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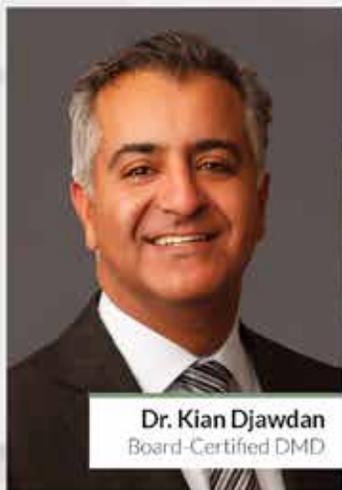
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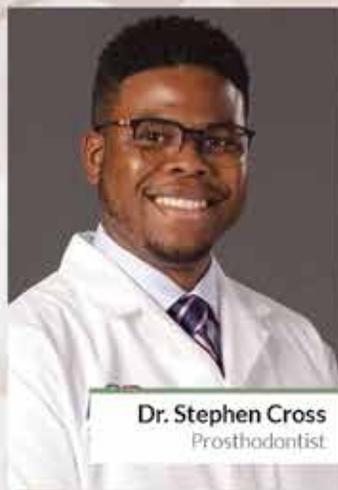
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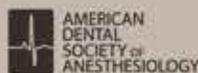
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What makes Catherine Hamel one of the area's top agents? Excellent communication & negotiating skills combined with her knowledge of the local market.

Passionate about real estate, Catherine listens to her client's needs and guides them through the real estate process to make the experience as seamless and stress-free as possible. As a Seniors Real Estate Specialist (SRES), Catherine loves helping clients successfully downsize and prepare their home for sale. Whether you're just starting out or making your final move, Catherine can help you!



## Karen Nye

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o 410 263 3400  
c 443 336 5354  
Karen.Nye@lnf.com

Karen Nye, a seasoned negotiator, has over 40 years experience serving buyers and sellers in the Annapolis, Baltimore and Eastern Shore areas of

Maryland. She has been consistently recognized as a top agent by Long & Foster Real Estate, Inc, and her peers, to provide full spectrum of real estate expertise to her clients in a timely, professional, and friendly manner. Her skills and experience in new home construction enable her to meet the challenges of building custom homes to remodeling an existing home.



## Jennifer Powers

REALTOR®

o 410 263 3400  
c 813 368 0923  
Jennifer.Powers@LNF.com

Jennifer has a passion for real estate and strives to give her clients the most seamless and professional experience. Jennifer is a graduate of the University of

Georgia and has enjoyed making Annapolis her home for the past 10 years with her husband and two children. With a background in design, Jennifer specializes in staging your home to appeal to today's buyer.



## 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".



## June Steinweg

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o 410 263 3400  
c 410 353 4157  
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June has been representing clients in the Anne Arundel County with steadfast dedication for the past two decades. Her

devotion to excellence allows her to exceed client's real estate expectations. Her aim is to provide clients with calm transition from one home to another. June's professional expertise combined with her instinctive ability to maintain dependable relationships provides a secure atmosphere for anyone looking to purchase or sell a home in the greater Annapolis area.



## Michelle Triolo

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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

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o 410 263 3400  
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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.

# December contents

**On the Cover:** Detail of the painting *Plumage* by Nancy Hammond. Design by August Schwartz. Contact *What's Up?* Annapolis online at [whatsupmag.com](http://whatsupmag.com) ♻️ Please recycle this magazine.

## Features

### 42 The Chesapeake Touch

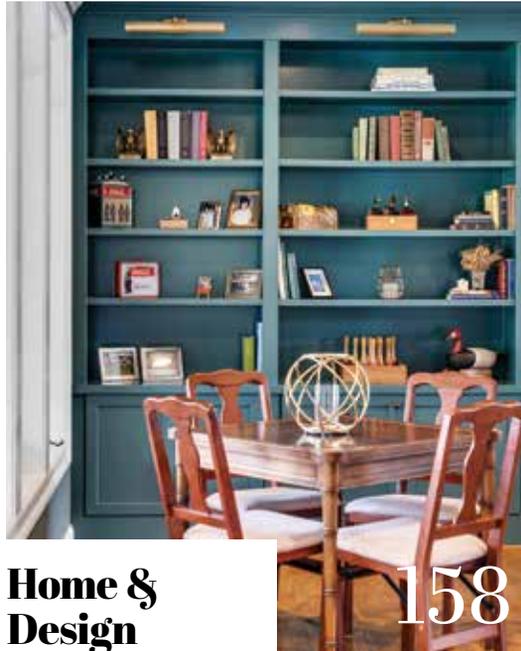
Profiles of four local artists who exemplify nautical and natural aesthetic of the Chesapeake Bay region *By Frederick Schultz*

**53 Faces of the Chesapeake** Meet exceptional, local leaders in a variety of industries in our annual, special advertorial section

**134 Weaving Creativity** Textile arts, from quilting to knitting and many forms between, are a cultural and community pursuit with ancient roots, and imbedded in the Mid-Atlantic region *By Diana Love*

**140 Holiday Gift Guide** Check off your seasonal shopping list with gift ideas from our special holiday guide

**146 River of History** The final installment of this year's "Our Scenic & Historic Rivers" article series reveals the importance of the Patapsco River to our nation's industrial revolution *By Ellen Moyer*



## Home & Design

158

**158 All in Good Time** Reviving a Federal-style farmhouse original in St. Michaels took vision and plenty of planning *By Lisa J. Gotto*

**164 Home Interior: The Beauty in Tech** Home products with gift-worthy appeal *By Lisa J. Gotto*

**167 Annapolis Classic** Step inside a Pre-War gem just footsteps from Spa Creek and Downtown *By Lisa J. Gotto*

**171 Downtown Proud** A circa-1900 townhome is embellished with historic charm and details *By Lisa J. Gotto*



146



42



179



184

## Dining

**183 Readers Review Contest** Your dining reviews can win you free dinners!

**184 Fusion Wine & Dine** Our dining review of Smashing Grapes in Annapolis *By Rita Calvert*

**188 Savor the Chesapeake** Restaurant news and culinary trends from the Chesapeake Bay region *By Megan Kotelchuck*

## Health & Beauty

*By Dylan Roche*

- 176 Fresh Take: Chestnuts**
- 178 The Five Factors of Fitness**
- 179 Why Our Skin Scars**
- 180 Meditation Breaks**

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What's Up? Annapolis is published by What's Up? Media  
201 Defense Highway, Suite 203, Annapolis, MD 21401  
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# December contents

COMING UP IN  
**JANUARY 2023**  
 Maryland General Assembly Preview  
 Private School Guide  
 Pet Photo Contests Winners  
 2023 Best of Annapolis Voting Begins!

## In Every Issue

**21 Out On the Towne**  
 Special celebrations and activities to enjoy this holiday season *By Megan Kotelchuck*

**28 Towne Social** Photographs of charity events and endeavors



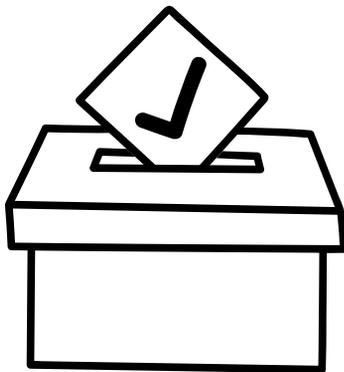
**32 Towne Salute** Meet John Schirrippa, founder of Unity Bands *By Tom Worgo*

**34 Towne Spotlight** Local business and community news *By James Houck*

**38 Towne Athlete** Meet Edward Bulmer of Key School *By Tom Worgo*

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

## e-contents



### Save the Date!

2023 Best Of Voting Begins January 1st. This is your reminder that the return of Best Of voting will go live New Year's Day and continue through the end of February. We know you can't wait to vote for your favorite restaurants, shops, and services, so put this on your calendar!



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# *Out on the* **TownE**

21 EVENT PICKS | 28 SOCIAL | 32 SALUTE | 34 SPOTLIGHT | 38 ATHLETE



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December 10th through 18th, the Ballet Theatre of Maryland will perform the age-old tradition of *The Nutcracker* at Maryland Hall. Adventure alongside Clara as she strives to rescue her beloved Nutcracker from the Rat Queen's evil spell. Clara travels through the whirling Kingdoms of Snow and Sweets to the place where the possibility of dreams, the magic of Christmas, and the wonder of the child merge to reveal her destiny. Show-times and tickets at [balletmaryland.org](http://balletmaryland.org).



## Lights on the Bay

The SPCA of Anne Arundel County is hosting Lights on the Bay at Sandy Point State Park the entire month of December. Unleash your excitement for the holidays and support the SPCA. The 26th annual light show opened on November 20th and closes January 1st and features a two-mile scenic drive along the Chesapeake Bay with approximately 70 animated and stationary displays illuminating the roadway. Find more information at [lightsonthebay.org](http://lightsonthebay.org).



## ↑ MIDNIGHT MADNESS

Christmas time is here in Annapolis and for holiday shoppers, that means Midnight Madness. The first two Thursdays of December (December 1st and 8th) shops will stay open until midnight and the third Thursday of December (December 15th) the shops will remain open until 11 p.m. This Historic Downtown Annapolis tradition allows residents and visitors to stroll along Main Street, West Street, Maryland Avenue, State Circle, Market Space, and Dock Street to support local businesses. Enjoy the Downtown Winter Wonderland and find more information at [downtownannapolispartnership.org](http://downtownannapolispartnership.org).

## Annapolis Chocolate Festival

Another holiday tradition is back in Annapolis, the Annapolis Chocolate Binge Festival! The festival will fill West Street and Calvert Street Downtown on December 3rd. The day will be full of chocolate making, chocolate history, and plenty of chocolate eating. For the kids, there will also be a gigantic gingerbread house to play in. For this event, Santa encourages attendees to donate hats, new toys, and coats for the We Care & Friends Holiday Party for needy children in the area. Find more information at [annapolischocolatefestival.com](http://annapolischocolatefestival.com).



## ↑ Eastport Yacht Club's Lights Parade

Eastport Yacht Club's Lights Parade is back for their 40th Anniversary on December 10th from 6 to 8 p.m. This is a beloved Annapolis tradition that is held on the second Saturday in December every year. Watch the magic come to the water of the Annapolis Harbor when the boats suddenly appear out of the cold winter night, illuminated with thousands of colored lights and crewed by jolly revelers. Find more information at [eastportyc.org](http://eastportyc.org).

## GOLDEN GALA

You are invited to Annapolis Opera's Golden Gala on December 2nd at 7 p.m. at Maryland Hall. This unforgettable, one-night celebration will honor the last five decades of opera in Annapolis and allow us to look forward to the next 50 years. There will be a VIP entry at 6:30 p.m. and all tickets can be found online at [annapolisopera.org](http://annapolisopera.org).

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## BCA Elite Charity Gala ↓

BCA Elite, a lacrosse club in Edgewater, is hosting BCA Elite Club Scholarship & Charity Gala on December 3rd from 6 to 10 p.m. at the Vetter Residence at Pemberton Farm. This formal event will allow you to dance the night away with a Nashville-based live band, enjoy an open bar, heavy hors d'oeuvres, and a silent auction, all to raise money for two great causes: club scholarships to local players and to support the Ella Strong Foundation. Find more information at [bcaelite.com](http://bcaelite.com).

## ICE! AT GAYLORD NATIONAL

The signature winter experience is back at the Gaylord National hotel at National Harbor. Sport the signature blue parka and step into a wonderland carved by expert artisans out of two million pounds of colorful ice. This year, the experience will be themed around a festive classic, A Christmas Story. Ice! At Gaylord National is open now through December 31st. Get tickets online today at [christmasatgaylordnational.marriott.com](http://christmasatgaylordnational.marriott.com).



## Jingle Bell Run

Help keep the tradition going strong by jingling with your family and friends at the Arthritis Foundation's Jingle Bell Run, held at the Inner Harbor of Baltimore on December 10th starting at 8 a.m. Wear your favorite holiday costume and spread good cheer for a great cause, raising awareness and funds to support arthritis research. Find more information at [events.arthritis.org](http://events.arthritis.org).



## ↑ SONGS OF HOPE

Life of Joy Foundation's signature event, Songs of Hope, is on December 3rd at The Church at Severn Run. This event supports all those affected by suicide, depression, and other mental health challenges. This concert program will begin at 7 p.m. and will include music by Life of Joy Band, survivor testimonials, information booths, prayer support teams, and more. Proceeds from the event will support Life of Joy Foundation's community programs for 2023. Find more information at [lifeofjoyfoundation.org](http://lifeofjoyfoundation.org).

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Jon Nakamatsu

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Sayaka Shoji

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James Ehnes

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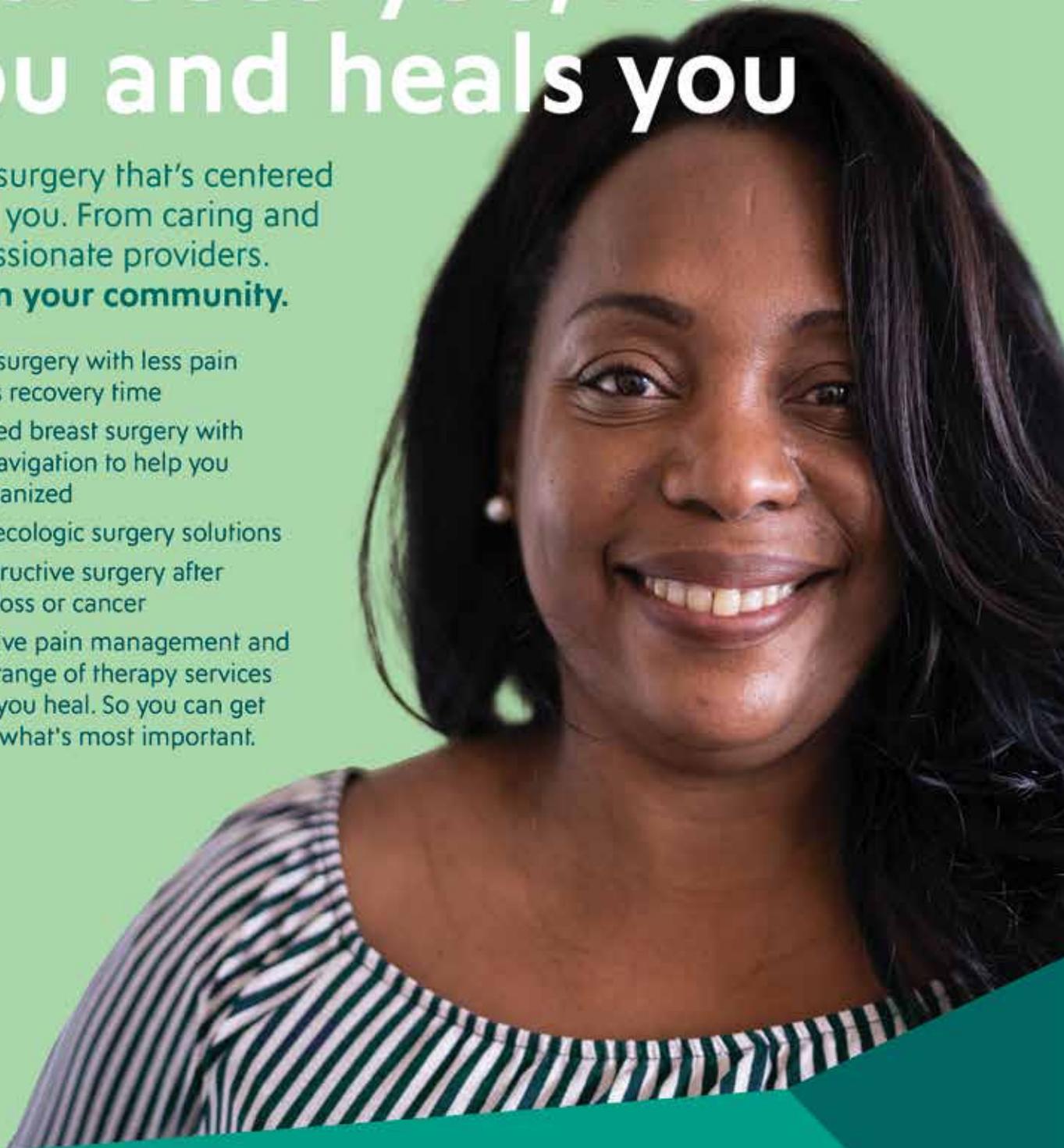


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TOWNE SOCIAL

## Out of the Darkness Community Walk

On September 17th, thousands of supporters for the American Foundation for Suicide Prevention arrived at Navy-Marine Corps Memorial Stadium for the annual Annapolis Out of the Darkness Community Walk. The event “is a journey of remembrance, hope, and support,” states the foundation’s website. “It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.” The day featured an opening ceremony, 2-mile walk, and raised more than \$242,000 for the foundation. Learn more at [afsp.org](http://afsp.org).

Photography by Stephen Buchanan.

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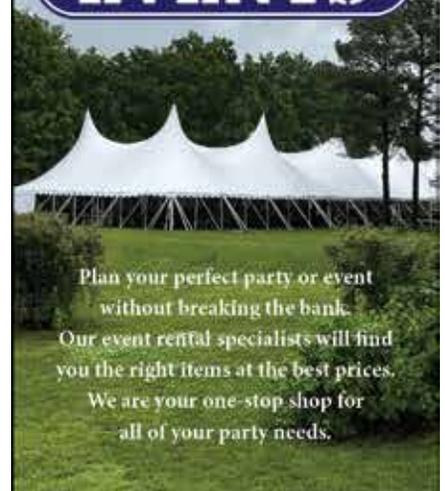
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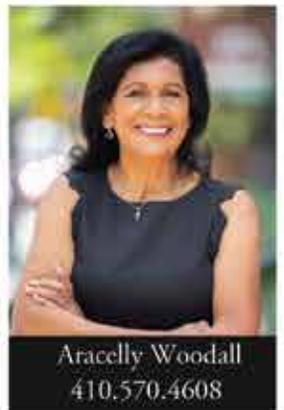
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TOWNE SALUTE

# John Schirrippa

## Unity Bands

By Tom Worgo

It was November of 2020 and the early morning hours of John Schirrippa’s daughter’s second birthday...and the pandemic was roaring. Schirrippa kept wracking his brain about finding some way he could help support the sick as well as the front-line hospital workers, whom he calls heroes.

“I found myself thinking two things,” he recalls. “One was, there has to be a symbol to draw people together during the pandemic. The second thing was that it could be more than a symbol. Maybe it could be something tangible that we can sell, and proceeds can go to frontline workers.”

He couldn’t fall to sleep that night. And from there it was, in his words, “Full steam ahead on figuring out how we could make this a legitimate thing.”

So, the 40-year-old Schirrippa, an Arnold resident, launched a nonprofit foundation called Unity Bands two years ago. Since then, it has raised about \$15,000 selling a customized, white, silicone wristband with the foundation’s Unity logo printed on it, which is the infinity symbol. It sells for three dollars and the organization has sold 3,000 of them with additional proceeds coming from individual donations and fundraisers. T-shirts, tote bags, and other merchandise featuring the logo are also available on the nonprofit’s website. The funds raised have gone to Covid-19 frontline workers, response, and research.

“It is about how we can show our gratitude,” he explains, “and how we can support these heroes, whether it’s through financial support, or just showing them that the community cares.”

The first donations went to the University of Maryland Medical Center and its Covid-19 fund. He and his foundation wanted to support the doctors, nurses, and other workers among other things. Irene Amoros, Executive Director of Annual Giving at the

University of Maryland School of Medicine, admires Schirrippa’s efforts. The school received funds for medical equipment like freezers that hold virus samples.

“In the middle of everybody going every which way during the pandemic, he brought it down to a very basic level, which is ‘we need to help people,’” she says. “And he did. He brought together a team of equally passionate and generous people to help in those efforts. It was inspiring.”

Among those people Amoros is referring to are Unity Bands’ Vice President Karan Wadhawan, Secretary Steven Shen, and Treasurer Dave Rattiner.

Donations to the Greater Baltimore Medical Center, in Glen Burnie, also meant a lot to the Unity Band’s officials. That’s where they’ve given the most money over the past two years, according to Schirrippa. It paid for Covid-19 testing kits and educational materials for patients. The GBMC Foundation allowed Schirrippa and his volunteers to sell Unity Bands at the foundation’s biggest annual fundraisers: a crab feast and a golf tournament.

“We’re thrilled to have partnered with them to help their frontline workers,” Schirrippa says. “We donated to their Covid-19 fund. It goes toward es-

establishing a resilience center for their frontline workers, so they have a place to unwind from their long shifts. Things get very stressful. We also got them catered meals, N-95 masks, Covid-19 testing kits for at-risk patients, and education materials.”

Doris Williams, a realtor with Long and Foster in Annapolis is a big booster of Schirrippa and his nonprofit. Williams bought 1,000 Unity Bands and a section of tickets to a home game in June of last year to the Bowie Baysox, a double-AA affiliate of the Baltimore Orioles. Doctors, nurses, and policemen attended the game. “All of a sudden, 1,000 people were there wearing our wristbands,” Schirrippa says. “It was unbelievable.”

Williams says the experience was memorable. “We had a section of heroes,” Williams recalls. “They didn’t get a lot of time off with Covid. A lot of people with Covid didn’t understand how much our local heroes had to pull together to help the community.”

Schirrippa shared these concerns and is thrilled that he and Unity Bands have made a difference.

Learn more about Unity Bands at [unitybands.org](http://unitybands.org).

Do you have a volunteer to nominate? Send What's Up? an email to [editor@whatsupmag.com](mailto:editor@whatsupmag.com).



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\*Individual results may vary. Offer good through December 31, 2022.



## ↑ Harvest Thyme Celebrates Five Years!

Davidsonville chef/owner Rik Squillari and the devoted staff of Harvest Thyme recently celebrated the restaurant's 5th anniversary with a community fundraising dinner event, "Thyme Flies at Harvest Thyme." The celebration featured a ribbon cutting, live music, anniversary merch, and a specially-priced menu, including five entrees priced at \$20.17 to commemorate the restaurant's inaugural year. Local dignitaries, including Anne Arundel County Executive Stuart Pittman, attended the evening. All proceeds from the event were donated to The Davidsonville Athletic Association, a local champion for youth sports in our area. Learn more about Harvest Thyme at [harvestthymetavern.com](http://harvestthymetavern.com). *Photography courtesy Harvest Thyme/For Brandkind.*



## Bello Machre To Build Fully Accessible Home

Bello Machre recently began construction on its newest wheelchair accessible home in the community. When complete (expected this Fall), the home on Wright Road in Hanover, Maryland, will welcome four women in need of around-the-clock loving care. Funding of this home is, in part, due to The Phillips Charitable Foundation. Bello Machre was awarded a grant of \$116,500 from The Foundation as down payment for the home. The home will be named in honor of Howard Phillips, Jr., the namesake of the Foundation. Bello Machre President & CEO Dr. Robert Ireland says, "Our excitement is growing, and the four women who will be moving into The Phillips Home are thrilled. The generosity of the Phillips Charitable Foundation will have a profound impact on the lives of these women for years to come." Learn more at [bello-machre.org](http://bello-machre.org). *Photography courtesy Bello Machre.*



### ANNAPOLIS OPERA'S NEW DIRECTOR OF DEVELOPMENT

The Annapolis Opera Company announced that Jane Weaver, of Weaver & Weaver, is its new Director of Development. "We are pleased to have the addition of this opera and nonprofit professional to the AOC team as we move forward celebrating our 50th Anniversary and into the years beyond," says General Director Kathy Swekel. Weaver brings a wealth of experience, ideas, and energy from all areas of opera and nonprofit management, particularly fundraising. Her work with Houston Grand Opera, Texas Opera Theater in Houston, Community School of the Arts, and Operation Homefront in Charlotte included successes in annual gifts, corporate partnerships, events, and galas. "I moved to Annapolis because I loved the city, its size, intimacy, and active community; and to add to that the opportunity to continue my work and love of opera, will make my stay here especially rewarding," Weaver says. Learn more at [annapolisopera.org](http://annapolisopera.org).



## ↑ NEW OWNERS OF ANNAPOLIS MARINE ART GALLERY

Annapolis Marine Art Gallery is now under new ownership. Owners Samantha and Kate Wilkerson are committed to keeping the maritime spirit that has been the foundation of the gallery for the past 44 years. Samantha and Kate are a mother-daughter duo from Crofton, Maryland, and are looking forward to continuing the AMAG legacy. Located at 110 Dock Street, the Annapolis Marine Art Gallery features original art from well-known artists including John Barber, Willard Bond, Tim Thompson, Paul Landry, and Joyful Enriquez. After a brief hiatus to remodel and reorganize, the gallery reopened this past July. Learn more at [annapolismarineart.com](http://annapolismarineart.com).

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# City Awards Local Conservationists

The Annapolis City Council recently honored the work of Blacks of the Chesapeake President & Founder Vince Leggett (pictured left) and Chesapeake Conservancy President Joel Dunn (right) for their collaboration to conserve the Elktonia/Carr's Beach property and other conservation endeavors throughout the Chesapeake Bay watershed. The two were awarded citations by the City at a ceremony earlier this fall. The City of Annapolis, Blacks of the Chesapeake, Chesapeake Conservancy, and the State of Maryland entered into an agreement with The Conservation Fund to acquire the property through a patchwork of funding including federal, state, and city Program Open Space funds. With this acquisition and its planned uses, everyone will be able to access Elktonia Beach's natural resources and learn more about Black history on the Chesapeake. Elktonia Beach, a five-acre waterfront parcel on Chesapeake Bay, is the last remnant of the original 180-acre property purchased by Fred Carr in 1902. Carr's and Sparrow's Beaches were privately-owned and operated by Fred Carr's daughters, Elizabeth Carr Smith and Florence Carr Sparrow's. The "Beaches" (1930s-1970s), as they were called, represented the heart of entertainment throughout the mid-Atlantic region and welcomed Blacks during a time of segregation. Learn more at [blacksofthechesapeake.wildapricot.org](http://blacksofthechesapeake.wildapricot.org) or [chesapeakeconservancy.org](http://chesapeakeconservancy.org). *Photograph courtesy Chesapeake Conservancy.*



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**TOWNE** ATHLETE

# Edward Bulmer

Key School  
Soccer, Lacrosse

By Tom Worgo

**E**dward Bulmer was deeply disappointed he couldn't play soccer for his club team, Maryland United, or the varsity team at Key School during the worse times of the pandemic. Yet he found a unique way to improve his skills—YouTube.



**HE IS FANTASTIC AT MAKING QUICK DECISIONS. HE REALLY PAYS ATTENTION TO THE DETAILS AND THAT MAKES HIM AN OVERALL REALLY GOOD PLAYER. WE ARE ALWAYS EXPECTING BIG THINGS FROM HIM."**

Bulmer, now a senior, watched games and highlights of his favorite two players, Kevin De Bruyne of Manchester City and Jadon Sancho of Manchester United, every day. Bulmer paid particular attention to De Bruyne's passing ability and Sancho's dribbling skills.

"I would watch particular things and then go out in my yard two or three times a day to recreate the skills and passes I saw," Bulmer recalls. "Before Covid, I was a pretty average player. During the pandemic, I really focused on my development. It really improved my game."

He quickly developed into a college prospect. The Davidsonville resident says playing for Maryland United the last two years has also contributed to his growth as a player. With much-improved skills, the 6-foot, 150-pound Bulmer considers himself the quarterback of the Key varsity soccer team. "I initiate most of the moves and create the chances," Bulmer says.

Bulmer elevated his game to the point that colleges started pursuing

him, including Division I Bucknell University and The College of Holy Cross, along with Division III Colby College and St. Mary's College of Maryland. Bulmer, also a four-year starter on the Key lacrosse team, visited Holy Cross and Colby this summer and hopes to attract the attention of more colleges when he plays in some showcase tournaments for Maryland United.

The Virginia Elite Clubs National League (ECNL) Showcase in Richmond and the Disney Orlando Showcase in could get him noticed more. "He is one of our better players and he will definitely play in college," says United Maryland Coach Bob Thomas, who served as a Navy assistant men's coach for two years. "We are trying to push him to the Division I level. He could play at one of those two schools (Holy Cross, Bucknell)." Thomas says the ECNL is the country's top club soccer league.

The 17-year-old Bulmer says he will likely commit to a college in late-winter or early-spring. He carries a 3.45 grade-point av-

erage and is looking forward to a career in the public health field. “I have talked to Colby College a lot,” he explains. “I want to go to a school where I feel at home, but also has very strong academic and athletic programs.”

Skill-wise, Bulmer possesses excellent quickness, a high soccer IQ, outstanding passing skills, and is a tenacious defender. “He is fantastic at making quick decisions,” Thomas says. “He really pays attention to the details and that makes him an overall really good player. We are always expecting big things from him.”

Bulmer produces at a high level for Key, too. He led Key in assists last year with 18 and earned Maryland Interscholastic Athletic Association honors. Bulmer got off to a great start this year with two goals and eight assists in the team’s first five games.

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

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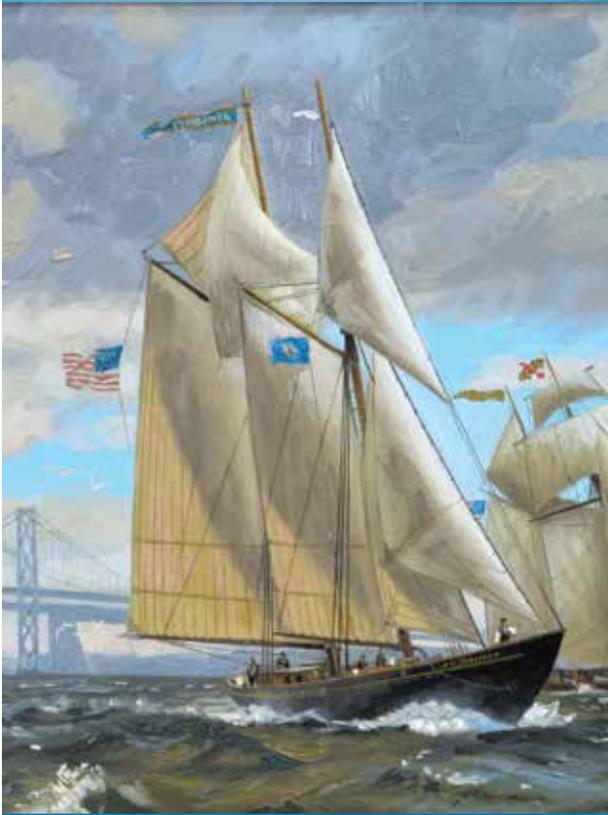
000  
MARYLAND HALL

# THE CHESAPEAKE TOUCH

WHERE ARTISTS FOCUS ON THE NAUTICAL AND THE NATURAL

BY FREDERICK SCHULTZ

This region's eye appeal has not been lost on fine artists who have struck gold in the historic districts that dot the shores of the Chesapeake Bay, focusing, in detail, on those who have navigated the depths and backwaters of the estuary, in both peace and war. Following is a select sampling of four such artists who've captured the visual essence of the bay and its inhabitants, everything from waterfowl that strut their natural stuff in search of sustenance to intrepid sailors who harness the bay's unpredictable breezes and currents for propulsion. Each also offers a study in vintage vessels that illustrated the evolution of nautical progress.



