Baltimore counties, Baltimore City, and internationally. For more information about Maryland Traditions, visit msac.org/programs/maryland-traditions.

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↑ Muddy Creek Artists Guild Fund School Programs

Muddy Creek Artists Guild (MCAG; the Guild) President Lora Collins, and Guild members Joanne Riley and Linda Donahue, presented checks of \$1445.82 each to the Art departments of South River High School, Edgewater, and Southern High School, Harwood, to enhance the Arts programs in these schools. The Guild made these donations from its Arts Education Fund, which supports art programs at local schools. In addition, at each MCAG show, members donate artwork and baskets of art supplies to the Arts Education Raffle. All proceeds from raffle sales support the Fund, giving show visitors a chance to win amazing artwork while simultaneously supporting arts education. "Since our founding in 2009, the Guild (MCAG) has contributed thousands of dollars in art scholarships and donations to local students and schools. It is a critical part of MCAG's mission of bringing arts to our south county community," expressed Lora Collins, President of Muddy Creek Artists Guild.

Do you have community or business news to publicize? Send What's Up? an email at editor@whatsupmag.com.



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TOWNE ATHLETE

Tyler Canaday

Severna Park High School
Cross Country, Track

By Tom Worgo

Severna Park High School senior Tyler Canaday is exceptionally homed in on both the future and present. Canaday is crystal clear about what he wants to do for the rest of his working life—be a civil engineer. He will be attending a school whose engineering program is ranked among the country’s best, Cornell University, where he’ll run cross country, and indoor and outdoor track.



BECOMING ONE OF THE BEST RUNNERS IN THE STATE WAS ABOVE AND BEYOND WHAT WE THOUGHT COULD HAPPEN. HE IS VERY FOCUSED AND DEDICATED. HE HAS MORE QUESTIONS THAN A TYPICAL ATHLETE. HE IS VERY ANALYTICAL.”

“It’s the math-science part that is very challenging to me,” says Canaday, who helped the Falcons to the Class 4A state cross country championship last fall as the team’s top finisher. “Civil engineering is like putting up buildings, bridges, and roads. I like being creative and it drives me.”

It seems Canaday will have some added comfort at Cornell because of a friend who is already there. His high school teammate, Jake Gelfand, is in his first year at Cornell. They ran together for three years at Severna Park and spearheaded a distance medley team that finished fourth in the Adidas Indoor Track Nationals in Virginia Beach in February of 2021. That allowed the team to earn All-American honors.

“When I went on my visit up there, Jake was the one who showed me around and introduced me to the team members,” Canaday explains. “It was really cool. It will definitely help make the transition easier.”

The 6-foot-1, 137-pound Canaday will be headed to the Ithaca, New York, school with a strong academic resume. He carries a 4.7 grade-point average and is taking five advance placement classes this year. He also runs in cross

county, indoor and outdoor track, works at Fleet Feet Annapolis, participated in Appalachia Service Projects, and helped rebuild homes for impoverished families in Kentucky and West Virginia. “I am very organized and try not to waste a lot of time,” Canaday says. “I just keep myself very busy.”

Canaday is exactly the type of student-athlete Cornell seeks—a hard-working standout performer. “He really fits the mold of what we are looking for,” Cornell Cross Country Coach Mike Henderson says. “A lot of students on our team have that math-engineering interest. He really fits in well with our program.”

Obviously, academics drove Canaday’s decision to go to Cornell, but he is just as enthusiastic about running for the Big Red. “They’ve had some serious success in the Ivy League, so that’s a big draw for me,” Canaday says. “It will be great competing on the Division I national level.”

Canaday had a slow start to his career at Severna Park. He joined the indoor track team as a freshman, and it took the rest of the school year to adjust to the sport. The 18-year-old missed the cross country and indoor track seasons during his

sophomore year because of a torn hamstring. After training extra hard during the pandemic, which wiped out the 2020 cross country season and 2021 indoor campaign, Canaday broke out in the spring of last year. He took fourth in the region and second in the state in the 1,600 meters.

He continued to have success this past fall, placing second in the county and 10th in the state. “We knew he had the potential to do well, and help out the team,” Severna Park Cross Country and Track Coach Josh Alcombright says. “Becoming one of the best runners in the state was above and beyond what we thought could happen. He is very focused and dedicated. He has more questions than a typical athlete. He is very analytical.”

Competing in national events means more to Canaday than the local and regional finishes. He participated in XC Town USA Meet of Championships in Indiana in November of 2020, the Adidas Indoor Track Nationals in Virginia Beach three months later, and the Garmin Running Lane Cross Country Nationals in December of last year in Alabama.

His performance in Alabama—he broke a school record in the 5K (15:03)—is etched in his memory. “It was kind of like winning a state championship,” Canaday says of his effort in Alabama.

Do you have a local athlete to nominate? Send What's Up? an email to editor@whatsupmag.com.



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Grayson Rodriguez

Bowie Baysox Star Pitcher

By Tom Worgo

Photography courtesy Bowie Baysox and Baltimore Orioles

If pitcher Grayson Rodriguez makes his professional debut with the Baltimore Orioles this season, it promises to add luster to a struggling franchise. Rodriguez, ranked as minor league baseball's top pitching prospect last year, has all the makings of an ace.

The 6-foot-5, 225-pound Rodriguez possesses an impressive four-pitch repertoire—even clocking 100 miles per hour on the radar gun—with solid control and has ascended through the Orioles minor league system rapidly.

The Orioles drafted the right-hander out of Central Heights High in Texas with the 11th overall pick in the 2018 Major League Draft, and he signed for \$4.3 million. Rodriguez could make the majors this season along with catcher and close friend Adley Rutschman, another rising star in the organization.

Rodriguez made quite an impression with Double-A Bowie Baysox last season after being promoted from Single-A Aberdeen. He went 6-1 with a 2.60 ERA and 121 strikeouts in 79 innings while yielding only 47 hits.

We talked with the 22-year-old Rodriguez about potentially playing in Baltimore in 2022, keys to his development, living in a camper in the minors, and his passion for hunting.

When the moment comes, will you be ready to pitch in Camden Yards? Have you played over in your mind being on the mound there? How do you feel?

Absolutely. If you ask me, I feel like I have been ready. Obviously, it's not up to me. The organization is going to do what's best for me. Being in the big leagues is something I think about every day. Every time I think about

baseball. I try to visualize it, and when the moment comes you are ready for it. It's hard to not get excited.

You worked with catcher Adley Rutschman, who has been called the future face of the Baltimore franchise. Can you talk about your relationship with him? What did you learn from him?

We hang out a lot together. He is a close friend. We have played together in the minors for a few years. We go to the movies and dinner. During the game, he sets up well behind the plate and is great at giving me feedback.

Can you see the two of you playing in Baltimore for years to come?

Absolutely. We look ahead to the future. I see myself as an Oriole hopefully for the next 20 years. We talk about winning ball games together and a World Series.



BEING IN THE BIG LEAGUES IS SOMETHING I THINK ABOUT EVERY DAY. EVERY TIME I THINK ABOUT BASEBALL. I TRY TO VISUALIZE IT, AND WHEN THE MOMENT COMES YOU ARE READY FOR IT. IT'S HARD TO NOT GET EXCITED.

You have been named the top pitching prospect in baseball. Is there added pressure because of that and because you are expected to be in Baltimore next season?

Not really. I try not to pay attention to that stuff. I always said those rankings are for the fans and not the players. Nothing changes for me. I just keep doing what I am doing. What matters is how you perform in the big leagues. That's all that matters and all you have to worry about.

Can you tell me about your pitch mix? What do you consider your best pitch?

The change-up is something I developed after I got into pro ball. I think that's my best pitch, but it varies from start to start. I am also comfortable with my other

pitches: the fastball, slider, and cutter. The highest velocity with my fastball I hit this year was 102.1. That was pretty special. For the majority of the season I averaged 98.5. I was proud of that, and hopefully, I can increase that going into 2022.

I've read that going into your senior year of high school, you redid your delivery and pitching mix while working with David Evans, a pitching guru and former Oriole. Do you feel that led to you getting drafted?

I made some mechanical adjustments and it helped me use my lower body half better, and create more speed on pitches. I really got my body in better baseball shape instead of just lifting in the weight room. It put me in a better situation to have more



success. Before that, I really didn't think I had a shot at getting drafted as high as I did. I was looking at going to Texas A&M.

When you debuted for Bowie last year, it was "gas can night" because you are known as a flame thrower? What did you think about that?

It was a lot of fun. People showed up and brought gas cans. We didn't end the night like I would have. We lost, but I enjoyed it.

You've lived in a camper during your time in the minors. What has that been like?

Apartment leases were a big headache. With my 43-foot camper, I could move wherever I wanted. I used it while at Delmarva in 2019 and Aber-

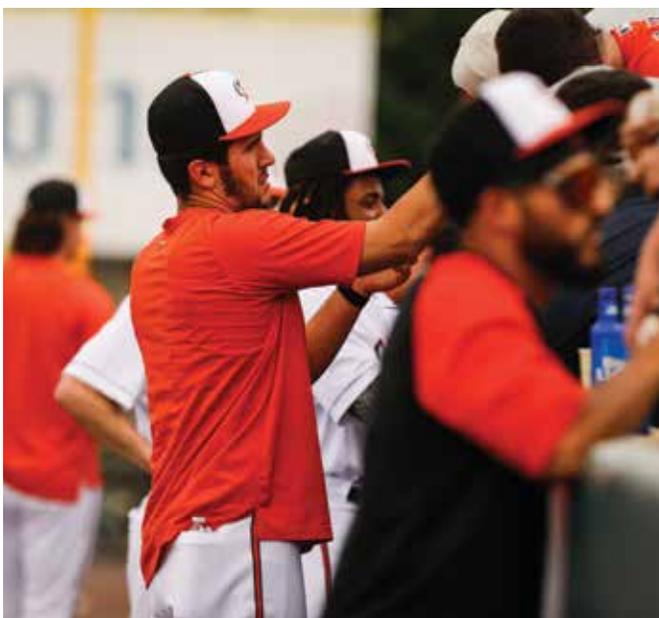
deen and Bowie this past year. It's more than big enough for me. It's got a bedroom, living room, game room, and five or six flat-screen TVs.

What was the first thing you bought when you got your signing bonus?

The truck I am driving now. It's a 2019 Ford F250.

You are an avid hunter? What do hunt?

I first went hunting when I was six years old. It's something I have always liked to do. I love the outdoors. Hunting is very hard and challenging. You have to put in the time and effort, just like baseball. I hunt primarily whitetail deer, doves, ducks, and wild hogs. Hunting is my biggest off-season hobby.



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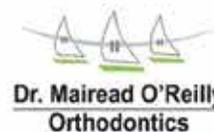
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314 Main Street, Stevensville, MD 21666; 410-643-3334; lundbergbuilders.com

McKee Builders

215-791-6948; mckeebuilders.com

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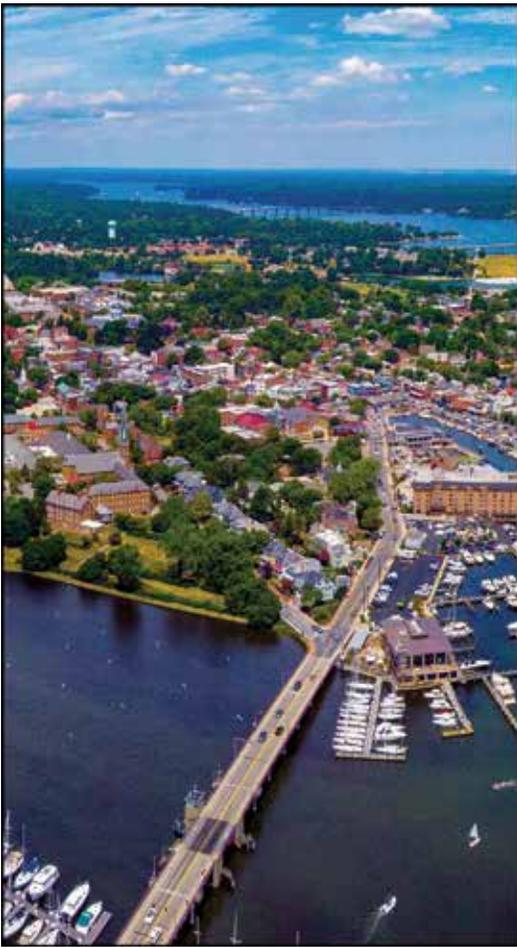
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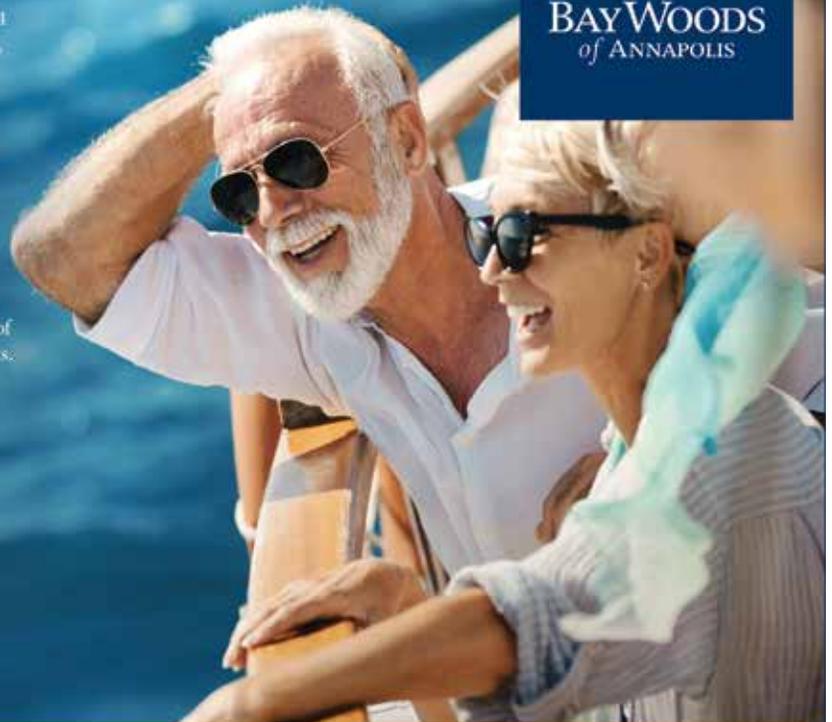
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Amy Francis

Director of Business Development, Marketing, and Communications



After 15 years working in the philanthropic sector, Amy's background as a development professional allows her to focus on the Bay Point client experience with both enthusiasm and skill.

Amy creatively supports the Bay Point team, managing and continuously improving our company communications, creating content, refining our branding, and coordinating company events – with a focus on strengthening and growing our long-term client and professional relationships.

