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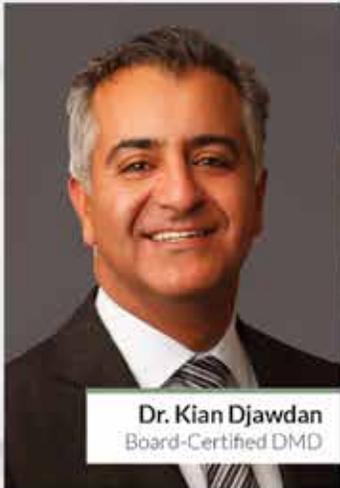
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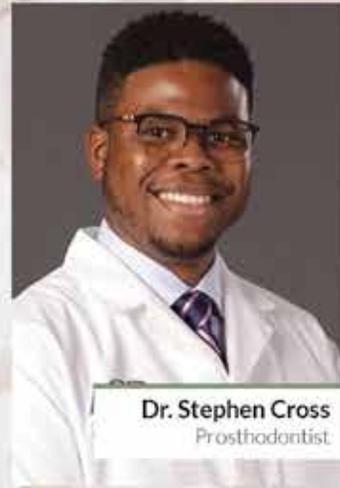
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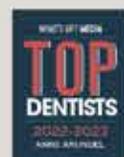
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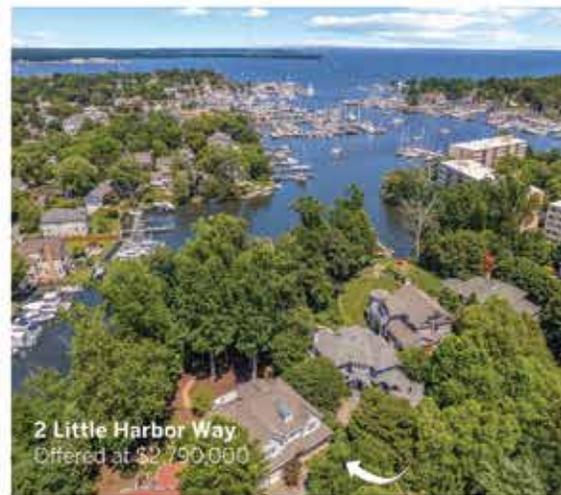
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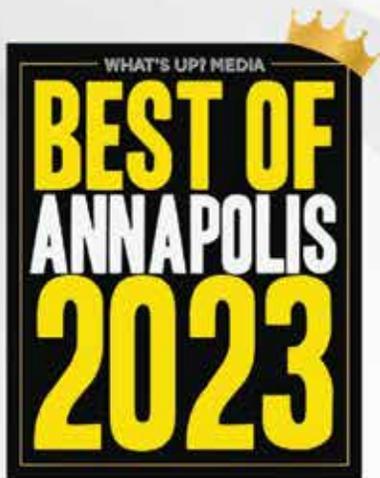


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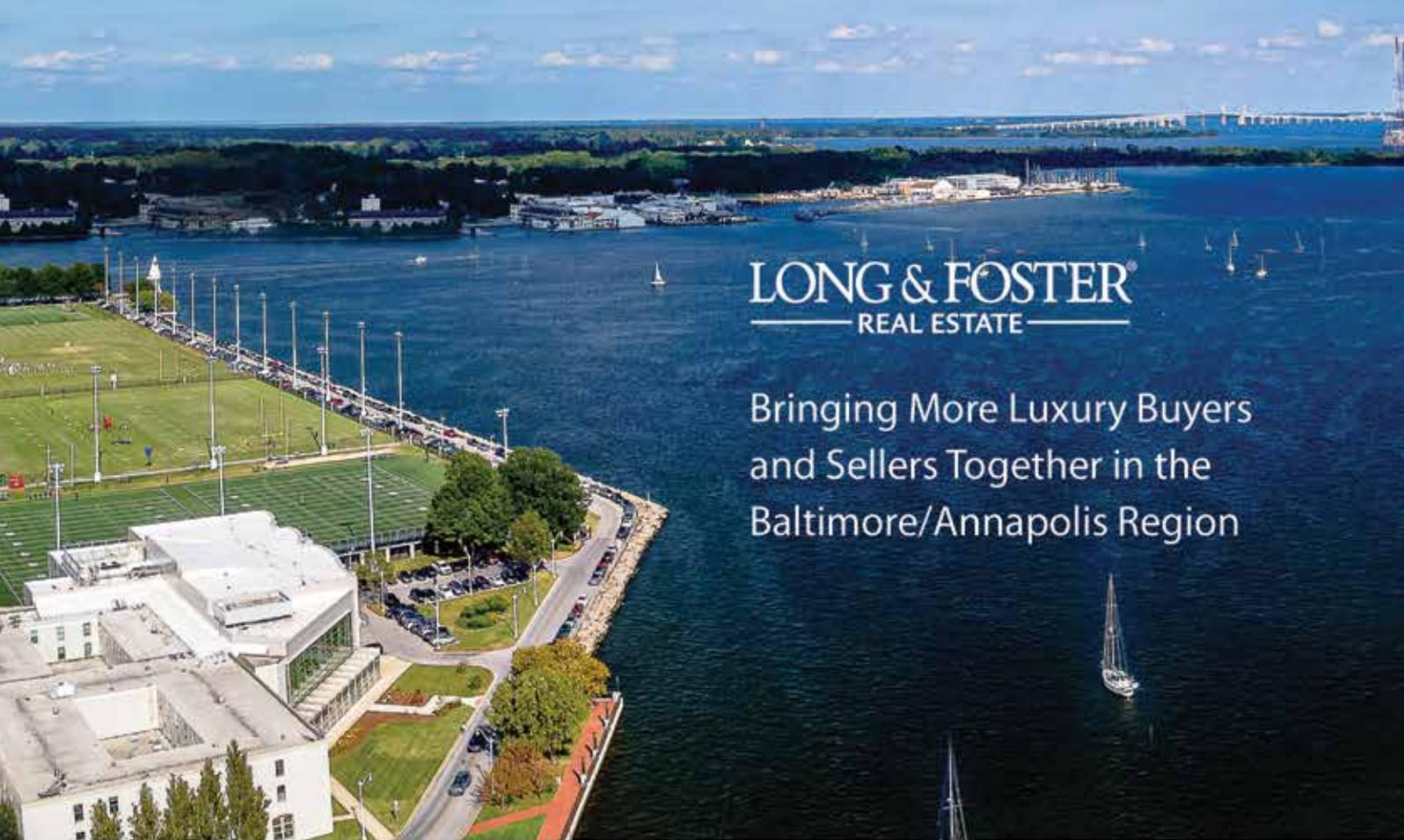
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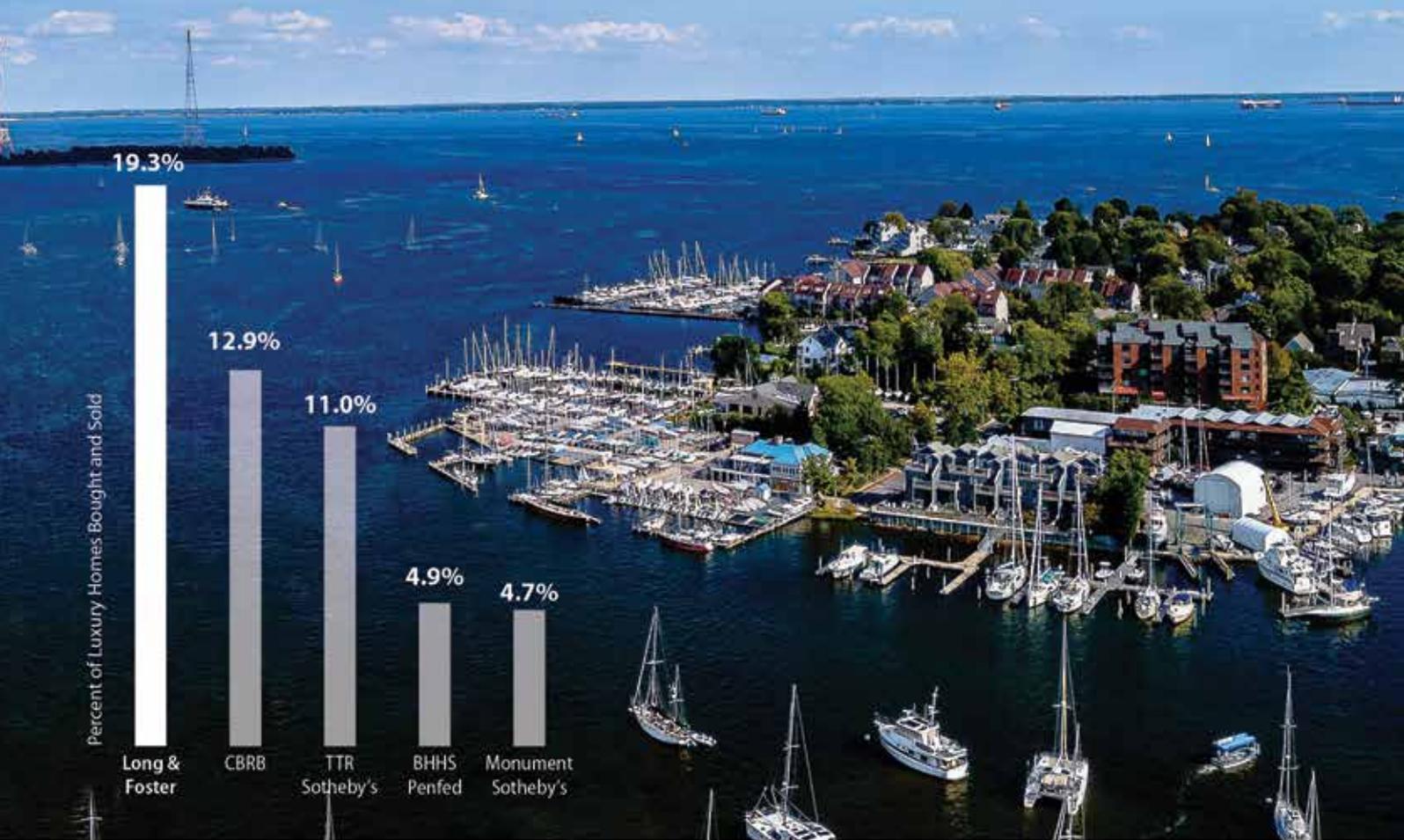