*The Great Chesapeake Bay Schooner Race* by Patrick O'Brien. Image courtesy Patrick O'Brien.



Patrick O'Brien details a painting.

# PATRICK O'BRIEN

If ever Tom Freeman had a fellow intensive stickler for historical accuracy, it's Patrick O'Brien from Baltimore. No, not *that* Patrick O'Brien—the well-known British novelist who not only spelled his penname differently, but was actually born Richard Patrick Russ. This Patrick is an avid student of "The Great Chesapeake Bay Schooner Race," an annual event established in 1990. In October each year, schooners from across the country gather to race down the bay, from the bridge to Hampton Roads in Virginia. The painting here depicts the *Virginia*, a reproduction pilot schooner based in Norfolk, and the *Pride of Baltimore*, a reproduction of a 19th century "Baltimore clipper" based in Baltimore.

A favorite historic event for O'Brien is The Battle of the Chesapeake Bay, one of the turning points in American history. "I began by doing exhaustive research to ensure that the painting would be as accurate as possible. I consulted charts and accounts of the action, the journals of admirals from both fleets, and manuals of building, rigging, and handling of 18<sup>th</sup>-century sailing ships. I also studied the Naval Academy Museum's dockyard models, which had been built at the same time and in the same shipyards as the actual ships."

Art and painting were always his hobbies, but it didn't occur to him make a career out of it. "I got a degree in biology, thinking perhaps I might go to medical school. It was only after graduating that I realized I should be an artist. So, I spent a couple of years in art school and then began freelancing as an illustrator."

O'Brien wrote and illustrated 11 children's books, one of them titled *The Great Ships*, about famous ships of history. "I took the original watercolor illustrations from this book to the Annapolis Marine Art Gallery, and they agreed to take them on. They sold a few of the watercolors, and then I started doing paintings just for the gallery. That's how my marine art career began." O'Brien is now an adjunct professor in the Illustration department at the Maryland Institute College of Art in Baltimore, "teaching one class per semester since 2011."

O'Brien also is firmly established in the stable of fine maritime artists published in *Naval History* magazine. According to Eric Mills, its editor-in-chief, "O'Brien's work has a finely detailed, at times downright photorealistic quality, plus vivid color, lighting, exciting movement, all those good things. The sum-total effect manages to wed vivid realism with a sort of mythic grandeur that can really breathe life into a historical narrative."

# JOHN BARBER

As Virginia resident John Barber tells us, his mother saw his artistic potential early in life. "She recalled a drawing I did of a whale, spouting water near a tropical island," all without having ever seen the ocean himself. Barber thought of ingrained images "that somewhere struck a note within me...At age seven, while visiting Cape Hatteras with family, I came upon a rather smallish man wearing a blue beret, standing under an umbrella as he painted the Hatteras Lighthouse and the Atlantic beyond." Barber remembers being "transfixed by the magic I was witnessing, I still recall the intoxicating aromas of oil paint, turpentine, and salty sea air."

Having been so inspired by that trip to the Outer Banks and concluding that his love of the sea and all things maritime was innate, Barber credits his high school guidance counsellor and art teacher, Ms. Walton, with prodding him to apply to the Virginia Museum of Fine Arts for a fellowship. "She strongly suggested that I attend Virginia Commonwealth University (known at the time as the Richmond Professional Institute [RPI]). Ms. Walton insisted that I not study fine art and first try commercial art. She actually said that "no one can earn a livelihood painting pictures." I worked in the commercial art field for ten years, all along painting maritime scenes with financial success," Barber recalls.

Then came a serendipitous meeting with retired U.S. Navy Captain James Wise, himself an accomplished author (with Anne Collier Rehill) of a series of books about movie stars who served in the U.S. military services, beginning with *Navy and Coast Guard veterans in Stars in Blue: Movie Actors in America's Sea Services* (Annapolis, MD: Naval Institute Press, 1997). Following his experiences in commercial art, Barber remembers Wise asking him whether he could see his work. "After telling him of my desire to paint full time," Barber recalls, "I showed him my work. Almost instantly, Jim decided to form a small company, composed of a financial partner, himself, and me. It would be called Commodore Galleries, and we issued four of my paintings as limited-edition prints, and then another four, then four more. Soon, I was a fully-employed artist. I paid my respects to Jim during his interment at Arlington National Cemetery, and I miss him dearly."



Artist John Barber with Walter Cronkite in 1999.



*F.D. Crockett* by John Barber. Image courtesy John Barber.

We asked Barber where he gets his inspiration. “It comes primarily from being out, on, and around the water. When I was at VCU, I went to a house party on Gwynns Island, Mathews County, arriving after dark. This was my first encounter with the Chesapeake Bay. Having been drawn to the shoreline of this little cottage, I walked out onto the pier as the moon rose. What a beautiful sight it was, as I saw boats and ships moving about under that full moon. It was later that I recalled that night and decided to focus my work not on maritime subjects in general, but the bay specifically.”

Barber does meticulous research, and lots of it. We asked just how much preparation is required after he chooses the subject of his next project, and how many of these on average are simultaneously works in progress. “I normally work on one painting at a time,” he tells us. “When I was creating paintings for limited-edition prints, I would choose

a subject of more widespread interest, since we printed about 950 in an edition. If I set out to make a skipjack painting, I would call one of the captains on Tilghman Island, such as Ed Farley, and ask if I could go out for a couple of days on board his own skipjack, the *Stanley Norman*. We would leave the harbor long before dawn and head out to the oyster bars. At daybreak, sails would be set, and a long day of dredging oysters would begin. If artists want to create legitimate work, they must understand the mechanics of what they are painting as well as the aesthetics. Photos and sketches would be made, too. But more important, I absorbed the ‘essence’ of the experience that would later be laid down in oil paint.”

Today, Barber lives in Richmond, is married with two grown sons and daughters-in-law, along with two grandchildren. He spends what he calls his “river time” in Deltaville, Virginia.

# TOM VV. FREEMAN

If you ever attended an indoor Navy sports or other public event held at the U.S. Naval Academy's Alumni Hall, you cannot help but to have seen Tom Freeman's work. Three large murals at the main entrance, commissioned by the Class of 1961, are Freeman's renderings of the Vietnam War era: *The Marines at the Hué Citadel*, *Dawn on Yankee Station*, and *Rescue by USS Barb*.

A native of Pontiac, Michigan, Freeman set up shop in his basement and garage and raised his children with wife Ann in suburban Bel Air, Maryland. At the end of the driveway stood a replica blue flag, quoting in white capital letters U.S. Navy Commander James Lawrence in the Battle of Lake Erie during the War of 1812. "Don't Give Up the Ship," Lawrence is quoted as ordering while in command of the USS *Chesapeake*. Freeman, known worldwide to serious naval historians and art aficionados alike, followed Commander Lawrence's orders during several bouts with cancer until he succumbed to its effects at the top of his profession in 2015.

The consummate watercolorist when Freeman embarked on his art career, C. G. Evers, advised the budding artist that he was "free to copy or duplicate my style; your own style will emerge from that." Freeman followed his mentor's advice to the letter, succeeding, according to prominent naval historians, who have pointed out a common thread in both Evers' and Freeman's artwork: the ability of both artists to depict water "so that it really looks wet."

Freeman's work appeared on the covers of *Boating*, *Business Week*, *Popular Mechanics*, *Reader's Digest*, *TV Guide*, and the U.S. Naval Institute's *Proceedings* and *Naval History*, as well as book covers for Bantam, Berkley, Dell, Jove, the Naval Institute Press, and Putnam.

As he enjoyed being at or near the top of his chosen profession, the phone rang on Thanksgiving Day, 1986 at the Freeman home. Ann answered, and came to Tom with news that the call was from U.S. Navy Captain Ron Jackson, on the line from the White House. Tom promptly hung up the phone on him. Jackson "called back and asked if I realized what I had just done, then asked whether I had any art prints to hang in the White House mess. I told him I'd do one better and send some



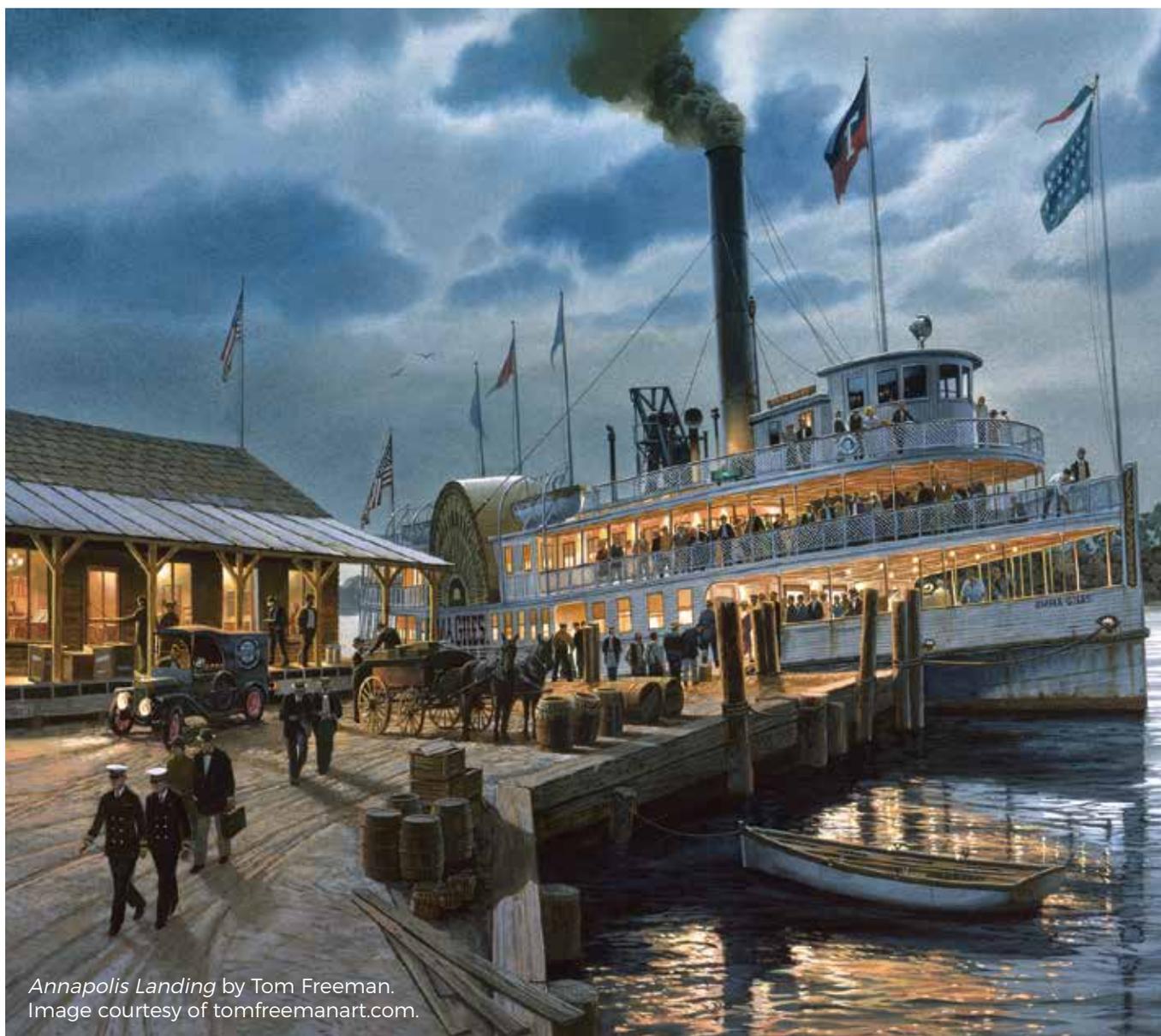
Artist Tom Freeman meets Pope John Paul II.

original art.” Thus began a long relationship with the White House Historical Association, including use of his *Mr. Lincoln’s White House* for its holiday greeting cards. Freeman also presented President George H. W. Bush with an original painting of the new aircraft carrier that had been named after him. Freeman later presented his rendition of George W. Bush’s controversial “Mission Accomplished” May 2003 aircraft carrier landing, essentially proclaiming the end of the Iraq War. The question of its precise purpose is still debated.

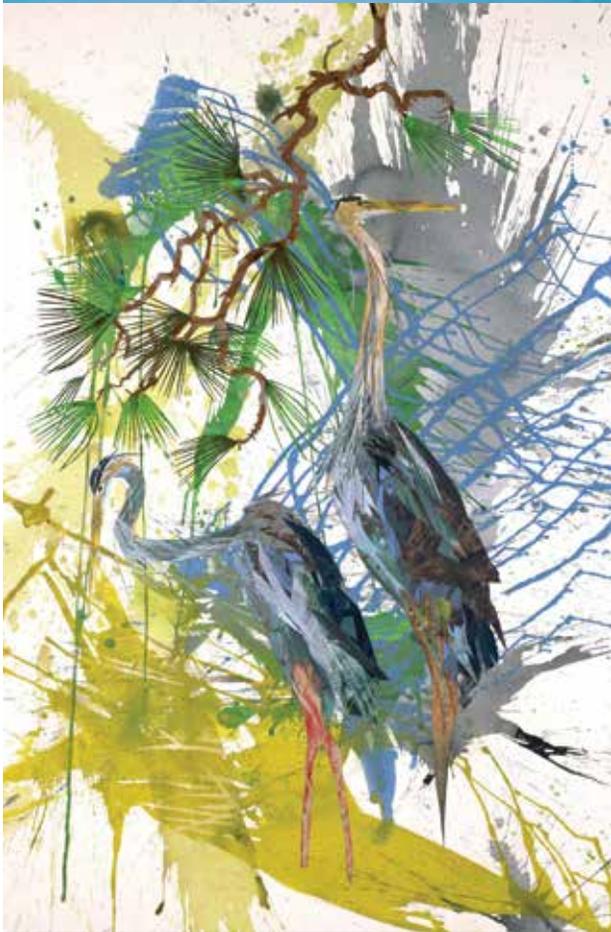
A year earlier, at the behest of the Archdiocese of Baltimore, Freeman had presented an original work to Pope John Paul II, depicting Pope Pius

IX visiting the *USS Constitution* at Gaeta, Italy, on August 1, 1849, in commemoration of the first time a sitting pope had set foot on American “soil,” which the ship represented. The artwork remains on display at the Vatican.

In commemoration of the 50<sup>th</sup> anniversary of the conversion of the transport ship *USS President Warfield* (having been renamed the *Exodus 1947*), Freeman presented his rendering of the rescue of Jewish survivors of the Holocaust—deemed “a symbol of the birth of Israel”—to the Clandestine Immigration and Naval Museum in Haifa. Yet another of Freeman’s paintings, *Guest of the King*, has hung in the palace of the king of Bahrain since 2012.



*Annapolis Landing* by Tom Freeman.  
Image courtesy of tomfreemanart.com.



*Plumage* by Nancy Hammond.  
Image courtesy Nancy Hammond.



Nancy Hammond  
at her home studio.

# NANCY HAMMOND

Relatively few artists are known worldwide for their respective singular styles. But one popular local creative stalwart certainly fits into that category. Any enthusiasts will tell you that they can recognize a Nancy Hammond creation from across the room; even her signature itself has risen to that level.

As Hammond annually sells out of her trademark “Chesapeake” posters, she ruminates over what makes her work so recognizable. “Years ago,” she reveals, “I came up with this odd combination of materials to create my artwork—painted cut paper, crayon, and acrylic paint.” One reason, she told us, is that “I like to leave evidence that an artist was there: splashes of paint thrown, freely-formed crayon marks, energized backgrounds.”

A native of the Finger Lakes region in New York state, she spent her formative years on an island in the St. Lawrence River near the Canadian border. “It was a rickety old place with no electricity, a wood-burning stove, and drinking water brought in from the mainland,” Hammond recalls, adding what’s so special to her about the Chesapeake region.

“In the midst of a populated area of nine million people, the bay provides relief and grandeur in our everyday lives. Out in this blue-green world, we’re filled with fascinating wildlife. We come back to our senses.” Consistently dividing her summertimes between Eastport in Annapolis and St. Michael’s on Maryland’s Eastern Shore, Hammond stresses that “I have always sought to live near water. And there was the Chesapeake, a giant body of water and way of life too big to ignore, a panorama of endless scenes.”

Hammond still looks at her work as “an artful journey” and gets a “visceral thrill” at seeing the appreciation of her constantly evolving legion of fans. She emphasizes that a bond is always established somewhere along the journey with the people of this region and her art. “My annual posters of Chesapeake are much anticipated, and I still get a little jittery wondering what the reaction will be to the new one. When I think people used to spend all night on the sidewalk to have one, I imagine how happy they are to order them online now.”



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Some say that technology runs through Jason's veins. Jason Lee founded Jason's Computer Services in 1999 when he saw a particular need for specialized technology services on the Eastern Shore. A childhood Leukemia Survivor first diagnosed late 1984, he was sick for most of his childhood life, in and out of hospitals for almost 3 years. Jason eventually ended up at Children's Hospital in Milwaukee, Wisconsin, where his life would change forever with the ultimate gift of life.

With a less-than-1% chance to live from AML Leukemia, Jason needed an unrelated bone marrow transplant and, luckily, a female donor was found. The operation was a success and completed in late-1987. Jason has been cancer free for 33 years and is the longest living recipient of an unrelated bone marrow transplant with a still-living donor.

For the past 23 years, he has led his area in IT leadership and excellence. Ever since Jason was a young age, he loved anything technology, including computers, video games, cell phones, and networking. Jason is incredibly involved in his local community, its children's futures & local events.

# FACES OF THE CHESAPEAKE

What's Up? Media would like to creatively introduce you to exceptional locals throughout the Chesapeake Bay region who are considered experts in their vocations and industries. Within the following pages, you'll meet, face-to-face so to speak, individuals and companies who take pride in offering our readers professional, personal, and courteous service. You'll learn their stories, their callings, and about their businesses. Introducing the Faces of the Chesapeake!

## WHAT'S UP? MEDIA

### IN ORDER OF APPEARANCE

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David Orso—Berkshire Hathaway Home Services PenFed Realty  
The DD McCracken Home Team—Coldwell Banker Realty  
Brad Kappel—TTR Sotheby's International Realty  
Christina Janosik Palmer Group of Keller Williams Flagship of Maryland  
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## Senior Vice President TTR Sotheby's International Realty

Brad Kappel is the #1 Waterfront Agent in Maryland with over \$190 million in waterfront property sales in 2022 including the highest sale ever in Anne Arundel County at \$12 million. Brad's extensive knowledge of luxury homes and waterfront properties in the Annapolis area is second to none. Brad has been serving residents of Anne Arundel County and the Eastern Shore for fifteen years in real estate, home construction, and renovation. Brad's unique experience allows him to offer authentic insight into each property's current condition, value and potential.

Brad is grateful for the clients, colleagues, friends, and family who supported his success throughout his career and contributed to his record-breaking sales in 2022. Brad adheres to the philosophy that "clients deserve nothing short of excellence." From the initial meeting, to navigating important decisions and the final settlement transaction, Brad works diligently to ensure 100% customer satisfaction.

As a third-generation Annapolitan raised on the waters of the Chesapeake Bay, Brad understands the subtle nuances and practical considerations of waterfront living. Brad not only sells the waterfront lifestyle, he lives it! Brad is a proud member of the Eastport Yacht Club and is passionate about spending time with his family, paddle boarding, fishing, boating and preserving the rivers.

For buyers and sellers alike, Brad combines unparalleled local knowledge with the global power of the iconic Sotheby's brand. Visit [BradKappel.com](http://BradKappel.com) and tour his Luxury Property Portfolio.

You Deserve the Best ~ Make *Your* Move with Brad.

m: 1 410 279 9476 o: 1 410 280 5600  
[brad.kappel@sothebysrealty.com](mailto:brad.kappel@sothebysrealty.com)  
[bradkappel.com](http://bradkappel.com)  
Annapolis Brokerage  
209 Main Street  
Annapolis, MD





**THE FACE OF EXTRAORDINARY  
REAL ESTATE**



# CHRISTINA JANOSIK PALMER GROUP

## of Keller Williams Flagship of Maryland

Serving Anne Arundel County and surrounding areas.

Hello there...I am Christina Janosik Palmer, a career Realtor and Associate Broker, with 30 years of real estate expertise specializing unparalleled marketing and unprecedented customer service.

In 2016, I decided to expand to a team. We are now a strong group of ten team members at the Christina Janosik Palmer Group of Keller Williams Flagship of Maryland. We are ready to serve you with over 100 years of combined real estate experience. Our clients are more than just clients, they become friends and family that stay friends and family long after the transaction is completed.

If you need to list or buy a home, experience how easy we make it for you with our knowledgeable guidance and unprecedented service.

We are proud to serve our Community and we are here for you.

Christina Palmer, Associate Broker  
Team Leader, The Christina Janosik Palmer Group  
Graduate, Realtor Institute  
Keller Williams Flagship of Maryland  
231 Najoles Rd. Suite 100 | Millersville, MD 21108  
Cell - 443-938-3379 | Office 410-729-7700  
cjpalm@kw.com





## THE FACES OF EXTERIOR CRAFTSMANSHIP



# THE FICHTNER SERVICES TEAM

**Tom & Christine Fichtner**

Fichtner Services Central, Inc. | 1872 Betson Ave | Odenton, MD 21113 | 410-519-1900  
[www.fichtnerservices.com](http://www.fichtnerservices.com)



These are the Faces of Exterior Craftsmanship. They are the Faces of our installation team. They are also the Faces of hard-work, knowledge, skill, honesty, commitment, pride and integrity. It has been no accident that Fichtner Home Exteriors has been voted by the community for Best Roofing, Siding, Windows and Doors for many years. It is the commitment of these employees that has enabled us to continue to deliver the top-notch level of service and workmanship that the name Fichtner Home Exteriors has become synonymous with for nearly 30 years.

One recent customer was very pleased with her top-to-bottom exterior renovation and said, "I was very impressed with how hardworking all of your guys are, in terms of showing up early, working consistently, and staying until the job was done. I was amazed at how many evenings they would still be working on the roof or siding, well after most people would have gone home. Other than a standard lunch break, these guys worked. Everyone was courteous and pleasant to talk to, and they all took pride in what they were doing."

Over the years Fichtner has become known as the best and most knowledgeable exterior improvement company in the area - the company you can trust to handle all of your exterior needs with the utmost in quality, value and expertise. As a testament to their commitment to excellence and continuing education they have earned the distinctions of being a GAF Master Elite shingle contractor, James Hardie Elite Preferred siding contractor, Marvin Authorized Replacement Window Contractor and Firestone Red Shield contractor. If you are considering an exterior remodel, call the best - Fichtner Home Exteriors.



# THE FACES OF CONFIDENCE



Kelly O'Donnell, M.D.

# O'DONNELL VEIN & LASER

Kelly O'Donnell, M.D., a Maryland native, is proud to provide her medical and cosmetic patients with the confidence that they are receiving the absolute best care possible. Dr. O'Donnell is a board-certified vein specialist with offices to serve both the Western and Eastern Shore in Annapolis and Easton, MD. Credentials include:

- Medical Degree – UMD School of Medicine
- Internship General Surgery – University Hospitals of Cleveland
- Residency in Anesthesiology & Critical Care – Johns Hopkins Hospital
- Registered Vascular Technologist (RVT)
- Registered Physician of Vascular Interpretation (RPVI)
- Board Certified – Venous Disease – American Board of Venous and Lymphatic Medicine

Complementing Dr. O'Donnell's care and passion for helping patients includes her talented group of medical aesthetic providers! Dr. O'Donnell spared no expense when assembling her team to help round out the cosmetic side of her practice. It has always been Dr. O'Donnell's goal to bring together a team of empowered aesthetic experts; practicing in their individual areas of passion with a commitment to producing outstanding, natural-looking aesthetic results.

Brittany Krautheim, Aesthetic Nurse Practitioner – Graduated with a (second) Master's degree from Georgetown University. Brittany has over 18 years of nursing experience working in Oncology and Obstetrics-Gynecology before transitioning into Medical Aesthetics. Brittany is widely recognized for her extraordinary talents and unique style with treatments such as PDO Threading (Lifts), Dermal Fillers, and aesthetic laser treatments.

Jillian Preston, Aesthetic Nurse Practitioner – Graduated with a Master's degree from the University of Cincinnati. Jill has over 11 years of nursing experience having worked in Oncology and Research for most of her career before transitioning into Medical Aesthetics after receiving her Nurse Practitioner degree. Jill provides patients with a wide range of medical aesthetic service offerings including but not limited to – Cosmetic Injectables, Dermal Fillers, Keralase Hair Restoration, and corrective aesthetic laser treatments.

Jessica Hurley, RN – Graduated with a Bachelor's of Science in Nursing from Chamberlain University with a background in Emergency Medicine. She is currently pursuing her Masters and Nurse Practitioner degree as she continues her education to ensure the utmost of care for both her vein and cosmetic patients. Jess spent her first two years at OVL supporting Dr. O'Donnell and her clinical staff before being invited to join Dr. O'Donnell's ever growing medical aesthetics group also known as "O'Donnell Medical Aesthetics" where she functions in a hybrid role supporting both OVL & OMA patients! Jess is best known for her incredible work with Cosmetic Sclerotherapy, RF Microneedling, and corrective aesthetic laser treatments.

ANNAPOLIS  
O'Donnell Vein & Laser  
166 Defense Hwy, Suite 101  
Annapolis Maryland 21401  
877-461-1564  
[www.odonnellveinandlaser.com](http://www.odonnellveinandlaser.com)

EASTON  
O'Donnell Vein & Laser  
499 Idlewild Avenue, Suite 101  
Easton Maryland 21601  
877-461-1564



**THE FACE OF MID SHORE  
REAL ESTATE**



# CHUCK MANGOLD JR.

## **Associate Broker Benson & Mangold Real Estate**

Chuck has been a leading Mid Shore Agent in all price ranges for over twenty years. Chuck joined Benson & Mangold in 2001 after a 13-year career in the retail automobile business. As a 5-star Zillow Premier Agent, he prides himself on being in all things Eastern Shore Real Estate, including inland, waterfront, and commercial properties in Talbot, Queen Anne's, Caroline and Dorchester Counties.

Chuck is eager to lend his expertise to his clients to help facilitate a seamless purchase or sale. When choosing a real estate agent, knowledge, experience, and customer service are of the utmost importance. Chuck brings these and much more to the table. He goes above and beyond to market your property using targeted digital media campaigns, print advertising, high-end photography and 3D virtual tours. His relationships with a vast network of agents and clients helps put your property front and center, as well as quick access to a wide array of inventory to find your dream home. Chuck is armed with a full-time staff, solely dedicated to administrative and marketing support leaving Chuck free to market your home or find your dream home. No matter what stage of the home buying or selling process you are in, Chuck and his team have the resources, and expertise to assist.

Chuck is a strong supporter of his community. He serves on the Board of Directors for several organizations, including the Academy Art Museum. He has also served as a past board member of Habitat Choptank, The Country School, the Talbot County Chamber of Commerce, and The Mid Shore Board of Realtors.

Chuck, his wife of over twenty years, Lauren, & their three sons Charlie, Robbie, & Peter reside in Easton. Chuck enjoys spending time with his family, boating and fishing.

410-924-8832 (mobile)  
410-822-6665 (office)  
31 Goldsborough Street  
Easton, MD  
chuckmangold.com  
chuck@chuckmangold.com





## THE EASTERN SHORE'S FACES OF TECHNOLOGY



{Pictured from Left to Right} Thomas Reese, Jon Sharpe, Jason Lee, Mark Turner, Holley Lee, Brad Bohn, William Lake

# JASON'S COMPUTER SERVICES

9231 Centreville Rd, Easton, MD | 410-820-9467 | office@jcscmp.net | www.jcscmp.net



Technology is more important now than ever before. How does technology play a role in your life? Do you wish you made different tech choices along the way? Perhaps to have invested in higher-speed internet service, a better router, or a faster laptop? This year has been a test for us, making consumers think about the future and what role technology will play in it. This is where the role of a Managed Service Provider (MSP) comes into the picture.

Choosing the right MSP can be a difficult decision. Managed Service Providers are a type of company that handles your IT needs, from small to large. Whether you are a small business, three-person law firm, for example, or as large as an ACE Hardware Store with 25 computers and two servers, Jason's Computer Services is the clear MSP choice. With a combined 45 years of experience, the company can solve any problem presented to it.

In addition to being a full-service MSP, Jason's has a full service "showroom" that showcases over 500 brand new computers, including laptops and desktops, including Apple, Dell, HP, and Lenovo. Jason's currently does work for over 90 local businesses on the Shore and over 5,000 residential accounts yearly. Is your current MSP the right choice? On average, we convert three accounts per month that are not satisfied with their current MSP provider. Maybe you're overpaying and do not even know it. Call for a business consultation today. Jason holds a Computer Science Degree from Chesapeake College, including MCSE, MCP, CCNA, A+, and Net + Certificates. Jason's staff also holds specialized certifications. While some might look at cancer as a big setback in life and living with the complications that come as a long term detriment, Jason saw his second chance at life as an opportunity to build a successful business. Jason's Computer Service understands the demands of technology in today's world. It is clear to see why Jason is the Eastern Shore's Face of Technology.



# THE FACES OF ANNAPOLIS REAL ESTATE



# THE SANDRA K. LIBBY GROUP

## Long & Foster Real Estate Forbes Global Properties

Home buying and selling can be difficult and stressful, but it doesn't have to be when you have a results-driven and client-focused team on your side. The Sandra K. Libby Group provides every client with a personal and exceptional concierge service that will guide them through the buying and/or selling process with confidence, attention to detail, and persistence. With over 30 years of experience, we have the contacts, strategy, and vision to be successful in maximizing the return on your biggest investment. We meet the expectations of every client while providing value for the agents who are part of our real estate team. This is just one of the reasons clients return to our group again and again. It is our goal to ensure that our sellers get top dollar. To do this, we have a detailed plan to get our listings ready for the market. The level of preparation, management of repairs, staging, and professional advertisement that we conduct is unparalleled.