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410-507-1602; taylorhartdesign.com

The Hickory Stick

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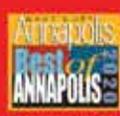
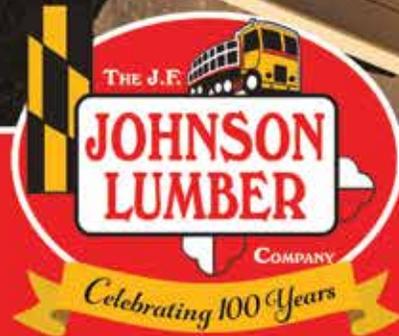
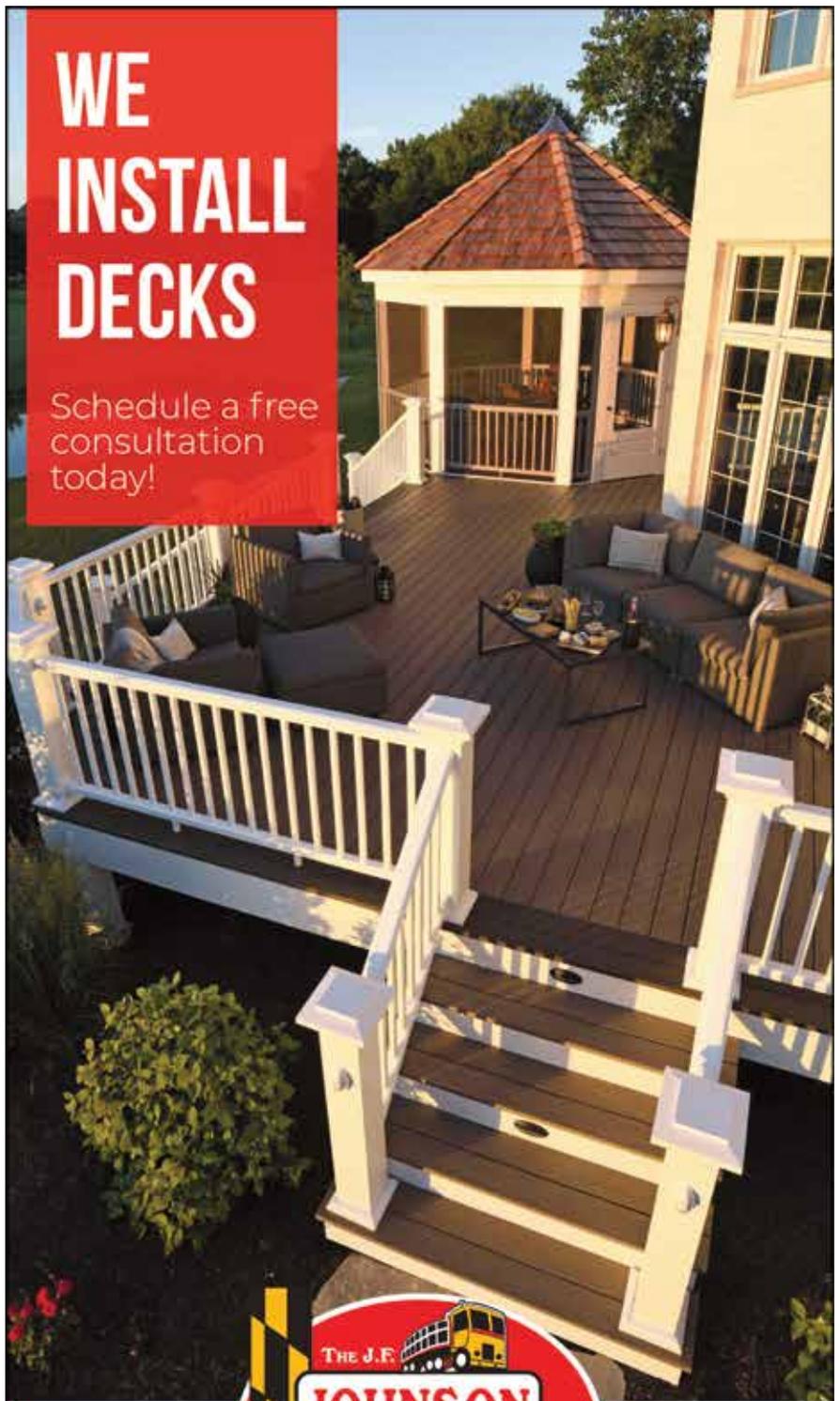


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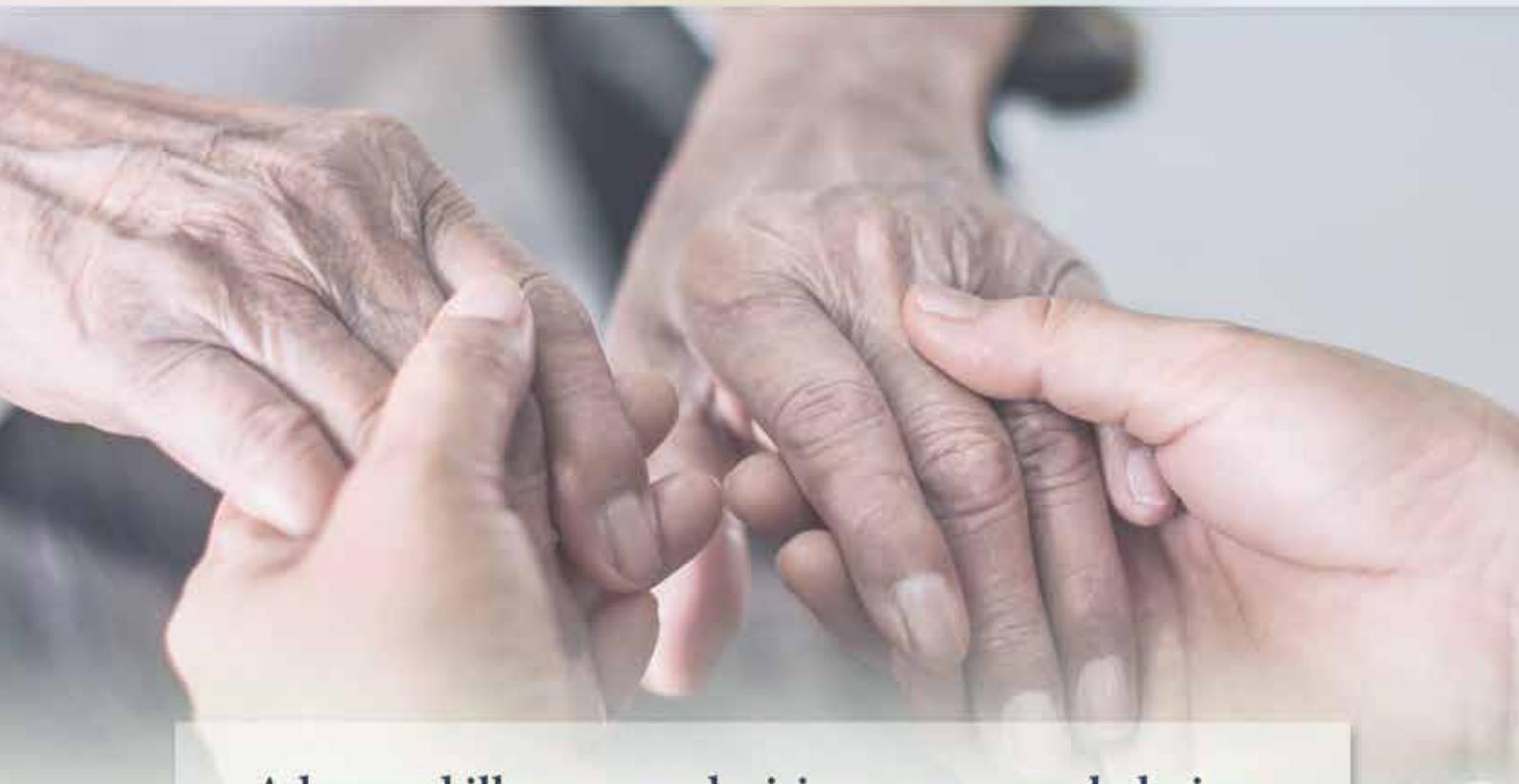


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Bob Schneider
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April 3
Karla Bonoff
w. Mark Rogers



April 6+8
The Bacon Brothers
Kevin & Michael Bacon



April 7
Average White Band



April 9
Felix Cavaliere's Rascals



April 10+11
Tab Benoit
w. Whiskey Bayou Revue



April 12
River Whyless
w. Alexa Rose



April 15
Clint Roberts
Country Artist



April 18
Todd Snider
w. Kevin Gordon



April 19
Damien Escobar
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April 20
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of The Wood Brothers



April 22
The Doo Wop Project



April 23
Riders In The Sky
All Ages Matinee



April 23
Shawn Colvin
"Steady On"



April 24
10,000 Maniacs
"These Are The Days"



April 25
Iron Butterfly
"In-A-Gadda-Da-Vida"



April 28
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w. Empty Pockets



April 29
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April 30
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HD Squared Architects is an award-winning architecture, interiors and consulting firm owned by Melanie Hartwig-Davis, AIA, NCARB, LEED AP BD+C.

At HD Squared, we integrate resiliency and sustainability into each and every design, preparing our clients and communities to adapt and thrive for generations to come. We strive to create or recreate a home that will not only have minimal impact on the natural environment, but even improve the conditions for local ecosystems.

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HD Squared Architects

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Photos by Geoffrey Hodgson and Hunter E. Davis



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Celebrating over 30 years in the building industry is quite an accomplishment. What has led to this level of success?

Our family business has really grown because of our unrelenting focus on three guiding principles: core values, client experience, and our team approach. We have always believed that a strong set of core values and transparency leads to great outcomes. Our tenured and experienced team focuses on providing our clients with a very experiential process and that has allowed us to create quite a reputation, even among the most discerning clientele.

How does your collaborative approach differentiate you?

We truly believe that the best client experiences are a result of a very collaborative and communicative process, from concept to completion. We enjoy being part of the design process to ensure the client's goals and visions are realized, throughout the entire construction process. By working collaboratively with the architect, engineers, interior designers, and landscape designers, we have been able to maintain a solid reputation for creating beautiful homes in a memorable and rewarding way.

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Solar Energy Services, Inc.

We spoke to SES President, Rick Peters about the growth of solar energy in our region.

Residential Solar Energy seems to be booming these days. Is this mostly due to cost declines?

Reduced cost has made solar available to a wider audience, but the two biggest drivers of recent demand growth are 1) a desire to freeze energy inflation and 2) a desire to embrace the energy transition, including a trend towards more electrification.

I understand how a solar system can freeze your energy inflation, because you are essentially buying 25-30 years of energy at a steep discount to traditional energy. But how is the energy transition driving this?

Solar inverter manufacturers like SolarEdge are driving the future of home electrification with solar inverters that can act as the home's "energy hub". The Energy Hub Inverter does more than convert solar energy into household energy, it also accommodates battery backup, so you can have power when the sun and the grid are down. The Energy Hub can accommodate a car charger accessory, so you can charge an EV faster with the sun (and the grid)! The Energy Hub also offers individual solar panel monitoring of your solar production as well as consumption monitoring, so you and your family can see how you are generating and consuming electricity.

Wow, that seems like an exciting trend. Are there still incentives for these investments?

Absolutely. The federal tax credit of 26% can be applied to solar as well as energy storage. There are several Maryland state incentives for solar as well as a significant \$5000 state tax credit for residential energy storage. Anne Arundel has a property tax credit to add to your savings!



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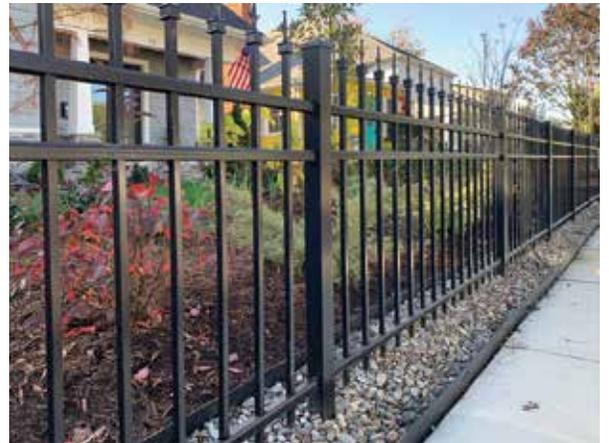


Fence & Deck Connection

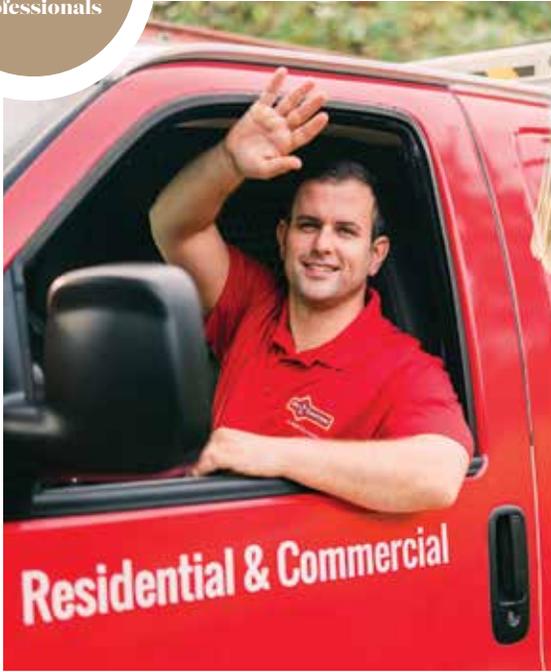
Fence & Deck Connection was founded in 1991 and since day one, our mission has been clear: “Building Lifelong Clients Through Our Commitment To Excellence.” From residential fences and decks to multi-family high rise balcony railing installations, our portfolio speaks unparalleled quality without compromise.

With over three decades under our tool belts, we can confidently say that we live and breathe our mission statement — customer satisfaction is our #1 priority. We pride ourselves in our commitment to each and every customer, from the first interaction to long after we lay the final board. We stand by our lifetime structural warranty and our repeat business rate is second to none. As leaders in the Maryland market, our thousands of 5-star reviews provide a true testament to our exceptional customer service, thorough project process, and exceptional craftsmanship.

Over the last few challenging years, it's become even more clear that our backyards truly become our sanctuaries — a place to relax, a place to escape, a place to gather, and a place to make memories with our closest friends and family. Visit our Annapolis or Millersville locations and showrooms to see how we can help bring your outdoor dream space to life.



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COST VS. VALUE

According to industry data, not a single one of 22 common home upgrade projects in the Annapolis area 'paid' for itself in 2021. The average cost for a mid-range bath remodel was nearly \$24,000, but increased resale value by just under \$12,000, for a cost recouped of 50.1%.

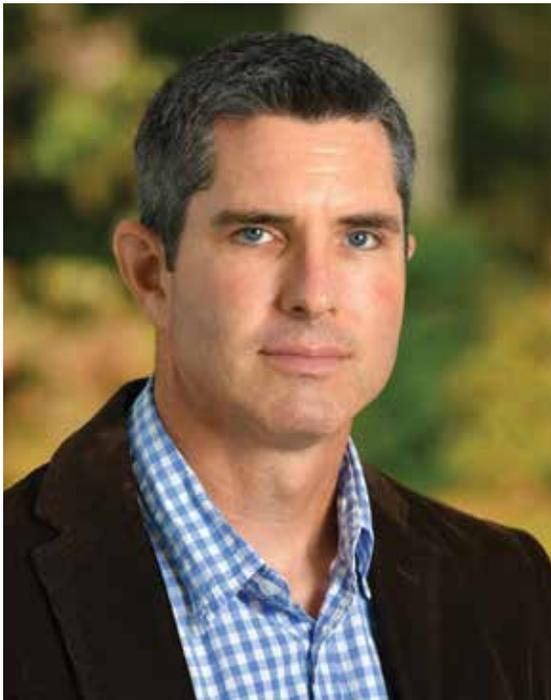
The highest recoupment costs, were for a stone veneer upgrade at 97%, followed closely by a garage door replacement at 95%. All other projects return below 95%. Deck additions come in next at 70.9 followed by a steel entry door returns 65.8% and vinyl windows at 56.7%. But windows and doors also offer additional savings due to increased energy efficiency, and may even qualify for a tax credit.