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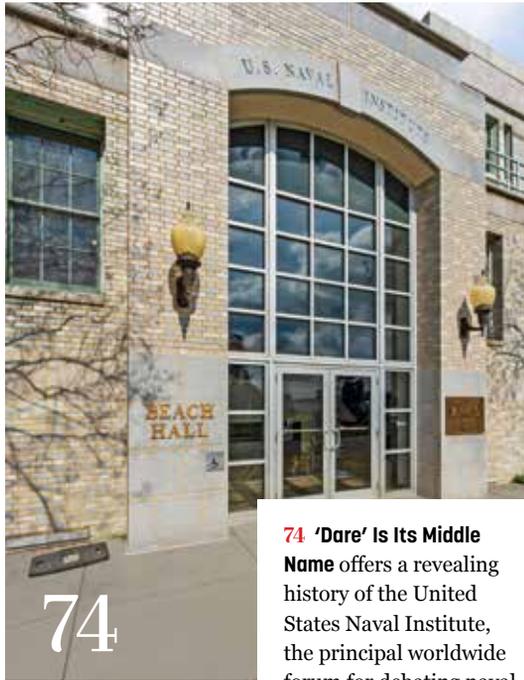
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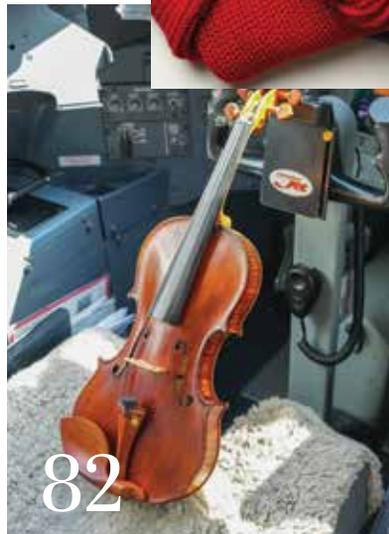
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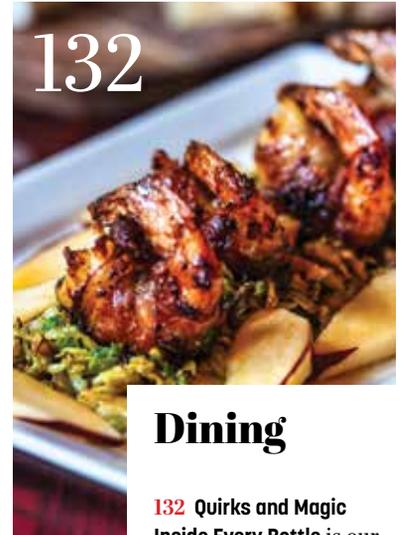
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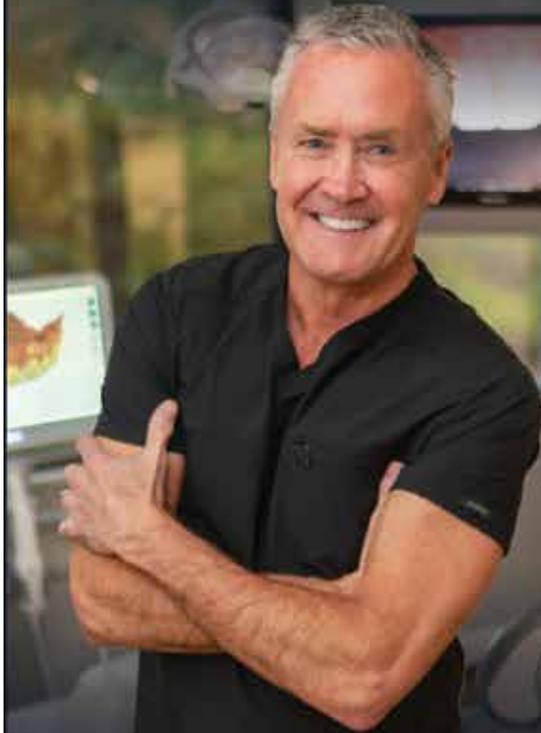
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COMING UP IN
OCTOBER 2023

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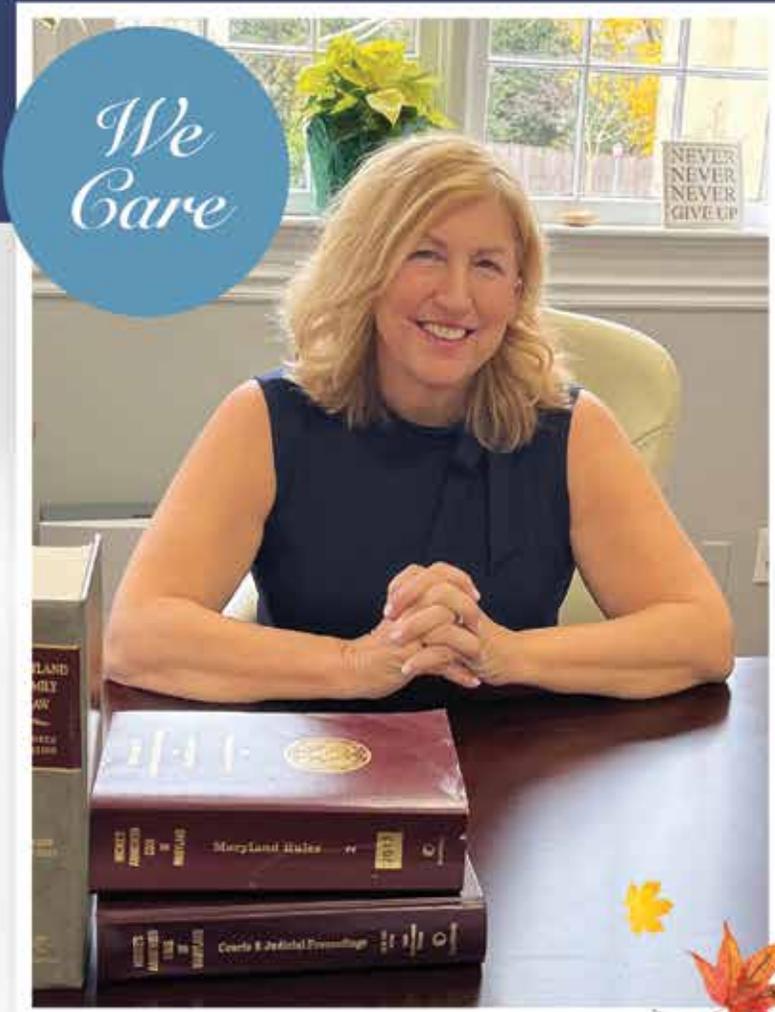
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Fall's a coming,

AND IT FEELS LIKE A FRESH START.

Ambition is in the air. Easy to catch this vibe if you have kids or grandkids returning to school. Doubly so when the weather starts to turn. But have you noticed the exciting season that the young Baltimore Orioles are having? Talk about reviving some '83 magic forty years later on the baseball diamond. Fingers crossed, the team will be playing deep into October and beyond. Or how about the fact that for the first time in 24 years, Washington's NFL team will have new ownership when football kicks off this month. And hey...both Navy Football and the Washington Capitals have first-year head coaches and high hopes. Lots of fodder and chitchat worthy topics for when we gather with friends and family over Labor Day weekend.

This issue of *What's Up? Annapolis* also offers more than a few nuggets worth chewing on. Along these lines, we interviewed rookie wide receiver for the Baltimore Ravens, Zay Flowers, about his journey turning pro and how he'll fit into the team's offense under new coordinator Todd Monken. We also catch up with Navy Vice Admiral (Ret.) Peter H. Daly to talk about what's exciting at the U.S. Naval Institute, which is celebrating its 150th anniversary. The state-of-the-art Jack C. Taylor Conference Center is an ex-

traordinary addition to the campus. And in the cover story, "From Concert Hall to Cockpit," the Annapolis Symphony Orchestra's concertmaster, Netanel Draiblate, reveals his double life as an airline pilot.

We also profile Nick Pratt, our Towne Athlete this month, who recently graduated from Indian Creek School and heads to the University of Maryland Baltimore County this fall, where he'll play Division I baseball. My own kiddos are still in elementary school, but when we consider their higher education, we'll have this issue's "Top Class" guide to navigating school and college visitations in our back pocket. It's chock full of particulars for doing so, along with many private schools' open house dates and policies for those embarking on visits this autumn.

For some everyday excitement, there's no shortage of stellar and brand-new events throughout the month. The Baygrass Music Festival to benefit Chesapeake conservation efforts launches at Sandy Point State Park with a top-shelf bluegrass and jam-themed lineup (trust me, each band is dynamite on the live stage); Maryland Renaissance Festival enters prime-time; the Annapolis Songwriters Festival brings the likes of Blondie and LeAnn Rimes to our state capital; and the Maryland Folk Festival—one of the most ambitious of its kind—takes over Salisbury. "Out on the Towne" briefs you on these highlights and more.