Whether you're purchasing your first home or selling your last, we have the resources, designations, and experience to ensure results. The joy of impacting our clients' lives and creating lasting memories is what inspires our team. Our slogan "from the bay to the beach" is indicative of our passion for the Annapolis lifestyle, and our love for the water. This now extends all the way to the beach resorts with our office in Bethany Beach. Sandra Libby, an Associate Broker in Maryland and Delaware, grew up on the Severn River in Severna Park. Originally a Mortgage Banker, she obtained her real estate license in 1988 and transitioned to the Residential real estate side in 1995. As a lifelong resident and avid sailor and boater, she knows the neighborhoods and waterways. She is consistently in the top 1% of all Luxury waterfront agents. It would be our privilege to serve you.

145 Main Street  
Annapolis, MD 21401  
410-647-8305  
410-263-3400  
[www.sandraklibby.com](http://www.sandraklibby.com)





**THE FACE OF YOUR REAL ESTATE  
NEEDS IN TALBOT COUNTY**



# CORNELIA C. HECKENBACH

## **Long & Foster Real Estate Forbes Global Properties**

Originally from Germany, Cornelia moved to Talbot County with her family and quickly became one of Talbot County's leading agents.

Sophisticated, warm, and accomplished, her real estate successes range from starter homes to stunning multimillion-dollar waterfront estates, farmland and new construction.

Motivated to understand her client's needs, she expertly pairs a natural listening ear with 30+ years of unparalleled international expertise. With award-winning results and passion for the beauty of the Eastern Shore, her clients quickly come to know Cornelia's integrity, leading-edge marketing talent, persuasive advocacy, and exceptional skill at the negotiation table.

Cornelia trains her champion Labrador Retrievers, bred from European lines and competes nationally. She enjoys spending time with family on her waterfront farm and cooking farm to table meals.

With dedication and business savvy, Cornelia leads sellers to top-dollar results, and buyers to the home of their dreams.

Contact Cornelia at 410-310-1229 or visit website [StMichaelsMdWaterfront.com](http://StMichaelsMdWaterfront.com).

410-310-1229  
109 S Talbot Street  
Saint Michaels, MD 21663  
[StMichaelsMdWaterfront.com](http://StMichaelsMdWaterfront.com)  
[info@CorneliaHeckenbach.com](mailto:info@CorneliaHeckenbach.com)





## THE FACES OF MARYLAND'S BANKRUPTCY COUNSEL



# TATE & CAMI RUSSACK

**RLC Lawyers & Consultants**

301 4th Street, Suite A-2, Annapolis, MD 21403  
8737 Brooks Dr. Suite 107, Easton, MD 20601  
410-505-4150 | russacklaw.com

RLC's attorneys Tate and Cami Russack have been helping Marylanders from Offices on the Eastern Shore in Easton and in Annapolis since 2000.

RLC's experienced and respected Bankruptcy & Debt Relief practice can help you with personal or business negotiations, restructuring and when necessary, all the Protection in Bankruptcy.

We know that Your finances are unique. We take the time to listen and understand your situation to offer the right solution to achieve your goals. All of us at RLC always return calls promptly so you have the right answer.

With RLC, You have a true advocate to assist you in keeping a sound financial footing. And, we help your Business succeed. Whether it's a new company, a large purchase, contracts, negotiation or restructuring debt, RLC has the expertise to help you.

You can depend on great people, effective solutions & great communication at RLC. Give Tate or Cami a call 410-505-4150.



# IRMA TOCE & RACHEL SMITH

## **Londonderry on the Tred Avon**

700 Port Street, Suite 148  
Easton, MD 21601  
410-820-8732 or 800-752-8732

CEO, Irma Toce, and Director of Sales and Marketing, Rachel Smith, have been part of the Londonderry Team for more than six years.

Londonderry is an independent living cooperative for adults 62+ located on the banks of the Tred Avon River in historic Easton, Maryland. Irma, Rachel, and the Londonderry Team believe that a vibrant and active lifestyle, coupled with a strong sense of community, is the key to happy and healthy aging. Most residents experience a significant improvement in their overall wellness and quality-of-life after moving to Londonderry.

Irma has been a standout leader in the senior housing field for more than 35 years, and Rachel has extensive experience working in senior housing sales and marketing. Irma, Rachel, and the entire team look forward to welcoming new residents to Londonderry on The Tred Avon.



## THE FACE OF MARKET MOVER



# TRICIA WILSON

Tricia Wilson, GRI, Realtor®  
410-404-2033  
443-249-SOLD - Press 6  
Chaney Homes  
206 Old Love Point Rd  
Stevensville, MD 21666



Tricia Wilson, top producing agent for Chaney Homes, serves five eastern shore counties (Queen Anne, Caroline, Kent, Dorchester & Talbot) and Anne Arundel with excellence. Every transaction is a journey, and Tricia navigates her clients with an empathetic hand throughout what can be an overwhelming process. Tricia makes it a point to walk along side her clients from the initial meeting to the settlement table offering sound advise, personalized attention and extensive market knowledge.

Tricia credits her more than 20 years of marketing experience as powerful tool in her arsenal giving her—and ultimately her clients—a competitive edge in the marketplace. Coupled with that is her ability to offer superior staging services provided to all her clients by her groundbreaking brokerage, Chaney Homes, the first local brokerage to offer full staging exclusively to their clientele. It's a powerful punch that delivers results.

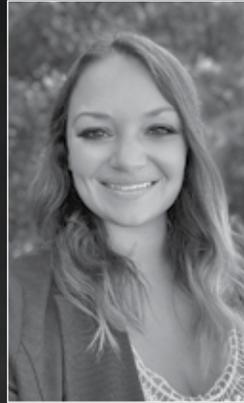
Based on beautiful Kent Island where she also lives with her husband of 20 years, her twin boys and her 3 dogs, when not selling the 'Shore Life' she's living it. Tricia enjoys every opportunity she gets to hop on the boat with her 'triplets' (referring to her husband and twin boys) who are avid outdoorsmen always searching for their next adventure. Whether it's fishing, crabbing or hunting, Tricia will join them, cherishing every memory they make as a family.



Jennifer Chaney, CSP, GRI, MBA  
Broker- Owner- Designer



Joelle Dolch



Janice O'Donnell, GRI



Jeanne Kent



Cher Lamb



Tricia Wilson, GRI



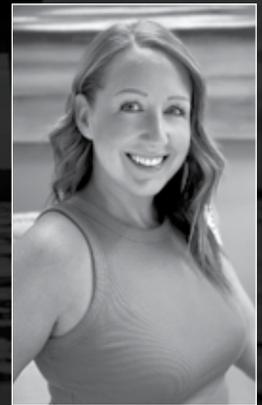
Karoline Kent



Jenyne Ward



Carol Delayo



Jennifer Wittmer

# CHANNEY HOMES

List- Stage- SELL  
443-249-SOLD  
www.ChaneyHomes.com  
Jennifer Chaney, CSP, GRI, MBA  
Broker of Record- Designer- Owner



Chaney Homes- is both real estate brokerage and staging company, in one.

Voted: 'Best Residential Real Estate Brokerage' the last 6 years running, by 'What's Up Eastern Shore magazine, Chaney Homes design crew exclusively stage only Chaney Homes listings; an 'all-included' service. Armed with over 5,000 square feet of high-end furnishings personally selected by Chaney to propel their listings to the top of buyer's wish-lists.

Image SELLS! In Today's shifting marketplace, staging 'sets the scene' for as lucrative a sale as possible. List- Stage-SELL with Chaney Homes.



## THE FACE OF INTERIOR DESIGN



# FIONA NEWELL WEEKS

## Dwelling & Design

13 Goldsborough St | Easton, MD 21601

410-822-2211

[www.dwellinganddesign.com](http://www.dwellinganddesign.com)

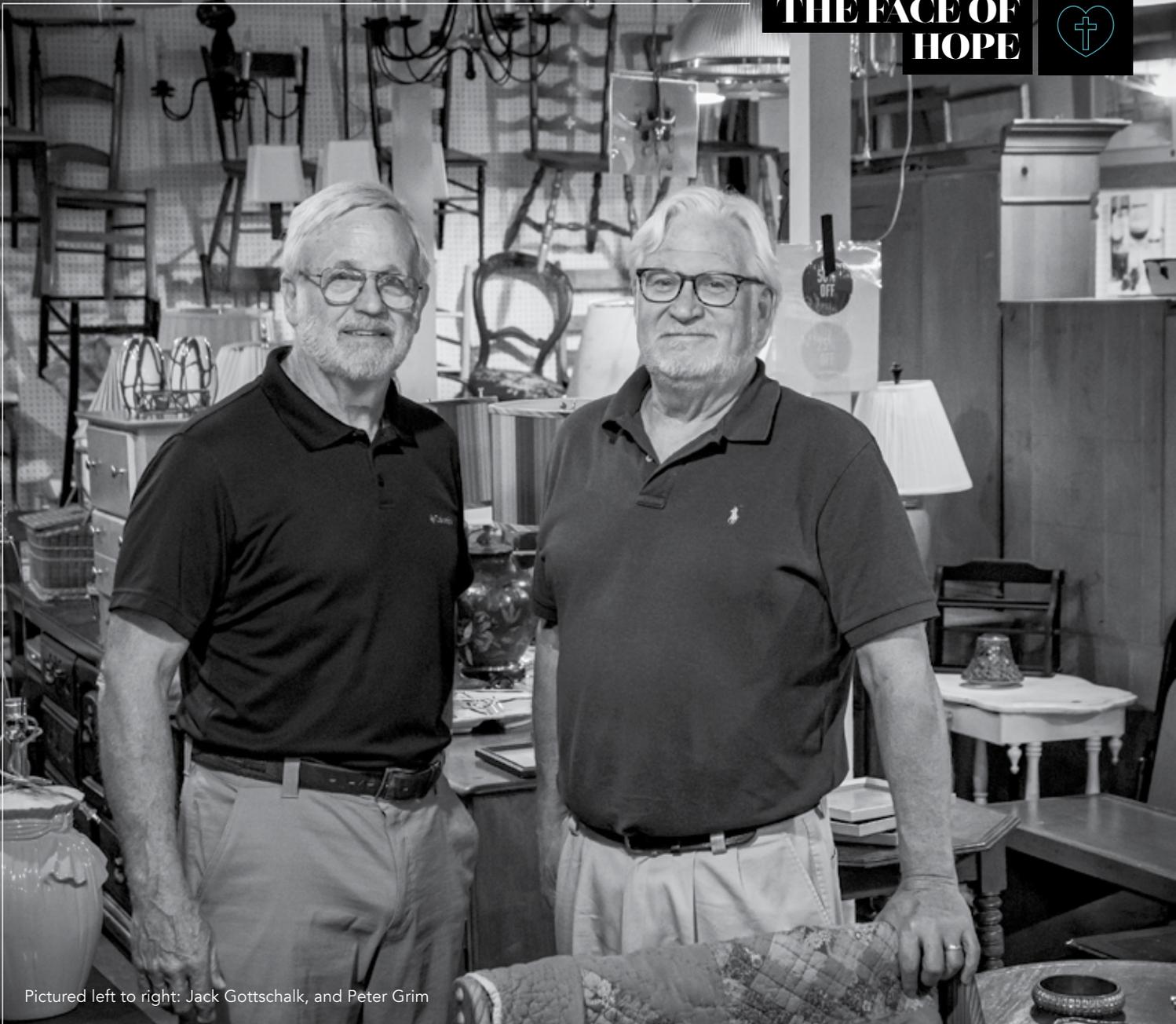
Fiona Newell Weeks is celebrated for her fearless use of color.

She is drawn to pairing gentle, watercolored tones with sophisticated, juicy punches from nature's palette, like sky blue, fresh tangerine, and lemon yellow. Her clients run the gamut, from modernist city dwellers to country-estate traditionalists.

Inherent in Fiona is the gift to see the finished product before the design process begins. "I can see the end result easily," explains Fiona. "I thrive on the challenge of completely reinventing a space by adding new life with color and texture and even architectural detail."

Since 2008, Fiona has owned and operated Dwelling & Design, a home furnishings boutique in historic downtown Easton, Maryland. Take a casual stroll down Goldsborough Street and you'll instantly be drawn to the colorful vignettes featured in the windows and unique showroom space. The store maintains a loyal following, with clients making regular treks to the Eastern Shore from Annapolis, DC and VA, Rehoboth, Philadelphia and New York.

Fiona's designs have appeared in the likes of Home & Design, Southern Accents, House Beautiful, and Traditional Home.



Pictured left to right: Jack Gottschalk, and Peter Grim

# PETER GRIM

**Haven Ministries**

P.O. Box 44  
Chester, MD 21619  
410-827-7194  
Haven-Ministries.org

Meet Peter Grim, who has recently accepted the role of Executive Director of Haven Ministries. Grim has years of experience in executive leadership. Jack Gottschalk, Haven Ministries Board President (also pictured) states "Peter's nonprofit experience includes faith-based startups and positions that cover the critical skill sets needed for the future of Haven Ministries".

Hope Warehouse, open to the public at deeply discounted prices on furniture, appliances and household goods, uses revenues to provide HOPE and AWARENESS in Queen Anne's County and assists neighbors in need with furniture, appliances and 'Customer Service Job Training' to help trainees secure jobs in the future.

Love shapes the ministry, transforms people, and hope prevails at Haven Ministries. In addition to Hope Warehouse, Haven Ministries operates a Homeless Shelter, Resource Center, Food Pantry, Thrift Store, and a Food Pantry Truck. Haven Ministries relies upon a volunteer base to run its programs. To volunteer please call 410-827-7194 or visit Haven-Ministries.org.



## THE FACES OF RESILIENCE



# FOR ALL SEASONS

**SINCE 1986**

Offices in Easton, Cambridge,  
Chestertown, Denton, Stevensville, and Tilghman  
Main: 300 Talbot Street  
Easton, MD 21601  
410-822-1018  
[Forallseasonsinc.org](http://Forallseasonsinc.org)

Mental Health challenges, sexual assault, abuse, and trauma are a reality for many people in our community. Not everyone wants to discuss these topics, yet we all hope they are being addressed. Today, over 85 For All Seasons staff members are the Faces of Resilience, providing the highest quality mental health and victim services to children, adults, and families across the Eastern Shore Region. Our team of specialists offers therapy, psychiatry, and victim services in both English and Spanish. We accept all insurances and serve all clients regardless of one's ability to pay. Our mental health and sexual assault crisis hotlines are available 24-hours, 365 days a year. The decision to seek mental health support is an empowering step toward healing, and the results can be life-changing. For All Seasons proudly supports our resilient community members on their journey to wellness.

WORLD WAR II

KOREA

# THE FACE OF WEALTH MANAGEMENT



## WYE TRUST

Lori Smith, Talli Oxnam, Chris Parks; (seated)  
Neil Zurowski, Lora Davis, Tammie Schnable,  
Tom Saxon (standing)

16 N. Washington Street | Easton, MD 21601  
410.763.8543

1101 Maiden Choice Lane | Baltimore, MD 21229  
800.309.8124

[www.wyetrust.com](http://www.wyetrust.com)

Wye Trust offers wealth management, trust administration, and nationwide corporate trustee services through Shore United Bank N.A. with a professional approach personalized to each client's individual needs.

Our methodology is to care for our clients in all stages of their financial journey. We offer comprehensive strategies and exceptional service tailored to meet individual and business needs. Together, our team of experienced Financial Advisors and Certified Financial Planners are dedicated to helping our clients navigate toward their goals.

Guidance from a financial professional can make all the difference. Contact us today to see how we can help you, your family and your business.

Wealth Management and Trust services are offered through Wye Trust, a division of Shore United Bank N.A. Wye Trust and Shore United Bank N.A. are not registered broker-dealers.

Not Insured by FDIC or Any Other Government Agency	Not Bank Guaranteed
Not Bank Deposits or Obligations	May Lose Value



**THE FACE OF BANKRUPTCY  
LAW ON THE  
EASTERN SHORE**



# ANDIE ROSS ESQ.

**The Law Office of Andrea Ross**

800-758-9265  
129 N. West Street, Suite 1  
Easton, MD 21601

[AndieRossLaw.com](http://AndieRossLaw.com) | [Andie@AndieRossLaw.com](mailto:Andie@AndieRossLaw.com)

Bankruptcy attorney Andie Ross has dedicated her practice to providing tailored solutions to individuals and businesses throughout the region. The people that retain her to get out of debt and start a new life are more than just clients – they are her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie welcomes all inquiries and provides a free and confidential consultation to review Bankruptcy, Debt Consolidation, and Debt Settlement options. She represents debtors and creditors of all sizes and is currently representing creditors in the Boy Scouts of America bankruptcy case in the District of Delaware and the Revlon Inc. case in the Southern District of New York. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, the U.S. Congress, and Super Lawyers. The greatest accolade, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy Law" on the Eastern Shore are her 125 five-star reviews on AVVO.

*We are a debt relief agency. We help people file for bankruptcy under the Bankruptcy Code.*



# TREY RIDER

**TTR | Sotheby's International Realty**

443.786.0235  
trey.rider@sothebysrealty.com  
treyrider.com



Trey Rider is a leader in luxury real estate on Maryland's Eastern Shore. As a vice president at TTR Sotheby's, Trey offers his clients exclusive knowledge and insight into all aspects of waterfront homebuying and selling derived from almost 20 years of real estate and finance experience. From considerations such as Shoreline Revetment to Critical Area requirements, Trey navigates the nuances of waterfront real estate with ease and expertise.

An Eastern Shore native, Trey's no stranger to waterfront living himself. He grew up on the water and resides waterfront with his wife and two kids in Easton. Most of his free time is spent on the river—he holds his Captain's license, is an avid boater and fisherman, and is a member of the Chesapeake Bay Yacht Club.

Just as luxury is synonymous with Sotheby's, waterfront real estate is synonymous with Trey Rider. Visit [treyrider.ttrsir.com](http://treyrider.ttrsir.com) to view Trey's luxury portfolio.



## THE FACE OF COSMETIC INJECTIONS



# ProMD Health

166 Defense Highway  
Suite 302  
Annapolis, MD  
410-449-2060  
[www.promdhealth.com](http://www.promdhealth.com)

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. Gavrilu and his team of innovative professionals all pride themselves in the most advanced skills and techniques to ensure their patients Look and Feel like the best version of themselves. They specialize in cutting edge, and in demand procedures including Botox, fillers, laser treatments, PDO thread lift, hormone replacement therapy, facial rejuvenation, vaginal rejuvenation, and body contouring.

ProMD touts some of the most advanced devices such as HydraFacial, Emsculpt NEO, Viveve, and Sciton Halo. The team uses its complete suite of treatments to cater to each patient's unique needs. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.

**THE FACES OF THOSE  
DESIGNED TO MOVE YOU**



# DIANE & CREW

**of Taylor Properties**

410-279-3868  
175 Admiral Cochrane Dr #112A  
Annapolis, MD 21401  
[www.DianeAndCrew.com](http://www.DianeAndCrew.com)



Diane & Crew of Taylor Properties understands that buying or selling a home is more than just a transaction: it's a significant financial and emotional investment. That's why our team of real estate professionals is dedicated to providing exceptional, valuable, personalized service to all of our clients. We take great pride in the relationships we build and always work relentlessly on our client's behalf to help them achieve their real estate goals.

Our philosophy is simple: clients come first. We pledge to be in constant communication with our clients, keeping them fully informed throughout the entire buying or selling process. We believe that if you're not left with an amazing experience, we haven't done our job. We don't measure success through achievements or awards, but through the satisfaction of our clients.



## THE FACE OF MORTGAGE EXPERTS



# ATLANTIC PRIME MORTGAGE

Annapolis Office  
410-305-7800  
Coastal Delaware Office  
302-684-3932  
[www.atlanticprimemortgage.com](http://www.atlanticprimemortgage.com)  
NMLS ID : #1438562



Atlantic Prime Mortgage is ready to assist new clients with all of their mortgage endeavors while providing personalized customer service. Since our company's launch in October of 2015, we have built a strong team with a proven track record of success. Atlantic Prime Mortgage consists of an experienced well-rounded staff with multiple loan officers and other support. Our three managing partners David Jones, Wes Tower, and Scott Dostal have each been in the industry for 20+ years and oversee the company's daily operations. Wes and David currently run the Annapolis location, Scott is head of our Coastal Delaware Beach office, which opened its doors in 2020.

Are you looking for a lender you can have confidence in today? You can count on us at Atlantic Prime Mortgage every time. Each buyer and situation we address is unique. We are prepared to tailor to the needs of our customers and are easily able to pivot in order to accomplish everyone's goals in a timely manner. Customer Service is number one when choosing Atlantic Prime Mortgage and we continue to build lasting relationships. We pride ourselves in offering enjoyable stress-free experiences. Our offices are open seven days a week and we are always free to answer questions that may arise during the lending process. The Realtors we work hand in hand with everyday have the confidence in our process, which consistently leaves the customer at ease. Going the extra mile to ensure communication is open across the board, is key to a successful and happy transaction.

## THE FACES OF DENTAL IMPLANTS & ORAL SURGERY



# ORAL SURGERY SPECIALISTS

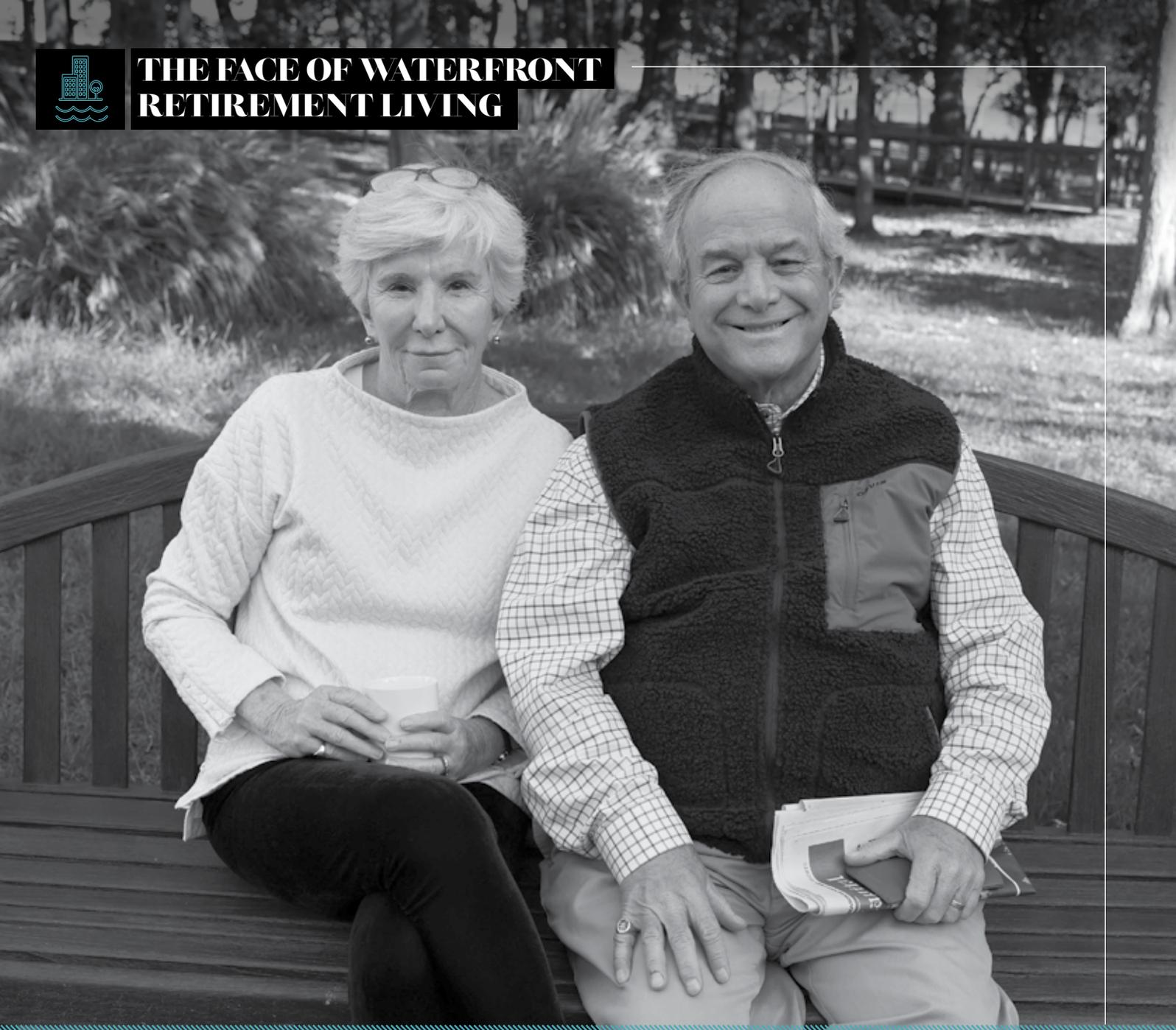
Annapolis, Pasadena,  
Kent Island, Waugh Chapel  
410-268-7790 | [www.annapolisoss.com](http://www.annapolisoss.com)

As Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers manage a wide variety of problems relating to the mouth, teeth, and facial regions. Drs. Walzer, Sullivan, Hlousek, Jones and Chambers practice a full scope of Oral and Maxillofacial surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery. This also includes techniques designed to rebuild bone structure with minimal surgical intervention and optimal patient comfort. They have focused their practice on creating beautiful smiles and restoring healthy function to the teeth and jaws!

Additionally as Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers are the only dental specialty licensed to provide intravenous (IV) general anesthesia in their state-of-the-art office setting. Their practice mission is to provide Excellent Care with Art, Science, and Technology, creating an Outstanding Experience with Compassion, Courtesy, and Respect for all.



## THE FACE OF WATERFRONT RETIREMENT LIVING



## HOWDY AND LIZ FREEDLANDER

### Bay Woods of Annapolis

7101 Bay Front Drive  
Annapolis, MD 21403  
443-837-1208

[baywoodsofannapolis.com](http://baywoodsofannapolis.com)

Howdy and Liz Freedlander moved to Baywoods of Annapolis after 44 wonderful years in Easton on the Eastern Shore of Maryland. It was time to shed the responsibilities of home ownership and be nearer daughters in West Annapolis and northern Baltimore County.

On a pilgrimage to look at Continuing Care Retirement Communities, they stopped looking after visiting BayWoods, their first destination. They loved the location on the Bay, the friendly feel and the many amenities and activities of a comfortable, yet sophisticated waterfront retirement community. "We've made new friends with whom good laughs and interesting conversations are always available," says Liz.

BayWoods also provides easy access to cultural activities in Annapolis, Baltimore and Washington. Also, continuing their active civic participation so important to them in Easton, Howdy joined the Historic Annapolis board and the advisory council of the Luminis Health Foundation, while Liz became a member of BayWoods' corporate board and the Hospice of the Chesapeake Foundation. "Avenues for every interest: non-profit missions, art, music, theatre and, of course, access to the Bay are here for everyone.

"This is our home and a great choice for us," Howdy said. "The Land of Pleasant Living surrounds us."

**THE FACE OF REAL ESTATE  
EXPERIENCE & SUCCESS**



# LAURA CARNEY

**TTR | Sotheby's International Realty**  
**Vice President**

17 Goldsborough St  
Easton, MD 21601  
410-310-3307  
lcarney@ttrsir.com  
lauracarney.com



Laura Carney's extensive knowledge of the Eastern Shore real estate market is second to none.

A Vice President of TTR Sotheby's International Realty and native of Talbot County, Laura has witnessed the many changes and growth over the last several decades. Her insight and in-depth understanding of the area is critical in guiding both buyers and sellers.

For over thirty years in the industry, Laura has worked not only on the shore, but also in the fast-paced markets of the DC metropolitan area. Laura's professionalism, unmatched ethical approach, and unwavering dedication to her clients' success, is what makes her one of the leading agents in Talbot County. Combining her local knowledge with TTR Sotheby's International Realty's global network and reach brings an incredible dynamic to the Eastern Shore.

Laura is very active in the community and is a member of Talbot Country Club, Talbot County Garden Club, Miles River Yacht Club, and served on the Board of Directors at Talbot Humane. She enjoys golf, boating, travel, and her many rescued pets.



**THE FACE OF  
BUILDING A GREAT  
COMPANY BY  
CULTIVATING  
GREAT PEOPLE**



# ROD MESSICK

**Chief Executive Officer  
Berkshire Hathaway  
HomeServices Homesale Realty**

Annapolis Office  
77 Main Street  
Annapolis, MD 21401  
410-505-9700



My Navy experiences provided many valuable leadership lessons, but one that stands out in my work at Berkshire Hathaway HomeServices Homesale Realty is that nothing beats an organization that has a strong esprit de corps. The biggest ships, fastest planes, and quietest submarines don't make a strong Navy, great people do. The same can be said of any company. We are only as strong as the agents and employees who choose to represent Berkshire Hathaway HomeServices Homesale Realty. We are great because our people are great." – Rod Messick, CEO of Berkshire Hathaway HomeServices Homesale Realty.

That's the genuine foundation of Berkshire Hathaway HomeServices Homesale Realty. Yes, we're here to help agents grow their business and build the careers that they want to have, but more importantly, we ensure they enjoy a more fulfilling life at work and at home. It is under this spirit of culture cultivation that has allowed Rod to spearhead expansions in every geographic region Homesale serves, welcoming 6 new offices since 2018.

## THE FACES OF HOSPITALITY



# CHESAPEAKE BAY BEACH CLUB

180 Pier One Road  
Stevensville, MD  
410-604-5900  
[www.baybeachclub.com](http://www.baybeachclub.com)

The Chesapeake Bay Beach Club has been a leader in the Wedding, Special Event, and Hospitality industry for over 20 years. Their commitment to excellence in service, food and beverage, and their exquisite property have won countless awards along the way. Over the years, the Chesapeake Bay Beach has grown to include waterfront event venues, flexible conference venues, a luxury boutique hotel, signature farm-to-table restaurant, wellness-focused full-service spa and salon, and marketplace offering locally-sourced small bites and luxury retail.

Through the years, one detail has remained the same: their staff. The Beach Club has created a family-like atmosphere for its devoted 200+ employees. Everything that they do and every event is treated with unparalleled levels of service and dedication.

Experience luxury on the Eastern Shore at the Chesapeake Bay Beach Club, located just over the Chesapeake Bay Bridge.



## THE FACE OF LUXURY CUSTOM HOMES



# PAUL MUELLER, JR.

## Mueller Homes

Annapolis Design District  
202 Legion Ave, Suite 4  
Annapolis, MD 21401  
410.549.4444

Paul Mueller, Jr. believes that building a luxury custom home is all about the experience! He reflects, "Your home is a reflection of your lifestyle, your family, and perhaps even your success. We are honored to serve as a trusted partner to create this once-in-a-lifetime experience."