So, what can you do with this knowledge? First, undertake these projects for your enjoyment, not for resale value. Second, do not let your homes condition deteriorate to the point that it requires major investments to put it on the market; where it is unlikely that the full cost of those investments will be recovered. Enjoy your home while you live in it, and maintain it well so you aren't stuck with major repairs just to get the house ready for market.

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Dentists are encouraged to nominate their peers on the survey form found online. Voting will close at the end of April (4/30).

Those earning Top Dentist honors will be notified in early fall and the results will be published in the October issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.



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FEST!

Join the Annapolis Film Festival's return to a live event March 31st through April 3rd, 2022. We will be screening the latest new films at four venues on five screens. Our newest venue, the *Jack C. Taylor Conference Center* at the US Naval Institute is inside Gate 8 of the USNA. Free shuttles will be available from the US Navy Stadium where guests can park for \$10/day. Security check required.

Opening Night is at Maryland Hall on Thursday, March 31st. Opening Night entry requires a pass or tickets are \$50.

- Red Carpet 6:30 PM, Film begins at 7 PM.
- Pass pickup is at Maryland Hall - Room 211.

Passes for unlimited films, panels, Opening Night film and after party \$195 / AFS members \$175.

Program tickets are \$15 each, and a discounted pack of six is available.

Shorts Pass for \$100.

Coffee Talks tickets are \$20 each for anyone without an All-Access Pass and features special guests each morning at the RamsHead OnStage 9 - 10 AM.

Prepurchase online or purchase individual day of tickets \$15 each at all participating venues.

All guests with passes or tickets must check in prior to joining the entry line with proof of vaccination, govt. issued photo ID or proof of PCR test / 72 hours. Please plan to arrive early as lines are expected. Once passholders are in the system, no additional COVID check ins will be required for the duration of the festival. Ticket holders will be checked daily and receive a wrist band. COVID requirements may be subject to change.

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FILM FESTIVAL MAP



● A courtesy 14-passenger van runs between USNA and Md Hall. This FREE SHUTTLE to USNI requires govt issued photo ID, security check and masks onboard so please allow additional time for this process.

- Graduate Annapolis Hotel - Filmmaker Lounge**
- Maryland Hall - Ticket & Pass Central**
- FILM VENUES:**
 1. Maryland Hall - Main Theater and Bowen Theater
Ticket & Pass Central
 2. U.S. Naval Institute - Jack C. Taylor Conference Center
 3. Asbury United Methodist Church
 4. Annapolis Elementary School
- PANELS / CONVERSATION VENUES:**
 - A. RamsHead OnStage - Coffee Talks with...
 - B. The Graduate Powerhouse - Panels
- PARTY VENUES**
 1. Maryland Hall
 2. Maryland Hall front lawn
 3. O'Brien's (Event is Upstairs)
- HOTEL PARTNERS**
 - H1 Graduate Annapolis Hotel
 - H2 Westin Annapolis
 - H3 Crowne Plaza - Jennifer Road
- FOOD AVAILABLE**
 - Maryland Hall - Food Truck
 - Asbury UMC - Food Truck
 - US Naval Institute - Mission Bar B Que
- PARKING**
 - P1 City Dock
 - P2 Noah Hillman Garage
 - P3 Bladen St. Garage
 - P4 Gott's Court Garage
 - P5 Knighton Garage
 - P6 Park Place Garage
 - P7 Bishop Field USNA - All Day Parking \$10 on SATURDAY & SUNDAY ONLY at USNA

To purchase passes and for more information, visit:

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GARDEN

Sanctuaries IN CHESAPEAKE COUNTRY

How several gardeners

have created beauty

in unexpected places

STORY BY **JANICE F. BOOTH**
PHOTOGRAPHY BY **STEPHEN BUCHANAN**
AND **JANICE F. BOOTH**

Two years we've had to re-establish our relationship with Nature and the beauty and serenity of the out-of-doors. If there is a silver-lining to this pandemic, it must be our rediscovering the joys of walking in the woods and meadows, kayaking or canoeing downstream, and simply finding time for flights of fancy while swinging in the backyard hammock or lingering over lunch at a restaurant's table beneath a cheery umbrella. Some of us may release our pent-up energy while sprucing up the house or grooming the lawn and garden. And that's where I pick-up the tale of five patient, diligent folk who turned their pandemic energy to coaxing beauty out of unexpected and overlooked places—hidden gardens right under our noses. Part of the beauty of these gardens is that they flourish in unexpected places—a condominium, an 18th century residence, a planned community, or a mature woodland.



Exotic and Familiar

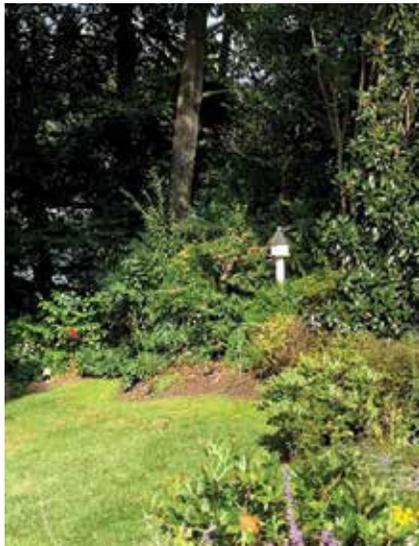
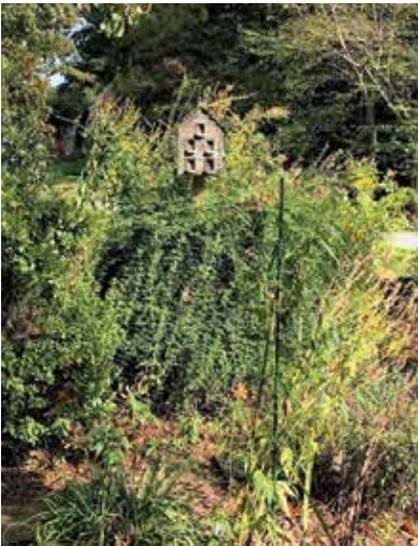
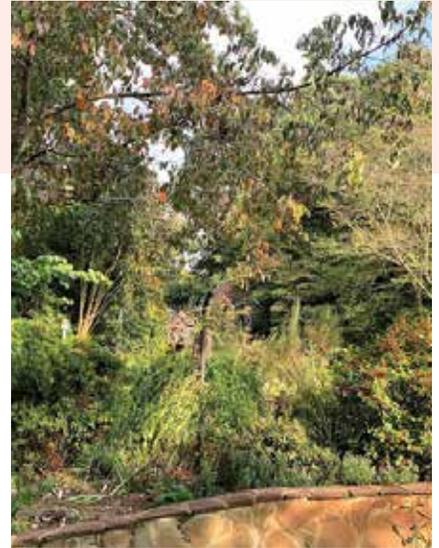
Elaine Lahn's gardens are hidden in plain sight. The owner of a cozy house in Crofton, Lahn has transformed a few patches of green sod into a luxurious and exotic landscape. "I started with a few plants here-and-there and, before long, I was really fascinated by what I could grow in my garden," Lahn muses. Chinese Dunce Caps, an Italian Spice Bush, Blue Iris, and Veronica—the exotic and the comfortingly familiar—Lahn has them all. Since 1986, she has coaxed and prodded tiny succulent and giant sycamore. "Some of these plants are a third or fourth try. I don't always get things to grow where I want them. Sometimes I move them around until I find where they're really happy." And, to most observers, Lahn's garden appears full of very happy plants. Instead of a lawn mower, her garage houses a handy garden bench and tools. Wrought iron table and chairs invite the wanderer to sit and watch the birds, squirrels, and chipmunks scamper among the trees and shrubs. A path meanders from her front driveway through the small, luxuriant front garden and along the side of the house, terminating at the small patio where a galvanized watering tub beneath a cluster of trees holds Water Hyacinth and a friendly frog or two. Lahn's current project is securing the precipitous gully that is the back of her property and borders a stream that becomes a torrent during heavy rains. She's planting shrubs and encouraging ferns and groundcover to hold the soil and keep the back of her property from sliding down into the watery bog. Lahn is an active member of the Crofton Village Garden Club. She's delighted that her passion for gardening has sparked an interest on her son's part. He's helping her with various projects, including the replanting of the hillside at the back of the house.



In the Family

As the wife of a Naval Officer, Mary Gatanas has lived all over the world and cultivated gardens in diverse soils. When she and her family were able to settle into their own nest, Annapolis, specifically Crownsville, was their choice. For two decades Gatanas has transformed a simply landscaped lawn into a very personal reflection of her travels and her family. Perhaps her most prized flowerbed is her “Grandson’s Garden.” Her grandson, Tristan, created a rain garden beneath his grandparents’ living room window as a Scouting project. He planted graceful, white Penstemon and vivid, red Cardinal Flowers for contrast. And Grandmother Mary proudly notes that Tristan earned an “A” for his efforts. From her grandson’s rain garden, she points to several distinctive birdhouses among the Hollies and Climbing Hydrangeas—another bit of family lore. One large birdhouse, over 50 years old, dates to Gatanas’ New England girlhood. Her father gave her the birdhouse which has moved with Gatanas to her

Maryland garden, a beautiful reminder of her childhood home. “I try to think about what passers-by can see from the road. I want everyone to enjoy the garden,” she says. Throughout the garden, Gatanas blends exotics with the comfortably familiar native plants—Tree Peonies, Mullion, Lavender, Japanese Primrose, and Siberian Iris. Tiny Ground Orchids peak out from among the Astilbe, Monks Hood, Phlox, and Toad Lilies. A striking Black Winecraft Bush with dark, shiny leaves stands out against the green. Korean Lilac, Blue Plumbago, and twice-blooming Azalea provide an endless color palette to dazzle the eye. “This is the only garden where we’ve stayed long enough for me to watch my vision grow and flourish. Many times, I’ve had to leave gardens behind when we moved.” Gatanas draws my attention to an area near the house where she’s coaxing French roses to grow. “They don’t need a lot of sun and their fragrance is heavenly.” There’s always a new project in the Gatanas garden.



Therapeutic Restoration

As a young bride, Barbara Cooper and her husband, Orlando Ridout V, took on the restoration of his family home in Annapolis. Her husband was a renowned author and scholar of architectural history and preservation, and together the couple undertook the very personal restoration of one of the Ridout family homes, built in 1774 and occupied since then by family members. They dedicated their spare time to rescuing their magnificent but tired architectural treasure. As work on the house neared completion and they took up residence, Orlando was diagnosed with cancer. Cooper turned all her energy to caring for her husband. "Working to restore the house's garden became my therapy, my way of resting and healing during that difficult time." After her husband's death in 2013, Cooper focused on restoring and expanding the garden which is close to an acre in size. While there were fine, old Magnolia, Holly, Willow Oak, and Boxwood, most of the flowerbeds had become overgrown. What might have been lawn was mud and weeds. A former patio was only hard-packed earth. From the porch that extends along the back of the house, Cooper could sip her morning coffee and see the garden's potential. Her mission became creating a garden that complements the elegant and welcoming house she and her husband had lovingly restored. Among the projects she undertook was using antique bricks to define the meandering flowerbeds along the perimeter of the property. Cooper also restored the patio with bricks salvaged from the house restoration. She enlisted the aid of James Moser, "Gramps" to Cooper's daughters. He has become Cooper's right-hand-man. He's just completing the restoration of the home's garage, built in the early 20th century, which had fallen into near-ruin. Cooper and Gramps Moser have also added a new flowerbed across the lawn where plants requiring more sun can flourish. Now a sun-dappled patio and walkway greet visitors entering through the distinctive, arched, red door set in the wall attached to the front of the house. When next you walk past St. Mary's church, look for the grand, old home with red doors, and think of the lovely garden flourishing there.

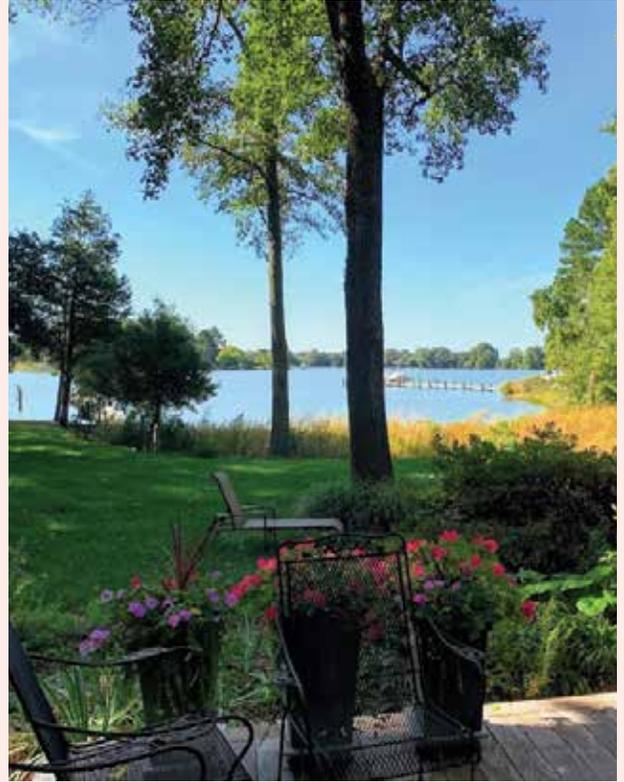




Big Things in Small Spaces

Sonny Kalis might also be called “Sunny.” Her love of gardens and their care is apparent from her involvement with the Annapolis Garden Club and the gardens she lovingly tends. For those of us who live in townhouses and condominiums, tending a garden seems a lost pleasure. But, ask Kalis; she’ll show you how to enjoy the pleasures of gardening, as she does in her townhouse community. With the approval of her community’s Board, 16 years ago Kalis took on a small flowerbed near her townhouse. To the traditional tidy bed, she added some perennials and annuals for color, and trimmed the shrubs a bit to allow room for the flowers to flourish. She spoke with the landscapers who regularly tend the community property, and suggested ways to handle tree limbs that needed trimming and shrubs that were languishing. As time went on, Kalis took on more of the flowerbeds along the fence-line. These flowerbeds flourished and grew colorful with Snowcap and Montauk Daisies, ornamental grasses, Camellias, and even an assortment of herbs. Lovely Birches and a Mimosa tree flourished under her thoughtful care. Residents of the community came to wander among Kalis’ flowerbeds and chatted with her about her plants. “Sometimes, gifts appeared, and I’m always delighted when neighbors stop to talk with me about the plants.” She’s always looking ahead, and one goal is to have a truly four-season garden. No doubt, she’ll achieve her goal; the condominium community is enriched by Kalis’ efforts.