So, I say embrace it all...the season, the fun, the hopes for a successful academic year for each student and athletic season for every home team. Fall in the Chesapeake Bay region means crabs are at their fullest, sports and events are most plentiful, and cerebral pursuits are kickstarting at some of the nation's finest schools. The Land of Pleasant Living is getting fired up when autumn cools down. Enjoy!

James Houck,
Editorial Director

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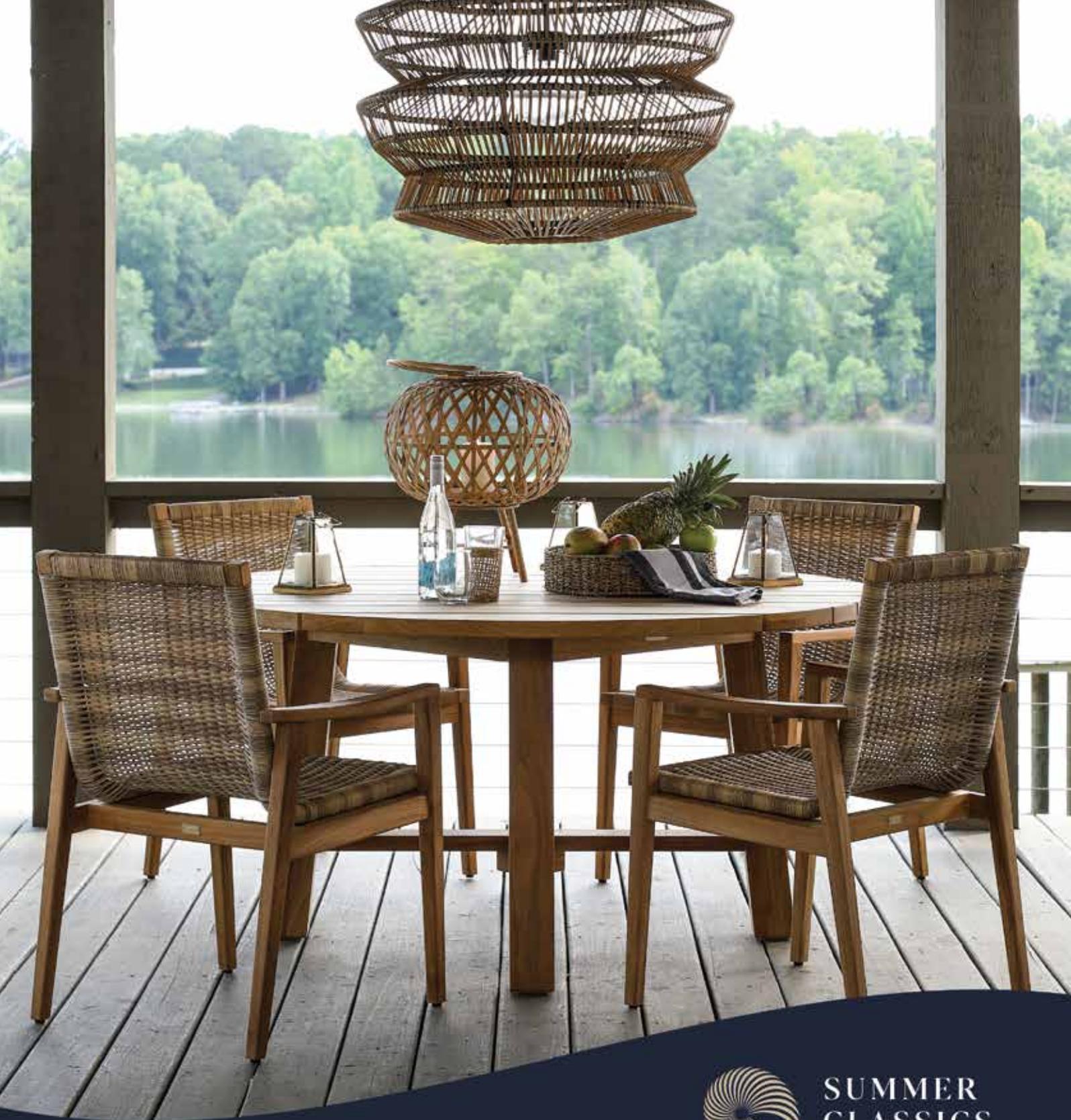
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25 EVENT PICKS | 34 SOCIAL | 40 SALUTE
44 SPOTLIGHT | 50 ATHLETE | 54 INTERVIEW



Annapolis Baygrass Music Festival

Every jam saves the bay at Annapolis Baygrass Music Festival. The festival will take place on September 30th and October 1st at Sandy Point State Park. The Annapolis Baygrass Music Festival is a conservation-focused musical event where just by having fun you are helping the Chesapeake Bay. Enjoy music from Yonder Mountain String Band, Railroad Earth, Keller & The Keels, Melvin Sales & JGB, and so many more bands. Baygrass blends the finest progressive bluegrass music with a gorgeous beachfront venue and a core mission to protect and restore the bay. Buy tickets today at baygrassfestival.com.





↑ Boatyard Beach Bash

The 18th Annual Boatyard Beach Bash to benefit the Annapolis Maritime Museum is back in Annapolis on September 9th from 4:30 to 10 p.m. Soak in the sounds of Key West with Coral Reefer band members Peter Mayer, Doyle Grisham, Eric Darken, Scott Kirby, John Frinzi, and more musicians. Radio Margaritaville host JD Spradlin will be the emcee of this year's night of music. Order your tickets at amaritime.org.

25TH ANNIVERSARY ARTS ALIVE!

Maryland Hall is having their 25th Anniversary Arts Alive! party on September 8th from 6 to 10 p.m. Get ready to celebrate with nearly 500 community leaders, business executives, and arts patrons, raffles, a silent auction, food and beverages from local restaurants, live entertainment from The Nightlife Bands, and more! Get tickets and more information at marylandhall.org.



↑ Annapolis Song Writers Festival

The Annapolis Song Writers Festival, molded after the Key West Songwriters Festival, the largest festival of its kind in the world, will be September 15th through 17th throughout Downtown Annapolis. Among the dozens of festival performances, Blondie will headline the 15th and LeAnn Rimes on the 17th, both at the City Dock stage at Susan Campbell Park. Other venues will include Rams Head On Stage, MC3 Annapolis, and Maryland Hall. Find a full lineup and get tickets to the festival at annapolisongwritersfestival.com.



ANNAPOLIS RUN FOR THE LIGHT HOUSE

Annapolis Run for the Light House Half Marathon, 5K, and Walk will be held on September 17th at Quiet Waters Park in Annapolis. The 14th annual run provides a scenic half marathon and 5K walk/run along the trails of Quiet Waters Park and through the beautiful Chesapeake Bay-front community of Hillsmere Shores. All proceeds from the run will benefit The Light House in Annapolis, a well-known public charity working to end the cycle of homelessness and poverty. Find more information and sign up details at friendslhs.org.



Photo by Max Goldberg

↑ Brett Young Birdland Summer Music Series

The final Birdland Summer Music Series performance will take place on September 15th at Camden Yards. After the Orioles game against Tampa Bay, Brett Young will perform. The summer music series helps empower youth and strengthens our community. \$5 from every on-field pass purchased will benefit the Orioles Charitable Foundation's Music & Arts Education Scholarship, which was created in 2019 to support deserving students and programs throughout Birdland. Find more information at mlb.com/orioles.

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Sunday, November 5, 2023
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Across the Bridge



↑ 16th Annual St. Michaels Concours d'Elegance

The 16th Annual St. Michaels Concours d'Elegance on the Chesapeake Bay is headed to Kent Island Yacht Club's lawn and docks on September 22nd through 24th. The weekend will be full of Chesapeake Bay yachting and motoring while guests enjoy locally-sourced cuisine, craft libations, vendor tents, live music, and more. Find a full calendar of events at smcde.org.



CHESAPEAKE FILM FESTIVAL

The 2023 Chesapeake Film Festival will be live this year on September 30th and October 1st at the Avalon Theatre and Ebenezer Theatre in Easton. The festival will feature screenings and discussions that transport attendees to the glory days of theatre. The festival will also go virtual October 2nd through 8th where you will have another week to enjoy outstanding films at your own convenience. Find more information at chesapeakefilmfestival.com.



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↑ RIDE FOR CLEAN RIVERS

September 17th will be the 19th Ride for Clean Rivers at Chesapeake College. Ride the beautiful back roads of Talbot and Queen Anne's counties to support ShoreRivers work for clean waterways. Bring summer to a close with a great cause. The 62-mile ride will start at 8 a.m. and the 35- and 20-mile rides will start at 9 a.m. Register today and find more information at shorerivers.org.



Photo credit: George Scass

Charity Boat Auction

The Chesapeake Bay Maritime Museum in St. Michaels hosts its annual Charity Boat Auction on Saturday, September 2nd. During this rain-or-shine event, donated boats and watercraft, ranging in size and performance from cabin cruisers to sailing dinghies and everything in between, will be auctioned off to the highest bidders, beginning at 11 a.m. This is an absolute auction with no reserves or minimums—everything must go! There's also a flea market-style tag sale, starting at 8 a.m., featuring a variety of used boating gear. Visit cbmm.org/CharityBoatAuction for more information.

MARYLAND FOLK FESTIVAL

Spend your weekend at the Maryland Folk Festival in Downtown Salisbury for a diverse celebration of arts, culture, and heritage. This big event will celebrate roots, richness, and variety of American culture with an assembly of fine musicians, dancers, craftspeople, and more! The festival will have a market and food courts, so be sure to experience it all! Find more information at mdfolkfest.com.