Paul Mueller, Jr. and the team at Mueller Homes have been serving the most discerning clientele for over 30 years. The team is most notably recognized for their solid foundation of core values, exceptional quality, and handcrafted custom details.

Mueller has been recognized, locally and nationally, as a leader in the industry. The firm has received awards from industry associations, been featured in luxury magazines, and even published a book on the subject, entitled "Designing & Building Your Dream Home: How to Create an Experience You'll Love to Remember," which is available on Amazon. This publication describes their unique approach to working collaboratively with architects and interior designers to enhance the customer journey.

To learn more about Mueller Homes or to schedule a design consultation, visit [www.MuellerHomes.com](http://www.MuellerHomes.com)

**THE FACE OF PURCHASING  
AND FINANCING A  
HOME... REDEFINED**



# MATT NADER

## First Home Mortgage

First Home Mortgage  
Matt Nader, Branch Manager  
NMLS ID: 333573 | Cell: 240.882.8006  
900 Bestgate Rd | Suite 310  
Annapolis, MD 21401  
mnader@firsthome.com  
[www.firsthome/matt-nader](http://www.firsthome/matt-nader)



Matt Nader manages the First Home Mortgage office in Annapolis, MD and thoroughly enjoys originating loans and working directly with customers. With over 16 years of experience, Matt has helped over 3,000 families with their home financing and closed over 1.4 billion in transactions.

Matt's business is comprised of 4 values: Customer Service, Integrity, Transparency, and Market Knowledge. Matt takes a different approach to mortgage originations; he really takes the time needed to dive into the client's financials to help them structure the financing of their new home. He is constantly learning and educating himself to ensure he can offer the best mortgage products to the consumer. His unparalleled customer service and devotion to his business is what set him apart from his competition. He is committed to serving his clients and always being available for any need they may have.

The Annapolis Office is comprised of 4 managing members with a combined 80 years' experience. In 2021, the team closed 1,964 units for a cumulative total of 860 million. Unlike big banks, Matt and his team are all local loan officers. They will be with you every step of the way and are available to you any time you need, including nights and weekends. Your home loan will be processed, approved, and closed locally.



## THE FACE OF FINANCIAL PLANNING



**ANN C.  
ALSINA** CFP<sup>®</sup>, CPWA<sup>®</sup>

**CovingtonAlsina**

410-457-7165  
67 West Street | Suite 200  
Annapolis, MD 21401  
Info@CovingtonAlsina.com  
www.CovingtonAlsina.com

Investment advice offered through Great Valley Advisor Group (GVA), a Registered Investment Advisor. Great Valley Advisor Group and CovingtonAlsina are separate entities.

"For women, financial independence is a matter of necessity."  
- Carrie Schwab-Pomerantz, board chair and president of Charles Schwab Foundation, Managing Director Charles Schwab & Co.

Ann C. Alsina couldn't agree more. Ann founded CovingtonAlsina in 2012 to provide solid financial advice to strong, successful women. Since then, Ann's clientele has grown to include clients of all genders in a variety of financial positions.

"My goal is to overcome the confidence gap in investing and planning for the future," said Ann. As a Certified Private Wealth Advisor<sup>™</sup> professional, Ann has the training, experience, and, equally as important, the compassion to help people. Whether it's her Second Saturday Workshop, Women, Wine & Wisdom, or her other seminars, Ann and her team at CovingtonAlsina want to provide access points to financial planning.

As independent professionals, CovingtonAlsina is free to select the product or brand which best fits a client's need. Working with a fiduciary mindset, they always seek to act in a client's best interest, fostering long-term relationships that extend for generations.

## THE FACE OF INVESTMENT MANAGEMENT



Ryan Ansted, CRPC®, Jay Sprinkel, CRPC®, Shawn J. Walker, CFP®, CRPC®, Gregory Ostrowski, CFP®, CRPC®, BFA™, Ian Arrowsmith, CMFC®, CRPC®

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No two people are alike. No two plans are alike. Only after a thorough analysis of your unique set of goals and financial picture do we begin to develop wealth management strategies specifically tailored for you. Whether you are interested in planning for retirement, establishing a steady cash flow, or funding your grandchildren's education, your plan is customized according to your varied needs and changing circumstances.

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Securities through Independent Financial Group, LLC (IFG), a registered broker-dealer. Member FINRA/SIPC. Advisory services offered through Scarborough Capital Management, a registered investment advisor. IFG and Scarborough Capital Management are unaffiliated entities. Investing in securities involves certain risks which can include an entire loss of principal. Investors should carefully consider all risks before investing.



## THE FACE OF FINANCIAL FREEDOM



# PROSTATIS FINANCIAL ADVISORS GROUP

7580 Buckingham Boulevard, Suite 180  
Hanover, MD 21076  
410-863-1040  
[www.prostatisfinancial.com](http://www.prostatisfinancial.com)

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

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

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

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

# THE FACE OF PERSONAL INJURY LAW



CHRISTINE MURPHY

RICK JAKLITSCH

BOB FARLEY

DAVID JAKLITSCH



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Honored by *US News and World Report* as one of the country's "Best Law Firms" and voted by readers of *The Daily Record* as both Maryland's Best Personal Injury Firm and Best Civil Litigation firm. Attorneys Rick Jaklitsch, Christine Murphy, and Bob Farley were all recently recognized by "Best Lawyers in America." Call The Jaklitsch Law Group if you've been injured.

No wonder they're called "the Big Dogs from the Small Firm."



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410-218-9245 (cell)  
John@johnlindner.com

John Lindner, a 1991 graduate of The University of Baltimore School Of Law opened his own firm in January 1994. During the last 30 years he has represented a variety of business clients in the state of Maryland and has earned a sterling reputation for honesty and integrity with his clients. John is an active supporter of both the St. Jude's Children's Hospital and Shriners Hospital. He has been married for 36 years and enjoys the time he gets to spend with his family.

For over three decades, the Law Office of John E. Lindner, P.A. has been committed to unwavering legal and ethical standards that provide the highest quality of professional litigation and collection services for our business clients.

We provide client services that span the full life cycle of accounts receivable, including customizable recovery solutions that deliver exceptional customer service, clear communication, and full compliance that drive positive bottom-line results. Our experienced and professional team performs within established legal boundaries and becomes an extension of your management strategy.



## ELIZABETH BENNETT

**Chesapeake Financial Planning & Tax Services, LLC**

410-974-0410  
71 Old Mill Bottom Road North #201  
Annapolis, MD 21409  
admin@chesapeake-financial.com  
www.chesapeake-financial.com

Elizabeth is a CERTIFIED FINANCIAL PLANNER® and a fiduciary working in her clients' best interest.

Elizabeth approaches working with her clients in a consultative partnership. Educating as well as listening to her clients is vital. Beginning with a financial plan, she is able to understand the client and their current situation and help them put a plan in place to achieve their goals. She also incorporates and includes her clients' other advisors, such as estate planning attorneys and CPAs, when necessary. Money and investing are very empowering. Recommending what is in the best interest of each client is a top priority. Elizabeth's vision for her practice is to continue to provide her clients with peace of mind knowing that they have a plan in place. In today's digital age, she is able to help her clients no matter if they are local or across the country. She brings passion to what she does every day.

*"A goal without a plan is just a wish." - Antonine de Saint-Exupery.*



## THE FACES OF HEALING AFTER LOSS



**SARAH KERNAN  
AMY ARONSTAMN  
BRIAN BERGER  
CASEY DRESSEL**

**Hospice of the Chesapeake**

Chesapeake Life Center  
888-501-7077  
[www.chesapeakelifecenter.org](http://www.chesapeakelifecenter.org)

Living with the loss of loved ones has never received more focus than in the wake of the pandemic. The purpose-driven work of those who help grievers heal from loss has come to the forefront along with a new universal focus on mental health. For your hometown hospice, Hospice of the Chesapeake, that light shines brightly on our grief support team in the Chesapeake Life Center.

Not only were people struggling to cope with the death of their loved ones, but they were often having to do it alone. There also has been a rise of deaths from substance misuse and suicide. The Chesapeake Life Center team is doing all they can to break through the walls of isolation, using trauma-informed skills and individualized grief support to let grievers know they are never alone.

Fostering a healthy grief experience for individuals and families no matter where they are in their journey with loss is essential to improving resilience, wellness and health inequities in communities. Led by Director Brian Berger, this team of uniquely trained professionals strives to provide a safe, healing place for grievers to share their story, learn coping strategies, and to honor and remember loved ones. These are some of the Chesapeake Life Center team: The Faces of Healing After Loss in our community.

**THE FACES OF  
HEALTHY SKIN**



# EASTON DERMATOLOGY ASSOCIATES

403 Marvel Court    106 Milford St., Suite 501B  
Easton, MD            Salisbury, MD

411 Thompson Creek Rd Bay 1  
Stevensville, MD 21666

Phone (appointments): 410-819-8867  
[www.eastondermatology.com](http://www.eastondermatology.com)

Led by board certified dermatologists Dr. Michael Del Torto and Dr. Donald Stranahan, Jr., the team at Easton Dermatology Associates specialize in diagnosing skin disorders and providing the best treatments available to improve the health and appearance of your skin.

They stay on the cutting edge of their specialty, which includes using the most advanced medications and procedures to treat the medical, surgical, and cosmetic needs of your skin, hair, and nails.

They have received numerous awards and recognitions including the Top Docs, *Best of Eastern Shore Magazine*, *What's Up? Magazine's* Top Dermatologist Award and the Talbot County Chamber of Commerce Outstanding Large Business of the Year Award.

All locations are accepting new patients.  
Book your appointment today!



## THE FACE OF CHARITABLE GIVING THROUGH REAL ESTATE



# JACK PAPALEONTI

**The Anchor Team of Academy Realty, Inc**

801 Compass Way #7  
Annapolis, MD 21401  
410-263-9105  
[www.academyrealty.com](http://www.academyrealty.com)



"It's easy to reach into your pocket and give some cash for a good cause, but I take the most pride in truly helping people do better and be better." It is no different when it comes to helping his clients realize their home ownership goals. It takes a wealth of knowledge and experience to successfully navigate today's real estate environment.

Academy Realty and The Anchor Team, led by Jack, works hard to ensure seamless transactions for their clients while also maintaining a high level of commitment towards philanthropic goals. With Jack at the helm, Academy Realty has completed over 800 transactions throughout the years while supporting several great causes along the way. Jack's commitments include Shop With A Cop through the Annapolis Optimist Club, President of the Annapolis High Sports Boosters Club and Parish Council Member at Ss. Constantine & Helen Greek Orthodox Church. Through his work and volunteer efforts, he helps to grow strong communities by being present and giving back. Watching others realize their own success is what keeps him smiling, "...the more you give, the more you get."



# ERICA BAKER

**Associate Broker**  
**TTR Sotheby's International Realty**

209 Main Street | Annapolis, MD 21401  
c + 410-919-7019 | o + 410-280-5600  
ebaker@ttrsir.com



Erica Baker, Associate Broker with TTR Sotheby's International Realty is a trusted real estate advisor and lifelong resident of Maryland. Serving clients for over seven years, she has a never-ending urge to go above and beyond what is expected. She pairs knowledge of the clients' goals with the needed steps for selling and buying property, market trends, integrity, creativity, and innovation to purposefully market a home or structure a winning offer for her clients. She is a familiar local face to many paired with one of the strongest brands globally. She fully believes that being forthcoming, authentic and consumer first driven is the most important part of the business. Prior to her obtaining her real estate license she worked in the home remodeling business for many years. Erica's knowledge and experience allows her to approach each home evaluation with great insight to assist her clients best. Driving passion to the walls that surround you to ensure you live a life full of inspiration starts with Erica Baker.



**THE FACES OF  
CHOICES**



Left to right: Jason Taksey, MD, Adam Goldrich, MD, David Weng, MD, Jeanine Werner, MD, Benjamin Bridges, MD, Carol Tweed, MD, Peter Graze, MD, Stuart Selonick, MD, Ravin Garg, MD

# MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS

The physicians and staff at Maryland Oncology Hematology Annapolis have been serving patients in the local community for over 30 years. We have a state-of-the-art facility providing comprehensive cancer and hematology care close to home. We also offer access to cutting edge clinical trials and genetic counseling in the community. Our on-site laboratory and infusion center provides the utmost convenience for our patients. In addition to infusions for the treatment of cancer, we also offer intravenous infusions for non-cancer diagnoses.

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[www.MarylandOncology.com](http://www.MarylandOncology.com)

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[www.radcliffecreekschool.org](http://www.radcliffecreekschool.org)

Radcliffe Creek School, located in Chestertown, MD has empowered children for twenty-seven years. The school's mission is to "empower children in a dynamic environment that celebrates unique learning." Peter Thayer, the new Head of School, believes students are empowered with a personalized education that meets students where they are and optimizes their potential by teaching them self-advocacy, resiliency, and independence.

Catherine Bushby, Debbie Cohee-Wright (not pictured), Gretchen Coppage, Kevin Gilchrest, Ben Joiner, and Malorie Martinez have taught at Radcliffe Creek School for over 20 years each. Together, along with a dozen other RCS teachers, they have played an integral role in positively changing the course of every past and present student's life. At Radcliffe, a child may receive instruction well above their grade level in the areas in which they excel. However, if a student struggles in an area, such as reading, they receive high-quality, personalized instruction via programs like Orton-Gillingham. Radcliffe's small class sizes allows students to take a proactive role in their learning process and provides them with multi-sensory instruction. Students who graduate from Radcliffe Creek School are empowered with confidence in themselves and equipped with the tools and skills to be successful! To learn more, visit our new website: [www.radcliffecreekschool.org](http://www.radcliffecreekschool.org)



## THE FACES OF SERVICE



# THE ARC

## Central Chesapeake Region

Headquarters & Program Operations  
1332 Donald Avenue  
Severn, MD 21144  
410-269-1883  
[www.thearcccr.org](http://www.thearcccr.org)

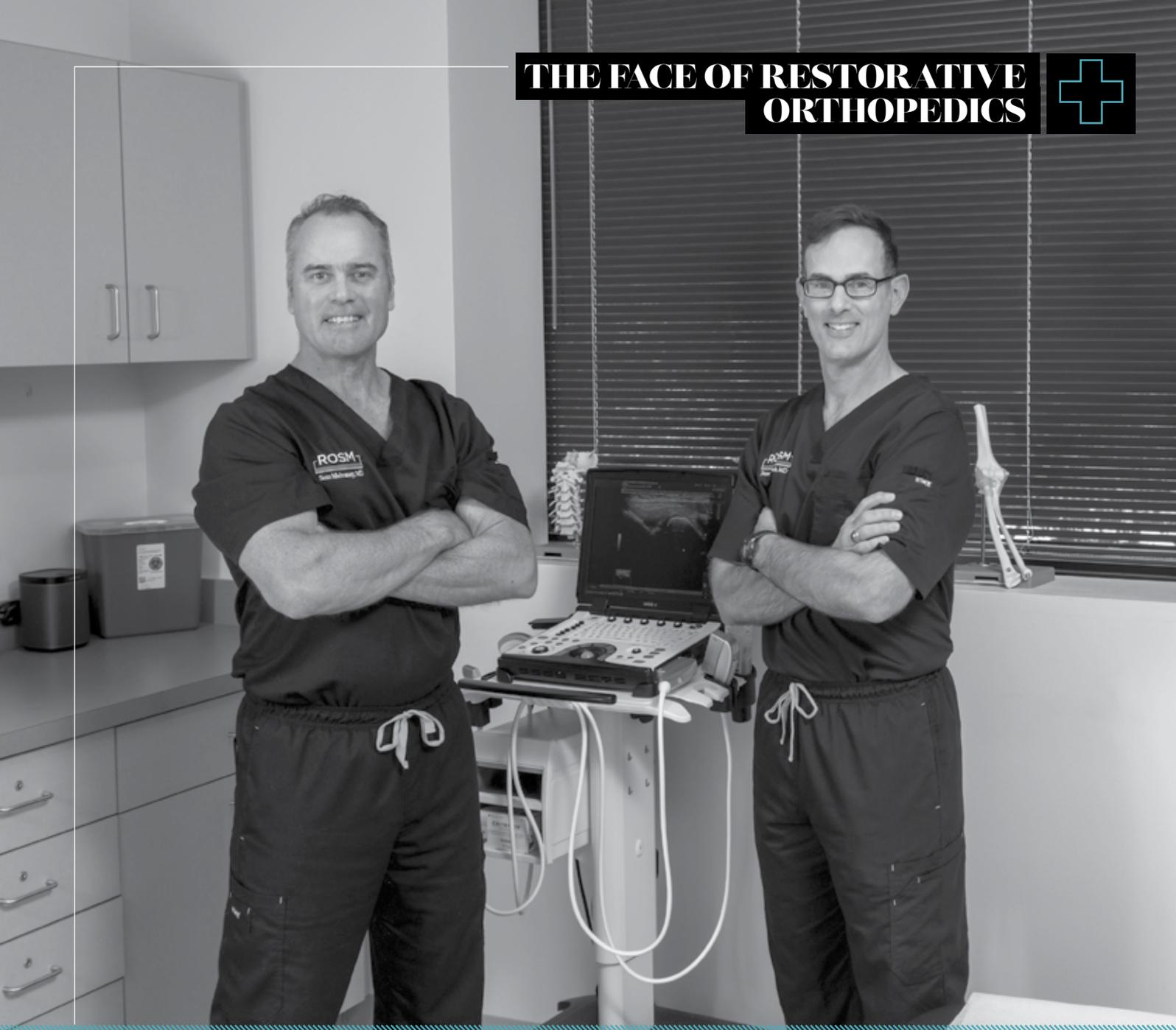
At The Arc, Direct Support Professionals (DSPs) are the backbone of what we do. This is a critical and sometimes challenging role that isn't for everyone.

A DSP plays an important, diverse role in the life of the person they support. DSPs advocate for the person they support to have full independence and autonomy in decisions. DSPs create opportunities for people to live, work, and connect with the community around them. DSPs facilitate activities in the community based on each person's unique interests and goals. And, DSPs support new learning and skills, from personal accountability to learning to cook a new meal.

Throughout the pandemic and beyond, The Arc's DSPs have continued to find new ways for the people we support to connect with their families, friends, and community. They've supported people in everything from creating and participating in a bowling league, organizing group events to spend time with their friends, applying for and landing a new dream job, and learning a new meal to surprise a lucky fiancé.

The Arc is successful because of the resilience, creativity, and gentleness of every DSP. They are facilitators, partners, and opportunity creators. Most of all, they are an example of exceptional dedication and service.

# THE FACE OF RESTORATIVE ORTHOPEDICS



**SEAN MULVANEY, M.D.**

**JAMES LYNCH, M.D.**

**Regenerative Orthopedics and  
Sports Medicine Annapolis**

ROSM Annapolis

116 Defense Hwy, Ste. 203 | Annapolis, MD 21401

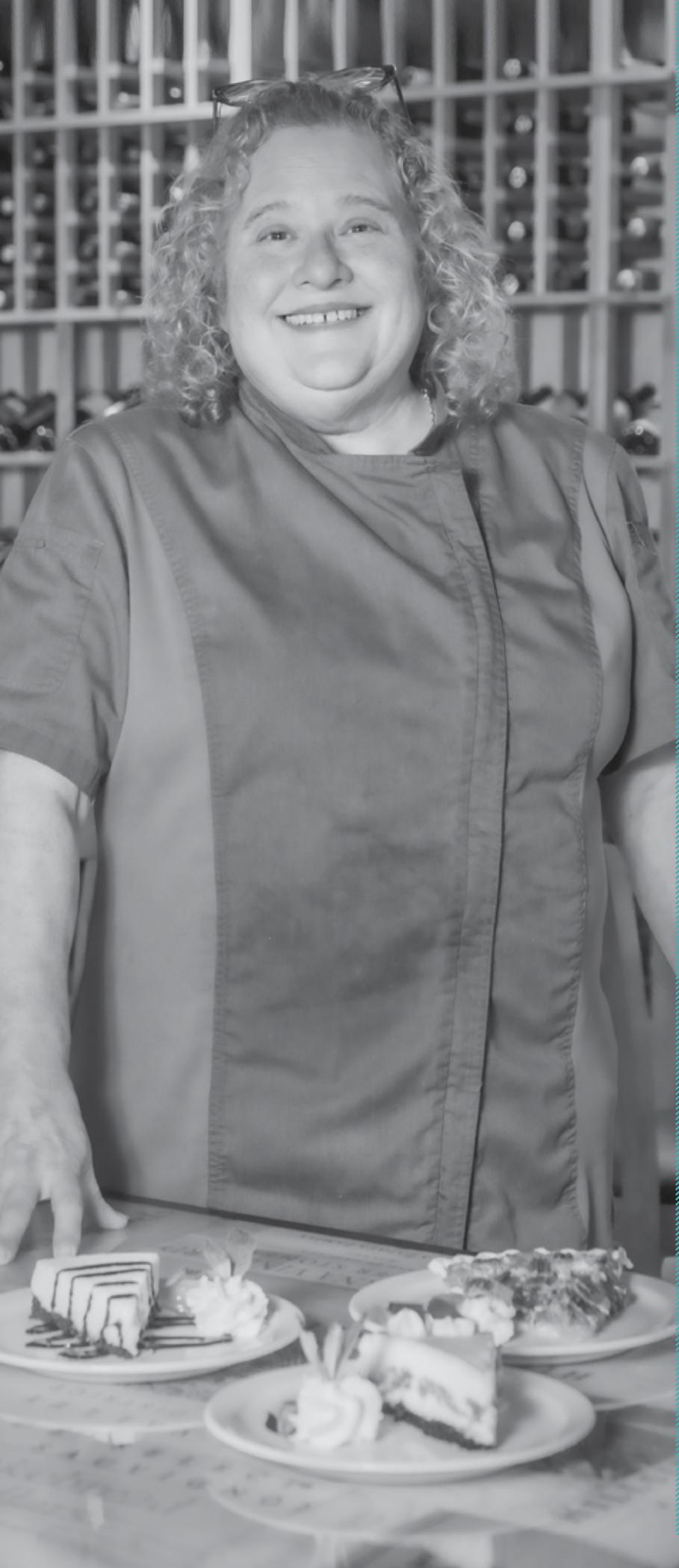
410 505-0530

[www.rosm.org](http://www.rosm.org) | [www.thestellateinstitute.com](http://www.thestellateinstitute.com)

[www.drseanmulvaney.com](http://www.drseanmulvaney.com) | [www.drjameslynch.com](http://www.drjameslynch.com)

Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is board certified in Sports Medicine and Pain Medicine. He has an international reputation as an educator of other physicians and pioneered and published on ultrasound-guided techniques. During his 31-year military career, Dr. Mulvaney served our nation's Special Operations community as both a US Navy SEAL officer and a US Army physician.

Dr. Lynch is an Olympic Team Physician for USA Swimming supporting elite athletes in international competitions since 2011, including the 2016 and 2020 Olympic Games in Rio de Janeiro and Tokyo. He is an Associate Professor at the Uniformed Services University in Bethesda and is board certified in Family Medicine and Sports Medicine. Dr. Lynch is a 1989 graduate of the United States Military Academy at West Point and holds graduate degrees from Dartmouth College and Brown Medical School.



**THE FACE OF WORLD-  
CLASS DESSERT**

# PAM SQUILLARI

**Pastry Chef  
Harvest Thyme Tavern**

Nestled in the Davidsonville countryside is Harvest Thyme Tavern, owned by Pastry Chef Pam Squillari and Executive Chef Rik Squillari. They met at the Culinary Institute of America, both with a passion for cuisine in their DNA. A third-generation American chef and descendant of Italian immigrants, Rik grew up in a family of chefs and restaurateurs. Pam's passion for baking bread and pastry can be traced back to her family's long line of eastern European bakers.

In 2017, they decided to create something of their own, and the idea for Harvest Thyme Tavern was born. Over the last five years, it's become a favorite among the locals with a friendly, down-to-earth vibe. A driving force has been Chef Pam's made-from-scratch desserts, which have created a cult-like following.

Her signature dessert is a NY Style Cheesecake with various flavors inspired by what is in season at local farms. Crowd favorites include her Heirloom Blue Hubbard Pumpkin Cheesecake and Brownie Bottom Cheesecake. Sweet!

---

1251 W Central Ave.

Davidsonville, MD

443-203-6846

[www.harvestthymetavern.com](http://www.harvestthymetavern.com)

## FACES OF FAMILY LAW ON THE EASTERN SHORE



## JOYCE & ASSOCIATES, LLC

**Kevin M. Joyce, Esq.**  
**M. Christine Joyce, Esq.**

800 Abruzzi Drive, Suite C  
Chester MD 21619  
410.643.3647 (office)  
410.237.6198 (fax)  
KJoyce@annapolisbarrister.com  
CJoyce@annapolisbarrister.com  
www.annapolisbarrister.com

Divorce, custody disputes, domestic violence – all unpleasant, frequently heart wrenching, experiences where emotions run nearly as high as the stakes. At Joyce & Associates, LLC, Kevin and Christine know the stresses and stakes involved and every client's representation is guided by one question: what are the client's goals? With over a thousand domestic clients on the Eastern Shore (and scores more across the State), Kevin & Christine have the experience to guide clients through the most complex divorces, and the most stressful custody disputes – always with compassion and honesty. Crucially, the firm's diverse practice areas and training, which include criminal defense, mediation and appointment to represent children, provide a backstop for clients when complications arise. Kevin & Christine have both been repeatedly recognized as Super Lawyers® – and the firm's commitment to needy litigants has resulted in awards, including being recognized previously as the "Law Firm of the Year" by Mid Shore Pro Bono, Inc. At Joyce & Associates, LLC, our motto in representing our clients is simple: *Aut Viam Inveniam, Aut Faciam*. Either I will find a way, or I will make one.



**THE FACE OF CREATING  
A LIFETIME OF SMILES**



# LABBE FAMILY ORTHODONTICS

Annapolis | Crofton | Bowie | Greenbelt  
410-267-7300  
[www.labbefamilyortho.com](http://www.labbefamilyortho.com)

SMILE! That's what it's all about at Labbe Family Orthodontics! At LFO the entire practice is committed to providing excellent orthodontic care at the right time, for the right reason, with integrity and honesty. Dr. Stephen Labbe and his amazing team of orthodontists, including Dr. Laura St. Bernard and Dr. Natalie Miller, are dedicated to the art of orthodontics. They pride themselves on staying in tune with the latest developments in this ever-changing field and utilizing cutting-edge technology to deliver unsurpassable results.

In addition, LFO is a Diamond Tier Invisalign Provider, a distinguished honor for providers with advanced experience. Therefore, the LFO team has the capability to treat even the more difficult cases in both teens and adults.

But if you are wondering what the best thing at LFO is, look no further than the incredible staff. This team of kind, caring and talented individuals works hard to make every person who comes through the doors feel like family. They seem to always be wearing a smile and consistently go above and beyond to deliver outstanding customer service.

With four locations to serve you, complimentary consultations and a variety of payment options to fit most any budget, Labbe Family Orthodontics is a superb choice for your family's orthodontic needs. Call them at 410-267-7300 today!

# THE FACE OF BUILDING DREAMS



## BRANT NIELSEN

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As much as Brant Nielsen appreciates the recognition, he'd much rather shift the spotlight onto employees who've been instrumental in NDG's success.

As Brant says, "We focus on people who are exceptional at their craft. They practice the values that NDG stands for; integrity, excellence and teamwork. These are values you can't teach."

Unlike competitors who are single-mindedly focused on revenue, NDG is building a culture that's relational, not transactional.

"Given the choice between a quick profit and a long term relationship, I'd choose the latter. One way or another, I'll earn their business because I've made the effort to earn their trust.

That's not an idle claim, it's a practice that customers recognize and appreciate.

"Other contractors tried to fit us into a formula that was convenient for them, not us." an NDG customer explains, "Brant's approach was diametrically opposite. 'What do you need?' he asked us, 'How can we make the vision you've poured energy into come to life in your home?' "



## THE FACE OF TALBOT COUNTY LUXURY PROPERTY



# ROB LACAZE

**Long & Foster Real Estate  
Forbes Global Properties**

410-310-7835  
21 S Harrison St, Easton, MD  
lacazerob@gmail.com



A luxury real estate expert, Rob Lacaze has listed and sold some of Talbot County's finest waterfront estates – including a \$17 million property.

A native New Yorker, Rob has lived in Talbot County for over 30 years. A graduate of University of Richmond's School of Business, Rob worked on Wall Street before meeting his wife Stephanie, (a Chestertown native) and relocating to Easton. They are the proud parents of sons, Turner, Alex and Cole.

Rob founded Lacaze Realty and later became president of Lacaze Meredith, a Long & Foster company.

At the most recent awards ceremony, he was recognized as Long & Foster's No. 1 agent in four categories: total sales volume, buyer's volume, listing volume and sold units.

Rob's knowledge, exceptional customer service, keen business acumen, and strong work ethic have earned him the well-deserved title of 'The Face of Talbot County Luxury Property'.

Contact Rob at 410-310-7835 or lacazerob@gmail.com.