Along the Creek

Follow a winding road 'til you come to a narrow lane. Make your way through the woods and come to a clearing. What meets the eye will be the beautiful home and gardens of Catherine Alspach and her husband. Situated on the banks of Island Creek off the Choptank River in Caroline County, Catherine's vision for her gardens is romantic and free. "Things do what they want to do," she observes. And what Alspach does is respect her plants' inclinations. With a background as a landscape architect, she understands which flowers, grasses, shrubs, and trees will do well in the various sun and shade areas of her extensive grounds, approximately two-and-a-half acres of gardens on their 20-acre property. Near the front entrance of the house, she has a dramatic bed of Hakonechloa grasses; like moving sculptures these grasses seem to flow like water with the breezes that come from the creek. Cherry Laurel and mature Elizabeth Magnolia trees add their special color and grandeur to the gardens. Alspach has created a brick walk that curves gracefully among the flowerbeds. From the walkway, a path leads across a charming footbridge to Alspach's studio, where she works on design projects. A recent project has been securing the soil along a rivulet that meanders through the garden and empties into Island Creek. "We noticed there was some erosion of the banks, so I'm trying to encourage plants to grow and secure the soil." Because the Alspach property is deeply wooded, Catherine relies on flowerpots and urns of colorful annuals around the patio and entrance. The total effect of Alspach's garden is a magical place—a dwelling in an enchanted forest.





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HERSHEY'S KISSES, COWS & CLEAN WATER

*How an unlikely
alliance for a better
bay came to fruition*





“WHO DOESN'T LIKE CHOCOLATE AND CLEAN WATER?”

asks Kate Fritz, CEO of Alliance for the Chesapeake Bay, in reference to the new environmental collaboration with The Hershey Company, makers of the famous chocolate, and another well-known brand Land O'Lakes. Called Sustainable Dairy PA, this initiative expands the Alliance's work for a more climate-friendly dairy supply chain in the Chesapeake Bay watershed. “The Alliance's program is extremely innovative because these companies are stepping up and taking *voluntary action* before regulations are put in place,” Fritz says. “They have an opportunity to green their businesses in a way that makes sense for them prior to regulations.”

Fritz continues, “The Alliance is so excited about our mission to bring together communities, companies, farmers, and conservationists to restore land and waters of the Chesapeake, and this is a good example of businesses stepping to the table in a leadership role and changing how they operate with the idea of having positive local impact.”

Let's meet the players in this promising collaboration between the Alliance and corporate partners, who recognize that sustainable dairy is good for business. Supporting farmers' initiatives is good for everyone. Kate Fritz and Jenna Mitchell Beckett, Pennsylvania State Director and Agriculture Program Director at the Alliance for the Chesapeake Bay, were part of the following conversation. It's a very important topic for those who live downstream from the 86,000 miles of Pennsylvania waterways, to learn more about dairy farming's best agricultural management practices—chiefly, riparian buffers and manure management.

Alliance for the Chesapeake Bay

Headquartered in Annapolis, the Alliance for the Chesapeake Bay celebrated its 50th anniversary in 2021. Since 1971, the Alliance has dedicated efforts to restoring the Chesapeake Bay's rivers and streams, all within the Chesapeake watershed, through partnerships, and individual and community stewardship.

Mitchell explained how a major activity for the Alliance is the Annual Watershed Forum and the Sustainable Business Summit. The forum has a subdivision—Small Business Plus Events—dedicated just to business. These have produced prodigious results.

“Our first wildly successful Sustainable Business Summit resulted in the 2016 Turkey Hill (Dairy) Clean Water Partnership, which has won awards from Innovation for U.S. Dairy for excellence in supply chain management,” Mitchell says. “To date, we've raised close to \$10 million for that project.”

The Hershey Company and Land O'Lakes formed a new partnership with the Alliance after the Fall 2019 forum—Sustainable Dairy



PA. Since that partnership began, there has been excitement to work with the private sector to inspire more action and gain access to farmers throughout the Chesapeake watershed. Initial funding for Sustainable Dairy PA came from The Hershey Company's \$300,000 commitment to support the Alliance for the Chesapeake Bay and Land O'Lakes in helping install agricultural conservation practices on Land O'Lakes' member dairy farms. The partnership, at this time, includes 119 Land O'Lakes member-owners in Central Pennsylvania that ship 50 percent or more of their milk supply to Hershey. A goal is to include all 400 dairy farms in this region.

Fritz explains, “There is a huge disconnect between the general public and the farming community, but this is such a win-win with corporate dollars going for farm and public good. This is a case of high-profile companies working with farmers in a microcosm here, to prove it in the Chesapeake, for the rest of the world.”

The Hershey Company

Milton Hershey established The Hershey Chocolate Company in 1894 in Hershey, Pennsylvania, when he incorporated his Lancaster Caramel company. His love of candy making actually started with caramels, which he learned to make with fresh milk and first sold from a pushcart. Hershey's Milk Chocolate bars were not launched until 1900 and Hershey's Kisses in 1904. Always believing in education and philanthropy, Milton and his wife, Catherine Hershey, founded the Milton Hershey School in 1909 with money they earned from the chocolate company. Milton Hershey School is a cost-free, private school for boys and girls, once exclusively for orphaned children. Then and now, the school focuses on





Top Left: Volunteers plant riparian buffers in November 2021 at a Pennsylvania dairy farm that supplies milk to the Hershey and Land O' Lakes companies volunteer. **Top Right:** Brittany Smith, Pennsylvania Agriculture Projects Manager, plants a riparian buffer at a dairy farm. **Bottom Left & Next Page:** Cows at the Red Knob Dairy Farm in Peach Bottom, Pennsylvania, don't know it, but they're part of an environmental/agricultural partnership for a healthier Chesapeake Bay watershed.



“To meet the conservation goals that we as a community have and need for the future, it's not going to be any one farm or any one organization...it takes the collaboration of everyone.”

— Andy Young
farmer Red Knob Dairy Farm

agricultural and vocational training in Hershey. Milton Hershey's legacy is built on compassion, persistence, spirit, selflessness, and purpose which are perpetuated by the company to this day.

The company is committed to honoring Milton's values including its environmental stewardship in the company's support for the Alliance for the Chesapeake Bay. The Alliance will utilize Hershey's grant funds to obtain additional grants for implementing conservation plans and innovative on-farm environmental practices.

Internally, Hershey created a division for Global Sustainability and Social Impact headed by Jeff King, Senior Director. In making a significant commitment toward reducing their environmental footprint, Hershey recently announced a new set of goals outlining one of the company's top priorities: sourcing milk from within 100 miles of its Hershey, PA, chocolate manufacturing plant. And they do use *a lot* of milk, as one of the few candy companies that still uses liquid milk in its products—currently, most chocolate companies use powdered milk.

There are also new initiatives on dairy sustainability to provide a unified sustainability approach for use in commercial relationships between corporate dairy buyers, like Hershey, and their suppliers. It is a collaborative effort that includes sustainability requirements that must be met by dairy processors and supply-

ing farms as well as an assurance model including third-party verification and progress reporting. They have shown transparency by informing consumers, shareholders, partners, and other stakeholders on progress toward their sustainability goals by publishing sustainability reports since 2010. Fritz comments, "The Hershey Company is thoughtful in their scientific approach and are committed to meeting their science-based targets."

Land O'Lakes

Land O'Lakes, Inc. is an American member-owned agricultural cooperative. This national co-op is based in Arden Hills, just outside of Minneapolis-St. Paul, Minnesota, which started as farm country. In the early 1900s, 320 dairy farmers met in St. Paul to form the Minnesota Cooperative Creameries Association—in other words, "by farmers, for farmers." The cooperative naturally focuses on all the things dairy that we love: ice cream, cheese, butter, and, of course, milk. Its sustainability motto is, "Feeding people plus supporting farmer livelihoods while safeguarding natural resources."

Nationally, Land O'Lakes has been doing great work in setting goals about how they can work with their farmers to help them manage their land for the good of the environment. It has created a division—Conservation Dairy Team—to help farmers learn about sustainability in their practice.



Sustainable Dairy PA spreads the word about the importance of dairy farmers improving water quality and mitigating climate change. Many of the Land O'Lakes dairy farmers have wanted to make the switch to sustainable practices but couldn't afford to do so. At Red Knob Dairy, one of the Land O'Lakes members in this program, third generation farmer Andy Young states, "It is going to take a collaboration, all of us working together to accomplish those goals."

Best Agricultural Management Practices

So, what are best agricultural dairy management practices? In and of itself, manure storage can cost \$100,000 annually and is a very complex process involving collection, processing, storage, and then land application as fertilizer. Beckett explains some of the priorities today. "There is a big focus on manure storage, heavy use areas, and stabilized barnyards. A 'stabilized barnyard' has a concrete floor, rather than the traditional dirt floor, where manure can easily be scraped and disposed of, rather than running off into fields."

There is also a major emphasis on riparian buffers, (vegetated "buffer-strips" near a stream, which help shade and partially protect the stream from the impact of adjacent urban, industrial, or agricultural land use), with a minimum of 35 feet width and solar fences to keep cows from these buffers. The plantings reduce stream bank erosion and improve habitat. Solar fences are like electric fences which give a shock to prevent passage. However, a small solar photovoltaic (PV) panel simply collects and converts sunlight into energy that is stored in a battery. Reducing the amount of nutrients and sediment flowing from farms into local waterways not only improves stream health locally, it also helps restore the health of the Susquehanna River as it flows to the Chesapeake Bay.

Accountability

Climate change is now front and center in our world. According to a report released in August 2021, the United Nations called current conditions, a "code red for humanity." Sustainable Dairy PA is an example to mitigate and lower those conditions. Accountability for the efficacy of this grant money is facilitated by on-site visits to Land O'Lakes farmers of Sustainable Dairy PA who are committed to meeting sustainability goals. There are benefits to them and the environment.

Alliance Hopes and Dreams

When asked what the Alliance's hopes and dreams are, Fritz responds, "This is a model right here in our back yard for the rest of the world. In addition to working with the initial 119 farms, the initiative has the potential to reach more than 400 Land O'Lakes member farms in South Central PA supplying milk to Hershey, as funding and support grows. Our hopes and dreams are to receive more grants to facilitate all the member farms supplying milk to Hershey within this region. We can work with hundreds of farmers rather than just one-by-one-by-one."

Beckett says, "Our hopes and dreams are that Hershey and Land O'Lakes continue to grow in their excitement for sus-



tainability. We hope Hershey creates peer pressure to other businesses to understand where their farmers stand and make sure these sustainable practices become standard operating procedure, by bearing the weight of the work if needed, not just from the farmers, but throughout the supply chain. Once companies learn what it's like on the ground and what's needed, they want to jump in and do everything they can."

Fritz continues, "Although Hershey has done a remarkable job in its sourcing to address agricultural, environmental, and labor issues with cocoa worldwide, they are hoping to lead the way on dairy nationally while first looking in their own backyard. The world is being driven by consumers and this pressure is real. In the Chesapeake Bay, consumers are demanding more information on where their food comes from, and they want accountability. Customers now want to know that brands stand for something and not just stand in the crowd. Companies are trying to do the right thing, which makes sense for their climate change goals *and* their bottom line.

"We hope to inform and change an agricultural system that is feeding the Chesapeake Bay and our biggest hope along with these commitments is to reduce the pollutant load. This is such a great opportunity because it is attacking a problem at a systemic level, not just a piece of a problem. There is a moment in time where this is happening, a moment to tackle the biggest pollutant sources of the Chesapeake Bay, a moment to bring in our corporate partners who work and employ in our region and to fundamentally change the system of how dairy is produced. There is a ton of dairy in the Shenandoah Valley of Maryland and Virginia, and we are assessing what dairy needs to look like in these two states. We are looking at what work needs to look like in western Maryland. This project in PA is only one piece of a supply chain story. I personally believe this is a transformational opportunity for the Chesapeake Bay."

You can feel good the next time you bite into a Hershey's chocolate bar or smear a dab of Land O'Lakes butter on your toast. You know you're supporting companies that care for the planet.

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The Excellence in Nursing Campaign starts this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2022.

Voting will close at the end of April (4/30). Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.

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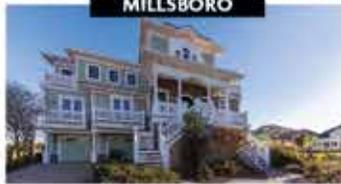
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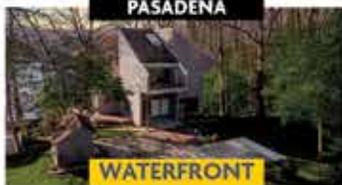
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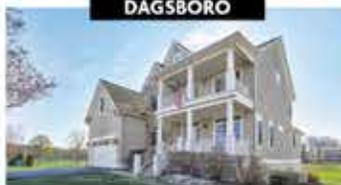


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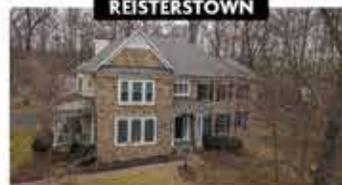
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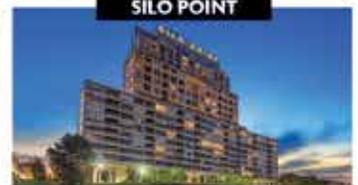
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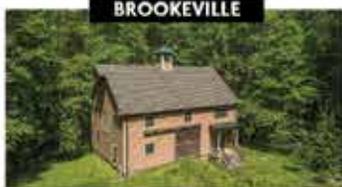
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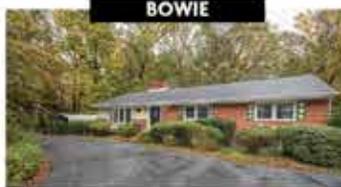
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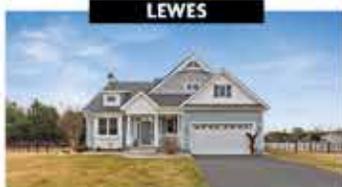
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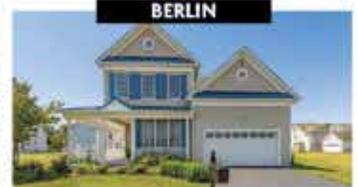
3407 MANOR HILL ROAD



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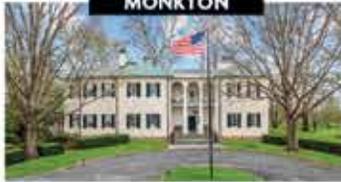
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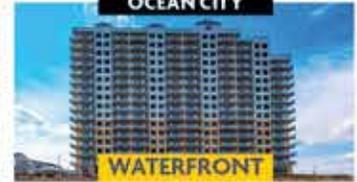
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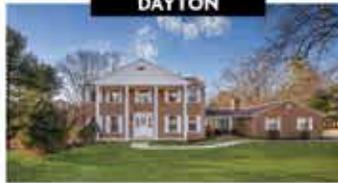
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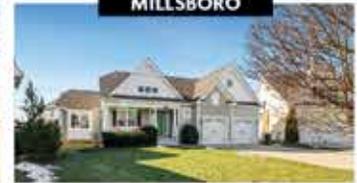
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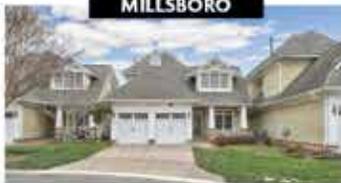
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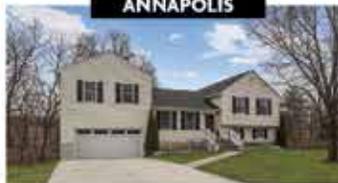
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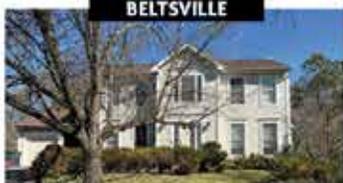
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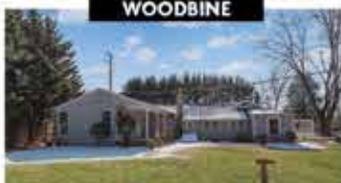
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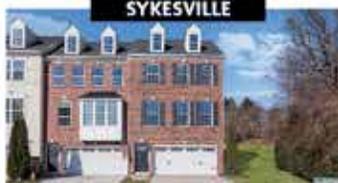
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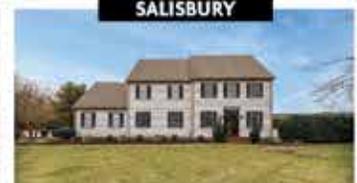
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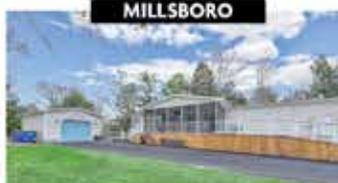
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ASPIRATIONAL LIVING IN DAVIDSONVILLE

STORY BY **LISA J. GOTTO**
PHOTOGRAPHY BY **PEAK VISUALS**

Every city or town has at least one—one great stretch of road that provides the gateway to an aspirational community—a sought-after community known for its prime location and for the signature properties within it.