Shaw Bay Raft-Up Concert

ShoreRiver's Shaw Bay Raft-Up Concert is the perfect time to relax with music and scenery on September 9th from 3 to 6 p.m. Grab your raft, dinghy, paddle board, kayak, or sailboat to Shaw Bay along the Wye River for a free concert. The Eastport Oyster Boys will be performing for the 20th time with ShoreRivers and the Wye River Band will be performing for the fourth time. This concert is held each year to raise funds and awareness for clean water efforts on Maryland's Eastern Shore. Find more information at shorerivers.org.

UPCOMING EVENTS



Visit Whatsupmag.com or scan this QR code to visit the full online calendar of community events taking place this month across the Chesapeake Bay region!

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Fashion for a Cause

On June 8th, Hospice of the Chesapeake held its popular, annual event, Fashion for a Cause. The 13th edition saw over a dozen local community models displaying new fashions from area stores. Guests enjoyed the runway fashion show nibbling on hors d'oeuvres from local restaurants and food trucks and sipping fine cocktails, amidst luxury automobiles at the host site, Porsche Annapolis. The event raises essential funds that directly support Hospice of the Chesapeake's Chesapeake Kids Program, a comprehensive program designed to support children and their families living with advanced and life-limiting illnesses in their child, and grief loss. Learn more at hospicechesapeake.org.

Photography by Stephen Buchanan.



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YWCA Totally '80s Bash

On Friday, May 12th the YWCA of Annapolis and Anne Arundel County held its annual gala event, the Totally '80s Bash at the Westin Annapolis. The bodacious event included live entertainment by the Real Geniuses, live and silent auctions, fabulous food and cocktails, retro dessert truck, a photo booth, and more. Guests donned their favorite “nod to the '80s” attire. All proceeds benefit the YWCA’s domestic violence, sexual assault, and trafficking services, including the new trafficking safe house for youth (opening this fall). Learn more at annapolisywca.org.

Photography by Laura Wiegmann of Laura's Eyes Photography.

- 1. Trent Newman, Mini Johri, Mandy and Steve Crim
- 2. Gayle and Moke Wolfe
- 3. Joel and Meredith Esposito, Megan and Michael Esposito
- 4. Kathy Sauve, Molly Knipe, and Nancy Frank
- 5. Dean and Patti Slaughter
- 6. Tyler and Corrie Tate, Shareese and Ellington Churchill
- 7. Marnie Kagan, Christine and John Celeste, Jonathan Kagan, and Mike Marinello
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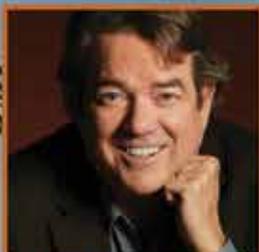
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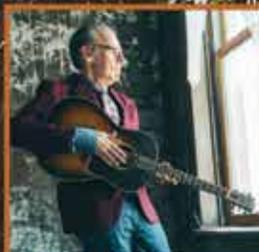
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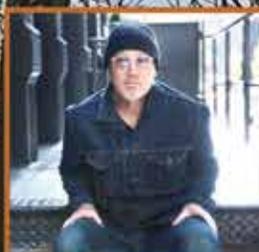
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TOWNE SALUTE

Betty Jans

The Masters Club of Annapolis

By Tom Worgo

It seems like Betty Jans never stops. The real estate market and The Masters Club of Annapolis consume her. The veteran agent stays busy volunteering for the 33-year-old The Masters Club, which brings together high-earning real estate agents with strong moral and ethical groundings.

Jans is the club's second longest-serving leader, joining it almost two decades ago. She's held numerous positions in the organization, including president, first vice president, treasurer, secretary, and membership chairman.

Jans, a humble person who doesn't like to talk about herself, also has served on The Masters Club Board for 15 years. The nonprofit donated \$14,000 last year to several area charities, including the Boys & Girls Clubs of Annapolis & Anne Arundel County, the Lighthouse Shelter, National Alliance on Mental Illness (NAMI), and the VET Center of Annapolis.

"Whatever I have to do, I want to see the club succeed," Jans says. "I am very detailed-oriented. We all have good relationships with each other because we get to network and work with each other."

Masters Club President Jennifer Klarman admires Jans for her dedication to the club and for her outstanding career. Jans has been a real estate agent for 39 years and currently works for Berkshire Hathaway HomeServices PenFed Realty in Annapolis.

"Without Betty, I don't think we would have a Masters Club," Klarman says. "She knows the first name of every one of our (138) members. She is organized and diligent about everything. I don't make an important decision without running it by Betty. She always makes herself available."

There's no doubt Jans, an Annapolis resident, rises to the biggest challenges. The club named her president during the height of the pandemic in January 2020 and she finished her two-year term in December 2021. During that time, she also doubled-up on duties, taking over as membership coordinator.

While some nonprofits struggled during that time, Jans helped keep the club headed in a positive direction. Memberships went up. To become a member, a realtor must have had 6.5 million in sales volume the prior year to join.

"It was one of the biggest challenges (in 19 years)," says Jans, referring to the challenges of keeping things running smoothly during the pandemic. "We had to keep everybody motivated and engaged."

"We had to reinvent our way of engaging each other," she adds. "We had to find ways to have our meetings and make them interesting."

Jans steps right up whenever a fellow club member has a question or needs advice. "Sometimes it's daily," Jans says. "I am a people person. I am a good problem solver."

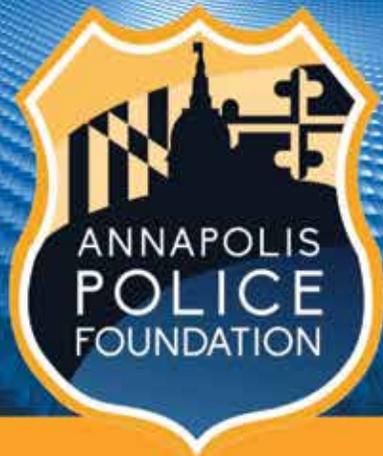
Jans also is treasurer of Anne Arundel County Association of Realtors and a member of the National Association of REALTORS.

"She mentors all the board members," says Klarman. "She knows everything about The Masters Club. She goes above and beyond on the local and state level. She has outreach to the national level."

The Masters Club First Vice President Debra Lagg says that Jans is the heart and soul of the organization—that you can call her the leader of leaders.

"I think she works harder and puts in more time than anyone has ever seen in this organization," Lagg says. "Betty is like the momma bear that keeps everything running. She has been the leader behind all of us no matter what role she is doing."

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



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If you have any questions, please connect with APF Chairman, Brian Finan at BFinan@annapolispolicefoundation.org Or APF Vice Chair, Judy Biddensick at JBiddensick@AnnapolisPoliceFoundation.org



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The Daily Howler

VOL. 1 SUNDAY, FEBRUARY 12, 2023 \$2.00

BIG BAD WOLF CHARGED IN FAILED ATTEMPT TO BLOW DOWN ROOF



Yesterday B.B. Wolf appeared in court facing charges of aggravated respiratory mischief (AKA huffing and puffing) in an attempt to blow down an NDG roof.

Mike Giuffre, an NDG Team member and witness at the scene said, "It was insane. This Wolf guy shows up out of nowhere wearing an Alabama jersey and lets rip with this gale force wind aimed directly at said roof. That guy has a set of pipes on him. And his breath! I swear he gargles with dead rats. Still, not one shingle shifted out of place. You'd think he would have noticed the NDG Roofing sign on the front lawn."

Defense attorney Bernie Lowhard lashed out, calling NDG's malicious practice of building indestructible roofs, "cruel but not unusual." He continued, "I see this as a blow to all wolves big, bad and regular. It's a slippery slope. They start by building sturdy roofs and then they extend their pernicious methods to all types of construction."

Judge Theresa Connelly, speaking from the bench, admonished B.B. Wolf saying, "I thought this stuff only happened in fairy tales."

In other news, Goldilocks has apparently reconciled with the 3 bears and has moved in. Three remodeling companies have submitted renovation bids and sources confirm "One is just right."



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SAILOR AWARDED BY COAST GUARD FOUNDATION ↓

James P. Muldoon received the Guardian Award from the US Coast Guard Foundation at an awards dinner earlier this summer. Muldoon is one of four board members who started the Coast Guard Foundation's Tribute to the Coast Guard 19 years ago. Since then, it has raised more than \$15 million for Foundation programs that assist Coast Guard members and families. He has also started DC Sail and Brendan Sailing. His leadership of D.C. Sail and Brendan Sailing focused his energies on helping underserved inner city youth and young people with learning differences mature using their development of sailing skills as the key ingredient of both programs. In addition to his work with the Coast Guard Foundation Muldoon has served in leadership roles of 30 maritime organizations. Learn more at coastguard-foundation.org, desail.org, and brendansailing.org.



CONGRATULATIONS ANNAPOLIS BLUES!

The inaugural season of the Annapolis Blues soccer team was also a historic one. The Annapolis community rallied behind its newest home team, which competed in the Mid-Atlantic Conference of East Region in the National Premier Soccer League. Not only did the team compile an 8-1-1 record en route to a first place finish in the conference, but thousands of fans broke the NPSL season attendance record. The Blues also won the Mid-Atlantic Conference Championship, plus the attendance record in a conference championship game with 8,480 fans! Though the team eventually bowed out of the playoffs within the league's sweet 16 bracket, this season was certainly one of the most successful in NPSL history. Congratulations Blues! Learn more about the team at annapolisblues.com.

Photo courtesy Annapolis Police Department



↑ Annapolis Police Foundation Campaign for Community Van Launched

The Annapolis Police Foundation, Annapolis Police Department, Sheehy Automotive, and What's Up? Media are raising awareness and funds for the APD's community van program. Specifically, the goal of raising \$20,000 toward the purchase of a new van, which is instrumental to transporting underserved youth and adults to and from many engaging activities and programs. The community van is a lifeline that will connect at-risk youth and other community members to a world of possibilities. This van will serve as a bridge, carrying children and adults to community events, field trips, summer camps, and educational opportunities that would otherwise remain out of reach. The van also benefits residents returning from incarceration, providing them with access to regional job skills programs that can open doors to a brighter future. These efforts not only offer educational and social opportunities but also provide a safe and supportive environment where young individuals can thrive. By donating to the Annapolis Police Foundation's community van fund, you are investing in the future, creating opportunities, and igniting hope for countless young lives. Please donate today at: annapolispolicefoundation.org.