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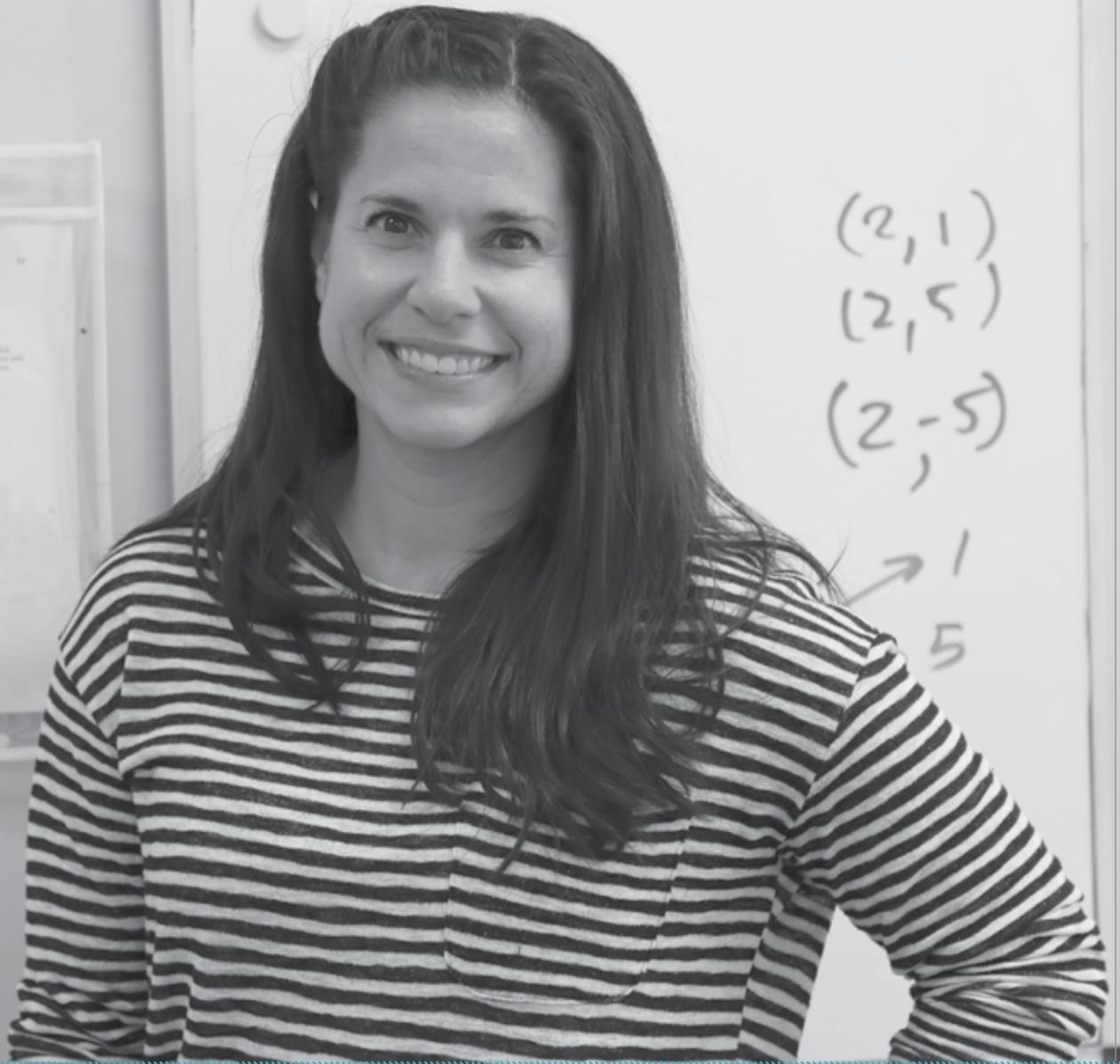
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2. Set goals
3. Analyze data
4. Create the Plan
5. Present recommendations
6. Implement the plan
7. Monitor the plan

Step Six, "Implement the plan" is the most important part of the financial planning process. Meeting with a financial advisor to gather, analyze data, & make a plan will only be successful if the plan is executed.

We help our clients through every step of the process. We want you to know we're here to support you in all stages of your wealth-management journey. That includes getting to — and across — the finish line of accomplishing your financial goals.



## THE FACE OF DISCOVERY



# RACHEL MCMAHON

**Middle School Math Specialist  
Severn School**

201 Water St.  
Severna Park, MD 21146  
410-647-7700  
[www.severnschool.com](http://www.severnschool.com)

For Middle School math specialist Rachel McMahon, solving an equation correctly or being able to identify an obtuse angle are not the only things she wants her students to accomplish. She merges communication skills with critical thinking to push her 7th & 8th grade students out of their comfort zone by learning how to explain their thinking behind solving a problem.

"We work a lot on explaining their thinking out loud and communicating to each other how things work. I think that's a skill more important than just solving math problems. My biggest goal for the kids is to get them to think in my class, rather than me telling them what to write down."

Ms. McMahon is changing the way her students think about math, and is giving her students a skillset that will serve them beyond the math classroom as they grow at Severn School.

**THE FACE OF  
AUTHENTICITY**



# DR. NAMITA MURTHY

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443-333-8083

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Annapolis, MD 21401

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## THE FACE OF ENVIRONMENTAL EDUCATION



### RONNIE VESNAVER

Director of the Chesapeake Watershed Semester

### MEL SKIRKANICH

Science Instructor for the Chesapeake Watershed Semester

The Chesapeake Watershed Semester at The Gunston School  
Chesapeakewatershedsemester.org  
Gunston.org | 410-758-0620 | Centreville, Md.

"A robust environmental education is critical to fully prepare our students for the world they are inheriting," says Ronnie Vesnaver, Director of The Gunston School's Chesapeake Watershed Semester, a single-semester, place-based academic program open to all high school juniors and seniors.

With its immersive, rigorous, and interdisciplinary curriculum, the program uses the Chesapeake Bay and its watershed as the foundation to cultivate reflective and confident student leaders who can promote regional and global environmental sustainability through their understanding of scientific, social, cultural and political systems.

"The more our students engage with their place and with the nature around them, the more resilient we will all be in the face of the environmental changes that are to come. Our school has afforded us the opportunity to prepare our students for their future, but it has also allowed us to show our students the wonder and value of the place they call home."



SWARTHMORE COLLEGE

# THE FACE OF PERSONALIZED COLLEGE COUNSELING



## MAGGIE MELSON NADINE MARKS

**Indian Creek School College Counselors**

College Counseling at Indian Creek is a personalized process grounded in close relationships between students and the college counselors. Nadine Marks and Maggie Melson embrace this role, dedicating themselves to pairing each ICS senior with a school where they will thrive.

Melson and Marks cultivate relationships early, meeting with families throughout high school and often getting to know students earlier at the PK-12 school. They attend students' activities outside the classroom and know them well within.

Each ICS senior benefits from hours of individualized college guidance. The duo approaches each student's placement as a puzzle, creating tailored lists of college options for consideration. Marks and Melson write custom recommendation letters, and proof hundreds more from faculty before sending to schools. The counselors serve as "school parents," guiding students through applications and ensuring they complete each step on time, so that parents can maintain their relationships as advocates for their children.

"At ICS, each student receives customized guidance as they drive their own college process. When students have the agency to set and reach their own goals, the results are spectacular."

1130 Anne Chambers Way  
Crownsville, Maryland 21032  
[www.indiancreekschool.org](http://www.indiancreekschool.org)



## THE FACE OF DESSERTS



# BLUE CRAB CUPCAKES

1580 Whitehall Road,  
Annapolis, MD 21409  
443-221-7246  
[bluecrabcupcakes.com](http://bluecrabcupcakes.com)

Blue Crab Cupcakes is a boutique bakery specializing in cupcakes, mini cupcakes, weddings, special occasion cakes, and macarons. The bakery is conveniently located off Route 50 in Annapolis Maryland.

It's an exciting visit to Blue Crab Cupcakes on Whitehall Rd. in Annapolis. Local Annapolitan and proprietor Carrie Olish leads her talented team of dedicated employees. If you are in need of a custom cake for a special occasion, macarons to surprise a friend, or a cupcake to delight your own senses, Blue Crab Cupcakes is up for the task. Carrie and her team handle over 300 weddings per year and just celebrated their 5th year anniversary at their storefront. Blue Crab's treats are perfect for any special occasion including birthdays, weddings, anniversaries, or treat yourself or family. Blue Crab Cupcakes is always creating new flavors and desserts. Come see the storefront to see what's baking.



# THE FACE OF PERSONAL AND PROFESSIONAL REAL ESTATE



## SCOTT SCHUETTER

**Berkshire Hathaway Home Services  
PenFed Realty**

1997 Annapolis Exchange Pkwy, Suite 100  
Annapolis, MD  
410-266-0600 (Office)  
410-900-7668 (Mobile)  
[www.scottschuetter.com](http://www.scottschuetter.com)



Personal and Professional ~ I have always focused on people, not houses. It was clear to me from the beginning, that it doesn't matter if a home is 200,000 or 6 million, it is a huge deal for EVERY client. My wife and I joke all the time about it, but I truly feel that I am a psychologist in disguise. Every transaction, whether buying or selling, involves a series of complex personal decisions layered with emotions, finances and stress. My military background and training taught me to be calm in any and all circumstances. Those skills have been finely tuned daily in real estate. When things are most chaotic, it is even more important to be the calm and guiding voice. Buying or selling a house is not the same as calling in an air strike in Fallujah, but to my clients, it may feel like it.

People need to know that their advocate is going to be there for them, has their best interests in mind, and will guide them through one of their most important life decisions. Marketing trends, advertising, community connections, staging a home, market expertise, etc. is obviously a huge part of my business, but in the end it all comes back to people.



# THE FACES OF KENT COUNTY ECONOMIC AND TOURISM DEVELOPMENT



## KENT COUNTY ECONOMIC AND TOURISM DEVELOPMENT TEAM

Kent County Economic and Tourism  
Development Team  
410-778-0416  
[www.kentcounty.com](http://www.kentcounty.com)

The Kent County Economic and Tourism Development (KCETD) Team has been integral in enhancing the economic stability of the county. Through business attraction, business retention, and destination marketing strategies, the KCETD Team has developed a robust program to facilitate economic sustainability for the county and its constituents.

The KCETD Team represents diverse industries with professionals in Education, Finance, Marine, Real Estate, Community Development, and Public Relations. These professionals strive to improve the County's business climate for residents and visitors. The Team recognizes that a healthy business environment is critical to maintaining the wonderful quality of life Kent County has enjoyed for over 400 years. They advise the County on economic policies, issues, and programs that promote economic and tourism growth. As such, the Team has been successful in creating programs focused on workforce development, business education, and facilitating opportunities for marketing and financial planning. Other programs include management of a co-working and business incubator space for telecommuters, entrepreneurs, and start-ups.

To facilitate and enhance tourism development, the KCETD Team has developed a public relations strategy that collaborates with local, regional, and state partners to establish brand awareness via robust and diversified marketing campaigns. The organization has experienced year-over-year growth in visitation for the past several years and remains a leader in the economic development and tourism industry.

# THE FACES OF REGENERATIVE MEDICINE



**DR. ZVEZDOMIR  
ZAMFIROV**

**DR. NICHOLAS  
MATA**

## **All Star Pain Management & Regenerative Medicine**

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166 Defense Hwy, Suite 300  
Annapolis, MD 21401

BOWIE OFFICE  
4201 Northview Dr, Suite 502  
Bowie, MD 20716

GLEN BURNIE OFFICE  
1600 Crain Hwy S., Suite 207  
Glen Burnie, MD 21061

443-808-1808  
[allstarpainmanagement.com](http://allstarpainmanagement.com)

Founded in 2017 with the mission of providing a comprehensive approach to pain relief, All Star Pain Management and Regenerative Medicine has established itself as a leader in regenerative medicine in the Annapolis area.

Our cutting-edge procedures not only focus on your chronic pain symptoms but also target the underlying orthopedic condition that causes them. We pride ourselves on our ability to treat pain and injuries to the spine, joints, muscles, ligaments, and tendons.

Our founder, Dr. Zamfirov (Dr. Zed), has extensive experience in regenerative medicine and has built a successful practice with the goal of helping you obtain relief from your arthritis, neck and back pain, sports injuries, or chronic pain due to an orthopedic condition. Our innovative approach offers a wide variety of treatment options that are customized to your individual needs and provide life-changing results.

A native of Ohio, Dr. Nicholas Mata provides specialized, holistic, multidisciplinary medical care for a wide range of musculoskeletal and painful conditions. He is skilled in a variety of nonsurgical interventional treatments for the spine, nerves, and joints and can provide options for neuromodulation technologies for pain.

Dr. Mata received a B.S. degree with honors from The Ohio State University and an M.D. degree from Wright State University. He then completed his residency in Physical Medicine and Rehabilitation at Case Western Reserve University's MetroHealth Medical Center, where he was selected as Chief Resident. In addition, Dr. Mata also subspecialized in a Pain Medicine fellowship at Case Western Reserve University. Dr. Mata is board certified in Pain Medicine.



**THE FACE OF A HAPPY  
AND HEALTHY SMILE**



# ANNAPOLIS PERIODONTICS

**Dr. Angela Miele**  
**Dr. Deborah Odell**  
**Dr. Edidiong “Di” Umoh**  
**Dr. Elizabeth Polak**

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# REBECCA MITCH MCKEE

**PHD, LCPC, CFC, BC-TMH**

**Anne Arundel Counseling, Inc. &  
Bay Area Christian Counseling**

Anne Arundel Counseling Offices in: Annapolis - Bowie - Centreville  
Columbia - Glen Burnie - Kent Island/Stevensville.  
Also serving the State of MD via TeleHealth  
410-768-5988 - [info@annearundelcounseling.com](mailto:info@annearundelcounseling.com)

Bay Area Christian Counseling Office in: Annapolis  
Also serving the State of MD via TeleHealth  
410-266-3058 - [admin@bacc.life](mailto:admin@bacc.life)

Dr. Mitch McKee's entire career has been devoted to wellness. Her expertise has enabled her to assemble a team of skilled clinicians who are committed to your well-being and can empower you to achieve personal growth in a supportive setting. They guide you on your personal journey of wellness and provide the tools necessary to improve your overall quality of life.

For two decades, Anne Arundel Counseling (AAC) has established itself as a premier mental health and wellness practice in the community. Under the leadership of Dr. Mitch McKee, executive director, clinical/forensic psychotherapist, and board-certified telemental health provider, the practice provides comprehensive evaluation and treatment to children, adolescents, and adults through individual, family, and group sessions.

With the addition of Bay Area Christian Counseling (BACC), Dr. Mitch McKee now offers seven convenient locations to serve your mental health needs. The practice, which celebrated its one-year anniversary in July 2022, is dedicated to the faith-based community and provides comprehensive evaluation and treatment to children, adolescents, and adults.

Make your wellness journey a priority. Schedule an appointment today.



## THE FACES OF GASTROENTEROLOGY



# ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

410-224-2116 • [aagastro.com](http://aagastro.com)  
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4175 N. Hanson Court, Suite 304, Bowie, MD 20716  
1215 Annapolis Rd. Suite 201 Odenton MD 21113  
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Anne Arundel Gastroenterology Associates provides expert care for disorders of the digestive tract including colon and rectal disease, ulcers, stomach disorders, Crohn's disease, colitis, irritable bowel syndrome, and liver and pancreatic disease. Our board-certified, fellowship-trained gastroenterologists are committed to providing you the treatment you need which will get you back to your best health.

Colon cancer is the third most common cancer diagnosed in the United States for both men and women. Colonoscopy is the only test that detects and prevents colon cancer. At Anne Arundel Gastroenterology Associates, our 9 board certified physicians perform over 13,000 colonoscopies each year. AAGA gastroenterologists detect precancerous polyps in 42.5% of screening colonoscopies compared to the national standard of 25%. For patients with risk factors such as a personal history of colon polyps, colon cancer, or family history of colon cancer, colonoscopy remains the gold standard in screening for colon cancer. Without risk factors, the American Society for Gastrointestinal Endoscopy recommends colon cancer screening starting at age 50.

AAGA physicians have been consistently voted the top gastroenterologists in Anne Arundel County over the past several years by our patients and peers.

**THE FACE OF DEFENSE  
A FAMILY TRADITION™**



# PETTIBON ALARM COMPANY

2151 Priest Bridge Drive, #41  
Crofton, MD 21114

301-858-0820  
www.petitbon.com

Richie Petitbon is the Owner and President of Petitbon Alarm Company, founded in 1991. Richie's son, Richie Petitbon III, Business Development Specialist, joined the team in 2020 after earning his masters at Alabama and Illinois.

Petitbon's principles were founded upon the Golden Rule, highlighted by no long-term contracts and the most elite service in the industry. The company's five-star reviews demonstrate commitment to service and excellence.

Every Petitbon team member is a licensed employee who lives in our community. Most have been on staff for over a decade, many for much longer!

The company's tagline "Defense – A Family Tradition™", is a nod to Richie's father, Richie Petitbon, Sr., whose name you may recognize as a former NFL player and one of the top defensive football coordinators of his time.

Richie often says "My dad designed defense for the Redskins, and we design defense for your home and business".



## THE FACES OF CLEAN CARS



# TOM, ALYSSA & SUDS MORRIS

## Chesapeake Car Wash

111 Defense Highway  
Annapolis, MD 21401  
410-224-0175  
[www.chesapeakecarwash.com](http://www.chesapeakecarwash.com)

Chesapeake Car Wash and Detail Center, conveniently located near Annapolis Mall, is a state-of-the-art facility that specializes in cleaning your vehicle with their exterior, full service, and detailing service options.

Tom Morris, started Chesapeake Car Wash in 2016. With a background in hockey as a coach and working for professional teams, he is an expert in teamwork and has unmatched determination. This determination has been the spark in Chesapeake ever since, and the reason Tom is living his dream of owning a car wash. His daughter, Alyssa, made it a 'family' business when she decided to join the team after graduating college in 2017. She continues to play a pivotal role in the car wash's success as her and her Dad continue to grow, innovate, and deliver Chesapeake's promise to provide customers with excellent service and spotless cars.

Alyssa's dog, cleverly named Suds, is the customer service specialist and can be sighted at Chesapeake providing customers with a smile. The Chesapeake team is continuously searching and implementing the most advanced technology/features available in the car wash industry.

# THE FACE OF COMPREHENSIVE DENTISTRY



## SCOTT FINLAY DDS, FAGD, FAACD

### Annapolis Smiles

1460 Ritchie Highway, Suite 203  
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[www.annapolissmiles.com](http://www.annapolissmiles.com)

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Dr. Finlay is recognized as one of the premier cosmetic and restorative dentists in the country. He is one of only 100 dentists that has been vetted as an Accredited Fellow by the American Academy of Cosmetic Dentistry, the Gold Standard for Excellence in cosmetic dentistry, and he is a Diplomate of the American Board of Cosmetic & Esthetic Dentistry. Dr. Finlay takes a detailed approach for each patient to ensure their dental treatment plans balance the complexities of smile design to produce optimal results.

Annapolis Smiles has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five-star service and commitment to exceptional care. Call us today to make an appointment!



## THE FACE OF PHILANTHROPY



# CAROL B. SISCO, Ph.D.

## Annapolis Maritime Museum

723 Second Street  
PO Box 3088  
Annapolis, MD 21403  
410-295-0104  
[www.amaritime.org](http://www.amaritime.org)  
[office@amaritime.org](mailto:office@amaritime.org)

“Providing opportunities” is Dr. Sisco’s guiding principle for her work. This focus, coupled with a strong connection to her family, Jean Head Sisco, Joseph Sisco, and Jane Sisco, has motivated her. She has made a remarkable impact on Anne Arundel County and beyond through her financial contributions, leadership, and mentoring. Her giving is broad and deep, supporting education, literacy, leadership, hunger, conservation, mental health and addiction, and the arts. Dr. Sisco encourages others to contribute by example. She maximizes her giving by supporting matching campaigns and advancing strategies that help broaden organizational funding. She serves and has served on diverse national and local boards and is currently board chair of the Annapolis Maritime Museum. In November, Carol B. Sisco was named the 2022 Community Foundation of Anne Arundel County’s Philanthropist of the Year.

A woman in a red dress is holding several shopping bags. The bags are in various colors: brown, grey, red, tan, and yellow. The background is a blurred indoor setting, likely a shopping mall or store.

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# Weaving

## CREATIVITY

Textile arts, from quilting to knitting and many forms between, are a cultural and community pursuit with ancient roots, and imbedded in the Mid-Atlantic region

BY DIANA LOVE

Textile arts have existed since humankind first discovered the transformation of wool from lambs or plant fibers into thread. Archeologists have found clothing fibers that predate the exodus from Africa, sewing needles from 60,000 years ago, and dyed flax fibers from a cave in the Republic of Georgia that date to 36,000 BC. Net gauges, spindle needles, and weaving sticks from 5,000 BC have been discovered in Western Europe. From Far East Asia, along the Silk Road, to Mesopotamia, the Levant, and Africa, the textile arts have defined entire periods of history. They undoubtedly can be used to characterize cultural movements and significant social trends.

American history can certainly be charted by following a long trail of regional trends in the primary textile arts, including weaving, knitting, crochet, and quilting. From the sewing of our national flag in colonial Philadelphia to quilts made simply to stay warm in Appalachia and New England, colonists and pioneers grew a collection of handiwork that details the materials, technologies, and inherited wisdom available to them. The skill and technique of traditional handicrafts were proudly passed from generation to generation—until the advent of factory clothing, most often for practical reasons. These crafts and the skill required to be very

good at them remain both a source of beautiful handiwork and great pride for modern enthusiasts.

### A Community of Enthusiasts

Just as the textile arts represent and characterize historical eras, they also defined the lives of local enthusiasts. Karen Santa first taught herself how to knit as a young Girl Scout. Although she didn't knit much through high school, she worked her way through a graduate program by working in a Virginia yarn shop. Back then, in the 1980s, yarn shops were everywhere. Slowly though, as crafting transformed from a purpose-driven activity (there was a time when if you wanted a sweater you couldn't afford, you knitted it yourself!) to a mere hobby, these shops shuttered. Santa, who owns Knits and Pieces of Annapolis, a yarn and textiles shop off Admiral Drive, says that right now, however, handiwork is more popular than ever. "In the middle 1980s, knitting and crochet went from purpose-driven to artistically or craft-driven," she says. "Baby boomers didn't have as much time just to sit and knit when they could buy ready-made items, so these activities became hobbies. The movement behind Fair Trade manufacturing has brought textile arts back to a mainstream activity and industry."

*"It's a hobby that turned into a passion and a career. It's a part of the fabric of my family life, the activities and the work that I do, and my social life."*

Santa opened her shop in 2017 and hosts many sold-out classes, as well as informative and fun community-minded events. "I had a very clear vision that mine would be a community shop and not just be a place to sell yarn," Santa says. Her customers thrive on the atmosphere and gathering space she has created, turning to her for expert advice on everything from the quality of yarn they might require to perfecting a technique.

"Knitters are collectors," Santa says. "They might not call themselves collectors, but they appreciate yarns and fibers for color, texture, and quality, and they buy up a stash of what appeals to them most."

"My life has been defined by knitting," she says. "It's a hobby that turned into a passion and a career. It's a part of the fabric of my family life, the activities and the work that I do, and my social life."

Knitters aren't the only collectors. If any crafters are famous for their stashes of craft supplies, it's quilters. Catherine Thornton is a partner-owner of The Crabby Quilter, formerly Cottonseed Glory, in West Annapo-

lis. Thornton started quilting 35 years ago when she wanted to make a unique gift for her sister's wedding. "My sister-in-law showed me how to quilt, and that one project started me down a path and a career," she says. After taking classes, and over the years challenging herself with new patterns, techniques, and fabrics, Thornton began to show her quilts.

For her, quilting is not only a feat of geometry, engineering, and manufacturing, but especially of art and creativity. "I came from a fitness background where every day I had to perform. Quilting became my therapy and the opposite of the fitness industry," she says.

Quilting is similar to knitting or crochet, in that there is counting, measuring, and great attention to detail. Where it differs is in the amount of puzzling required to configure, cut, pattern, then reconfigure, piece together, and sew into a final product. "I've never used so much geometry in my life," Thornton says. Quilting and crafting makes the brain work and function. "It's challenging, but it is creative, it's a craft that showcases each quilter's artistry, and it's a fun way to engage with the community."





Quilters and knitters are indeed a tightly knit, tightly sewn community. The South River Knitting Guild is but one example of a large and growing community of knitters that over the years has brought in like-minded crafters from every background and neighborhood in the area. When the group was founded, just eight to twelve knitters gathered at the police station in Edgewater once a month. They snacked, joined in collaborative learning, and supported each other while enjoying a few hours away from the kiddos. Eventually, the group moved to Anne Arundel Medical Center and became serious about charity knitting. The South River Knitting Guild supports the Luminis AAMC breast center with breast cancer scarves and knit “knockers.” These are soft, cool, and washable prostheses that breast cancer survivors can use while they wait for their silicone prosthesis. The Guild also supports the AAMC infusion center with chemo caps, and the NICU with knit hats for babies.

Over the years, the South River Knitting Guild has determined a common mission: to grow individuals interested in knitting education, charity, and community into an extended group of friends. The Guild outgrew the hospital, then Maryland Hall, and now meets at the Elks Lodge on Solomons Island Road.

Quilting also can be characterized by a community of crafters tightly sewn together by their common yet complex craft. The Annapolis Quilt Guild famously hosts a major show every year at Annapolis High School. However, they also dedicate a sig-

nificant effort to community outreach. They make quilts and blankets to give during the holiday season, make masks and hats for nurses, and donate quilts to the Lighthouse Shelter that guests can take with them when they leave.

## Textile Arts and Health

Beyond creating many opportunities to join new and creative communities, the textile arts provide an excellent opportunity to support your mental health. In fact, knitting, crochet, and quilting are all activities that scientists say may contribute to better mental and physical health. Not only can these activities help you stay healthier, but they might even help you live better for longer.

Recent studies have shown that the repetitive and rhythmic techniques of these pastimes require focus to plan and complete. Additionally, the motions of knitting and crocheting require eye-hand-brain coordination that forces the mind to work in a soothing, meditative, and productive way. Importantly, the inclusive, long-standing and robust communities of crafters provide a haven of fellowship and productive energy that might help folks who would otherwise feel isolated, depressed, or lonely. All three of these activities can be enjoyed well into old age, often despite physical disabilities, including deafness or blindness. Knitting and crochet are calming activities whose repetitive and relaxing nature may help reduce anxiety.

“There is a meditative quality to knitting, with its rhythms and hypnotic-like qualities, your hands and mind doing the same repetitive motions that many people find calming,” Santa says. “You’re making something, you start and you finish. You’re providing something useful and beautiful that is tactile, visual, and pretty.”

A British study, published by the group Knit for Peace, surveyed 1,000 people in its network of 15,000 knitters, *HuffPost U.K.* reported. Results from the survey indicate that knitting slows the onset of dementia, combats depression, and distracts from chronic pain. Knit for Peace members make creations for disadvantaged people, which are then distributed to more than 200 outlets, including hospitals, refugee groups, prisons, hospices, and developing countries. More than half of those surveyed in the community said taking part in the initiative “makes them feel useful.”

**A 2011 study from the Mayo Clinic found that people who engaged in knitting, crafting, and other similar hobbies were 30 to 50 percent less likely to have mild cognitive impairment. When surveying the study's participants, 70 percent of whom were older than 60, the researchers found:**

The majority (70 percent) believe knitting improved their health, primarily because it helps them to feel relaxed

For those in poor or very poor health, 92 percent of respondents said knitting improved their health

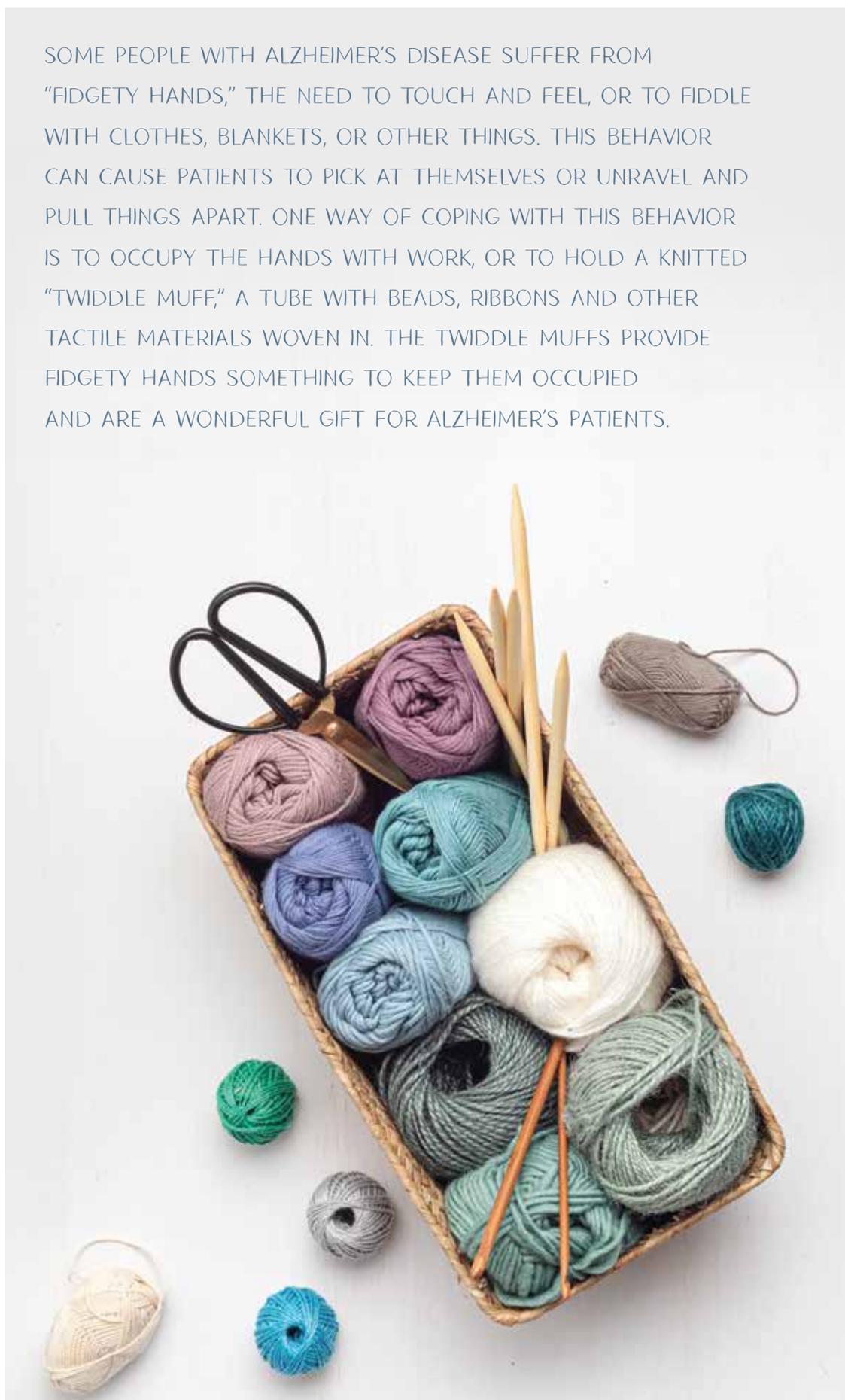
One in 10 said knitting helped them deal with chronic pain, and almost one in six noted that it relaxed their muscles

Approximately 21 percent of respondents believed it helped to relieve their arthritis

Citing the hobby's calming and therapeutic properties, 26.1 percent stated that knitting helped to reduce their blood pressure

There may even be a link between knitting and addressing addictive behaviors. A survey participant noted that knitting helped her stop smoking and to lose weight, simply by keeping her hands busy and productive.