Such was the objective of this month's feature homeowners, who not only relocated from one of our lovely waterfront neighborhoods in 2018 to such a community, but also upsized their lifestyle when most couples are thinking of doing the opposite.

"This is the neighborhood that when you drive down the road, everybody says, 'Man, I wonder what it would be like to live in a neighborhood like that,'" the homeowner says. "We did that for a long time."

That said, giving up living on the water was going to need to provide some pretty significant upsides, if they were going to take the plunge. And in a sense, that is just what they are able to do now that they have relocated to a property with an envious in-ground pool, a glorious fenced-in yard, three-times the garage space, and a total of 11,000 square-feet to spread out and host family and friends.

While they were able to trade up from their 3,600-square-foot waterfront residence to a two-acre property that also provided the degree of privacy they required, the home, built in 2004, would not be a turn-key endeavor.



[The home] had good potential," the homeowner says. "But certain things were outdated and some things were not super functional. The kitchen was smaller and had this angle-shaped island that wasn't really functional because only one person could stand at it at a time."

The kitchen would become a significant part of the greater renovation plan, as was the home's lower level, the primary bath suite, and literally wiring the place for sound—and every smart home function the couple could imagine.

While assessing what it would take to elevate their new home to the next level of desired efficiency, they knew just who they would call upon to help apply their goals to a floorplan—an architect the husband had known for some time after working in the same office building together.

AN EYE ON THE ENVIRONMENT:

The homeowners are very conscious of their impact and addressed energy usage by installing an extensive system of solar panels on the roof of the home soon after they moved in.



"When we saw the house, we saw it had a lot of potential," the homeowner says. "But we knew there were a number of things we wanted to change. We decided to take the plunge and do it all as soon as we could. So as soon as our old house went under contract, we called Melanie and said, 'Okay, we're ready to get started,'" referring to Melanie Hartwig-Davis of HD Squared Architects of Annapolis.

The homeowners relayed that they knew HD Squared Architects had an exceptional work ethic especially when it came to super detailed projects, had a solid staff, and would bring in just the right resources when it came to the actual construction of the vision they would create together. The homeowners greatly respected Hartwig-Davis' choice of Victor Daccarett of Annapolis Green Construction when it came to sustainable strategies and depth of experience with custom builds.

As to the homeowners' wish list, Hartwig-Davis' says their primary desire was to elevate the experience of the home so it was personalized to them, and spoke to their family's lifestyle, which includes their constant companions, their dogs, two Boxers and two Yorkies.

"They wanted to spread out horizontally," says Hartwig-Davis. "They wanted to make it feel comfortable. They're very social people, so they talked a lot about providing that retreat for their family and friends. They also wanted it to be a multigenerational dwelling when needed."

So, with their specific target areas identified, HD Squared defined the plan, and the integrated team got to work on executing it.

TARGET AREA 1: THE KITCHEN

“The home had really not been updated since 2004,” explains Hartwig-Davis. “The kitchen had dark wood cabinets, that just pulled the light out of the space.”

With their former home being on the water, they were used to a room bathed in natural light, so it was assessed that this kitchen would need a serious window upgrade. The window above the sink would be expanded and an additional side panel window would be added.

The room was also diminished by the amount of space dedicated to the pantry. So a scheme to relocate the pantry to an adjacent laundry area and expand the kitchen into that space ensued. A new, expanded laundry would be re-located to the lower level and an additional laundry area would be added near the primary suite on the upper level.



More room and utility for the couple to entertain in the kitchen was provided by accessing space under a back staircase formerly used as a closet to create an elegant wet bar area.

“The wet bar worked out really well and it’s functional because it pulls people out of the prep zone into the more social space on the other side of the island where there’s ample space for standing and seating,” Hartwig-Davis says.

In essence, the entire kitchen was gutted and re-worked to provide an upscale and ultimate gourmet chef’s kitchen from appliances to countertop workspaces.

“We have a chef now, but I like to cook, too, so having a nice kitchen was critical,” the homeowner said.

To accomplish a high-end look without sacrificing utility, the homeowners requested a company located in Pennsylvania well-known for its hand-made custom cabinetry, quality materials, and white glove delivery. The team at HD Squared drafted highly-detailed drawings depicting their design for the well-appointed kitchen and bar.

The end result is a kitchen with infinite smart storage options, glossy, luxe granite countertops, sumptuous Tennis White beaded inset cabinets lightly coated with a warming gray glaze, and amazing top-shelf appliances. The awkward island was replaced with a rectangular island tricked out with charging ports for electronics, seating on two sides, prep sink, and microwave and warming drawers. This combination creates an inviting and fully functioning space that their prestigious home chef remarks as the best-conceived home kitchen she has ever had the pleasure of working in.

TARGET AREA 2: THE PRIMARY BATH

While there weren’t any size or structural concerns with the home’s primary bath, there was one fundamental element that benefitted from some heavy work with a sledgehammer: the primary bathtub. Inset and sunk into a corner of the room, the garden style tub was the main thing to go.

Hartwig-Davis says there was also an overload of generic white tile and neutrality about the room that made it less than inviting. The upscale, spa-like scheme would involve a faucet upgrade, a dual vanity redux that included going bold with a misty blue hue on the cabinets; topping them with classic marble, and replacing the early 2000s status tub with a gorgeous free-standing soaking tub. The new fixture was uniquely situated to take center stage in the room at the apex of the two vanities; a statement-making tray ceiling and opulent chandelier hanging from above. (The couple credits the experts at In-Home Stone in Annapolis with helping them navigate the dizzying world of tile options to help them find just what worked for the space.)

A state-of-the-art shower/steam room was added to be the answer to a day’s worth of Zoom meetings and To-Do lists with its tranquil color palette and high-tech integrated sound system. The room’s large, existing linen closet was converted to accommodate both linens and a conveniently stacked washer and dryer combo, creating a place for everything—and everything looking great in its place.





TARGET AREA 3: THE LOWER LEVEL

Taking what was a mere blank canvas of concrete and creating a dual-purpose, multi-functioning, multi-generational living space in the home's lower level would prove to be the most ambitious of the couple's objectives for the home.

As Hartwig-Davis explains, the overall plan would need to ensure a thoughtful transition and flow from the indoors to the property's lovely exterior patio and pool area. Before they could get to any of the "fun stuff", however, some pesky, but essential storm water management issues needed to be addressed.

"We could see dampness on the concrete block," Hartwig-Davis says. A multi-pronged plan to address run-off issues that had water overflowing the pool and patio area and seeping into lower-level interior areas, included extensive basement waterproofing, upgrading downspouts, and re-grading the landscape to create swales to allow the water to run off more easily and percolate into the soil, rather than having it run off and cause erosion.

"With the rains we are having, storm water management is definitely a check-list item," Hartwig-Davis adds.

With the major wet elephant in the room taken care of, Hartwig-Davis and the team could get to work on their grand plan to have the lower-level flow from the bottom of the stairs to an attractive hallway that has two distinct paths.

"The lower level has a public and private wing," she says. That aspect of the lower-level build was essential if the homeowner's dream of constructing an authentic home theater experience was going to happen.

The home theater, which took nearly a year to complete, would be part of the public wing, which would also have a large recreation area, a bathroom, and ease of access to the pool area and hot tub. And when the homeowner says, "authentic" he means it, as no detail or element was too small or overlooked, right down to

nostalgically realistic concession stand with its theater-box sized Snowcaps, Raisinets, and movie-theater grade popcorn machine.

One of the less-than-sexy details about the room is also one of the things that most home theaters owners are hard-pressed to mitigate, and that's the booming sound that theaters create. As adept at tech as the homeowner is (the home boasts a robust sound system and hardwired Internet/WiFi access backed up by the best generator on the market), he reached out to a local expert at Household Installs in Annapolis to help him achieve the ultimate level of soundproofing throughout the home.

For the plush, lush, and softer goods associated with a theater, including the leather padded and tufted swinging entry doors, the homeowner says, he sought the help of a father and son team out of Baltimore who have had their hands in building commercial theaters for decades. The result is an incredible home theater experience that ensures built-in quality family time.

And when friends and family want to stay over, the private wing of the lower-level functions as an in-law suite with a bedroom, full bath, and an attractive kitchenette outfitted with re-vamped cabinetry from the home's previous kitchen.

As if all that isn't enough, this wing also offers homeowners and guests alike access to an essential in-home gym constructed with glass doors for the advantageous balance of light from the basement windows, and a roomy, resort-worthy sauna with an adjacent dressing room.

FINAL THOUGHTS

Looking back on the project, Hartwig-Davis says what she'll remember most is the depth and diligence the homeowners brought to their comprehensive plan of creating a retreat. "They said they wanted to build their own little resort, and they really feel like we achieved that." But perhaps the homeowner explained it best: "I'll tell you it's hard to travel because you don't get these kinds of accommodations anywhere else."



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Powder Room Pow!

SMALL BATH UPGRADES WITH BIG IMPACT

By Lisa J. Gotto

Never let it be unsaid that good things come in small packages. When the “small” is a space, however, and that space is as important as a bathroom, this particular sentiment takes on greater importance. Whether you see this space as one that is purely utilitarian, or you choose to make a statement with every room in your home, we’ve found some smart and stylish tips that help put the “pow” in powder room.



Big Impact Starts with Smart Planning

This is pretty simple. Unless you’re doing a basic cosmetic refresh (new towels and window treatments, a fresh coat of paint, etc.) or you’re a skilled contractor yourself, the most impactful small bathroom remodels should be handled with the same care you’d give a kitchen remodel. In other words, DIYers—know your limits. Challenges presented by minimal square footage, dealing with fixtures, and in many cases, lack of natural light, combine to make this a project that demands a well-designed plan, a knowledge of materials and options, and an understanding of what can go wrong behind walls.



Don’t Forego High Style

You can burst forth from the boxy aspect of the small bathroom using style as your guide. Add an entire mirrored wall or create one accent wall with a series of smaller, framed mirrors. This really should be smart and stylish tip, Number One! It just does so much: reflecting light to brighten and visually expand the space that you have; making your small room all at once smaller and brighter.



← Choose Materials Wisely

Every Pinterest or Houzz mood board has them. Those glamorous baths with meticulous and ridiculously small tiles and chandeliers with intricate crystals. Pretty to look at; a nightmare to clean! From these finer touches to the larger, your decisions regarding countertops, flooring, and shower surrounds should not only stand the test of time (remember what you shelled out for this room), they should address your needs and lifestyle. This is where the knowledgeable professional comes in, and should steer you in the right direction when it comes to realistic use of this space over time. Yes, this is a grout versus no grout situation! If you don’t have time to, or just abhor cleaning it, there are materials that offer convenience when cleaning and still strike an attractive balance between form and function. For instance, large format tile is increasingly popular for a reason: less grout. And pairing that large-format tile with mold-resistant grout provides the gold standard for an easy clean. Other examples of smart material choices include opting for a glass shower door instead of a curtain and rod situation and freestanding tub over a traditional bathtub with surround. Choosing a glass door system with as little framing as possible and door bars that provide ample room between the glass and the bar, make for more seamless clean up. The curves of a freestanding tub, are just easier to deal with than the tight corners of a tub surround, and cleaning around the tub itself is just an easier proposition. Oh, and the look is just so much better!

Maximize Your Small Space

Much of the utility of your small bathroom is dependent on who is using it and how it is being used. There's actually more flexibility if the room is a true powder room. However, small, full guest bathrooms require greater thought when it comes to how they will function for everyone. One great way to expand the look of your bathroom visually, is to extend your bathroom floor tile into the shower area itself. The seamless flow does wonders for how the eye interprets the space.



← A Note About Color

Who says smaller spaces leave you with less options? There's two schools of thought when it comes to smaller spaces and color: There's the "let's keep it bright and airy" by using one light and neutral color, versus going bigger and bolder using an intense color. While the rationale for the former is obvious, some design experts believe that going with one bold color lends depth to a small room and creates the illusion of a larger space. So this is a matter of personal choice and perhaps even personality. Feel free to assess what is most important to you and then work toward that end to satisfy your design eye.

Get Creative with Functional Things

Getting creative is especially important if the room you are planning or upgrading will also serve as a full bath. Working in tandem with the clever storage ideas mentioned above, this room will have a more clean and streamlined look if opt to transfer your mundane, everyday toiletries into bottles and vessels customized to work with the overall aesthetic of the bathroom. Nothing looks more cluttered than bottles of different sizes with random labeling scattered about the bath. This is definitely a small way to be more intentional about the design of the room. Try your favorite online custom shops and maker storefronts for items made to your style specifications—and enjoy receiving what comes in those small packages.

Storage Ideas with Big Impact →

This is always the big question when it comes to small spaces: Where do I store all my stuff? Powder rooms with pedestal sinks are especially notorious for this, and thoughtful workarounds, are the answer. Thankfully, over-the-toilet shelving has come a long way from a design aesthetic by combining vertical integration with modern storage appeal. Integrated storage solutions can also be found inside the shower and walls of the bathroom itself with recessed storage niches.

No space is wasted when room that already exists within the wall is utilized for a greater good. If you do have a traditional vanity with a storage area beneath, we all know what an unorganized jumbled mess of personal and cleaning products that can become. With the proper slide-out shelving unit, you will be able to capitalize on every bit of that hidden behind-the-door storage area for everything from tissue paper, to towels, to hand cream. Now that's handy!





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You Ought'a Be In Pictures

KEEPING YOUR GARDEN IN FOCUS THROUGH A CAMERA'S EYE

By Janice F. Booth

If you're like me, your smart phone is filled with pictures of the dog with her new toy, the kids at the beach, and so much more. But, if you look back over the last year, or even two or three years, how many pictures do you have of your garden in its varied splendor? The splash of daffodils along the side fence? Those crazy petunias that kept blooming for months? Your spindly oak sapling that's getting bigger and lovelier each year?

With these objectives and probably many others that you can think of, here are some handy tips for making your garden's photographs particularly lovely and useful.

First, let me share a few photographer's tips that help get the best photo in the moment. "Good lighting" for outdoor photography is not bright sunlight. Overcast skies or early morning and late afternoon are better for pictures. The muted, softer light produces a better image. Hint: If you plan ahead, take a sheet of tin foil with you. You may be able to set it up as a reflector onto particular blooms for dramatic effect.