Photo courtesy Annapolis Blues





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Enjoying Waterfront Retirement Living

Jack and Marilyn Coolidge

Lifelong Maryland residents Jack and Marilyn Coolidge moved to BayWoods in 2022. They researched other Retirement Communities in the area and decided that BayWoods was the best fit for them and their two dogs, Coal and Nikki. Jack and Marilyn enjoy the grounds and seeing all the deer, ducks, osprey and foxes. Also important to the Coolidge's was the equity ownership offered at BayWoods of Annapolis.

Upon moving in, Marilyn and Jack immediately engaged in many activities and opportunities this luxury Chesapeake Bay waterfront setting, and nearby historic Annapolis, have to offer. At BayWoods, Marilyn is part of the Transition Group that welcomes new residents and helps them get oriented to the BayWoods lifestyle. Jack joined the Building and Grounds Committee, and became Co-chair of the Woodshop Group. Their dogs also have an active role at BayWoods! Coal and Nikki are part of the Pet Therapy program for the Health Care Center located on campus.

Outside of BayWoods, Marilyn is the President of the Panhellenic Club of Annapolis, an Officer in the Kappa Kappa Gamma Alum Association of Annapolis, the Founder and member of Women in Retail Real Estate, and is a member and past committee chair of the International Council of Shopping Centers. Jack enjoys singing with the Chesapeake Chorale and golfing at the Crofton Country Club as part of the senior's golf league.

They have four children and two grandchildren who see them living in an environment of serenity with many new friends. Their children also greatly appreciate that their mom and dad will have excellent medical care if they ever need it right on campus.



AMFM AWARDS SCHOLARSHIP

Annapolis Musicians Fund for Musicians, Inc. (AMFM), a nonprofit organization that supports professional Annapolis-area musicians and music programs for youth, has awarded its annual Tim King Music Performance Scholarship of \$5,000 to Severna Park High School senior Page Judge. This fall, Judge will enroll as a freshman at the University of Michigan, where she will study Music Education and Performance.

This is the scholarship's sixth year. Scholarship candidates were evaluated on several criteria—including their participation in high school music performance groups, volunteer community-based music opportunities, private lessons, a videoed performance piece, and an essay—to assess their commitment to pursuing music performance academically.

"Tim King was an important member of the Annapolis music scene and we are excited to continue honoring his legacy by providing this scholarship to a very worthy senior. We wish Page the best of luck and look forward to following her musical career,"

AMFM President P.J. Thomas said. Learn more at am-fm.org.



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New Chairs at MCAAHC

The Maryland Commission on African American History and Culture (MCAAHC) recently announced the newly elected leadership of Chair Dr. Edwin T. Johnson and Vice Chair Maya Davis. Chair Johnson holds degrees from Morgan State and Towson State Universities, and was appointed to the MCAAHC by Governor Larry Hogan in March 2016. Vice Chair Davis was appointed to the Commission in 2017 by Gov. Hogan, and is currently the Director of the Riversdale House Museum, bringing twenty years of public history experience to the commission.

Chair Johnson plans to build upon the legacies of his immediate predecessors, Rev. Dr. Tamara E. Wilson and Professor Dale Green, who developed the African American Heritage Preservation Program (AAHPP) grant into a national model. "We want to ensure that the Commission remains true to its mission of preserving, protecting, defending, and illuminating the history of people of color in the state of Maryland," Chair Johnson said. Learn more at africanamerican.maryland.gov.





↑ Maryland Watershed Champion Announced

Interfaith Partners for the Chesapeake's (IPC) Executive Director, Jodi Rose, will be named this year's Maryland Watershed Champion by the Alliance for the Chesapeake Bay for her leadership and dedication to cleaner rivers and streams. To commemorate this honor, she will be recognized at the Alliance's Maryland Taste of the Chesapeake event on September 21st at the Annapolis Maritime Museum. As a fervent environmentalist and advocate, Rose has dedicated her career to raising awareness about the importance of protecting and restoring the environment, and most recently here in Maryland, the Chesapeake Bay watershed. Learn more at allianceforthebay.org and interfaith-chesapeake.org.

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



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Photography by Steve Buchanan

TOWNE ATHLETE

Nick Pratt

Indian Creek School
Baseball

By Tom Worgo

Recent Indian Creek School graduate Nick Pratt produced some eye-popping baseball statistics this past spring. Pratt batted .603, had an on-base percentage of .724, and clubbed *two home runs in four different games.*

Opponents really didn't want to pitch to him. Pratt amassed a whopping 19 intentional walks.



I WAS FORTUNATE TO BE ABLE TO PLAY AT THAT LEVEL. THEY ONLY TAKE A FEW FRESHMEN ON EACH TEAM. THE LEVEL OF PITCHING I HAVE FACED IS OUTSTANDING. IT'S A STEPPINGSTONE TO COLLEGE BASEBALL."

"When I was batting like .750 through our first 10 games, I had to start acting like that—confidence-wise," Pratt says. "A lot of people would always tell me they are like video game numbers. It's kind of crazy when I repeat them out loud."

The more important numbers: Pratt's height (6-foot-1) and weight (210). That size and heft account for the Severna Park resident's power and helps with his defensive game as a catcher. Yet he is also very agile for his size.

"It checks the boxes for a lot of coaches that come watch me play," Pratt says.

Those are the qualities that earned him an athletic scholarship to a Division I college: University of Maryland, Baltimore County. Pratt also considered and visited George Washington, George Mason, Bucknell universities and Queens College. He plans to major in economics after carrying a 4.1 weighted grade-point average in high school.

"I really like the coaching staff and I could really tell they prioritize player development over just

winning," Pratt explains of UMBC. "I knew I had the best chance to see the field (early in his college career). It's also close to home, and I want my family to come watch my games."

UMBC Baseball Coach Liam Bowen made Pratt a priority to bring to the Retrievers' program. Bowen likes Pratt's all-around skill set.

"He is a really talented player," Bowen says. "We are trying to go in a direction as an offense, where we hit for more power. He gives you extra-base power at a premium position. He is a great athlete, super hard-working, and he is advanced on the defensive side of the ball."

To prepare for baseball at UMBC, Pratt joined the Gaithersburg Giants of the Cal Ripken Collegiate League this summer. It's the highest level of baseball he has faced.

"I was fortunate to be able to play at that level," Pratt says. "They only take a few freshmen on each team. The level of pitching I have faced is outstanding. It's a steppingstone to college baseball."

Pratt had a stellar career at Indian Creek. He earned Maryland Inter-scholastic Athletic Association B Conference Player of the Year. He posted great numbers in each of his three seasons on the varsity squad.

“He was an extreme clutch hitter,” Indian Creek Baseball Coach Matt Foster says.

The 18-year-old Pratt led the team in home runs (10) and RBIs (26) as a senior. He hit two home runs in the season opener against St. Mary’s Ryken and also smacked two home runs against MIAA A Conference foe Calvert Hall.

As a junior, he also led the team in batting average (.461), home runs (11), and RBIs (36).

“We are excited for his potential offensively,” Bowen says. “And he is a complete player for such a young guy.”

That’s why he gets high marks for his defense from Foster. Pratt only allowed two past balls in 2023 while throwing out 63 percent (19 of 30) of base runners attempting to steal. Foster loved the offense and defense he got from Pratt, but the catcher’s work ethic stood out the most to the coach.

“He would work on his hitting before school started,” Foster recalls. “He’d be hitting from like 6 or 6:30 a.m. and wrap it up by 7:30.”

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



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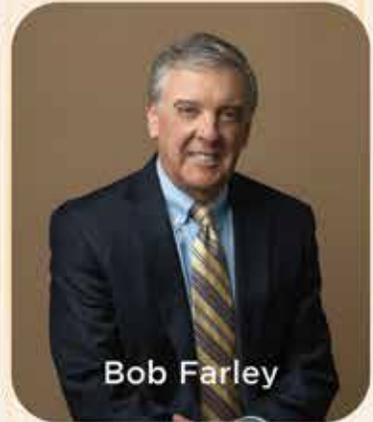
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Zay Flowers

Baltimore Ravens Rookie
Wide Receiver

By Tom Worgo | Photograph courtesy Baltimore Ravens

The Baltimore Ravens' 2023 first-round pick, Zay Flowers, could be a difference-maker at the wide receiver position—something the team has longed for over many years. He was considered more pro-ready than many of his predecessors at the position. The 5-foot-10, 185-pound Flowers radiates confidence, possesses great speed that allows him to get deep for touchdowns and he can gain big chunks with his after-the-catch ability.

"I can do everything," Flowers says. "Short throws, intermediate routes, and going deep. I absolutely can make an impact."

Ravens' first-year Offensive Coordinator Todd Monken says he wants to "get creative" by moving Flowers around a lot so defenses will have a hard time containing him.

Flowers, whom Baltimore picked 22nd overall out of Boston College, will have a great mentor in wide receiver Odell Beckham, Jr., a Super Bowl winner and three-time Pro Bowler. The team signed Beckham in the offseason.

Flowers will also be catching passes from former NFL MVP and quarterback Lamar Jackson, who signed a \$260 million contract in May.

What's Up? recently talked to Flowers about the relationships with Jackson and Beckham, what he likes about the team's offense, and what it was like growing up with 13 siblings.