SOME PEOPLE WITH ALZHEIMER'S DISEASE SUFFER FROM "FIDGETY HANDS," THE NEED TO TOUCH AND FEEL, OR TO FIDDLE WITH CLOTHES, BLANKETS, OR OTHER THINGS. THIS BEHAVIOR CAN CAUSE PATIENTS TO PICK AT THEMSELVES OR UNRAVEL AND PULL THINGS APART. ONE WAY OF COPING WITH THIS BEHAVIOR IS TO OCCUPY THE HANDS WITH WORK, OR TO HOLD A KNITTED "TWIDDLE MUFF," A TUBE WITH BEADS, RIBBONS AND OTHER TACTILE MATERIALS WOVEN IN. THE TWIDDLE MUFFS PROVIDE FIDGETY HANDS SOMETHING TO KEEP THEM OCCUPIED AND ARE A WONDERFUL GIFT FOR ALZHEIMER'S PATIENTS.



*“There is a meditative quality to knitting, with its rhythms and hypnotic-like qualities, your hands and mind doing the same repetitive motions that many people find calming.”*

Other studies have led researchers to consider the link between repetitive activities like textile arts and the advancement of diseases related to aging. The Mayo Clinic has found that crafting, including knitting, is a cognitive exercise that may reduce Alzheimer’s risk by 30 to 50 percent. Researchers asked folks who volunteered for the study about their daily activities within the past year and how mentally active they had been between the age of 50 to 65. Those who spent significant time reading, playing games, or engaging in craft hobbies like knitting were found to have a 40 percent reduced risk of memory impairment.

“This study is exciting because it demonstrates that aging does not need to be a passive process,” says study author and neuroscientist Dr. Yonas Geda. “By simply engaging in cognitive exercise, you can protect against future memory loss. Of course, the challenge with this type of research is that we are relying on past memories of the participants; therefore, we need to confirm these findings with additional research.”

Some reasons that knitting and crochet may help improve the lives of Alzheimer’s patients include the emotional and mental satisfaction of learning a new skill, remaining creative, and producing handiwork that can be kept or gifted. Both activities allow for constant learning of new skills and techniques. The hand-eye coordination required to sew, knit, and crochet helps build up neural networks, which can serve as a neuroprotective reserve against Alzheimer’s. Crafting is also a form of emotional self-care, which helps reduce stress, a key component of lowering risks for early Alzheimer’s.

## Learn to Craft & Getting in Touch

Maryland has many outlets for crafters. There are many local and regional community groups and guilds, most of which can be found online. An excel-

lent place to start might be Ravelry.com, which is a sort of social media platform for knitters and crocheters. Users can find individuals from cities and counties, and groups around the world, across the country, and in your area. Users can also showcase their work, find patterns, and purchase individual patterns without having to buy a pattern book.

Other ways to learn more about the textile arts in the area include attending a wool, yarn, or guild show, such as the Maryland Sheep and Wool Festival, the Shenandoah Fiber Festival at the Clarke County Ruritan Fairgrounds, the Maryland Alpaca and Fleece Festival at the Howard County Fairgrounds, or the DelMarva Fiber Festival in Ocean City.

You could also visit Quilt Week and the American Quilters Society to learn about regional and national shows. A fun online hub for quilters is The Modern Quilt Guild, where you can find local and regional quilting enthusiasts and learn more about showing your own handiwork.





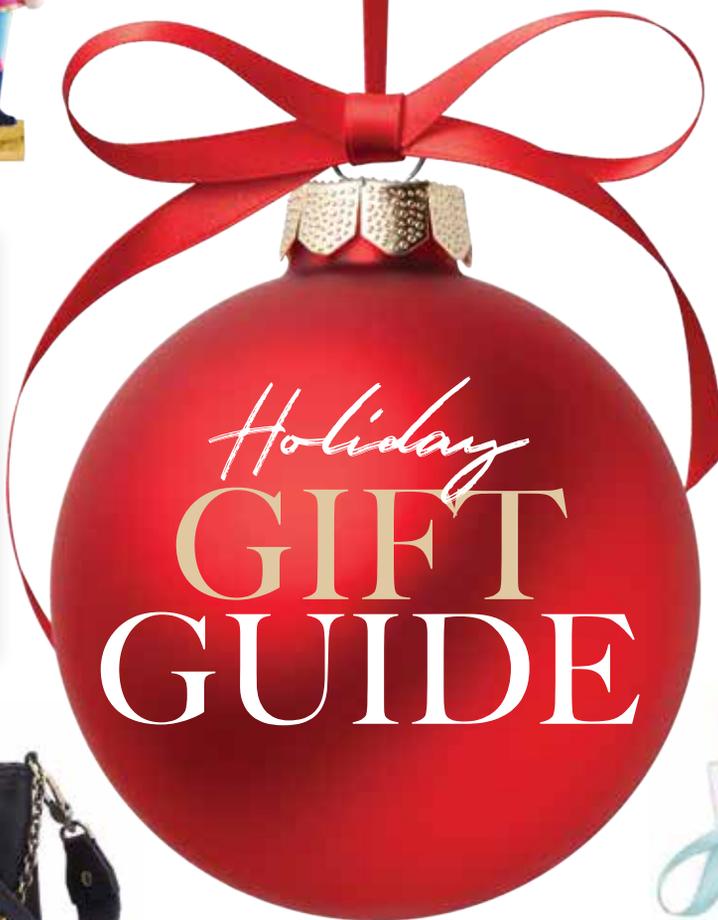
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**1. Handcrafted Nutcracker.** This holiday season, discover the enchanted boutique The Painted Cottage in Edgewater. Consistently a “Best Of” winner, this boutique has unique luxury gifts for everyone on your list. With clothing, jewelry, baby items, and holiday decor, they have just what you’re looking for. Add a little magic to your tabletop this year with a handcrafted nutcracker. Designed by Stephen Brown of Glitterville, each of these adorable Rainbow Colonel Cupcake Nutcrackers is joyfully adorned with a cupcake helmet and proudly towers at 20” tall. For this and other pieces from the Glitterville collection, visit [www.ThePaintedCottageMd.com](http://www.ThePaintedCottageMd.com) or in-store at *The Painted Cottage*, 164 W. Central Avenue, Edgewater, MD. Call us at 410-956-2434.

**2. The perfect gift for the person who has everything.** Treat yourself or someone you love to a gift box of delicious treats! A fabulous gift for anyone getting into home cooking or looking to experiment with new flavors. [www.seasonstaproom.com/collections/gifts](http://www.seasonstaproom.com/collections/gifts) Seasons Olive Oil & Vinegar Taproom, 180 Main Street, Annapolis, MD 21401, 410-280-1505.

**3. Long-term corrections for skin and body conditions.** Cutting-edge ingredients, techniques, and equipment that combined will achieve an amazing result. At Renée Kaplan Aesthetics, it’s not about the latest FAD; it’s about what genuinely works! Holiday Gift Cards available! *Renée Kaplan Aesthetics*, 200 Forbes Street, Suite 100, Annapolis, MD 21401, 443-794 6336, [reenekaplan aesthetics.com](http://reenekaplan aesthetics.com).

**4. Give From the Heart.** The season of giving is here! From best-selling styles in holiday hues to new designs you’re sure to love, we have something for everyone on your list (including yourself). Discover our holiday collection of leather bags and accessories, and shop locally this season when you visit our Annapolis and Georgetown stores. Featured Style: Darcy in Black pebbled leather (\$198) HOB0: 194 Green Street, Annapolis, MD | 1265 Wisconsin Ave, NW Washington, DC | [hobobags.com](http://hobobags.com) | [ihoboannapolis](mailto:ihoboannapolis).

**5. Unwrap the Crowler.** Give the gift of the area’s finest craft beers in a 32oz Crowler paired with a gift card for sampling delicious libations served fresh and cold from 12 rotating taps at Fishpaws Marketplace. *Fishpaws Marketplace*, 954 Ritchie Hwy., Arnold, MD, 410-647-7363, [www.fishpawsmarket.com](http://www.fishpawsmarket.com).



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**6. Allow us to lavish your favorite people with spa and salon treatments!** With a gift card, your loved one can create their day of relaxation and beauty from our menu of indulgences. Some of our favorite days here include a morning of spa complimented by a local lunch service, finished with hair and makeup so they can hit the town, relaxed and styled! Conveniently purchase online or in person. *Sadona Salon + Spa*, 15 West Street, Annapolis, MD, 410-263-1515, [www.mysadona.com](http://www.mysadona.com).

**7. Scout & Molly's Boutique.** The ladies on your holiday list will love these liquid leather front pocket gaucho pants & reversible tank topped with metallic liquid leather signature copper jacket. Liquid leather is not pleather or leather. It is an exciting, innovative knit fabric created by Clara Sunwoo. It is soft, stretchable, breathable, vegan friendly and fits like a glove! *Scout & Molly's Boutique* at *The Annapolis Town Center*. 443-837-6076.

**8. Fishpaws Own Single Barrel Whiskies.** Hand picked single barrel whiskies and barrel aged tequila. A single barrel whiskey or tequila is one of a kind, rare find bottled just for Fishpaws. Hand picked by Fishpaws Spirit Experts! Special pricing. All Store Bottle etching December 17, 12:00pm – 6pm Need your order delivered? We've got you covered. *Fishpaws Marketplace*, 954 Ritchie Hwy Arnold, MD, 410-647-7363, [www.fishpawsmarket.com](http://www.fishpawsmarket.com).

**9. Need a little extra sparkle this holiday?**

Diamond bracelets & bangles for stacking. Starting at \$2,950. *Zachary's Jewelers*, 100 Main St., Annapolis, MD, 410-266-5555, [www.zacharysjewelers.com](http://www.zacharysjewelers.com).

**10. Find your perfect gift from local artist Kim Howell**

Framed art, candles, pillows, tableware, tea towels, and more. If you can't decide what to gift your art enthusiast, gift cards are available at her new flagship location in downtown Annapolis. *Kim Howell Fine Art*, 151 Main Street, Annapolis MD 21401, 410-709-8247, [kimhovell.com](http://kimhovell.com).

**11. Healthy Fresh Meals.** Give the perfect gift that is unique and special this holiday season with a gift certificate to Healthy Fresh Meals. Support this local meal delivery service located in Maryland that thoughtfully prepares fully cooked, healthy meals, that are delivered straight to your door. We offer kids' meals, adult meals, senior meals, salads, soups, and more! Locally sourced products go into our meals. No minimums or subscriptions, and meals are cooked and ready to eat. Menu changes weekly and meals store in the refrigerator for 7 days in our heat-sealed packaging. Order a gift card today! *Healthy Fresh Meals*, [www.HealthyFreshMeals.com](http://www.HealthyFreshMeals.com), 5586 Tuxedo Road, Hyattsville, MD 20781, 202-851-4855.

**12. Holiday gifting is made simple at The Spice & Tea Exchange.** These fabulous looking (& tasting!) 9-11oz collections will shine this holiday, under the tree or as a first-class hostess gift! They span spices, blends and teas in distinctive themes: Best Selling Blends, Tis the Seasonings, Fisherman's Feast, Culinary Passport, Silent & Calming Nights, and Best Selling Teas! We look forward to help you find the perfect gift! *The Spice & Tea Exchange of Annapolis*, 155 Main Street, Historic Annapolis, [annapolis@spiceandtea.com](mailto:annapolis@spiceandtea.com), 410-280-2088.



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**13. Get Fit Kit.** This holiday season, give your loved ones a Get Fit Kit from Annapolis Athletic Club or Edgewater Fitness! The Kit includes a one-month membership, TWO personal training sessions, and an H2O bottle (while supplies last). Redeem by January 2, 2023. Choose one of our two convenient locations: \$89 Annapolis Athletic Club - 1031 Bay Ridge Avenue Annapolis, MD 21403, 410-990-1095. \$59 Edgewater Fitness - 5 Mayo Road, Edgewater, MD 21037, 410-956-9392.

**14. O'Donnell Medical Aesthetics Gift Cards.** Don't miss out on the perfect gift for your loved ones this holiday season! OMA Gift Cards are available now! From December 1st to December 31st every \$500 spent - Receive an extra \$100 at no additional cost! \*This promotion is eligible for cosmetic procedures only. Gift card must be used within 6 months of original purchase. Cannot combine gift card with any other OMA promotions. O'Donnell Vein & Laser | Annapolis: 166 Defense Hwy, Suite 101, 877-461-1564, Easton: 499 Idlewild Avenue, Suite 101, 877-461-1564, www.odonnellveinandlaser.com.

**15. Mission Escape Rooms Gift Voucher.** Give the gift of an experience—an immersive escape room adventure at Mission Escape Rooms! Use promo code Gift2022 for 10% off your purchase! Redeemable at three locations.

*Mission Escape Rooms*

Annapolis | 40 West Street, Annapolis, MD 21401, 410-263-3333

Waugh Chapel | 1405 S. Main Chapel Way Suite 105, Gambrills, MD 21054, 410-721-6666

Arundel Mills | 7000 Arundel Mills Circle, Suite 200 Hanover, MD 21076, 410-553-4850

www.missionescaperooms.com

Rooms are designed for groups of 1-10 people and are reserved via private bookings only.

**16. Irish Egg Nog.** Offering one of the most unique holiday gifts from a local business founded in the heart of Annapolis: Our very own Galway Bay Irish Eggnog. Pictured with a gift card and eggnog ice cream produced in partnership with another local business, The Annapolis Ice Cream Company, you can't go wrong. This is the most sought after gift in the Annapolis community. Stop in today to get this Irish holiday treat by the bottle or half-case! Galway Bay Irish Pub & Whiskey Bar, 63 Maryland Ave, Annapolis, MD, 410-263-8333, www.galwaybaymd.com.

**17. Give the gift of holiday magic this season!**

With a gift certificate to About Faces Day Spa & Salon, you can treat those you love to endless options of self-care. From facials and massages to highlights, haircuts, and nail care, About Faces Day Spa & Salon is the perfect gift! *About Faces Day Spa & Salon* 1910 Towne Centre Blvd - Suite 203 | Annapolis, MD 410-224-4110 | www.aboutfacesdayspa.com.

**18. Send flowers & more this holiday season!**

WildFlower's two locally owned & operated luxury floral boutiques are full of unique gift items such as house plants, candles, wine, cards, books, dried flowers, home decor, local artisan treats, clothing, accessories & more. Same day delivery to all of Anne Arundel County and beyond. *WildFlower Stem + Sundry* - 1460 Ritchie Hwy Arnold, 910 Cromwell Park Drive, Glen Burnie, 410-859-9292, www.wildflowermd.com, @wildflowermd1.

**19. The Cottage.** It's the most wonderful time of year

and your favorite boutique is HERE (in Annapolis & Severna Park)! Make your list and check it twice because The Cottage has the area's best selection of gifts, apparel, jewelry, accessories, home décor and more! Perfect for everyone on your list, including YOU! *The Cottage on Main*: 149 Main Street, Annapolis *The Cottage*: 562B Ritchie Hwy, Severna Park www.ShopTheCottage.com.



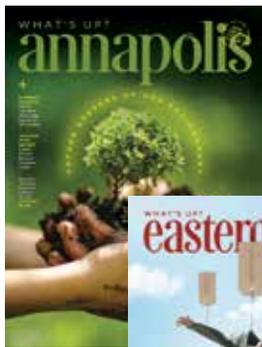
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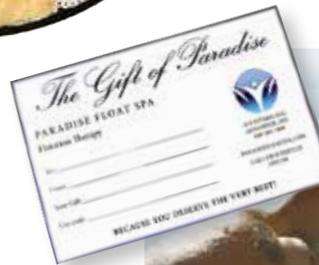
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**20. Give the gift of history with a Historic Annapolis Membership!** You'll support the mission of HA with a tax-deductible donation and provide your friends and family with a meaningful and impactful gift. HA Members receive a full year of enriching museum experiences with free admission at the Museum of Historic Annapolis and William Paca House and Garden, discounts on events and programs, and much more. Memberships start at \$50. *Historic Annapolis*, 99 Main Street, 410-267-7619, [annapolis.org/support/memberships](http://annapolis.org/support/memberships).

**21. Treat your loved ones or yourself** to a rejuvenating spa day with an Even Keel Wellness Spa gift card. Even Keel Wellness Spa has long served all of Annapolis' bliss-based needs, including facials, lash extensions, CBD massages, and body contouring. Even Keel Wellness Spa also has a second, brand-new location in Canton. Gift cards can be used at either location. *Even Keel Wellness Spa*, 31 Old Solomons Island Rd., Annapolis, MD 21401; 410-990-0111.

**22. Silver & Sparkle.** This holiday season, explore our vast collection of sterling silver designs from Taxco, Mexico and around the world. Visit our shop in downtown Annapolis or online to find a great selection of silver jewelry and home decor for all of the wonderful people in your life. *Blanca Flor Silver Jewelry*, Downtown Annapolis, 34 Market Space, Annapolis, MD 21401, 410 268-7666, [www.BlancaFlorSilverJewelry.com](http://www.BlancaFlorSilverJewelry.com).

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

**23. Custom Charcuterie Board.** Let Teri our certified cheese specialist design a custom charcuterie board for your Holiday and Winter events. *Fishpaws Marketplace*, 954 Ritchie Hwy., Arnold, MD, 410-647-7363, [www.fishpawsmarket.com](http://www.fishpawsmarket.com).

**24. Don't Your Friends and Family Deserve a Little Paradise?** Give them the gift of ultimate relaxation and serenity with a gift card from Paradise Float Spa. As they float effortlessly in one of our luxurious float rooms, their stress, anxiety, and muscle tension will float away only to be replaced with a beautiful post-float glow! *Paradise Float Spa*, 619 Severn Ave, Annapolis, MD, 410-280-1960, [www.paradisefloatspa.com](http://www.paradisefloatspa.com).



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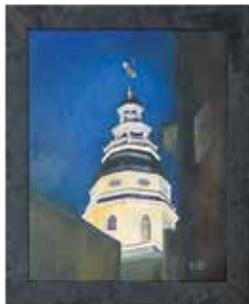
Linda Donahue. Earrings. \$35



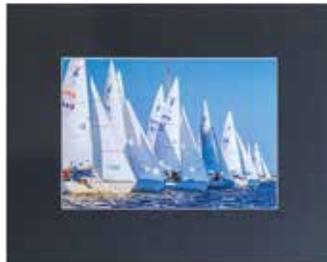
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# River of History

## The Patapsco River birthed America's Industrial Revolution along its banks and holds many stories within its waters

It is called the “River of History” and was the center of Maryland’s Industrial Revolution. A 39-mile minor river with a wide mouth on the Chesapeake Bay that attracted exploration by Captain John Smith in 1608, the Patapsco, an Algonquian word meaning “back water,” eventually gave birth to the Port of Baltimore.

Early settlers to the colony of Maryland were attracted to the fertile green country surrounding this river, which flows east from a spring in Carroll County just a hop, skip, and jump from the source of the adjacent Patuxent River that turns south.

Along this tidal estuary, with the deepest harbor on the Chesapeake Bay, the Clipper ship was born in Fells Point and *The Star-Spangled Banner* was written during the bombardment of Fort McHenry in 1814. When our national red, white, and blue flag continued to wave, St. John’s college graduate and young Maryland lawyer Francis Scott Key penned “Oh say can you see...”

The Industrial Revolution from 1760–1840 was one of the greatest achievements in human history, perhaps second only to the harnessing of agriculture millennia earlier. It was a major turning point in history, marking a transition from hand-produced methods to new manufacturing processes utilizing steam- and waterpower. It was a time of canal construction, textile mills, iron foundries, and mass production.

Forty-one tributaries flow into the Patapsco, which provided waterways for the export of agricultural goods at the port of Elkridge Landing, a town that rivaled the small Port of Baltimore in 1733. Tobacco hogsheads from the fertile farmland were rolled down “Rolling Road” (near present-day Catonsville) to be shipped to England from this inland port. Elkridge Landing, founded in 1733, was alive with manufacturing mills fueled by waterpower. The sounds of iron foundries making nails and horseshoes mingled with those of

View from the bridge  
over Patapsco River  
at Ellicott City in  
autumn, features the  
river with a rocky bed  
and the historic flour  
mill behind trees.



stagecoaches and horsemen on the new Post Road that paralleled the river. The Post Road, opened in 1741, would become the national historic 2,369-mile U.S. Route 1 from Maine to Florida.

In between the river and road, the oldest railroad in the United States and part of the first transcontinental railroad, the Baltimore and Ohio line (B&O), would wind. Iron from multiple foundries forged rails for the line that moved goods to the nation's capital and beyond, across multiple viaducts, one of which was named in honor of Charles Carroll of Carrollton, signer of the Declaration of Independence. Located at Gwynns Falls, the Carrollton Viaduct was the first stone mason bridge for railroad use in the United States. Another famous viaduct, the Thomas Viaduct in Relay, Maryland, was built with eight arches on a curve. It was dubbed "Latrobe's folly" by engineers who believed it would collapse when built in 1827. Yet, this National Historic Landmark remains standing as one of the world's oldest railroad bridges and is still in use today by CSX transportation.

When the first common-carrier railroad line opened for business, the coaches were pulled by horses that could pull 36 tons for six miles in two hours. At the end of this distance, horses would be transferred resulting in the small town of Relay being built and the first railroad hotel. It was at Relay where the first challenge race between a horse and the small steam-powered *Tom Thumb* would take place in 1830. Though the horse won after the engine suffered a mechanical failure, the writing was on the wall.

By 1836, the B&O was building steam-powered locomotives. Granite from quarries along the Patapsco River watershed supplied building blocks for the viaducts required for rail transportation as it extended through the rugged river valley. In 1844, it was along the Patapsco River/B&O rails where the nation's first telegraph line was constructed and Samuel Morse relayed the most famous telegraph message, "What hath God wrought," from the basement of the U.S. Capitol building to a receiving site in Baltimore.

Supplied by water-power upriver, Ellicott Mills was opened by three Quaker brothers in the 18th century and became one of the largest milling and manufacturing towns on the East Coast, housing flour, saw,

and plaster mills, plus a granite quarry. It became the first terminus for the B&O outside of the Port of Baltimore, eventually developing into the town of Ellicott City. And then, in 1868, heavy floodwaters rushed down the Patapsco washing away homes and the industries along its waterfront. In a day, everything was gone. No iron mill, no cotton mills, no grain mills, no navigable river, no port town of Elkrige Landing. The river would send rushing water down its course again and again, most recently in 2021, wiping out much of the town's Main Street and historical sites where our nation's commercial history was born. Downriver, the area of old Elkrige Landing is now Maryland's largest and first state park, providing walking and equestrian trails, camping, fishing, and kayaking. Patapsco Valley State Park covers 16,000 acres through the 200-foot river gorge laced with waterfalls.

The industries forged in this valley would move east to the Port of Baltimore. The Gilded Age was alive in Baltimore. Fueled by the B&O railroad and iron foundries, warehouses sprung up along Locust Point. The earliest known was built in 1785 by John O'Donnell and was the first to engage in the China trade for silk and enamel goods. Soon, the surrounding harbor was ringed with McCormick Spices, Allied Chemical, Procter & Gamble, Domino Sugar, and Bethlehem Steel, which employed 30,000 and gave birth to company towns Sparrows Point and Dundalk.

By the 2000s, they were all gone from the downtown harbor except Domino Sugar, with its electrified logo lighting up the waterfront. Despite the departure of major industries, the Port of Baltimore still is one of four ports along the East Coast with a 50-foot channel and closest seaport to the Midwest. It ranks first in automobile and construction equipment exports. It contributes approximately 150,000 jobs to the local economy, fuels the state treasury with \$395 million in taxes, and averages \$3.3 billion in total personal income.

Baltimore's Inner Harbor remains a gateway to history—the downtown cityscape that was first a port, tells the story of our nation's maritime heritage. Historical ships such as the USS *Constellation*, greet visitors with 200 years of history in one of America's oldest seaports and hints toward the amazing upriver stories of Maryland's first industrial centers, Elkrige Landing and Ellicott City. This is the Patapsco River, a "River of History."



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1. Twilight reflections in a marina in Harbor East, located off the Patapsco River in Baltimore. 2. Cascade Falls is a popular attraction for hikers and visitors at Patapsco Valley State Park. 3. Baltimore's Inner Harbor Harborplace, the World Trade Center, and the 1854 USS Constellation three-mast sloop-of-war. 4. The B&O Thomas Viaduct, pictured here in 1987, spans the Patapsco River and Patapsco Valley between Relay and Elkridge. The viaduct still stands today. Photography by Roger Puta. 5. Fort McHenry is situated on a Baltimore peninsula jutting into the Patapsco River. This aerial photo was taken during a flag ceremony in April of this year.

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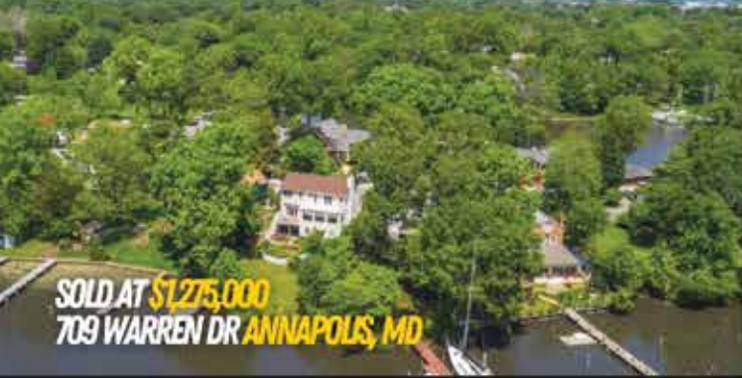
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# Home & Design

158 ALL IN GOOD TIME | 164 THE BEAUTY IN TECH  
167 ANNAPOLIS CLASSIC | 171 DOWNTOWN PROUD



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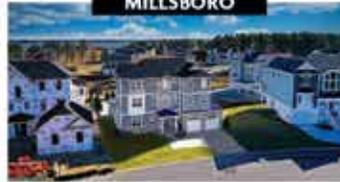
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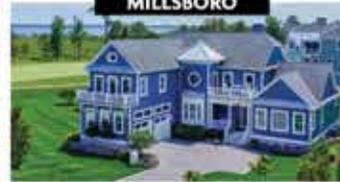
33521 TIDERUNNER AVENUE



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27616 STERLING BLVD



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27642 STERLING BLVD

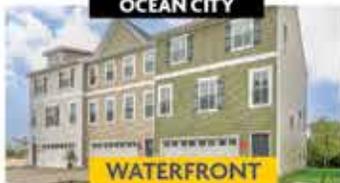


BERLIN

WATERFRONT

\$1,890,000

26 MALLARD DRIVE W

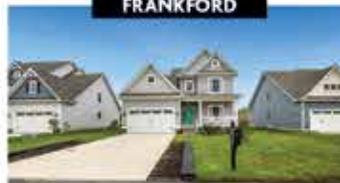


OCEAN CITY

WATERFRONT

\$750,000

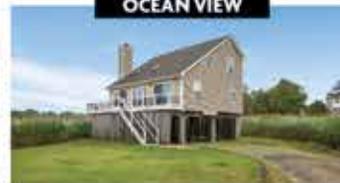
12905 SAND BAR LANE #3



FRANKFORD

\$749,900

34072 YIANA DRIVE



OCEAN VIEW

\$725,000

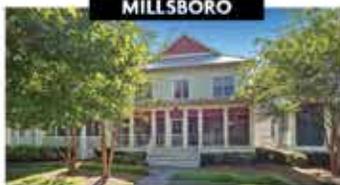
38618 INDIAN TRAIL



MILLSBORO

\$659,000

26610 TRIBUTARY BLVD



MILLSBORO

\$600,000

33109 SERENITY CIRCLE #93



MILLSBORO

\$595,000

33810 SEA OTTER WAY



LINCOLN

\$585,000

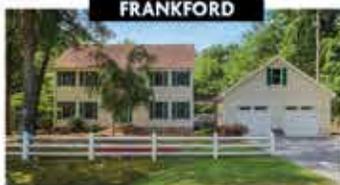
11363 EAGLE RUN



HARBESON

\$565,000

30365 LONE PALM WAY



FRANKFORD

\$500,000

33588 LIZZARD HILL ROAD



MILLSBORO

\$495,000

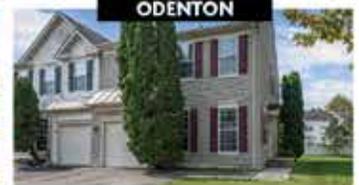
24235 CANOE DRIVE #206



MILTON

\$495,000

17725 PREAKNESS ROAD



ODENTON

\$475,000

210 NOB HILL WAY



MILLSBORO

\$429,000

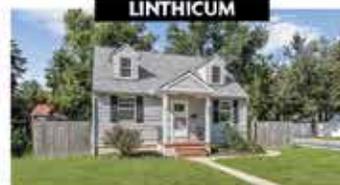
24803 RIVERS EDGE ROAD



BETHANY BEACH

\$425,000

39601 ROUND ROBIN WAY #2305



LINTHICUM

\$400,000

200 HOMEWOOD ROAD



OCEAN CITY

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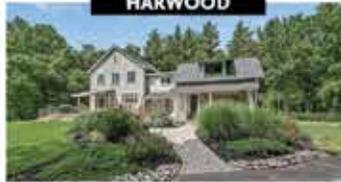
609 CHURCHILL CIRCLE



**BETHANY BEACH**

**\$925,000**

944 LAKE VIEW DRIVE



**HARWOOD**

**\$898,000**

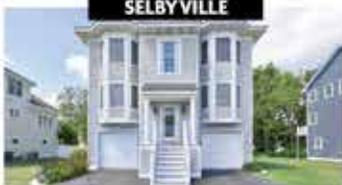
251 GRAYS ROAD



**BERLIN**

**\$850,000**

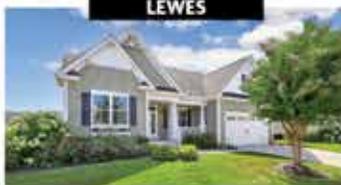
11479 MAID AT ARMS LANE



**SELBYVILLE**

**\$650,000**

38024 FENWICK SHOALS BLVD



**LEWES**

**\$644,999**

31656 EXETER WAY



**MILTON**

**\$612,000**

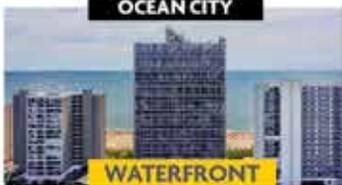
22173 ARBOR CIRCLE



**DAGSBORO**

**\$600,000**

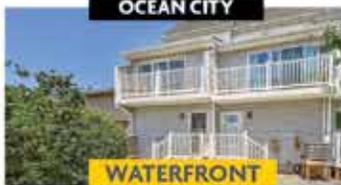
30000 JUDSON LANE



**OCEAN CITY**

**\$550,000**

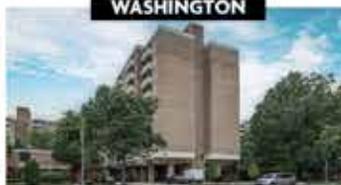
9900 COASTAL HIGHWAY #109



**OCEAN CITY**

**\$530,000**

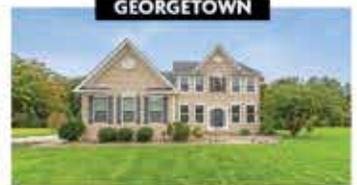
702 BRADLEY ROAD #1002



**WASHINGTON**

**\$520,000**

430 M STREET SW #N-707



**GEORGETOWN**

**\$500,000**

26100 KITS BURROW COURT



**OCEAN VIEW**

**\$475,000**

65 TULIP POPLAR TURN



**MILLSBORO**

**\$469,000**

32603 SEAVIEW LOOP



**MILLSBORO**

**\$465,000**

33571 WINDSWEEP DRIVE #9301



**SEVERN**

**\$450,000**

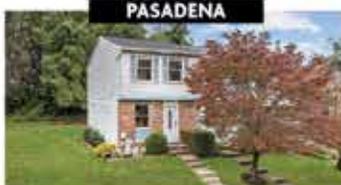
1206 THOMPSON AVENUE



**BROOKLYN**

**\$350,000**

705 CRESSWELL ROAD



**PASADENA**

**\$309,000**

3640 SEAFORD COURT



**OCEAN CITY**

**\$262,000**

417 ROBIN DRIVE #B104



**SEVERN**

**\$176,000**

8233 PARHAM COURT

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# ALL IN

# Good Time

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## *Reviving a Federal Farmhouse Original*

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Story by **LISA J. GOTTO**

Photography by **STEPHEN BUCHANAN**

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**I**t was 2012 when our feature homeowners felt the timing was most advantageous to start thinking of purchasing property on the Eastern Shore. With their current primary home in Clarks-ville, the Shore, where they both grew up, was their target destination for putting down their forever roots. It, they determined, would provide the ideal backdrop for extended getaways, future family gatherings, and the perfect place to pursue the individual hobbies they are passionate about.