GARDEN PHOTOS CAN SERVE MANY PURPOSES. AMONG THEM ARE:

- A fresh viewpoint on your garden—both the familiar and the overlooked beauty there.
- A record of the growth and expansion of particular plants and trees—throughout the year and over the years.
- A reminder of plants that need to be moved or trimmed or receive first aid at some later date.
- A source of beauty to use as notecards, greeting cards, and other original creations.

Frame your picture. Choose a particular plant or bloom as your focal point. Hold your finger on the screen for just a few seconds, and your phone's camera will focus for you. Think about textures in a photograph. Try to show the fuzziness of a stem, the rough bark or feathery leaf. Look at the structure of plants as well as the form. Perhaps the unusual angle of a stem or branch, or the contrast of a vining plant with a lush one will make a more interesting photo.

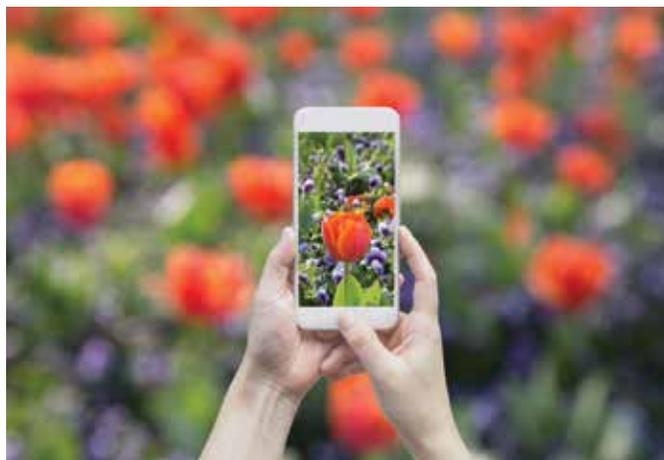
Here are some tips for artistic pictures to be used later for cards and collages. Plan to take a lot of pictures; don't limit yourself to one or two shots. You can later discard the images that don't meet your expectations. Take pictures from different angles: can you go to an upper story or balcony and shoot down into your garden? How about a different bird's eye view; lie down and shoot pictures up among the rose bushes or through the lavender plants?

Next, using your photographs as a record to help you record changes and areas. Consider a telescoping series of photos. Begin with a

close-up of one plant, then move the lens focus to include those plants that surround the one plant. Then, capture the flower bed or portion of the garden. And finally, take a more panoramic photo that sets that single plant and its neighboring plants in the larger context of the garden.

Create a seasonal collage. Choose some key plants—perhaps even draw a little map so you remember where you are focusing each set of pictures—perhaps one series from the deck looking out, another series from the garden gate looking in. Then, take a few pictures from each vantage point during each season; you might even decide to take the pictures once-a-month. Next winter, as you shoot your last series, you can arrange all the photos from each vantage point, and note the particular beauty of that season or month.

You may use your photos to monitor a new plant you've just added to your garden. Initially, take pictures of the plant at different times of day so you can understand how light hits the plant. Then, take photos week-by-week or month-by-month as it flourishes in your garden. And, if it doesn't flourish, you'll have the images to share with a fellow gardener or master gardener who can help you figure out how to treat the plant.



Finally, your garden photographs provide a handy reminder or to-do list. Jotting down a note-to-self on a scrap of paper, a seed packet, or even a diary you carry with you, may not work out well. I have often searched through my little note pad trying to find my note about moving that Japonica or when I'd fertilized that lovely Bleeding Heart near the front door. Using pictures as reminders may work better.

Make folders on your smart phone photo application labeled with "Reminders for Spring," "Reminders for Summer," etc. Then, when you see that pink azalea needs to be moved after it stops blooming, or the mums will have to be pruned in early June for a better shape in September, take pictures and drop them into the "Summer" folder. If you're like me, you always have your phone in your jeans' pocket, so you can grab it for a photograph. A quick snap of the camera is much easier than pen and paper in the garden.

You might also create a folder titled "Inspiration." Here's where you'll put those photos you took at a public garden of a cluster of Coreopsis and Cornflowers or the pretty Hibiscus you pass on your morning walk. The phone-camera will even date the pictures, so when you go into your inspiration folder, you can see exactly when you captured these lovelies at their best.

As always, you'll come up with more ideas that suit your needs as you begin to think of your smart phone's camera as another essential gardening tool.

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Beauty on Bodkin Creek

By Lisa J. Gotto | Photography by Nima Mohammadi

This light and bright modern stunner of a waterfront property offers exquisite views and flawless execution of the contemporary, open floorplan that received a complete custom remodel in 2020.

Upon entering you are greeted with an expanse of Bodkin Creek before you, courtesy of keen sightlines and an exquisite set of French floor-to-ceiling sliding glass doors.

Wide-plank oak floors usher you along the width of the open-plan living area, helping to create a tranquil palate of light floors and gray-washed walls. A sunny dining area is located just to the right of the front door. The crisp, bright kitchen gleams with white granite countertops and integrated custom cabinetry with modern hardware detail. This kitchen arguably offers one of the best views of Bodkin Creek from a pair of above-sink and countertop seamless horizontal window panels that seem to go on forever. The room's center island is a huge statement-maker offering generous breakfast bar seating for four, and an in-island stainless steel six-burner gas range.



Listing Agent: Katie Moore; Engel & Völkers; 138 West St., Annapolis; m. 443-623-7887; o. 443-292-6767; katie.moore@evrealestate.com; annapolis.evusa.com **Buyer's Agent:** Kristin Brillantes; Corner House Realty; 1717 Edmonson Ave., Catonsville; m. 443-695-1565; o. 443-499-3839; kristin@brillanthomes.com; cornerhouserealty.com

Follow along the hardwood floors and you'll experience a complete continuation of those creek views and this level's access to the home's extraordinary wraparound deck. This generous living area takes on extra square footage as it expands to the ginormous deck; a true entertaining lover's dream!

A set of double doors leads you to a lovely space for your home office, or a main level guest bedroom with *en suite* bath and balcony.

An open, airy stainless cable staircase ascends from the entry way and leads you to three additional bedrooms on the upper level. The primary suite offers exquisite waterfront views, a generous walk-in closet, a luxurious *en suite* bath with double vanity and steam shower, and access to the home's second level deck; truly a getaway for the heart and soul.

The other water-facing bedroom on this floor also offers balcony access, and both secondary bedrooms share a full bath, as well as the perk of a second-level laundry.

The home's lower level is completely finished and ready to provide multigenerational living opportunities whenever necessary with its convenient kitchenette, full bath, generous living area with rec room, and lower-level patio access.

An additional living area/in-law suite with a separate office area, kitchenette, bedroom, and full bath is located above the property's generous two-car garage. All this is just steps from a brand-new private pier completed in 2021 and outfitted with a new bulkhead and two electric boat lifts capable of handling a 12,000-pound boat and the other, two jet skis totaling 2,800 pounds. A day on the water, anyone?

Primary Structure Built: 1982
Sold For: \$1,150,000
Original List Price:
\$1,250,000
Bedrooms: 6
Baths: 4 Full, 1 Half
Living Space: 2,340 Sq. Ft
Lot Size: 0.57 Acres





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In the Grand Tradition

By Lisa J. Gotto

Solid, stately, and supremely situated to provide breathtaking views of the South River, this modern-day mansion offers more than 7,000 square-feet of living space.

Just steps inside the front door, guests will find soaring ceilings, gleaming hardwood floors, and an exquisite view to the property's 271 feet of water frontage. Offering that winning combination of style and sophistication, this home was constructed of only the finest of materials and high-quality finishes.

A large, sunny, and oh-so-essential home office is conveniently located just to the right of the home's front entry through a gorgeous set of French doors. A center console desk connects to a wall of custom cherry wood built-ins, providing ample storage space for files and shelving for books and keepsakes.

The formal living room which features a grand, arched Palladian window, a high ceiling with chandelier, and a series of gorgeous architectural columns, offers the optimal space for fine entertaining. This area flows back into the home's elegant formal dining room, also highlighted with columns.

The home's great room, which includes a spacious kitchen and family room combo, is located to the left of the formal living area in its own wing of the home. This open-plan area is flooded with natural light from a series of windows which frame the kitchen and family gathering area. The gourmet kitchen offers a huge peninsula with granite countertops, a six-burner gas range with a hood-hiding, two-tone wood façade, and a stunning wall of integrated storage and appliance solutions crafted of cherry wood.

Across from the seating available at the peninsula, there's a separate breakfast table area with a gorgeous tray ceiling treatment above; every morning meal providing the day's first views of the South River. This area flows effortlessly into the home's informal entertainment area with a central gas fireplace with mounted flat screen TV above. Of course, those waterfront views rival anything the family will see on television.

The home's primary bedroom suite is situated to the opposite side of the living room in its own wing. The area is a complete retreat for the homeowners with its sweeping waterfront views, its own gas fireplace, a spacious walk-in closet, and a separate seating area with tray ceiling treatment.

The primary bathroom exudes a spa vibe with its granite-topped dual sink vanity, a jetted, over-sized tub, and separate steam shower with multiple showerheads and custom built-in bench. Ceramic tile floors flow throughout.





Listing Agent: Reid & Charlie Buckley; The Mr. Waterfront Team of Long & Foster Real Estate; 320 6th St., Annapolis; m. 410-279-1843; o. 410-266-6880; reid@waterfronthomes.org; waterfronthomes.org

Primary Structure Built: 2011
Sold For: \$3,750,000
Original List Price: \$3,750,000
Bedrooms: 5
Baths: 5 Full, 1 Half
Living Space: 7,518 Sq. Ft.
Lot Size: 1.44 Acres

The upper-level features three additional bedrooms; two with private vanities and a shared bath. The third bedroom features an *en suite* bath.

In addition to a fifth bedroom and full bath, the home's lower-level offers an extensive indoor entertaining space with rec area, a large, separate wet bar area with refrigerator, a home gym, and walk-out access to the property's meticulous landscaping complete with a large, in-ground pool and patio area.

Outdoors, the water vistas include that of the property's private, 80-foot pier with two boat lifts and two jet ski lifts, as well as the home's unique views out to and beyond the South River Bridge.

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Fresh Take

GARLIC

By Dylan Roche

Warning: It might make your breath stink. But hey, that's just about the only drawback when it comes to garlic—this bulbous little vegetable packs a punch of flavor that can elevate just about any recipe, and it's full of health benefits. The best part? A little bit goes a long way. One bulb is enough to flavor multiple dishes for a whole crowd of people.

Although you might think of garlic as a seasoning or an herb, it's actually a vegetable. Each bulb of garlic is encased in a thin, brittle skin that, when peeled back, reveals several cloves that make up the whole. A single clove has fewer than five calories, but it delivers more than a half-gram of fiber as well as 2 percent of your daily needed B6, 2 percent of your daily needed manganese, and 1 percent of your daily needed vitamin C. That's pretty impressive for something you're probably just using for flavor!

In fact, its use as a flavor agent is part of what makes garlic so beneficial. The Produce for a Better Health Foundation explains that when you use garlic to level-up the taste of your food, you're able to use less salt, thus lowering your sodium intake. Raw garlic tends to be much more pungent with a little bite to it, but cooking will mellow its taste. Shorter cook times over high heat yield a rich, savory flavor, while a long time over lower heat will bring out a hint of sweetness.

As far back as antiquity, people seemed to be aware of garlic's health benefits. The Greek physician Hippocrates had a reputation for recommending garlic as a way of treating all kinds of medical conditions. Although nobody would encourage you to use garlic

Garlic Herb Dip

1 large clove garlic
1/4 cup fresh basil, chopped
1/4 cup fresh rosemary, chopped
2 cups cooked cannellini beans
1/2 cup olive oil
2 tablespoons lemon juice
1 teaspoon salt

Peel the garlic and smash each clove. Heat the olive oil in a skillet over low heat. Add the garlic and allow to brown. Remove from the



heat and transfer to food processor. Add basil, rosemary, beans, salt, and lemon juice to the food processor and blend until smooth and creamy. Serve with crudité and toasted bread.



Lemon Garlic Chicken

Ingredients:
2 pounds boneless chicken breasts (about 4 breasts)
5 cloves garlic
1/4 cup olive oil (divided in half)
1 shallot
2 tablespoons whole-wheat flour
1 cup low-fat milk
1/2 cup chicken broth
2 lemons
2 tablespoons parsley
2 tablespoons rosemary
1 teaspoon salt
1 teaspoon pepper

Pound the chicken to half-inch thickness and dry with paper towels. Sprinkle with salt and pepper. Heat half the olive oil in a large skillet over high heat. When the oil begins to simmer, set the chicken in the skillet and allow it to sear approximately 5 to 7 minutes on each side. When the chicken is nicely browned, remove it from the oil and set aside. Mince the garlic and finely chop the shallots. Add the rest of the oil to the skillet and reduce the heat to medium. Add the shallots and garlic, allowing them to soften. Stir in the flour, allowing the oil to thicken slightly. Add the milk and broth, whisking until you achieve a smooth consistency with no lumps. Add parsley and rosemary. Slice one of the lemons and juice the other (it should yield about 1/4 cup juice). Add the lemon juice to the sauce and set aside the lemon slices. Return to the chicken to the skillet and allow it to simmer for approximately 3 to 5 minutes on each side. Remove the chicken from the skillet and set in a serving dish. Spoon the sauce over top and garnish with lemon slices. Serve warm.

as a replacement for modern medicine today, there does seem to be some science to support the good that garlic does for your body.

Garlic has antibacterial qualities that could boost your immune system and help you fight off colds, sore throats, and sinus problems. Some studies have shown that it prevents your blood platelets from forming clots, thus reducing your risk of stroke, and might potentially expand your blood vessels, thus improving your blood pressure.

The Academy of Nutrition and Dietetics says garlic's phytochemical content can help reduce the risk of cancer (most notably stomach cancer and colorectal cancer) and the Arthritis Foundation recommends garlic for staving off the cartilage damage you might sustain from arthritis.

Of course, be careful about adding too much garlic to your diet too quickly—excess amounts of garlic can cause an upset stomach, bloating, and diarrhea. Plus, there's the aforementioned bad breath and body odor.

When you buy a bulb of garlic, or several bulbs if you plan to use a lot, look for ones that are firm with a tight skin casing and no sign of molding or sprouting. Ideally, the bulb should feel heavy for its size. Bring the bulbs home and store them by hanging them in a cool, dry place. Garlic will last about a week at room temperature or two weeks in the refrigerator.

When it comes time to prepare the garlic, give the individual bulb a quick crack by pressing it with the flat part of a knife. Pull the skin casing away and remove the individual cloves. These cloves can be minced or added whole depending on what your recipe calls for.

And if you love garlic but can't make use of a whole clove quickly enough, don't worry. You can seek out jars of minced garlic or dried garlic powder. These offer all the same benefits as fresh garlic but are often much more convenient.

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Protein Supplements— Yes or No?

(AND IF YES, THEN WHAT SHOULD YOU KNOW?)

By Dylan Roche



Here's a bit of health wisdom that might come as a surprise: You don't need as much protein as you probably think you do. Really. The Mayo Clinic states most adults need somewhere between 46 and 56 grams of protein every day. And excess amounts of protein can be hard on your kidneys.