What do you like about the Ravens' new offense? I like everything about it. I think it really fits my playing style. I think I will be able to make an impact, that is moving around a lot. I have the speed and will be able to benefit at every level with this offense: deep balls, intermediate routes, and short balls. It will all just come together.

It must be pretty exciting being able to play with former league MVP and quarterback Lamar Jackson. He's great at running and passing the ball. Do you look at it as a great situation playing with him? It's been great working with him. Learning how he sees the game and how he throws the ball. He is so confident. It is like a chill type of con-

fidence. It makes you relax because you don't want anybody back there that is thinking a lot. He just plays the game the right way and he complements me really well. When he talks, you really listen. He just knows how to win. It's just going to push me more to help the team win.

What have your interactions been like with Odell Beckham, Jr., or as they call him OBJ? Do you feel you can learn a lot from him? We have chilled a lot together. He has been watching me and giving me tips here and there. We have broken down a lot of routes and he has shown me what I can do better. He has given me a better feel for the game. I used to watch him when I was young, and I admire how he played the game. Our games are similar in a way. We can both run well after the catch.

Can you tell me what your draft experience was like? It was really great. I just tried to enjoy every moment of it. It was a dream come true. I know how much work I put in just to get to that point. So, I enjoyed it with my brothers and sisters and everyone else in my family.

You received so much media attention like you were one of the first few picks in the draft. What is it like being in the spotlight every day? Did you enjoy that? Honestly, I really didn't pay attention to it. I just had one goal

and that was to get drafted. I paid more attention to my goal than the people around me and what they were saying on Twitter and Instagram. I think it was positive because I was really able to get my name out there and my story. It helped me build my brand.

How did you end up at Boston College since you lived in Florida? Were you that highly recruited and what other schools were you considering?

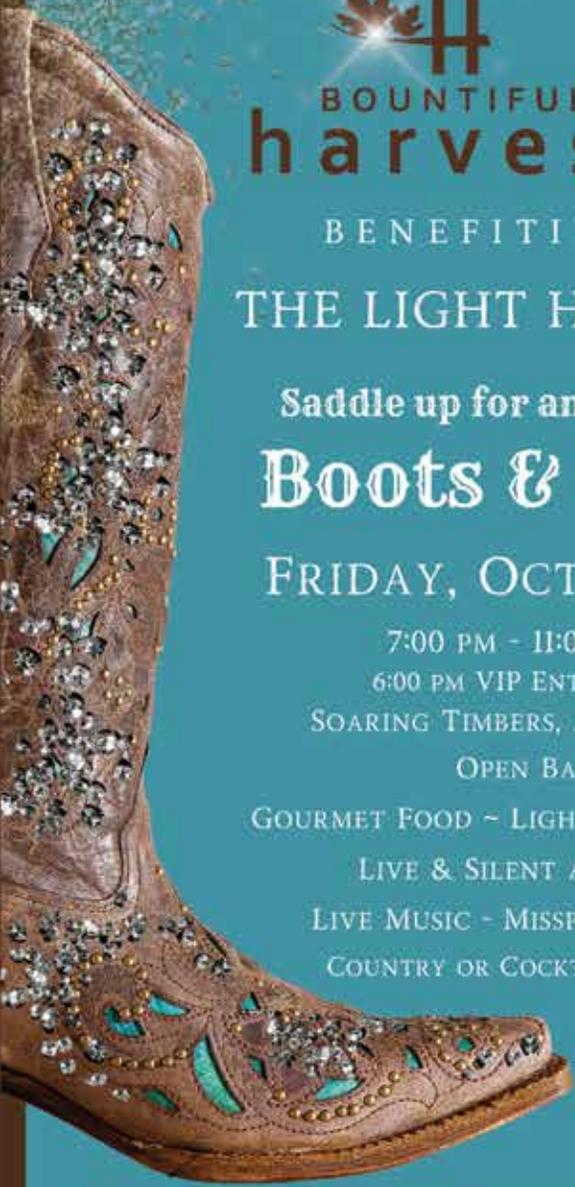
I didn't have many offers coming out of high school. Boston College was one of the only ones that wanted me. I wanted to go somewhere where I would get a great opportunity to reach my goals. North Carolina State was the only other school that really wanted me.

What was it like growing up as one of 13 siblings? Was there sibling rivalry and did it help you in life?

I think it was amazing when I look back. I appreciate everything I went through with them and just being with them. Everything was a competition. We would see who is the fastest, who is better at basketball and football. I think it helped me as I got older. My siblings will be my friends for the rest of my life. It was a struggle because there were so many of us and my dad was by himself [Flowers' mother died in 2005]. He made it work.

One of the first things you did when you turned pro was buy a new car for your father. He had to be a big influence on you.

He was the biggest influence on my life. He taught me how to work. He was there for us mentally, and physically, and did the best to his ability that he could. I really appreciated that. I bought him a Mercedes and he was super happy. He picked me up for the next three days and took me to practice.




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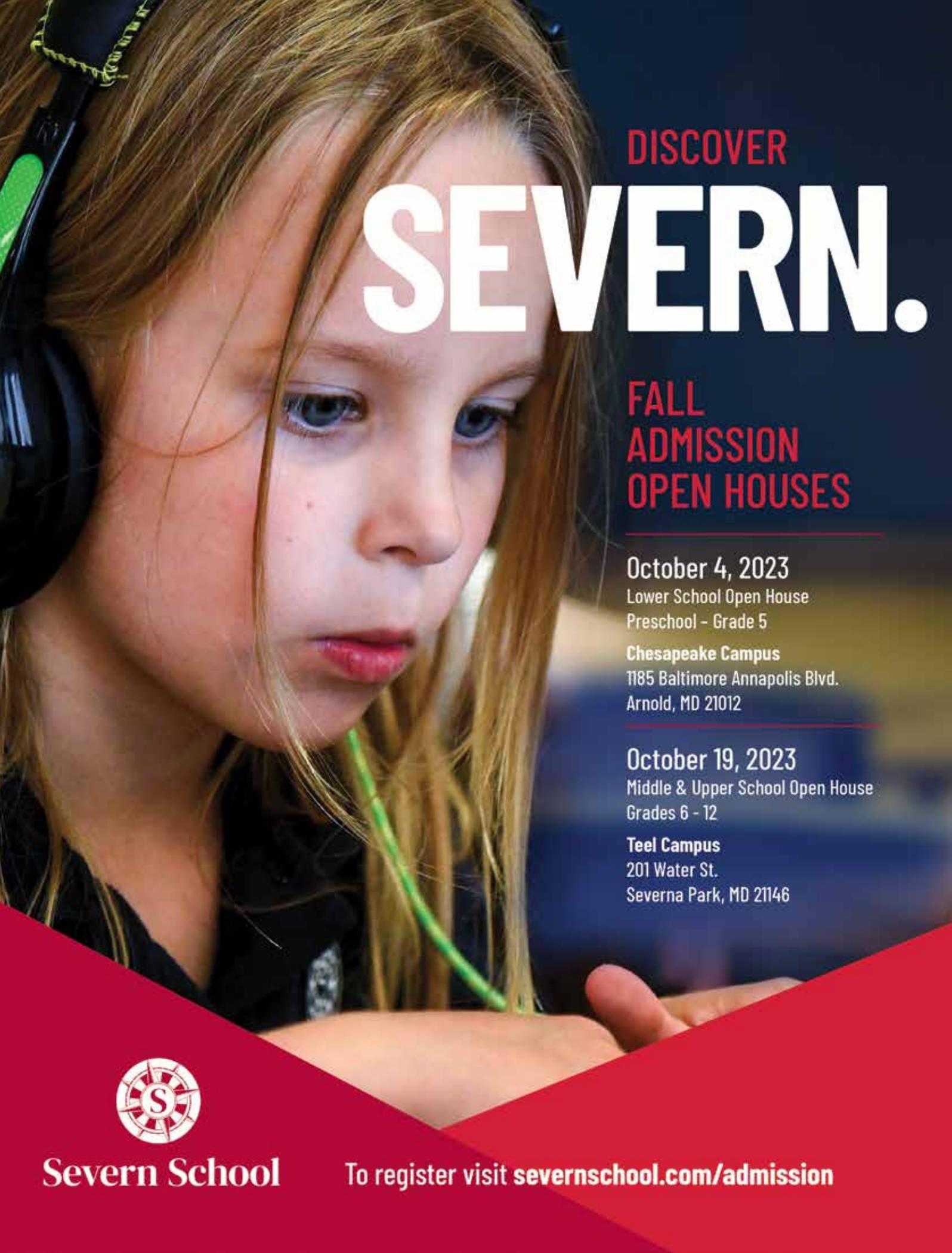


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<p>16 OCT</p>  <p>Lower School Information Session 9:00 - 10:30 a.m.</p>	<p>24 OCT</p>  <p>Upper School Information Session 6:30 - 7:30 p.m.</p>	<p>4 NOV</p>  <p>First School Open House 9:00 - 10:30 a.m.</p>	<p>4 NOV</p>  <p>Middle School Open House 10:00 a.m. - 12:00 p.m.</p>
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#1 Private School
in Anne Arundel
County



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Events.

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school. This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

If you're considering school visitations this fall, or in the near future, here are several tips and considerations when planning.

1 MAKE A LIST AND MAP THE SCHOOLS OUT. Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.

2 ORDER MATTERS. Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.

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

4 EXPLORE ON YOUR OWN. The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.

5 TALK TO CURRENT STUDENTS. It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?

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

7 KEEP AN OPEN MIND. Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.



PRIVATE SCHOOLS

Annapolis Area Christian School

- Lower Annapolis Campus - 710 Ridgeley Avenue, Annapolis; Severn Campus - 61 Gambrells Road, Severn; 410-846-3504; 410-846-3505; aacsonline.org; AACCS is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Lower school parent preview days from 9 to 10:30 a.m. on September 27th, October 20th, and November 16th at the Severn location and October 3rd, November 2nd, and December 1st at the Annapolis location.