“My husband’s interests in terms of hobbies, hunting, and fishing really brought him over to the Shore frequently. He just had a desire for a place to call his own, [a place] where he could do that from,” says the homeowner.

They would find that place on the periphery of St. Michaels, on a marshy and fertile patch of land adjacent Harris Creek and encompassing 75 acres on top of

which sat a precious, but somewhat neglected farmhouse circa 1820. A smaller guest house, which the couple would later refer to as the “pool house” for its proximity to the pool, was conveniently located nearby.

A years-long process of introspection about what the entire property could become, ensued.

### **Dream A Little, Plan A Lot**

The couple, who now have four grown children, knew from the jump that the main home would be uninhabitable as it was, as it needed an entirely new heating system (it still possessed its original radiators). It would also require additional bed and bathrooms, and the foundation was totally inadequate.

To fulfill some immediate needs for weekend getaway accommodations, the couple fixed up and feathered their “pool house” nest first. It would provide the valuable time and space needed to dream a little and plan a lot.



By 2015, the couple was ready to reach out to the experts who would help them further define and design the vision that they had conceived for the property. As far as the nuts and bolts of the build, the couple, who were already familiar with the work of Mueller Homes, reached out to its President, Paul Mueller, Jr., (P.J.) who recently took the reins of the respected, family-based business from his father, Paul Sr., and who remains active with the company in a mentorship role.

“And then very early on we also met with Lars Erickson of East Bay Construction Services. He is an architect, and he knows the Talbot County permitting system very well,” explains the homeowner. “Our thought (of choosing Lars) was we didn’t want to take any steps forward that we might realize later, we would need to take back.”

It would be Erickson who would breathe new life into the main house by recommending that the core of the home that existed between its two original chimneys be structurally maintained. A floorplan was then

devised that would tack on the necessary square footage to provide a first-floor owners’ wing, four bedrooms in total, and an open floorplan extending beyond the home’s original dining room and library located at the front of the home.

“And then the whole garage and mudroom wing was added, and that has a room above the garage...a [recreation] room and office area. So that is all new,” P.J. explains.

The home’s unique decorative elements such as its curved archways and Federal period details, had all seen better days, however. A process of templating and replication would be employed to update certain features, such as the home’s two original fireplaces, so they could be a functional and integral part of a 21st century dwelling.

Fortunately for the homeowners, the bench is deep at Mueller Homes, as they employ fine craftspeople including their own team of painters and woodworkers, including a master carpenter who both P.J. and the homeowners credit with re-creating interior details with deft precision and unwavering persistence.

## To Be So Moved

Before any of the above could happen, however, those weighty issues of the home's placement and foundation would need to be addressed, and to say that the team had some unique problems to solve would be an understatement.

The original home, unfortunately, was set on an outdated, rock-based foundation and situated within the previously required 100-foot buffer from the waterfront. There would be no easy or quick fix for this. Essentially the home needed to be lifted so a new foundation and basement could be poured, and then placed back where it was. The structure would then be upgraded with additions on both sides to accommodate the added square footage the couple required.

The entire process of lifting the home would provide the project's greatest challenge, with the initial step of temporarily re-locating the structure just a short distance away, taking up the first two weeks of the process.

"It sat for another two-to-three weeks; it sat about 200 feet away, while we excavated the foundation, poured the footers, and then we put it back down," P.J. explains. "And then it sat in the new foundation while we formed and poured all the [additional] foundation around it. All in all, it took about six weeks."

## Salvage Strategies

Inside, a thoughtful process of deciding what to salvage from the old home had already taken place, with the homeowners and builder taking special care to repurpose as much as was feasible. Elements that were viable, but ones the homeowners were unable to re-use themselves, were donated to the nonprofit, Second Chance.

The homeowners were particularly interested in saving a collection of bricks dating back to the 19th century and stamped with the name of the town of St. Michaels on them.

"We dug through the dumpsters and pulled those things out," the homeowner says. "And then we placed them strategically throughout the house." One such brick was set into an outside patio area; another as a focal point in the home's library mantel.

Several of the salvaged elements found pride of place in the kitchen. Two vintage doors and their original hardware were re-purposed and now flank each side of the refrigerator, providing convenient storage and pantry space.

"Above the hood range there's a piece of lumber that we re-milled and re-purposed around the hood vent for the stove," P.J. adds. In its earlier life that lumber served as a floor joist in the home. It now makes a charming statement, acting as a shelf for a prized collection of decorative bird plates.

And what was once part of an exterior brick wall unearthed during the framing process in the kitchen, became a great focal point and charming place to add a dedicated coffee bar to the space, with the help of a process called soda-blasting.

"We used [that method] because it was non-toxic, and you could use it inside," P.J. says.





The home's 24-inch-wide original staircase was conscientiously restored to preserve its natural character leaving a patina of hard-earned dents and chips for character. And elements such as a porcelain sink and faucet hardware proved to be original treasures too prized to part with.

One of the larger elements, a cast iron tub found on the second floor, would present another formidable challenge for P.J.'s team. Notorious for its extraordinary weight and bulk, this tub would end up being removed from the house with a crane and taken off-site for refurbishing and re-coating.

Once re-coated and re-crated for transit, the heirloom bathtub was craned back into the home. Timing became a factor once again, as this would only be possible just before the reframing on the second floor had been completed.

For the exterior, the couple, who has an affinity and deep appreciation for history, were careful to consider what it means to maintain their historical home. Stripped to the studs, the home would go from its original plaster walls to sturdy drywall modernized with spray foam insulation. A state-of-the-art geothermal heating system would replace the leaky radiators, and the home's board and batten exterior would be reinforced and safeguarded from the elements using all James Hardie materials, making the home as comfortable and efficient, as it is welcoming and distinctive.

## Family Style

Among the homeowner's favorite aspects of the restoration and re-design process was the opportunity to work with one of the most respected and accomplished interior designers on the Eastern Shore, who just so happens to be her sister, Terry, of the Easton-based Terry Price Interiors.

"The Eastern Shore has its own design aesthetic that we know and have grown up with, and it's unique to the area. Terry has a deep knowledge and history of that," the homeowner says.

When it came to finishing touches and furnishings, the homeowner says she was so grateful to have someone who had a great understanding of the hallmarks of Federal-period styling and who understood their goals so clearly. Her assistance would prove valuable in the re-purposing of what was salvaged and the acquisition of additional statement pieces, soft goods, and creature comforts that would speak to the warm and convivial vibe that her sister wished to create for her family.

"Our mantra was, 'classic,' but [on a] simpler, lighter-scale, with slightly more rustic, sturdy, and natural materials," Price says.





When flea-marketing, Price says, they were on the look-out for elements of copper, bronze, and zinc. Woods and wood tones would also play large roles in pulling together the vision.

“We stained the window and door sashes in the kitchen and breakfast nook, instead of painting them with the rest of the interior trim.”

With their mantra and their paint color charts in-hand, they went on very mission-specific trips: One day for all the floor and shower tiles, another for all the counter tops, others for the light fixtures, and another for interior hardware.

Bit by bit, board by board, and color by gorgeous color, the free-flowing interior space developed into the place the couple envisioned while dreaming a little and planning a lot in that cozy pool house on the property years ago.

With their four grown children, who their mom says, enjoy nothing more than re-grouping and recreating in this sweet little spot on the Shore, now coming for regular gatherings, the family certainly has a place they *all* can call their own.

“And just in time for the grandchildren,” the homeowner says, beaming.



# The Beauty in Tech

PRODUCTS WITH GIFT-WORTHY APPEAL

By Lisa J. Gotto

There's no turning back now. Tech has seeped into every area of our lives and that certainly includes our homes. For those who have chosen to have a "full speed ahead" mindset, we are truly entering the "Jetson" era of interior innovations and products that not only enhance the quality of our lives, they inspire us to look forward to what's next. Here's our short list of innovations with holiday gift-giving appeal—and that certainly includes gifts to self!



## 1. Wake Up Beautiful

You'll no longer have to dread getting out of bed, because this clever self-adjusting pillow is said to resolve getting enough beauty rest. It can also help you take the guess work out of buying a new pillow, which according to the National Sleep Council, you should be doing every 2.8 years. The beauty of the pillow, known as the Sleepgram, lies in its two-in-one pillow system. Once unzipped you will find two separate pillows made of down alternative. One, designed for back sleepers, has a medium firmness and is about four inches high. The other, designed for stomach sleepers, is two inches high, and is thinner and softer than the other. When both pillows are used together, the pillow is said to be an appropriate firmness for side sleepers. And if you're one of those persons whose needs variety from night-to-night depending on specific health issues, this is the one pillow that does the work of several.

## 2. The Moody Blues, Greens, Yellows & Pinks

So, what might Edison think of lightbulb that has the ability to cycle through an artist's palette worth of nuanced colors and doesn't need a light switch to work? The WYZE colored lightbulb, designed to work with the home monitoring company's suite of home security products, is the latest in the category of smart lightbulbs that not only enhances the quality of life at home by helping to set the mood and tone of a room, they can help run your home's logistics and routines for you. Controlled with the help of your smartphone or voice assistant, the bulbs can be turned off and on from other locations, dim lights without dedicated dimmer switches, schedule your home to look like you're home when you're actually on vacation, and even help create the perfect way to wake up by automating your sleep cycle. Oh, and never come home at night to a dark house again. Now that's a lot of utility in a little ole lightbulb. Color Edison impressed.



3



### 3. Breathe Better Beautifully

The quality of the air we breathe inside our homes has become increasingly important. Bad air actors such as mold, bacteria, and viruses can invade even the cleanest of homes, and these sneaky intruders are mostly never seen. Air purifier models like Molecule's Air Pro work behind the scenes and can protect spaces in your home up to 1,000-square feet by sensing the presence of chemicals, humidity, and harmful CO2s. Once detected, this unit also traps and then destroys the offending particles with what is called photoelectrochemical oxidation, or PECO technology, and removes the offenders with an advanced filtering system. You can even track your indoor air quality at regular intervals through their app with its air history feature.



5

4



### 4. Hands-Free Help

Someone in your life certainly deserves the convenience of a vacuum that does the grunt work for them. And hands-free vacuuming tech just keeps getting better and better. This model by Roidmi not only handles the basic vacuuming, it has a mopping feature, and is self-cleaning and self-emptying. In addition, it has worked out the bugs that some of the earlier iterations of these types of vacuums reported. A high-tech stair sensor keeps it from taking a tumble and higher ground clearance enables it to rumble over most entry thresholds with ease. The Roidmi EVA is also smart enough to work around specially designated play areas, once configured, and, of course, all these functions can be controlled with your smartphone via app or virtual voice assistant.

### 5. No Black Hole

Technology in television not only applies to how crisp the picture looks while the TV is on. In our aesthetically-conscious world, it's also apparently important that the device performs well even when not in use. While most of us pay little mind to that when the TV is off, there's remains a decent size black hole in the room. LG has set out to take care of this with its Signature version OLED R flat screen TV touted by the company as the only flat screen that is thin enough and flexible enough to roll back into its own base when it is not in use. With its "out-of-this-world" picture quality, this model is truly a sight to see—if you wish to.

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# Annapolis Classic

By Lisa J. Gotto | Photography by Michele Sheiko, Real Patience

**T**his precious Federal-style home embodies the essence of the Annapolitan lifestyle. Built in 1939, this Pre-War gem greets visitors with a meticulously manicured landscape and a gracious front entry with custom awning.

Once inside, impeccable details, finishes, and conscientious updates abound.

Lovely, well-maintained hardwood floors and original crown molding and wood trim are featured throughout the main level of the home. To the left of the entry hall and through a curved arch, the living room features a formal, Federal-period, wood-burning fireplace, custom built-ins, and ac-



cess to one of the home's charming exterior spaces. This screened-in porch with brick chimney detail is a quiet place to enjoy a beverage, read, or just reflect in a cozy rocking chair.

Proceeding down the entry hall, guests enter a gorgeous, modern kitchen with gray and white, two-tone custom cabinetry with farmhouse pull detail. Crisp, marble countertops complement a stylish, patterned backsplash, and a peninsula provides extra workspace and breakfast bar seating for two. The kitchen also offers all stainless-steel appliances, a roomy dining area, and windows dressed with sunny Bermuda shutters.



Beyond one set of floor-to-ceiling shutters, there's a set of sliding glass doors providing access to the home's outdoor, canopied living space with wood decking and rich wood and metal railings. This is a great space for informal family gatherings and football Sundays in the fall with its full, lush, roomy backyard and patio dining area located just steps away.

This 2,200-square-foot home offers four bedrooms, including a primary suite with a crisp, clean en suite bath with a light, brick-inspired tile in the bath and shower, and white wainscoted walls. There are two additional bedrooms on the second floor, and a fourth bedroom, with enough space to sleep six, is located in the third-floor attic.

Situated just a block from Amos Garrett park, this property also offers proximity to Spa Creek and all that historic Annapolis has to offer.

"This was the perfect home and location for our clients," says Buyers' Agent, Karlton Morris of Coldwell Banker Real Estate.

**Listing Agent:** Elizabeth Dooner; Coldwell Banker Residential Brokerage; 3 Church Circle, Annapolis; m. 410-725-8973; o. 410-263-8686; ldooner@cb-move.com; coldwellbanker.com **Buyers' Agents:** Karlton Morris & Maureen Lind; Long & Foster Real Estate; 711 Bestgate Road, Annapolis; m. 410-266-1573; o. 410-224-0600; karlton.morris@inf.com; longandfoster.com

**Primary Structure Built:** 1939  
**Sold For:** \$1,125,000  
**Original List Price:** \$985,000  
**Bedrooms:** 4  
**Baths:** 2  
**Living Space:** 2,200 Sq. Ft.  
**Lot Size:** .17 acres



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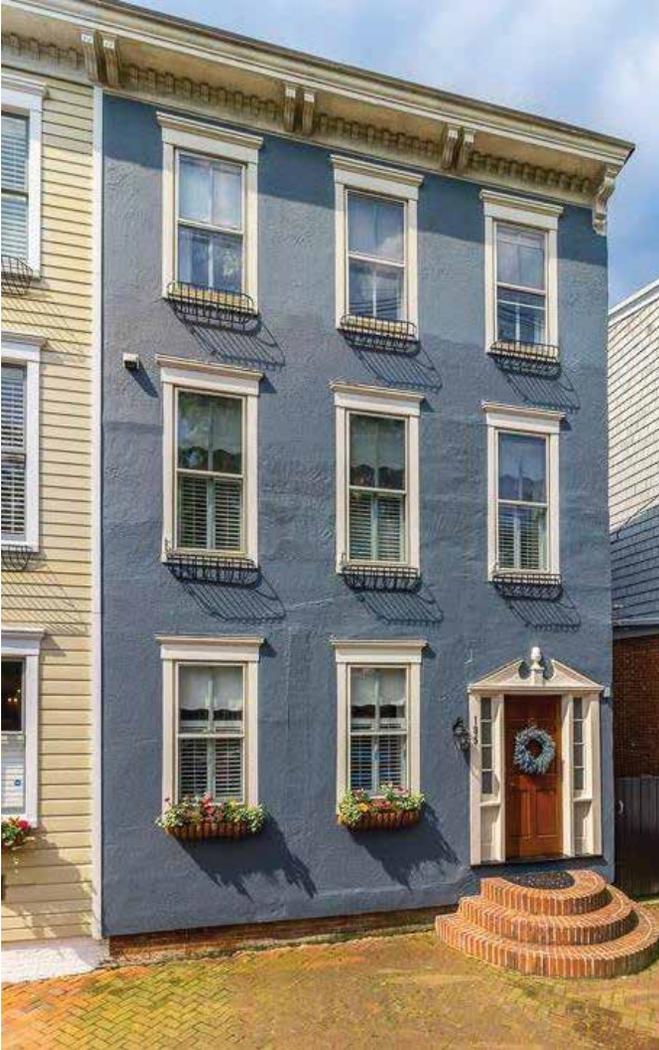
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# Downtown Proud

By Lisa J. Gotto

**A** true stunner in the heart of Annapolis, this quintessential townhome built in 1900 offers generous square footage, precious outdoor space, and is loaded with historic charm and details.

The striking historical nature of this home is evident to visitors immediately upon entry with its original, honey-colored narrow plank hardwood floors, forward hall staircase with carved balustrade, and Victorian-era gas fireplaces in both the living room off the entry and its adjoining formal dining room.





---

**Primary Structure Built:** 1900  
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**Original List Price:** \$1,150,000  
**Bedrooms:** 4  
**Baths:** 3 Full, 1 Half  
**Living Space:** 2,449 Sq. Ft.  
**Lot Size:** .08 acres

---



Gracious crown molding carries the eye into the dining room with its original built-ins flanking either side of the fireplace. Here the wood floors are composed of wider planks, but still retain their historic quality.



Hardwoods continue into the great room off the kitchen which affords plenty of relaxing space for TV viewing and the room's built-ins provide all the nooks and crannies to accommodate one's personal library. The new homeowners will be able to read by the light of a fire from yet another period fireplace; this one with original exposed brick detail.



The charming, sunny kitchen boasts two large sets of windows, one a bay window that overlooks the property's precious outdoor space with patio dining area. This room also features all-wood custom cab-

etry, a center island with breakfast bar seating for two, and an all-stainless steel appliance package including a Wolf gas range.

Just down the hall and up a few stairs lies the home's sunny primary suite with its roomy walk-in closet and gorgeous en suite bath with dual sink marble-topped vanity. There is another bedroom on this floor with an adjacent bath. A beverage center is also conveniently located on this floor for that essential morning coffee or late-night indulgence. The home's third floor offers an additional two bedrooms with shared bath.

A finished basement in the home provides ample room for storage, a wine bar, and a generous walk-in cedar closet.

Outside, the property offers a lush garden area, a lovely spot in its courtyard for al fresco dining, and a bricked parking pad that accommodates three vehicles, so the new homeowners will be able to stay parked and just walk into the historic downtown for dinner, a show, or sightseeing with guests.

**Listing Agent:** Marilyn North; Long & Foster Annapolis Fine Homes; 145 Main Street, Annapolis; o. 410-263-3400; marilynnorth@Inf.com; longandfoster.com **Buyers' Agent:** Tonia Falkowski; (At time of sale) Berkshire Hathaway Home Services | PenFed Realty; (Current contact information) Engel & Völkers, Annapolis; m. 410-510-0383; o. 443-292-6767; tonia.falkowski@evrealstate.com

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# Health & Beauty

176 FRESH TAKE | 178 FITNESS TIPS

179 WHY OUR SKIN SCARS | 180 DO MEDITATION BREAKS REALLY WORK?



# Fresh Take

## CHESTNUTS

By Dvian Roche



If you hear “chestnuts” and your first thought is “roasting on an open fire,” you’re hardly alone. Chestnuts are practically synonymous with December and the holiday season thanks to the Nat King Cole song. And these hearty nuts are a great addition to any feast, providing both warm deliciousness and substantial nutrition to get you through the winter.

Chestnuts are part of the same family as beech nuts, and they’re in season from October through December. While chestnuts are indeed nuts, you might be surprised that they don’t have a similar nutritional profile to other tree nuts like almonds, cashews, or Brazil nuts. Instead, chestnuts have a very high water content and a very low oil content, making them much more similar to a fruit or a vegetable. Because of their high water content, they’re less calorically dense than other nuts—1 ounce has only about 40 calories, less than one-third of what you would get from other nuts. Chestnuts are primarily made up of starch, which makes them a great source of complex carbohydrates for energy. They’re low in fat and protein, offering less than 1 gram of each per serving.

Even without the heart-healthy fats found in typical nuts, chestnuts are still great for your vascular system because of their fiber and potassium. Fiber, often lauded for its benefits to digestion, can help lower your cholesterol; meanwhile, the potassium in chestnuts is good for fluid balance and helping your kidneys filter out excess sodium, which can prevent high blood pressure.



## Chestnut Stuffing

### INGREDIENTS

1 cups whole chestnuts  
1 cup unsalted butter  
1 onion  
2 cloves garlic  
2 pounds whole-wheat bread, cubed and dried  
3 eggs  
1/3 cup milk  
1 teaspoon thyme  
1 teaspoon marjoram  
1 teaspoon sage  
1 teaspoon parsley  
1 teaspoon salt  
1 teaspoon black pepper

Preheat oven to 400F. Pierce the skin of the chestnuts and roast for 30 minutes until soft. Allow to cool and remove the skins. Coarsely chop the chestnuts into small pieces. Lower oven temperature to 350F. Mince the garlic and chop the onion. Set butter in a saucepan on the stovetop over medium heat and add the onion and garlic. Allow to brown for about two to three minutes. Add chestnuts. Slowly add thyme, marjoram, sage, parsley, salt, and pepper. In a small bowl, whisk together the eggs and milk. Combine with the dried bread cubes, stirring to coat all the bread evenly. Stir in chestnuts, onion, and garlic. Grease a casserole dish and spread the stuffing evenly. Bake for approximately 50 minutes to 1 hour. Alternate option is to use the stuffing to stuff a turkey and roast accordingly.

Chestnuts also deliver nutrients such as vitamin C for boosting immunity, forming healthy tissue, and aiding in the absorption of iron. You’ll also get B vitamins, which are important for energy metabolism and brain function, as well as copper for healthy blood cell formation and bone strength.

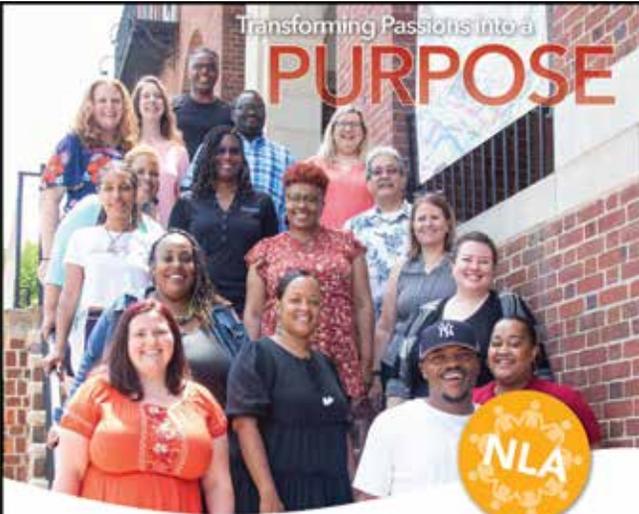
Because chestnuts have a mild taste to them, you have plenty of options for how to use them—for example, you could grind up their raw form into flour as a gluten-free replacement in some of your favorite recipes. You could also use roasted chestnuts in place of croutons in a salad or as an addition to a favorite casserole. You’ll find that chestnuts go well with many of your other favorite wintery foods, including Brussels sprouts, turkey, apples, mushrooms, and cabbage, as well as seasonings like sage and thyme.

When you buy fresh chestnuts, make sure you keep them in the fridge, as they are prone to spoiling if left at room temperature. You’ll notice they come with a green skin, which you can keep on while cooking them and remove later once they’re cooked—and yes, you will want to cook them, as their tannins are difficult to digest when eaten raw.

Roasting chestnuts in the oven is much more practical than doing it over an open fire—all you have to do is pierce the skin of each nut (to stop too much steam from building up inside), spread them on a baking sheet, and place into a 400F oven for about a half-hour. Once they’ve cooled slightly, you can easily slide the skin right off. While roasting is the best option for most uses, you can also choose to boil them in water for about 15 minutes if you’re using them for a puree.

Want to include chestnuts in your holiday feast this year? Chestnut soup and chestnut stuffing are two relatively simple but still impressive options that will give you full appreciation of this nut’s versatility.

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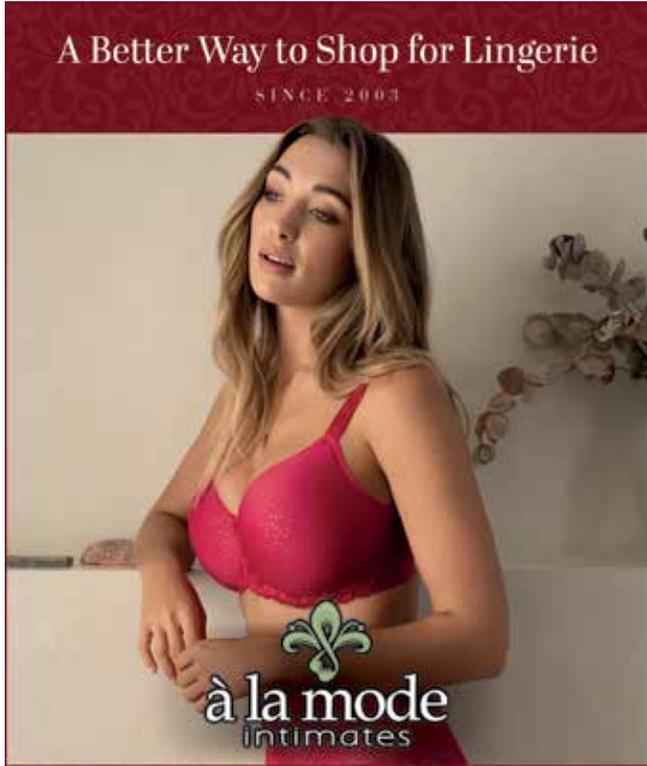
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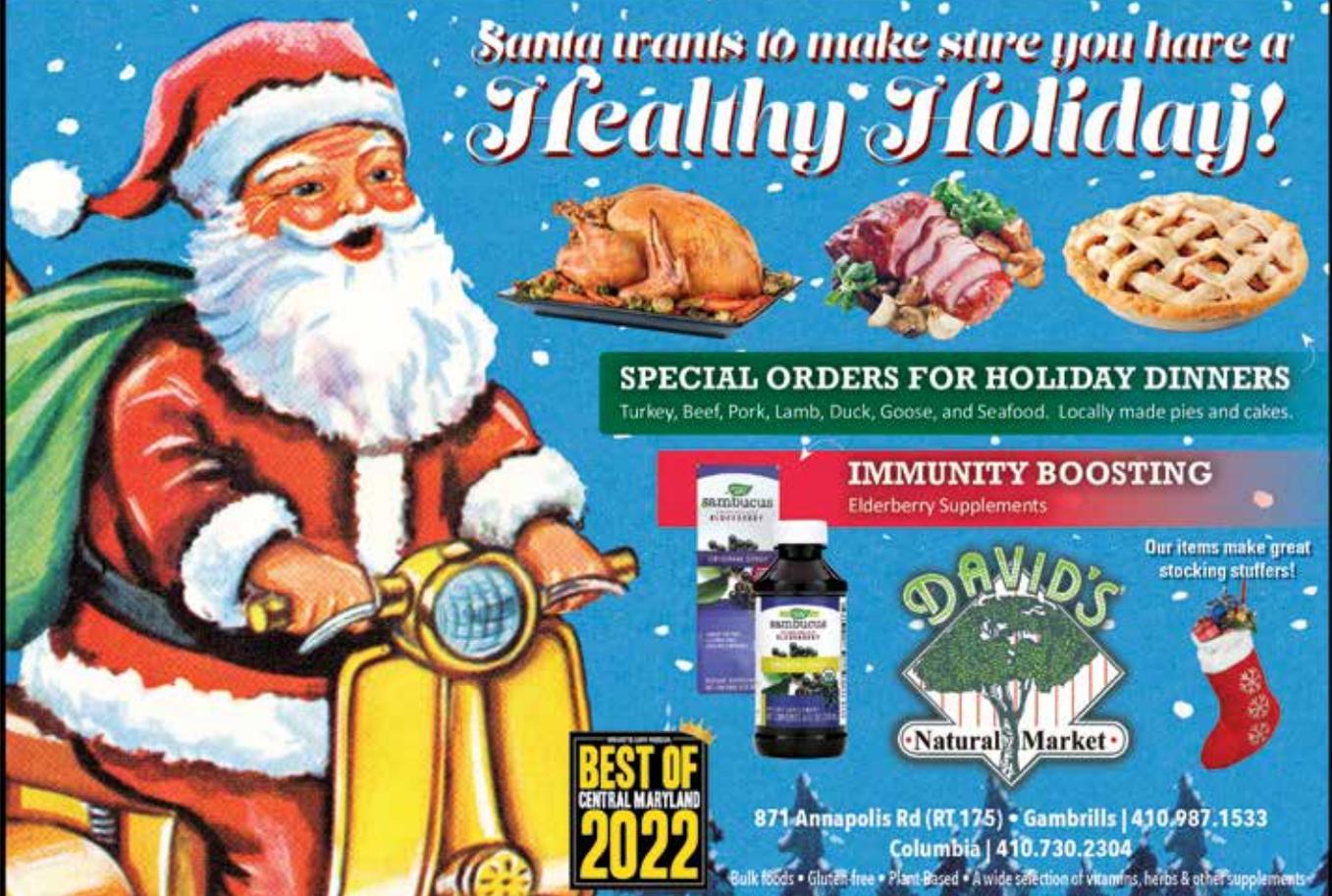
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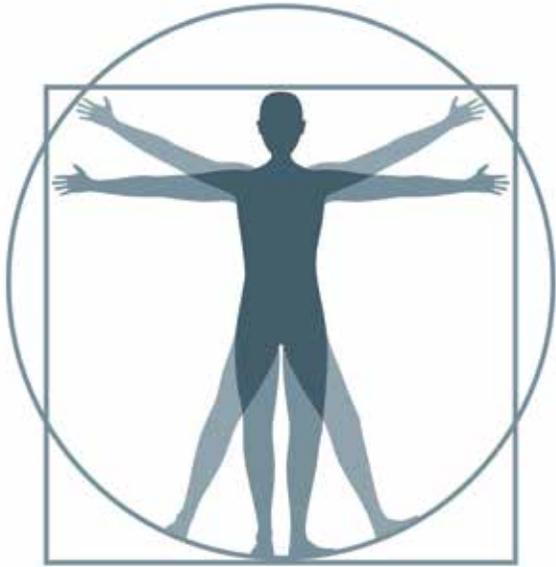
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# Fitness Tips

## FIVE FACTORS OF FITNESS

By Dylan Roche

What does it mean to be physically fit? Depending on your workout of choice (or just your fitness goals), your definition might vary. An endurance athlete like a runner or a cyclist might say fitness is about going far and going fast. On the other hand, a weightlifter might think of fitness in terms of how many pounds they can bench or curl.