So, what's the deal with protein supplements like shakes, powders, and bars? These products still offer a lot of benefit to those who need them, but it's important to be judicious in choosing which one you'll use and how you'll use it.

Protein is a nutrient that your body needs to build and sustain all its elements—your blood, your bones, and, yes, your muscles. Protein is important if you're trying to improve sports performance or build muscle mass, and if you're an especially active individual, such as an athlete or a bodybuilder, you're going to have needs that are greater than the 46–56 grams recommended for most people. The Academy of Nutrition and Dietetics and the American College of Sports Medicine encourage people who undertake rigorous physical activity to get about 1.2 to 2 grams of protein per kilogram of body weight every day. That means if you're a 150-pound person (68 kilograms), you would need about 81 to 136 grams of protein. A 200-pound person (91 kilograms) would need 109 to 182 grams of protein.

That's where protein supplements come in handy: These products can help you get more protein in your diet, although supplemental protein isn't as good as the protein you're getting from whole foods, which contain vitamins and minerals your body needs to flourish.

Note that your body can't use more than 30 grams of protein at a time, so consuming a protein shake with 50 grams of protein won't provide quite the benefit you expect it will. And after an intense workout, when your body has depleted all its glycogen stores, getting plenty of carbohydrates is just as important as getting plenty of protein. Aim for a 3:1 ratio of calories from carbohydrates to calories from protein—this might be a few crackers with nut butter or some Greek yogurt with fruit. This replenishment should come within an hour of finishing your workout.

When these protein-rich snacks aren't sufficient or convenient, seek a protein supplement. Look for products that have less than 200 calories per serving, 20–30 grams of protein, and less than 5 grams of sugar.

It's also helpful to pay attention to the different types of supplemental protein available on the market and choose the one that best fits your needs or goals:

WHEY PROTEIN: This is the one that's most prominent on the market, and it's a great pick if you're somebody who does dairy. Whey protein contains all the essential amino acids your body needs, and it's easily digestible. Because whey is so efficiently broken down and used by your body, it's great for people who are trying to build muscle.

SOY PROTEIN: Soy protein isn't as efficiently used by the body as whey protein is, but for people who don't do dairy, it's a great pick because it also contains all essential amino acids. Soy foods have also been shown to help reduce high cholesterol and build strong bones.

BROWN RICE OR PEA PROTEINS: These are other plant-based proteins, and they are hypoallergenic, so they are good for anyone who doesn't tolerate soy well. Although brown rice protein and pea protein are incomplete protein sources individually, they provide all nine essential amino acids when consumed together. Look for a protein supplement that contains both if possible.

HEMP PROTEIN: Hemp protein is often made from milled hemp seed, so it is less processed than other protein powders on the market; however, it tends to be lower in protein per calorie compared with other supplements. It's also full of fiber and omega-3 fatty acids for additional nutritional benefit.

REMEMBER: If your goal is to lose weight, then you should be careful about not using a supplement with lots of added sugar. A protein supplement, whether high in sugar or low in sugar, will still be a source of additional calories, so consume with discretion. Mix your protein powder with low-fat or fat-free milk, almond milk, oat milk, or water instead of any high-sugar, high-fat beverages.

Fitness Tips

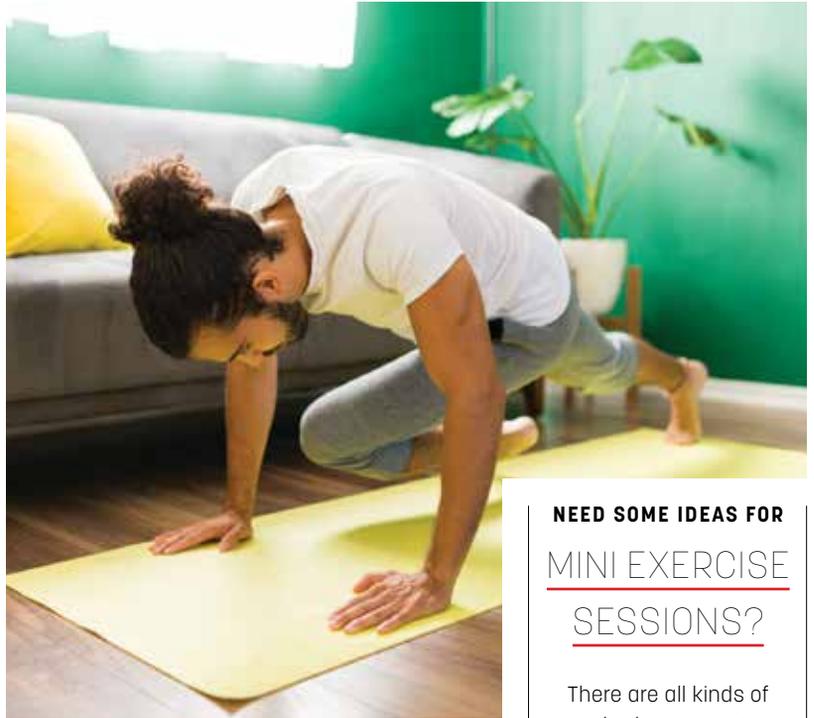
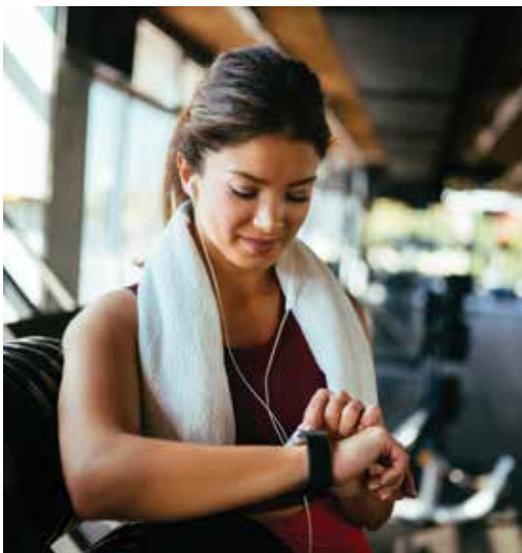
MINI SESSIONS

By Dylan Roche

“I’ll work out tomorrow.” How many times have you told yourself that after a long, busy day? But then tomorrow comes, and it’s another packed schedule. There just isn’t a spare hour for getting in a workout—or is there?

The reality is that getting sufficient exercise doesn’t mean you have to undertake an hour-long bout of physical activity. If you have 10 minutes here and 15 minutes there, you can still sneak in shorter sessions throughout the day that will add up to give you the same benefits you would get from a long workout. In fact, depending on your fitness level and your goals, this approach might be even better.

Look at it this way: You should be getting 150 minutes of moderate aerobic exercise or 75 minutes of vigorous aerobic exercise every week. This is the guidance put forth by the American Council on Exercise, the American College of Sports Medicine, the American Heart Association, and the Surgeon General. That’s all the exercise you need to see such benefits as increased energy, better mood, reduced risk of disease, weight management, stronger bones, and better cardiovascular health. (Bear in mind that if you have more ambitious goals, such as losing a significant amount of weight or participating in a competitive athletic event, you likely will need more exercise.)



NEED SOME IDEAS FOR MINI EXERCISE SESSIONS?

There are all kinds of methods you can try. None of these seem all that overwhelming on their own, but they’ll add up to offer you significant health advantages:

Take a walk around the block in the morning, afternoon, and evening.

Park in the farthest parking spot so you have a greater distance to walk when you’re doing errands.

Take the stairs instead of the elevator.

Get up and pace the room when you are on the phone or waiting for an appointment.

Do 10 minutes of calisthenics when you first wake up in the morning: pushups, crunches, lunges, and squats. These exercises require no equipment, and when you perform them vigorously in rapid succession, they’ll get your heart pounding.

How you decide to break up those 150 weekly minutes (or 75 weekly minutes, depending on your intensity) is up to you. If you’ve got 30 minutes to exercise five times a week, go for it. But if it’s easier to do 10 minutes three times a day, that’s fine too! Those short bouts of exercise add up.

For those are trying to adopt better physical activity habits, these shorter sessions can be helpful because they feel less daunting. In other words, an hour at the gym might sound like torture, but a 10-minute power walk doesn’t seem quite so bad. According to the American Council on Exercise, it’s more important that you find a routine you like and can adhere to in the long term than try to force yourself to do something you dislike.

You also have the potential to make the most of your time and push yourself to your limits, thus burning more calories overall. Going for just 10 minutes? Make them the hardest 10 minutes you can. This is what’s known as high-intensity interval training (HIIT). Research shows that going at high intensity for a short period of time can burn more calories (up to 30 percent more) and offer greater cardiovascular benefits than low- or moderate-intensity exercise for a longer amount of time.

So, if you’re going for 10 minutes, push yourself as hard as you can during those 10 minutes. Even three minutes of high-intensity exercise is enough to boost your circulation and raise your physical and mental energy. Do three minutes of high intensity followed by two minutes of low intensity. Repeat twice during each session, and aim for three sessions a day. *Bam*—you’ve done 30 minutes of HIIT today.

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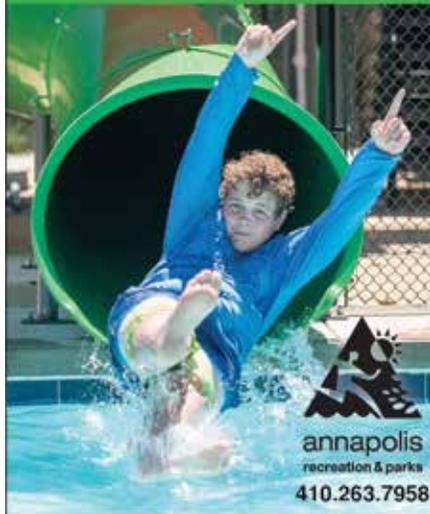
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What is Every Kid Healthy Week?

By Dylan Roche

Healthy habits start in childhood. What's more, the Centers for Disease Control and Prevention cites that healthy children tend to be better learners and have fewer behavioral problems.

But good health is a broad concept—it's not just about cutting back on candy or getting plenty of exercise outside (though those are two important healthy habits that kids can learn). Good health encompasses proper mental, emotional, and social well-being too. It's a lot to learn. And it's one of the reasons that the nationwide nonprofit Action for Healthy Kids tries to make it easy for teachers and parents to promote all aspects of good health during Healthy Kids Week, an annual observance since 2013 that takes place during the last full week of April.

This year, from April 25 through 29, participating classrooms across the nation will use designated days of the week to teach about a different component of good health and associated good habits that kids can easily learn.

If you're an educator at a school that's participating, or even a parent who wants to implement the lessons at home, here are some great ways you can observe Every Kid Healthy Week:



MINDFUL MONDAY

Mindful Monday is all about learning good social-emotional health. Kids learn how to manage their emotions and be considerate in the way they interact with others. To teach children to be mindful, you can... Encourage them to write a journal entry about their day. Consider how they felt when something good or bad happened, and how their actions might have made others feel. They can also write about what they might have done differently if they were to relive the day over again. • Learn breathing exercises for better emotional regulation. Inhaling and exhaling deeply for 10 seconds can help them regain control of themselves so they don't act impulsively. • Create a calm-down corner where they can go when they are angry or sad. Their calm-down corner should be a safe space where they can be separated from whatever triggered their negative emotions.

TASTY TUESDAY

Tasty Tuesday lets children explore all aspects of good nutrition. They learn how food affects their bodies and why it's good to eat a variety of nutritious foods while being moderate in their consumption of food with less nutritional value. Kids can get excited about healthy eating by doing the following...

Cook a healthy meal together as a family or pack lunches together for the next day. Aim to include foods in a variety of colors, such as red (apples, strawberries, bell peppers), orange (carrots, pumpkin, oranges), yellow (bananas, lemons, squash), green (broccoli, kiwi, avocado), and blue/purple (grapes, eggplant, beets). • Plant a garden—kids will be much more excited about new foods if they grow it themselves, plus this will increase their appreciation of where food comes from. If a garden isn't a practical option, take them to a farmer's market or produce stand. Pick a fruit or vegetable they've never tried before and take it home to find a recipe you can use it in. • Hold a taste testing as a family or group of friends where you try new foods. Be sure to include healthy dips like hummus, guacamole, or mustard to make the new foods more exciting. • Create a sugar visualization so kids can see how much sugar is in certain snack foods (particularly beverages like soda). Read the nutritional label to see how many grams of added sugar are in the product. Measure out 1 teaspoon of granulated sugar for every 4 grams of added sugar—that's how much sugar is in that packaged product. Talk about how sugary snacks are okay as long as they're enjoyed in moderation.

WELLNESS WEDNESDAY

Wellness Wednesday is all about overall enjoyment of the world around them. In pursuing overall wellness, kids might seek a better relationship with nature and try to create a healthier planet. It's about appreciating the outdoors and fresh air instead of being inside looking at a screen all day. Kids can improve their wellness in one of the following ways... Do a lesson or their homework outside if the weather permits. Bring a pitcher of water for drinking, some bug spray, and all their school supplies so you can create a homework station at a picnic bench in the backyard or at the park. • Organize a trash pickup at a public place where there is lots of litter. Discuss how cleaning up trash not only makes a place look prettier but also makes it a healthier place for animals to live and people to play. • Go for a walk outside, ideally through a natural area if one is accessible. Count how many wild animals you see or collect different types of leaves you find on the ground. • Adopt environmentally friendly practices around your house or classroom such as recycling, turning off the lights when you leave the room, and turning off the water when you aren't using it.

THOUGHTFUL THURSDAY

Thoughtful Thursday is all about using the brain, both academically and creatively. Kids love to think, be creative, and use their imaginations. But sometimes, it can be hard when they are distracted by chores or screens. Encourage kids to be thoughtful, resourceful, and empathetic when you... Provide clay, putty, or play dough to children while having a conversation about their day. Having something to occupy their hands will help distract them so they feel more comfortable opening up. • Draw self-portraits and encourage using colors that match the mood they are feeling. Have a conversation about why they associate certain colors with certain emotions. • Play problem-solving games that involve concentration and strategy. • Memorize a favorite poem. • Design motivational posters with uplifting phrases and pictures that will help cheer them up when they are down (or will cheer up a friend or sibling who needs it). • Read a book or watch a movie and discuss the emotions that characters go through. Encourage the kids to focus on whether they've ever felt similarly, and whether they acted on their emotions in the same way as the characters.

FITNESS FRIDAY

Fitness Friday focuses on getting kids up and moving around. Even if kids get plenty of physical activity from sports practices, recess, or gym class, it can help to find different modes of exercise they enjoy. Ways your class or family can be more active include... Build an obstacle course using items you have around the house. See who can complete the obstacle course the fastest, or challenge individual children to beat their best time by attempting the course over and over again. • Walk or ride bikes if a destination is close enough and there is safe infrastructure like sidewalks or trails. • Remember to emphasize the importance of proper rest and recovery. After a competitive game or a lot of time outside, make sure children get a little downtime and a good night's rest.



Hearing Your Way to Better Health

By Dylan Roche

Ever notice how music can affect your mood? There's a growing trend of people who are using this to their advantage. Sound therapy—sometimes known as psychoacoustics—is a holistic technique where gentle music, white noise, or other sounds are used to improve mood, relieve stress, stave off depression or anxiety, and even boost mental capacity. Although research is limited, the practice grew in prominence during the pandemic, when many people were struggling with their mental health but had limited access to traditional therapy methods.