Annapolis Area Christian School - Middle

716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; AACCS is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Discover AACCS is on January 30th, 2024 from 7 to 8 p.m. Visit days are on October 12th and December 7th from 9 a.m. to noon.

Annapolis Area Christian School - Upper

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; AACCS is an

accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Discover AACCS is on October 17th, 7 to 8 p.m. Visit days on October 23rd, December 4th, and January 24th from 9 a.m. to noon.

Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishop-spalding.org; Spalding is a coed, college preparatory school that serves students in the greater Annapolis and Baltimore areas. It is a Diocesan school of the Archdiocese of Baltimore. Open House set for October 29th from 12 to 2 p.m. Students can register online to schedule Shadow Days.

Calvert Hall

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall is an independent, all-boys Lasallian Catholic college preparatory high school attracting students from more than 100 zip codes. Calvert Hall's Open House will take place on Saturday, November 11th. Registration is required. Cardinal for a Day visits begin September 28th and run through December.

Divine Mercy Academy

8513 St. Jane Drive, Pasadena;

410-705-0778; divinemercury.md; Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through 8th grade. Shadow days available. Open House is scheduled for November 16th at 6:30 p.m.

Elizabeth Seton High School

537 Emerson Street, Bladensburg; 301-864-4532; setonhs.org; At Seton, our students take center stage and occupy every role. An all-girls school provides an environment where female students can express themselves freely, and develop higher cognitive skills, increased self-confidence, and broader interests. Open House is set for November 5th, Roadrunner for a day is on September 13th & 28th, October 12th & 25th, and Coffee & Conversation is on September 18th and October 16th.

Glenelg Country School

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for lifelong learning, personal integrity, and respect

for others. Discovery Days scheduled for October 20th, November 7th, December 6th, January 9th, February 21st, and April 11th. Upper School event on November 1st. Private family tours and virtual introductions are also available.

Holy Trinity: An Episcopal School

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5-8. Open House is set for October 20th from 9:30 to 11:30 a.m. and February 9th from 9:30 to 11:30 a.m.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Indian Creek is a co-educational, college preparatory independent school located on a 114-acre campus in Crownsville. Students in Pre-K3 through grade 12 receive a vibrant educational experience based on excellent academics steeped in strong student-teacher connections. Open

House dates: October 10th (Middle & Upper school students admission tours begin), October 16th (Shadow visits begin), November 2nd and December 14th from 6 to 7:30 p.m. for the Upper School, November 9th from 9 to 10:30 a.m. for the Lower School, and November 14th from 9 to 10:30 a.m. for the Middle School.

Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Kent School is a regional, independent day school serving students from Pre-Kindergarten through 8th grade. Contact the school directly for your individual tour.

Key School

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. Information Sessions are scheduled for October 16th from 9:00 to 9:45 with an optional tour from 9:45 to 10:30 a.m. for the lower school and October 24th from 6:30 to 7:30 p.m. for the upper school. The first school open house is November 4th from 9 to 10:30 a.m. and the middle

school open house will be the same day from 10 a.m. to noon.

Maryvale Preparatory School

11300 Falls Road, Lutherville; 410-252-3366; maryvale.com; As a school, we are steadfast in our goal to prepare girls to be the next generation of leaders for a new world. Our size, resources, commitment to innovation and highly personalized partnership with each student and parent in the Maryvale community allow us to continue to deliver on this goal now and in the future. Meet Maryvale on October 19th and November 9th from 9 a.m. to 10:30 a.m.

McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder's original mission to provide life-altering opportunities and to develop in students the will "to do the greatest possible amount of good." Weekday admissions tours beginning in September. Please check mcdonogh.org for dates and times.

Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Monsignor



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www.calvertonschool.org
info@calvertonschool.org

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Pictured: Assistant Head of School Chetille Grubis, Dominic Rene '23 (Commendation), Zach Mocher '23 (Finalist), Nick Abell '23 (Commendation), and Head of School John Lewis.



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Slade is part of the Archdiocese of Baltimore and located in northern Anne Arundel County on a 10.5-acre campus. Open Houses scheduled for November 10th from 8:30 to 10:30 a.m. and January 28th, 2024 from 11 a.m. to 1 p.m.

Montessori International Children's House 1641 N.

Winchester Road, Annapolis; 410-757-7789; montessori-international.org; Recognized by the Association Montessori International, Montessori International Children's House educates students ages 18 months through 6th grade. Extended Day Available. Please contact the school directly for information on tours and observations.

Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike. Open House will be on November 5th and January 28th, 2024 from 1 to 3 p.m.

Odenton Christian School 8410 Piney Orchard Parkway,

Odenton; 410-305-2380; ocs.odenton-baptist.org; Odenton

Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Contact school directly for guidance on visitations, tours, etc.

Radcliffe Creek

School 201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties. Open House events are scheduled for October 24th at 9am and January 25th at 9am. Please contact the school directly for more immediate guidance on visitations, tours, etc.

Rockbridge Academy 680 Evergreen Road, Crownsville;

410-923-1171; rockbridge.org; A K-12 classical Christian school based on the centrality of Christ in all things, including the education of children. "Using the trivium, an age-old proven classical methodology, outcomes speak for themselves. Root them in love; surround them in truth; ready them for the world. Come, join our loving, supportive community." Open Houses on October 9th and February 5th, 2024. Preview Night will be November 10,

2023. Shadow days offered to prospective applicants in grades 4 and higher for half or full days. Parents can reach out to admissions@rockbridge.org to schedule a date after October 1st.

Roland Park Country School 5204

Roland Avenue Baltimore; 410-323-5500; rpcs.org; RPCS is an independent school for girls in Grades K-12, with a coed preschool (Little Reds) for children 6 weeks through 5 years. Open house is scheduled for September 30th from 10 a.m. to 12 p.m.

St. Andrew's Day School 4B Wallace

Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew's is an independent school located on a 20-acre campus and offers engaging After School Enrichment Programs. Open House scheduled for October 26th from 9 to 11 a.m.

St. Anne's School of Annapolis 3112

Arundel on the Bay Road, Annapolis; 410-263-8650; st.anneschool.org; St. Anne's invests in the intellectual and spiritual promise of each student in a community that celebrates diversity and upholds the dignity of every human being. A virtual middle school (Fifth through Eighth Grade) Open House

is on Wednesday, October 18th at 7:00 p.m. In-person Open House dates are set for Wednesday, October 25th at 8:30 a.m. for middle school (Fifth through Eighth Grade) and Thursday, October 26th at 8:30 a.m. for lower school (Kindergarten through Fourth Grade). Program for Young Children (Twos through Prekindergarten) open house set for Thursday, November 9th at 9:30 a.m. Email Haley DeMaria, Director of Admissions, at hdemaria@st.annes-school.org to inquire about our fall 2023 Open Houses or visit our website.

St. John the Evangelist School St.

John the Evangelist School, 669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade. Open Houses will be held on Tuesday, October 3rd and Tuesday, January 30th. Advance registration is required to attend both either event. Contact Lynne Fish at LFish@stjohnsp.org for guidance.

St. Margaret's Day School 1605

Pleasant Plains Road, Annapolis; 410-757-2333; stmarga-

retsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children. Fall Open House date is October 18th from 9:15 to 11:15 a.m.

St. Martin's-in-the-Field Episcopal School 375-A Ben-

field Road, Severna Park; 410-647-7055; stmartinsmd.org; St. Martin's combines aspects of the humanities, mathematics, arts, technology, and the sciences from, encouraging students to discover their potential while learning with confidence, compassion, and character. Open house scheduled for October 18th from 10 a.m. to 2 p.m.

St. Mary's High School 113 Duke of

Gloucester Street, Annapolis; 410-263-3294; stmarysannapolis.org; As a Roman Catholic, parish high school, St. Mary's is committed to honoring the dignity of each individual as a person created in the likeness of God. Open House Dates: Elementary School (Pre-K through Grade 8): Friday, November 3, 9 am; High School (Grades 9 through 12): Sunday, November 5, 2 pm

St. Timothy's School 8400

Greenspring Avenue, Stevenson; 410-486-7401; stt.org; An all-girls, episcopal boarding and day school for grades 9-12, offering the globally respected IB curriculum "in a community of inquiry, creativity, and kindness." Contact school directly for guidance on visitations, tours, etc.

St. Vincent Pallotti High School 113 St.

Mary's Place, Laurel; 301-725-3228; pallottis.org; St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties. Contact school directly for guidance on visitations, tours, etc.

Ss. Constantine & Helen Preschool

2747 Riva Road, Annapolis; 410-573-2078; sschs.school.org; SSCH provides comprehensive, hands-on curriculums that inspire curiosity and exploration. Contact school directly for guidance on visitations, tours, etc.

Ss. Peter & Paul Elementary School

900 High Street, Easton; 410-822-2251; ssppeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade

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 Dec. 4

Oct. 12
 Dec. 7



ANNAPOLIS
 Oct. 3
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school on the Eastern Shore. Open house events to be determined. Call school for details.

Ss. Peter & Paul High School 1212 S. Washington Street, Easton; 410-822-2275; sspeaston.org; Ss. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore. Open house events to be determined. Call school for details.

School of the Incarnation 2601 Symphony Lane,

Gambrills; 410-519-2285; schooloftheincarnation.org; Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore. Open House is set for January 27th, from 8:30 a.m. to 11:00 a.m.

Seyern Shool - Chesapeake Campus (Lower) 1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; sevenschool.com; Seyern School is a college preparatory

school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. Open House scheduled for October 4th from 9 to 11 a.m.