The reality is that these are factors in a much bigger picture—and true physical fitness depends on all of them, according to the American College of Sports Medicine (ACSM), a national organization that offers certification in exercise physiology and sets industry standards.

The five factors are cardiorespiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition. Focusing exclusively on one factor while ignoring the others can leave your body imbalanced and not reaping the full benefits of physical activity. This is why trainers and physiologists encourage their clients to follow physical activity patterns that address all aspects of physical fitness.

**IF YOU WANT TO SELF-EVALUATE YOUR OWN EXERCISE HABITS TO DETERMINE WHETHER YOU'RE ACHIEVING REAL FITNESS PER ACSM STANDARDS, HERE'S A QUICK EXPLANATION ON EACH FACTOR AND HOW YOU CAN APPROACH IT:**

**CARDIORESPIRATORY EFFICIENCY** is what you often hear referred to as cardio. It's aerobic exercise that raises your heart rate with the goal of improving your circulatory and respiratory systems. Cardio includes workouts like running, biking, and swimming, as well as less intense activities like walking. You should aim for at least 150 minutes of moderate cardio or 75 minutes of vigorous cardio every week.

**MUSCULAR STRENGTH** is your ability to exert force against an object—in other words, your ability to move something heavy. People's needs will differ in this regard, as some people want to be able to challenge themselves to lift as much weight as they can, while others simply want to maintain strength as they get older. Both are valid goals. Muscular strength is different from muscular endurance, which is defined as your ability to exert that strength for an extended period of time without tiring out.

To achieve muscular strength and muscular endurance fitness, you should be working all major muscle groups—your

shoulders, arms, chest, abdomen, back, hips, and legs—at least twice a week. Use enough weight that you feel fatigued after performing a move for between five and 10 repetitions (often referred to simply as “reps” in fitness lingo). As you get stronger, you may choose to increase weight or do more reps. Lifting more weight for fewer reps will improve your muscular strength, and lifting less weight for more reps will improve your muscular endurance.

**FLEXIBILITY** refers to your range of motion across a joint—the broader your range of movement, the more flexible you are. Flexibility is an important part of fitness because it ensures proper use of muscles and reduces your risk of injury. Some physical activities, such as yoga or gymnastics, demand flexibility, but even simple stretches are a great way to become more flexible. Take 10 minutes during every workout to stretch each of your major muscle groups, moving into a pose as far as you can go and holding it for 10 to 30 seconds. To achieve greater flexibility, you can strive to push yourself farther into a pose with each workout.

# Why Our Skin Scars

## AND HOW WE CAN PREVENT IT

By Dylan Roche

The last component of fitness is **BODY COMPOSITION**, which refers to your proportions of muscle, bone, fat, and water that make up your body. Although people refer to losing weight in regard to physical fitness, weight can be a misleading measurement, because individuals with large amounts of muscle mass will weigh more than someone with a less muscular body composition. Therefore, a muscular person could be categorized as “overweight,” even though they do not have a high level of body fat.

Fit people tend to have more muscle and less body fat, but experts have increasingly been emphasizing that individuals with high percentages of body fat still enjoy health benefits of regular physical activity. Organizations such as ACSM, as well as doctors at health centers like the Cleveland Clinic and the Mayo Clinic, note that carrying a higher percentage of body fat and lower percentage of lean body mass can strain the vascular system and skeletal system.

*Want ideas on how to improve your fitness in all areas? There are many resources available through the American College of Sports Medicine, including exercises and explanations on the benefits of each. Visit [acsm.org](http://acsm.org).*

Anyone who has ever suffered a severe scar has probably wondered why the skin never looks exactly the same after the injury. What is it about the healing process that causes skin to scar? And if we do suffer a serious cut or burn, does this mean we're stuck with imperfections on our skin for life?

Scarring is a result of your body doing exactly what it's supposed to do—producing new tissue to replace what was damaged. When the deepest, thickest layers of your skin, known as your dermis, are damaged, your body produces a natural protein called collagen to replace the damaged tissue. This new tissue will often have a slightly different look and texture than the original tissue, and hence the appearance of scarring.

Most scars are flat and pale, but if your body has to produce a large amount of collagen to replace the damaged tissue, you could see what's known as a hypertrophic scar, which is raised or slightly bumpy. In injuries where fat or muscle is lost, the skin will heal with sunken or indented scarring. All scarring types are normal, and the severity will depend on factors like your age, your genetics, your ethnicity, and how bad the injury was. Some scars will remain forever whereas others will fade over time.

Some treatment options are available for scarring, including surgery, which can minimize a scar's appearance, as well as steroid injections, which can flatten raised scars. But one of the best things you can do is to take steps to minimize scarring whenever there's a risk. While these steps won't

always prevent scarring from happening, they can ensure that scar formation is minimal and more likely to fade over time:

- No matter what type of wound you have, clean it as early as possible and keep it clean. Keep it covered with a bandage while it heals and change the bandage regularly to keep out any dirt or debris.
- Use topical applications to moisten the wound, which will stave off scabbing that could make scarring worse. Vaseline, cocoa butter, coconut oil, and Aquaphor are all moisturizing agents with anti-scarring qualities. If your skin does start to scab, do not pick at it.
- Protect your injury from sun exposure while it heals. Sunburn can alter the appearance of your skin in not only the short term but also the long term, giving any healed tissue a more severe contrast.
- Eat a diet rich in vitamins C and D, which are important for healthy skin. Get plenty of protein, which will help your body form the collagen needed to adequately regenerate new skin tissue.



# Do Meditation Breaks Really Work?

By Dylan Roche



Everyone has been through a lot over the past few years. You might have even adopted a few mental wellness practices to help you cope. But those mental wellness practices might've been forgotten as soon as life started to get busy again. The thing is, taking a moment or two to collect yourself mentally could make a big difference in not only your overall well-being but also in your productivity throughout the day. It's why psychologists and mental health experts are recommending what are being called "meditation breaks"—brief periods throughout the day when you address your current mental state and focus on improving it.

## Is a short break really effective?

While some people might enjoy taking an extended period of time to meditate every day, it isn't always practical for everyone. That's okay—just a few minutes are enough to help you relax, control your emotions, clear your mind, and refocus your energy on immediate goals. And because meditation doesn't require any special setting or equipment, you can do it pretty much anywhere at any time. Even at your desk at work!

## What's the benefit to meditation?

Although it was originally a spiritual practice intended to help those who practice it transcend the sensory world, meditation has been adopted by secular society primarily as a way of relaxing and de-stressing. People who meditate find it helps them stay calm, maintain better control over their emotions, have more energy, improve their mental focus, and even think more creatively.

Its benefits go beyond those of mental health: Meditation can lower your resting heartbeat, reduce your blood pressure, and improve your sleep quality. Some studies have even shown that meditation, when practiced regularly, can help lessen the symptoms of asthma, heart disease, migraines, and other conditions.

## What's the most effective way to meditate?

Meditation looks a little different for everyone. Some people prefer to do guided meditation, which encourages focusing on mental images of being somewhere or doing something you find relaxing. If you're taking a minute or two for a meditation break, a prerecorded audio saved to your phone or computer could be helpful to guide you as you focus on that mental image. Another popular method is mantra meditation, in which you repeat a calming or empowering phrase while focusing on its meaning.

If it helps, you can meditate while undertaking a physical activity like qi gong, tai chi, or yoga, which require you to focus your energy on poses or movements. These may or may not be practical depending on where you are during your meditation break, but if you have the option to perform a simple stretch or two, the physical movement will relax your muscles and slow your breathing while you gain control of your thoughts.

## Can I really do all of this in the middle of the day?

Sure. If all you have is a minute, that's still enough time to close your eyes and take several deep breaths. If you're in an office at work, see whether you can step into a conference room. If you're waiting to pick your kids up somewhere, pause and take a moment in your parked car in the parking lot. You might not be able to block out your surroundings completely, but you can focus on the parts of meditation that make you feel calm—a peaceful mental image, a deep inhale and exhale, and a slow countdown from 10. Focus on your heart rate and any muscle tension you're feeling. You might be surprised by how much of a difference just a minute of meditation can make!



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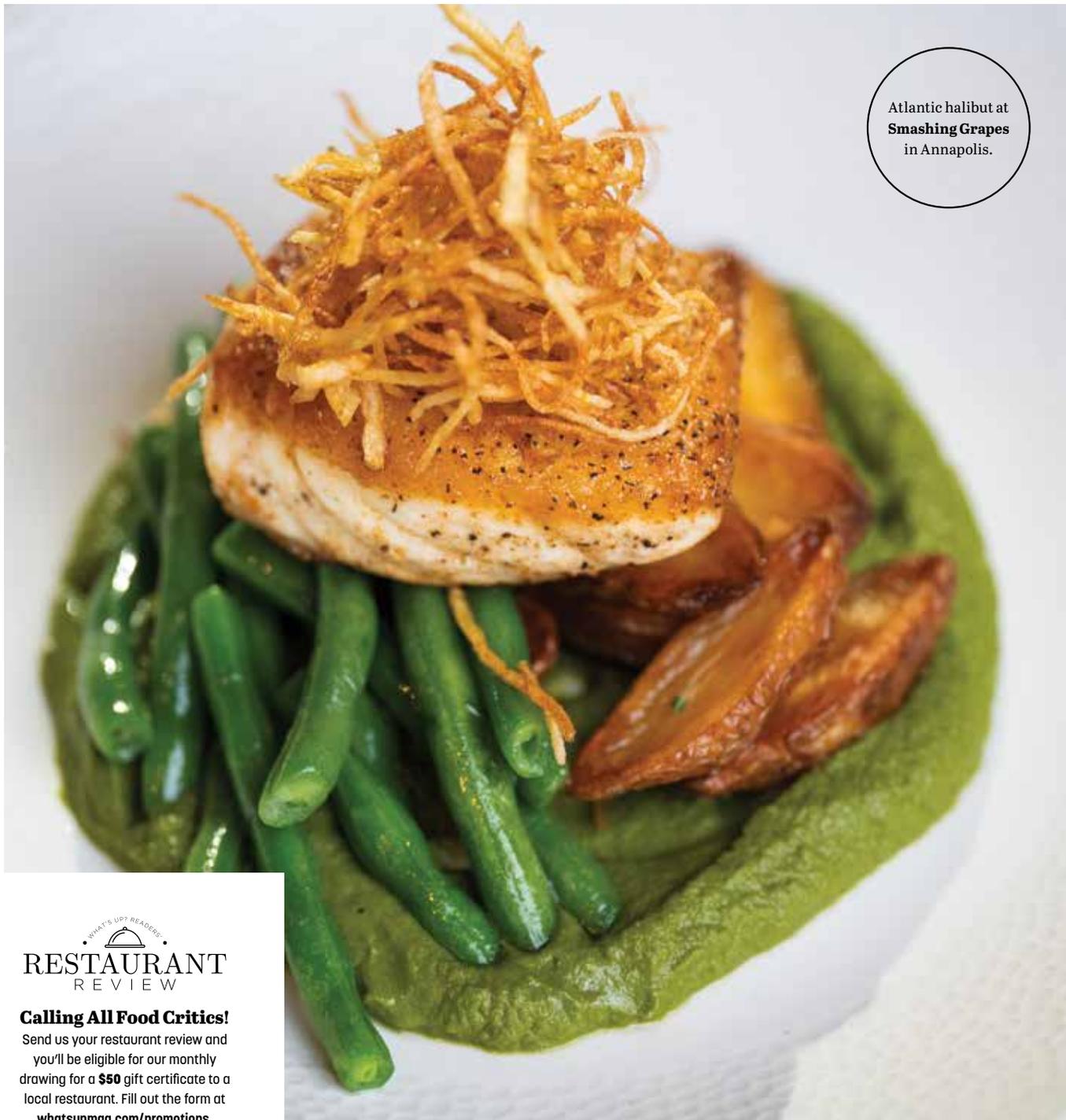
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# Dining

184 DINING REVIEW | 188 SAVOR THE CHESAPEAKE

Atlantic halibut at  
**Smashing Grapes**  
in Annapolis.



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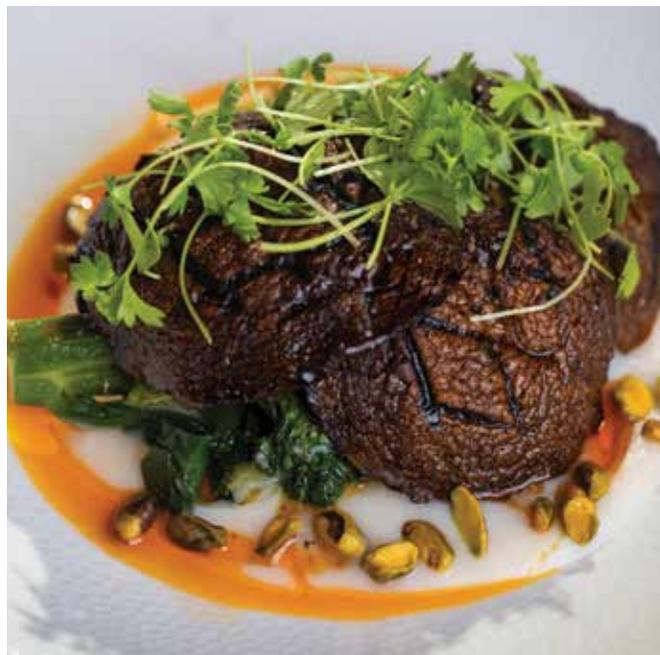
# Fusion Wine & Dine

By Rita Calvert | Photography by Scott Selman

**B**illed as a California Coastal/Mediterranean restaurant, Smashing Grapes tempted us to visit, to explore what exactly this cuisine would be. We know Mediterranean food, but the label California Coastal elicits lots of questions. Our delightful server, Emma, explained the menu reflects the freshness of ingredients with a focus on vegetables (especially avocados), with seafood also being a major player. The cuisine is characterized by a reverence for fresh, simple preparation, and the use of sustainable ingredients whenever possible. The three-year-old wine-and-dine concept, that formerly housed a Green Turtle sports bar, is brought to us by Titan Hospitality—creators of Eastport’s Blackwall Hitch and Gambrells’ Blackwall Barn & Lodge. Smashing Grapes’ new fusion-style menu includes homemade pasta dishes, a small raw bar selection, charcuterie, flatbreads, and four versions of avocado toast.

The outside patio was inviting and busy with many diners on the evening of our visit. Of note, there are the tables with a built-in, table-top fire pit, which are first-come, first-serve only. However, we were also delighted by the interior when we stepped into Smashing Grapes. The entire front is floor-to-ceiling glass, which lit up the simple but hip decor with plenty of natural light. Chic ambiance is the style in the bar area with a few interesting low round tables and club chairs for those who like to talk and sip. There are also a few high-tops. Our early evening arrival meant plenty of choice in the airy main room for a table or cozy booth. We decided on a booth for easy conversation and were pleased with the toned-down music.

True to the Smashing Grapes name, there’s an emphasis on wine with an expansive bottle menu spotlighting more than 350 wines from California, Spain, Argentina, Germany, and beyond. Special wine events include a serious sommelier-led VIP Wine Tasting—a private tasting pairing California wines to four courses of chef-selected small plates. There’s also a lavish-sounding Sunday brunch to keep in mind.



For this evening’s wine selection to go with our starters, we went with server Emma’s suggestion—Rustic Reserve California Chardonnay from the wine-by-the-glass menu. The bright, gold, citrusy Chardonnay appears to be hard to get via retail, so keep that in mind if it sounds appealing when you visit Smashing Grapes—it does happen to be available at the Blackwall Barn store. There’s also an inventive craft cocktail list and close to a dozen draft beers.

Emma was very knowledgeable about the menu, as well as friendly and attentive throughout our meal. In fact, this is a place that is anxious to please—more than one manager stopped by to greet us and inquire about our satisfaction. It wasn’t obtrusive—it was novel in today’s challenging restaurant scene with labor shortages. Many points for recognizing the value of demonstrating sincere interest in diners’ experiences.

We were tempted to devour the entire little baguette of fresh warm bread with garlic herb butter we were served but opted to try some starters instead. I chose the Lamb Meatballs that turned out to be a very substantial portion of five meatballs heaped in a wide-rimmed bowl. An abundance of chickpeas surrounded the meatballs, which were doused with a mildly spicy harissa tomato sauce and plenty of feta crumbles. Fresh mint leaves brought more of the Med influence to this concoction.

My companion chose the crab bisque, which was delivered with novel flair: an assistant server brought a pretty, white bowl where a sweetly-sized “crabcake” sat and proceeded

to pour a small pitcher of gorgeous thick coral bisque over it. Nice presentation! The bisque was delicious with a good, but not overpowering, kick of spice. Lo and behold, the crabcake was actually a clever blend of lump crab and potato...most unusual, but quite surprisingly, it worked well. Perhaps a wise way to keep this popular seafood soup more reasonably priced in today's costly seafood market.

For my entree, the Atlantic Halibut looked interesting. The entree was designed vertically (meaning layered high) as a large thick block of pan-seared, pearly-white fish topped with a firm asparagus puree. Charred green beans and fingerling potatoes surrounded the flatfish. It was unusual to note that crispy potato straws were also part of the entree.

My friend chose a land-based option: Steak au Poivre, a generous seven-ounce portion of sliced wagyu skirt steak from Snake River Farms. The cut was nicely grilled, rather than the customary pan-sizzled. The meat was lightly dressed with herb butter and au Poivre sauce on the side. We might have preferred a bit more of the typical cognac in the sauce, but without it, we felt a little less guilty about devouring every one of the superb house-cut fries. Yes, fries are available everywhere these days, but these were truly a cut above. Fresh potato flavor, with a nice crisp, even with the meat set atop.

The source, Snake River Farms, is worth learning about. Breeding wagyu since the late 1980s, Snake River prides itself on controlling its entire supply chain, from the ranches where their cattle are raised to what they describe as their humane processing facility. Skirt steak—the cut for our au Poivre meal—is well-marbled, though sometimes a bit tougher than more pricey cuts. But it's so tasty that it makes a good choice for many recipes.

An indulgent beef entree calls for a good red wine, especially where wine is a big focus. The oak-aged Arborist blend hails from Vina Robles in California's Central Coast region where the company owns and farms six Certified Sustainable vineyards. Another reason to consider it: Vina Robles partners with One Tree Planted to plant trees. Proceeds from sales of the Arborist help the iconic Paso Robles oaks. The medium-bodied wine complemented the beef, with its black cherry, plum, and tobacco aroma and nice fruity, chocolate taste.

Dark Chocolate and Chili Bread Pudding with a mild hint of ancho chili appealed to our sweet tooth for its uniqueness. It was a lesson in enough richness to share. The warm fudge brioche was surrounded by a dark chocolate sauce, and a cool scoop of vanilla ice cream paired beautifully with the warm dessert. A dab of whipped cream and fresh strawberry finished the dish.

A final note about the eclectic menu: careful attention is given to special diets with four items noted as vegan and another four gluten-free offerings.



Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.

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# Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

We have a lot to celebrate and many ways to do it this season. We have plenty of new restaurants to check out, support, and appreciate, and, of course, some cocktails to drink. How will you end your year with a bang? We have a few suggestions.

## *On the Dining Scene...*

Good news. While you can enjoy Mexican street food at Senor's Chile Cantina in Edgewater or Arnold, owner Fredy Salmoran and his family are opening **Senor's Chile Café** in Severna Park. Senor's Chile Café is inspired by the fresh ingredients of Mexico and will use the highest quality ingredients. Keep an eye out for when Senor's Chile Café opens at 594 Benfield Road in Severna Park. In the meantime, check out one of the other locations and the menu at [senorschile.com](http://senorschile.com).

After much anticipation, **Garten** in Severna Park is officially open. The husband-and-wife team behind Preserve in Downtown Annapolis opened their sister restaurant in October. Garten features natural wine and beer selections and a menu made with locally- and sustainably-sourced ingredients. Garten also serves **Pherm Brewing** (Gambrills) beers and has plans for an on-site production garden coming summer 2023. The food at Garten is a modern take of German and northern French cuisines, including cheese and charcuterie boards, schnitzel with shaved garden vegetables, and much more. Find a full menu at [garten-eats.com](http://garten-eats.com).

In mid-August, a new fine dining restaurant with an urban flair opened in Bowie, **BLVCK COW**. Owners Chef Neville Nugent and Chef Ed Reynoso bring a twist to American classics with options of different sauces and preparations to transport dining guests on a journey of deliciously incredible food: big, juicy steaks, fresh seafood, and unique, handcrafted cocktails. BLVCK COW is open for dinner at 6133 Highbridge Road. Find the full menu at [blvckcow.com](http://blvckcow.com).

At the end of September, **Beefalo Bob's** in Curtis Bay suffered a fire with \$1.5 million in damage. Beefalo Bob's catering location is still open at 107 Mountain Road in Pasadena offering sandwiches, meat by the pound, sides dishes, and more. Show your support while they rebuild. Find more updates on their Facebook page or at [beefalobobs.com](http://beefalobobs.com).

Mouthwatering flavors, rebellious passion, and never-ending fun...what does this make you think of? **Banditos Tacos & Tequila** perhaps? Banditos has locations in Federal Hill, White Marsh, and Towson, and is in the process of opening their newest location on Merriweather Drive in Columbia. Enjoy classic shrimp, steak, or chicken tinga tacos, or go bold with dynamite fish, cheeseburger, fried avocado, or cheesesteak tacos paired with tequila or mezcal. Find more information and a full menu at [banditostnt.com](http://banditostnt.com).

## The Gift Experience...

Our favorite gift-giving holidays are quickly approaching. Do you have all your gifts ready? Lucky for you, I have some last-minute gift ideas. Not every gift has to be a physical item. Maybe try an experience. Maryland is full of wineries, craft breweries, and, even, distilleries. Take your loved ones on a culinary adventure along our state's wine trails, to a tasting room, or sign them up for a loyalty program.

**Chesapeake Wine Trail:** Over a dozen Eastern Shore wineries are a part of the Chesapeake Wine Trail. Each stop has spectacular wide-open spaces with beautiful scenery and peaceful energy. Visiting a few of these stops along the way is a great way to spend your weekend:

Blue Elk Vineyard	Chateau Bu-De Bohemia Manor Farm	Layton's Chance Vineyard & Winery
Bordeleau Vineyards and Winery	Crow Vineyard & Winery	St. Michaels Winery
Broken Spoke Vineyard & Winery	Dove Valley Vineyard & Winery	Triple Creek Winery
Casa Carmen Wines	Far Eastern Shore Winery	Turkey Point Vineyard
Cascia Vineyards	Great Shoals Cellars	Windmill Creek Vineyard & Winery

**Craft Breweries:** Many local craft breweries offer tours, happy hours, live music, and entertainment. Take your friends for a brewery tour or sign them up for a membership to the following establishments:

Jailbreak Brewing Company, Laurel	Bull and Goat Brewery, Centreville	Eastern Shore Brewing
Crooked Crab Brewing Co., Odenton	Evolution Craft Brewing, Salisbury	Ten Eyck Brewing Company, Queenstown
Guinness Open Gate Brewery & Barrel House, Halethorpe	Tall Tales Brewing Company, Parsonburg	Heavy Seas Brewery, Halethorpe
Pherm Brewing Company, Gambrills	Township Meadery, Odenton	Forward Brewing, Annapolis
Calvert Brewing Company, Upper Marlboro	Chesepiooc Real Ale Brewery, Crofton	RAR Restaurant/ Taproom, Annapolis: Coming Soon
	Cult Classic Brewing, Stevensville	

## Drink Up...



## Mulled Wine

*Mulled wine is a great way to keep warm with holiday spirit as well as making your house smell like the perfect winter wonderland.*

### INGREDIENTS

- 1 bottle of your favorite dry red wine
- 1/4 cup brandy
- 1 orange, sliced into rounds
- 8 whole cloves
- 2 cinnamon sticks
- 2 star anise
- 2-4 tablespoons sugar, honey, or maple syrup

### INSTRUCTIONS

Combine ingredients in a large saucepan. Stir briefly to combine. Cook the mulled wine over medium-high heat until it just barely reaches a simmer. Avoid letting it bubble, you don't want to boil off the alcohol. Reduce heat to low, cover, and let wine simmer for at least 15 minutes or up to 3 hours. Using a fine mesh strainer, remove and discard the orange slices, cloves, cinnamon sticks, and star anise. Give it a taste and stir in extra sweetener if needed. If preferred, garnish with fresh orange slices, cinnamon sticks, and star anise.

Photo and recipe courtesy of [gimmesomeoven.com](http://gimmesomeoven.com)

**Have culinary news to share?** Send an email to the editor at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations** to **Charmaine N.** of Severna Park, who won a \$50 gift certificate to a local business.

**Mail entries to:** Where's Wilma? Annapolis, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions)



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84 Lumber—Kitchen & Bath Design Studio.....	169	Long & Foster Annapolis Fine Homes.....	10
A La Mode.....	177	Luminis Health AAMC.....	27
About Faces.....	29, GG	Lundberg Builders and 314 Design Studio.....	170
Alternative Pet Care.....	25, 152	Mary Beth Paganelli Long & Foster.....	170
Annapolis Arts Alliance.....	GG	Maryland Performing Arts Center.....	29
Annapolis Athletic Club & Edgewater Fitness.....	GG	Mi Linda Cancun Grill.....	187
Annapolis Dermatology Associates.....	1BC	Miss Shirley's Cafe.....	182
Annapolis Marine Art Gallery.....	190	Mission Escape Rooms.....	GG
Annapolis Opera.....	50	Mobile Pet Vet.....	152
Annapolis Painting Services.....	23	Nancy Almgren Berkshire.....	169
Annapolis Plastic Surgery.....	5	Nancy Hammond Editions.....	51
Annapolis Symphony.....	26	Northrop Realty A Long & Foster Company.....	156
Anne Arundel Medical Center—AAMC Foundation....	40	O'Donnell Vein and Laser.....	IFC, GG
Archbishop Spalding High School.....	37	One Day Doors & Closets of Baltimore.....	173
Ballet Theater of Maryland.....	25	Osprey Point Inn and Gratitude Marina.....	152
Baltimore Washington Medical Center.....	181	Osteria 177.....	186
Bella Italia.....	191	Pacesetters Annapolis.....	191
Blanca Flor.....	GG	Paradise Float Spa.....	GG
Boatyard Bar & Grill.....	182	Perfect Pet Resort.....	190
Brampton Bed and Breakfast Inn.....	152	Plastic Surgery Specialists.....	17
Carpaccio Tuscan Kitchen & Wine Bar.....	186	Rams Head on Stage.....	41
Carroll's Creek Cafe.....	182	Renee Kaplan Aesthetics.....	GG
Center for Eye & Laser Surgery/Adoro Medical Spa...18		Rodizio Grill.....	182
Chesapeake Ballet Company.....	191	Sadona Salon + Spa.....	GG
Chesapeake Eye Care Management PC.....	6	Sandel Duggal Center For Plastic Surgery.....	3
Caldwell Banker Church Circle.....	30	Scott Finlay DDS & Associates.....	13
Community Foundation of AACO.....	50	Scout & Molly's.....	GG
County Commissioners of Kent County.....	150	Seasons Olive Oil & Vinegar Taproom.....	GG
David's Natural Market.....	177	Severn School.....	25
Djawan Center for Implant and Restorative Dentistry.....	1	Simply Stronger.....	191
Downtown Chestertown Association Inc.....	151	Skin Wellness MD.....	8
Ehmann Kathryn DDS.....	33	The Cottage Annapolis & Severna Park.....	GG
Fichtner Home Exteriors.....	166	The Gunston School.....	36
Fishpaws.....	35, GG	The Painted Cottage.....	GG
Galway Bay.....	GG	The Shane Hall Group of Compass Realty.....	154
Gaylord National Resort & Convention Center.....	2	The Spice And Tea Exchange.....	GG
Grand Rental Events.....	29	The Talent Machine Company Inc.....	51
Harmony Hospitality/Even Keel Wellness & Spa.....	GG	The Village at Providence Point.....	133
Healthy Fresh Meals.....	GG	The Wellness House.....	39
Historic Annapolis Inc./William Paca House.....	52, GG	Tribe Cycle.....	190
HM2 Buck Foundation.....	9	TTR Sotheby's Annapolis—Brad Kappel.....	14
Hobo.....	GG	Tuscan Prime Italian Chophouse.....	4
Homestead Gardens.....	153	Uniball-Rodamco-Westfield Annapolis...Double Cover	
Kim Havell Fine Art.....	GG	WildFlower Stem & Sundry.....	GG
KRM Development Corporation.....	152	Wimsey Cove Framing & Fine Art Framing.....	190
Lewnes' Steakhouse.....	187	Wye River Upper School.....	36
Lights on the Bay.....	20	YWCA of Annapolis & Anne Arundel County.....	49
Long & Foster—Mr. Waterfront Team.....	7	Zacharys Jewelers.....	BC, GG

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