Is listening to music a replacement for counseling or psychotherapy? Not at all. But as the American Music Therapy Association explains, vibrations from sound can affect your body in a subtle way similar to how a massage can. Different frequencies can have different outcomes—for example, upbeat music can enhance focus while a slow melody is good for relaxing and de-stressing.

Sound therapy will differ based on a person's needs and how a practitioner approaches it. A person can lie down in the dark and listen to music or a guided meditation, or they could move with the music by doing yoga or dance. The sounds might be from a recording or played live on instruments.

Music helps people reach a meditative state and can even prompt your body to release the feel-good hormone serotonin. Some people use music to help them achieve sleep or stay focused on tasks. Although sound therapy is still a fringe practice without extensive studies to support its use, the practice is noninvasive and affordable. In other words, there's no harm in listening to music if it makes you feel good!

The American Music Therapy Association is a great resource for anyone looking to connect with a music therapist or sound therapist—visit musictherapy.org.



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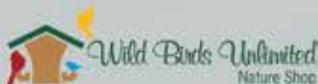
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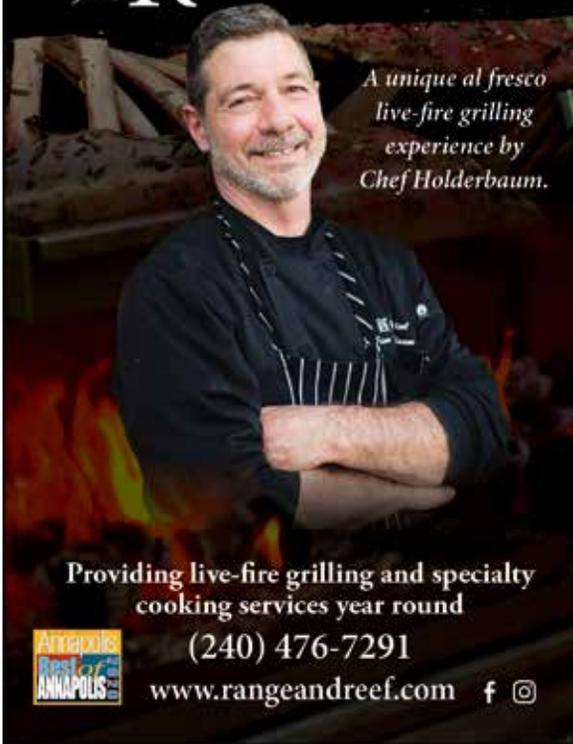
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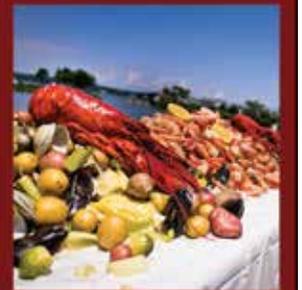
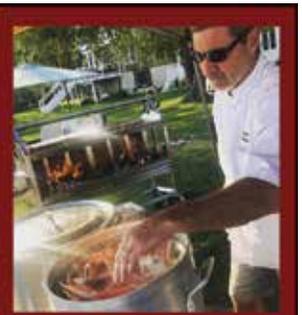


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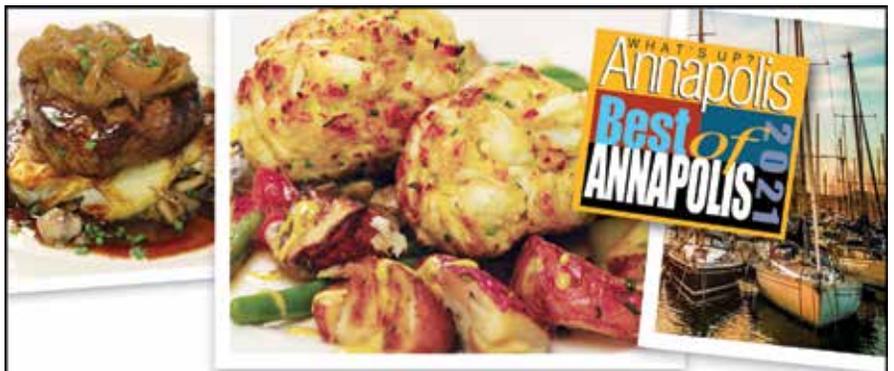
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Savor the Chesapeake

Restaurant news and culinary trends
from the Chesapeake Bay region

By James Houck

It's no mystery that as soon as the calendar flips from winter to spring, we see an uptick in everyday activity—and this certainly includes dining and enjoying the culinary delights of our region. This month, we have plenty of feel-good restaurant news to share, announcements, and a couple cocktail recipes to welcome the season.

On the Restaurant Scene...

There's a healthy number of recent and planned openings on both sides of the Bay Bridge. **Tuscan Prime Italian Chophouse & Dolce Bar** hosted its grand opening celebration in March at its Annapolis Town Center location. Tuscan Prime softly opened in early February and is the newest concept by Annapolis-based Monte Restaurant Development Group. Tuscan Prime's mission is "to consistently serve award winning modern Italian cuisine, steaks, and chops, paired with a masterfully crafted wine list, and craft cocktails, delivering superior service in an upscale yet inviting atmosphere, making it a natural extension of the Monte family of restaurants," the company states. Learn more at tuscanprime.com.

Fans of the locally-inspired and popular sports bar brand, **The Green Turtle**, can do a happy dance. The restaurant returned to the Gambrills/Crofton region at the start of the year, filling in the former Houlihan's location at the Waugh Chapel Towne Centre.

Previously, the Gambrills location of The Green Turtle was a franchise-owned operation, which closed doors during the pandemic. The new establishment is corporate-owned and will feature the "latest menu, which has evolved significantly over the past two years, coupled with a modern design and state-of-the-art audio-visual technology that will enhance the guests' experience while they root for their favorite teams," says the company. More information at thegreeneturtle.com.

And just a skip away, in Odenton, we give a shoutout to **Perry's Restaurant & Cocktail Lounge**, which celebrated its 50th anniversary in March. A testament to its popularity among locals and visitors alike, Perry's has long provided daily food and drink specials, Greek cuisine, and live entertainment. Check them out at perrysrestaurant.com.

In the Kent Narrows vicinity, the highly-anticipated **Dock House Restaurant** is moving ever-closer to its intended May opening. The 6,000-square-foot, waterfront establishment adjacent to the Kent Narrows Boatel is the brainchild of local restaurateurs Jody Schulz (Fisherman's Inn and Fisherman's Crab Deck) and Justin Kiernan and Ron Kirstien (The Jetty Restaurant & Dock Bar). The group took a step forward when it was recently granted a commercial property tax credit by the Queen Anne's County Commissioners, which incentivizes capital investment and job creation in the county. Learn more at dockhouserestaurant.com.

Further down the eastern side of the Bay, the Dorchester County Chamber of Commerce celebrated the county's newest year-round seafood store—**Hooper's Island Seafood Market**—with a ribbon cutting event on March 23rd. Hoopers Island Seafood Market—a division of the Hoopers Island Oyster Co.—is open six days a week in Cambridge. The market features fresh, shucked, and shelled oysters from their farm in Fishing Creek, as well as fresh seasonal specialties including clams, mussels, crab, shrimp, scallops, and finfish. An extensive line of seasonings, sides, and shucking gear, plus condiments made by local entrepreneurs are also available. Learn more at hoopersisland.com.

The big news—at least for locals—coming out of nearby Taylor's Island, is the closing of the famed floating **Palm Beach Willie's Barge**. Because the 1960s-era barge was sadly, and at long last, taking on water and sinking, the owners of Palm Beach Willie's needed to retire the barge. But don't fret yet. The owners are relocating the big bar and its relics from the barge to the adjacent Victorian-era property on land, which also hosts the seasonal tiki bar. The full summer season is still on! Learn more at pbwti.com.

And the *New York Times* reports that the city's (as in New York's) renowned baker Melissa Weller—known for her bagels and sourdough breads—has joined Easton, Maryland's **Bluepoint Hospitality** as Master Baker. The restaurant group owns and operates a fleet of upscale establishments in the Mid-Shore, including Bas Rouge, Bumble Bee Juice, Sunflowers & Greens, The Wardroom, The Stewart, and several more. For more information, visit bluepointhospitality.com.

Lastly, if you love dill pickles and want to share that love with the world, then good news for you! **The Big Dill World's Largest Pickle Party** recently announced its return to Maryland in September 2022. Learn more at bigdill.com/pages/2022bigdillfestival.



Giving Back

Very good news! The **16th Annual SOUPer Bowl Fundraiser** raised four times its goal for the Light House Homeless Prevention Center in Annapolis. Organizers of this year's virtual event set a modest \$2,000 goal based on the pandemic's challenging financial circumstances and the need to hold the event online for the second consecutive year. But the tally from the week-long campaign came in at \$8,700. "The community really stepped up for the Light House," said Scott Shelton, pastor at Heritage Baptist, an affiliate congregational partner of the Light House. "The in-person SOUPer Bowl lunch normally brings in between three to four thousand dollars. As we watched the online donations tally up over the week, we were thrilled and tremendously thankful." The 2022 SOUPer Bowl ran from February 6th to 13th online at heritageloves.com. To entice donations, nine community leaders from business, public service, and the food industry shared their favorite soup recipes on the website.

Floral Cocktails

With the famed cherry blossoms in nearby Washington, D.C., coming into bloom this month—indeed most of spring's blossoms will soon show—we thought it fitting to highlight a couple seasonal cocktails, each with a floral theme. Try these advanced mixings when you're in the mood for a unique departure from your normal cocktail go-tos.

Honey Rose Margarita

Ingredients

1 oz Cointreau
2 oz blanco tequila
1 oz fresh lemon juice
.5 oz honey water
2 dashes rose water

Instructions

Add all ingredients to shaker with ice. Shake and strain into a rocks glass over fresh ice. Garnish with rose petals (fresh or dried).

Courtesy of Cointreau



Cherry Blossom

Ingredients

1.25 oz 1800 Silver Tequila
1 oz lime juice
1 oz grapefruit juice
.25 oz grenadine
Grapefruit slice or maraschino cherry for garnish
Salt as needed

Instructions

Pour all ingredients into shaker and shake well. Strain into a salt rimmed martini glass or serve over ice. Garnish with a grapefruit slice or cherry.

Courtesy Hilton Garden Inn

Have culinary news to share? Send an email to the editors at editor@whatsumag.com

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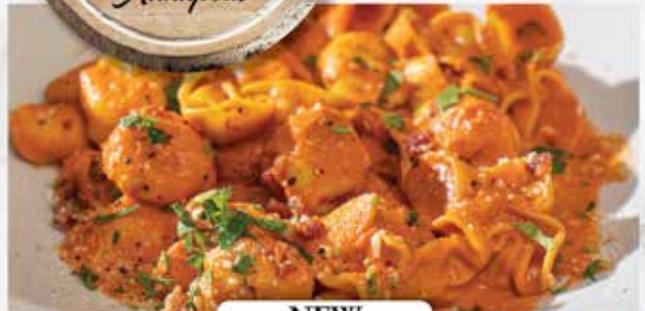
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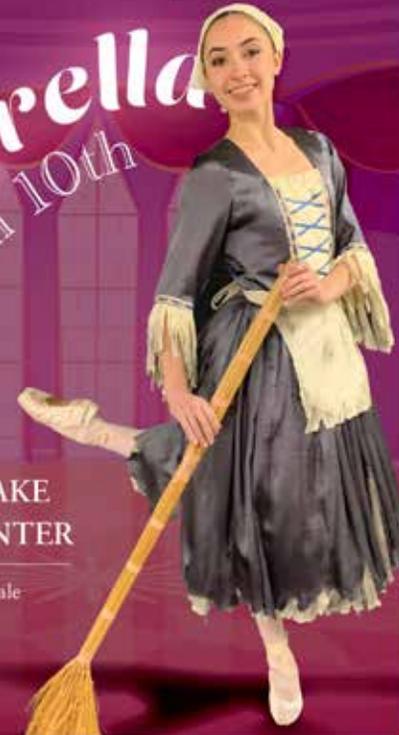
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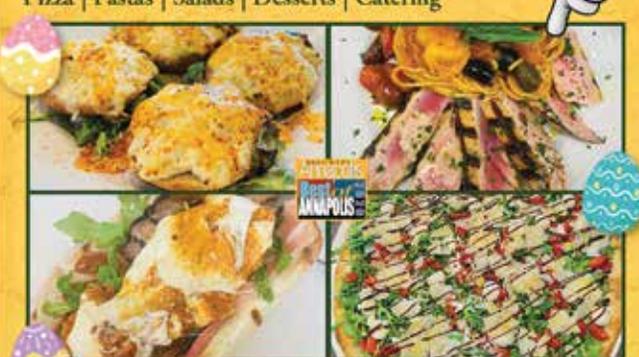
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A firm believer that companies should not merely imagine a better future, she has helped several organizations create the successes they want. In her career as a Human Capital leader, Aké has worked with some of the best-known companies in the world including Microsoft and Starbucks. Her deep, in-house experience in the technology, retail and consumer goods sectors enables her to help organizations and leadership teams pivot and meet opportunities for growth and relevance. Some of Aké's focus areas include identifying strategic value, organizational development, transformation and, propelling workforce and leadership teams to create their desired future.

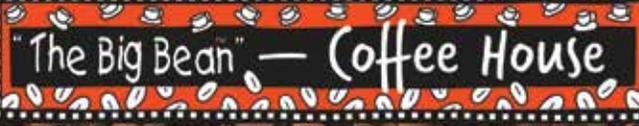
A Human Capital leader by trade, Aké is also the author of *Adversity Brings Balance*. In *Adversity Brings Balance*, Aké uses her personal and professional story to illuminate her path to empowerment so that others might find theirs. It's this kind of work that is core to Aké's business philosophy. For Aké, the empowerment of humans-not arbitrary business goals-is a core tenet of her approach, which is anchored on empowering individuals and thereby strengthening organizations.

Aké lives in the DC/Maryland/Virginia area and works with clients all over the world. She can be reached at inquiries@akesatia.com



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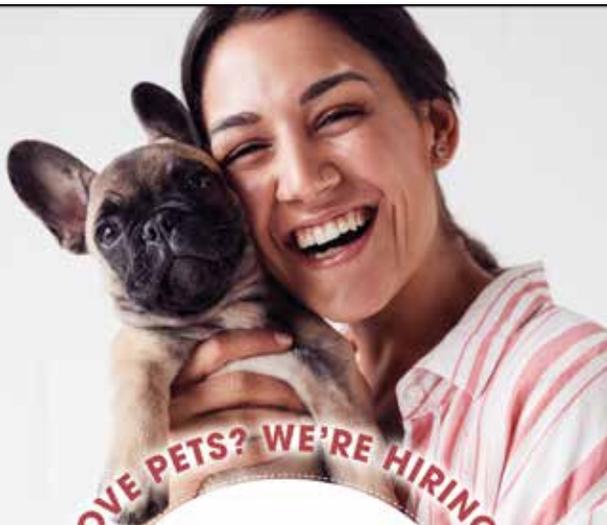


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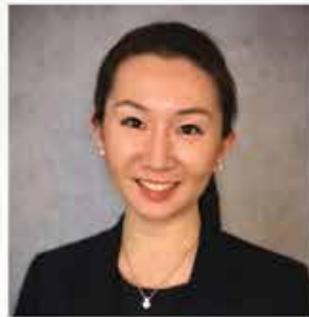
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