Seyern School - Teel Campus (Middle/Upper) 201 Water Street, Severna Park; 410-647-7700; sevenschool.com; Seyern School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River. Open House scheduled for October 19th from 7 to 9 p.m.

The Boys' Latin School of Maryland 822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. Open house set for October 8th at 10 a.m. Register for Open House at boyslatinmd.com/admissions/open-house

The Calverton School 300 Calverton School Road, Huntingtown; 410-535-0216; calverton-school.org; Founded

in 1967, The Calverton School is an independent college preparatory school serving students from Pre-K3 through Grade 12. Calverton's Open House is set for October 14th, from 10 a.m. to noon.

The Country School 716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Discovery days, campus tours, and open house events to be scheduled. Contact school directly for guidance on visitations, tours, etc.

The Gunston School 911 Gunston Road, Centerville; 410-758-0620; gunston.org; The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. Open House dates are set for October 15th, November 5th, January 21st, and April 28th. Virtual information sessions for the Chesapeake Watershed Semester will be hosted at 7 p.m. on October 19th and November 16th. Interested persons should contact Chesapeake Watershed Semester Director, Ronnie Vesnaver at rvesnaver@gunston.org for event details and meeting link.

The Summit School 664 E. Central Avenue, Edgewater; 410-798-0005; thesummitschool.org; Summit empowers bright students with dyslexia and other learning differences in grades 1-8. "Summit lays the foundation for success and students graduate from high school well above national averages. Find out what makes Summit's program exceptional for students who learn differently." This fall's Open House dates are October 17th from 9 to 10:30 a.m. in person, and October 24th and November 14th from 6 to 7:30 p.m. virtually.

Wye River Upper School 316 S. Commerce Street, Centerville; 410-758-2922; wyeriverupper-school.org; Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centerville campus. Fall Open House dates are October 19th, 2023, January 11th, 2023, and March 14th, 2024.

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Wye River
UPPER SCHOOL

Admissions Open House

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10:30 a.m. - 12 p.m.

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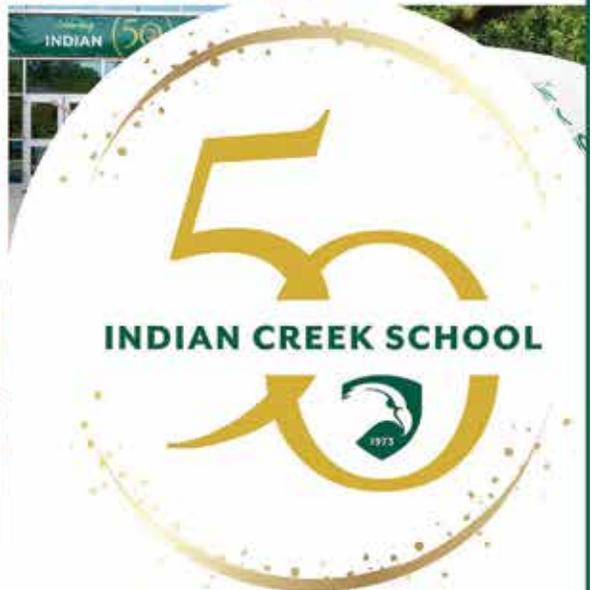
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Chesapeake College

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Chesapeake College is a comprehensive public two-year regional community college serving the educational needs of the residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties on Maryland's Eastern Shore. Contact admissions@chesapeake.edu to schedule a tour or for more information.

Salisbury University

1101 Camden Avenue, Salisbury; 410-543-6000; salisbury.edu; We strive every day to create an environment that welcomes and supports all students – making them feel seen, heard, honored, included, challenged and celebrated. SU provides opportunities to collaborate, get inspired and find the true you. Contact school directly for guidance on visitations, tours, etc.

Washington College

300 Washington Ave., Chestertown; 410-778-2800; washcoll.edu; Washington College is Maryland's premier small college and one of America's best

liberal arts colleges. Challenging academic programs with remarkable faculty and an array of experiential opportunities prepare students for successful careers and lives after graduation. Learn more about the value of a Washington education during the Fall Open House is on November 11.

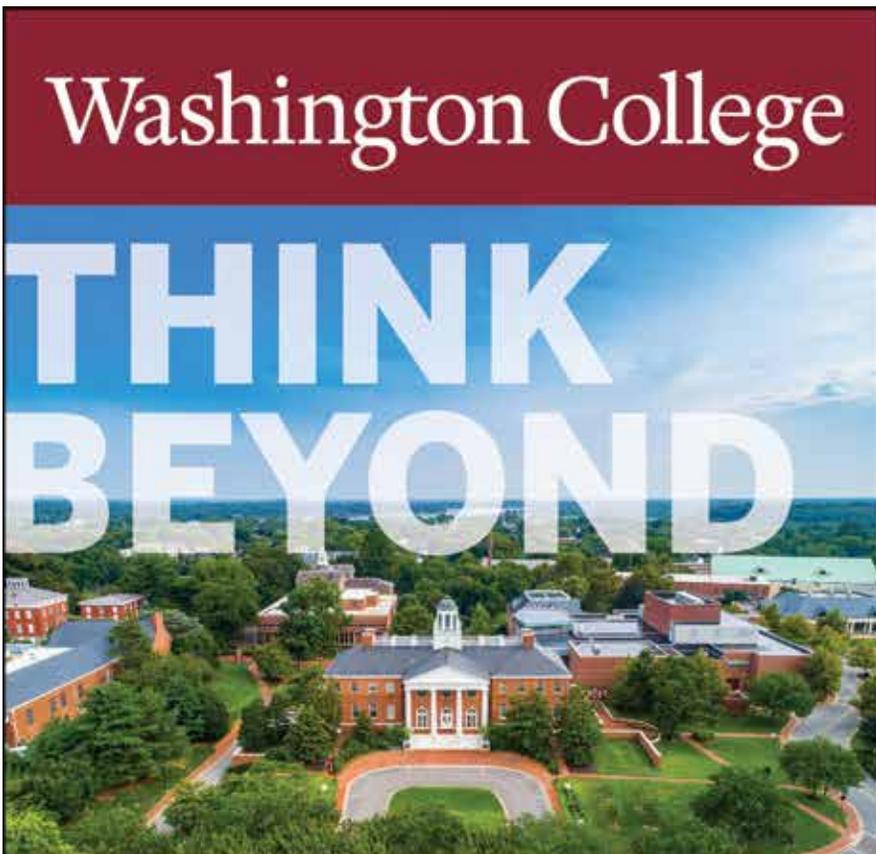
LEARNING CENTERS

Johns Hopkins Peabody Preparatory

1 East Mount Vernon Place, Baltimore; 667-208-6500; Peabody.jhu.edu; Whether you're an advanced musician or dancer or you're hoping to pick up an instrument for the first time, Peabody Preparatory is the perfect place for you! College Fair in the Peabody Library on Sunday, September 24th.

Maryland Hall

801 Chase Street, Annapolis; 410-263-5544; marylandhall.org; Dedicated to Art for All, Maryland Hall is the region's cultural core, convening and engaging all people in arts experiences that strengthen community. We welcome, connect, and enrich all with inspiring arts experiences. Classes, performances, exhibits, and more available. Visit website for full schedule.



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‘DARE’ IS ITS MIDDLE NAME

The principal worldwide forum for debating naval and maritime issues and ideas, the U.S. Naval Institute celebrates its 150th anniversary this year

BY FREDERICK SCHULTZ

Excerpted from a 1765 dissertation, the words of American Founding Father John Adams—“Let us dare to read, think, speak, and write”—have been and still are at the heart of a local institution commemorating its sesquicentennial on October 9. If you’ve never heard of it, you’re in good company, even though it’s the premier conduit for the most influential naval and maritime literature in the world. The Naval Institute features a sword in its logo, overlaid by a quill, making it clear that it subscribes to “the pen” being “mightier than the sword.”





The Naval Institute's headquarters complex features a new state-of-the-art, 400-seat conference center, named for Jack C. Taylor, founder of Enterprise rental cars (which he named after the ship from which he flew in World War II). The current CEO, retired Navy Vice Admiral Peter H. Daly, considers the center, funded entirely through charitable gifts, as the Naval Institute's long-sought "home field." And it's right here in Annapolis.

The late National Book Award- and Pulitzer Prize-winning historian David McCullough had for years politely declined invitations to speak at a Naval Institute event. Having once uttered the words, "You don't know history if you don't know naval history," the historian decided the time was right to appear at the Institute's Annual Meeting in spring 2001. The occasion would coincide with the impending release of his second presidential biography, the first being titled *Truman*. His new bio was destined not only to win—again—the world's highest literary honors for the avuncular former host of the PBS series, "The American Experience," but *John Adams* was also adapted for an HBO miniseries by the same title. And Adams was, the author knew, the veritable patron saint of the Naval Institute.

When It All Began

The loosely conceived organization convened its first meeting in the U.S. Naval Academy's Department of Physics and Chemistry building on an early October day—eight years after the end of the Civil War. And it came in the midst of a national economic crisis, "The Panic of 1873," which temporarily closed the New York Stock Exchange as U.S. bank reserves plummeted from \$50 million to \$17 million between September and October that year. Economists would later suggest it rivaled the gravity of the Great Depression in the 20th century.

Since its inception, the Naval Institute has prided itself on its open forum to those who choose the profession of arms as a career and seek a vehi-

The 24th Secretary of Defense, General James Mattis, speaks at the 22nd Annual McCain Conference (named for John McCain), held recently at the U.S. Naval Institute. Photograph by U.S. Naval Institute, creative commons license.

cle for making their voices heard and thus their profession better. Setting a course for the organization as an outlet for the latest scholarship in naval history, Commodore Foxhall Parker read his rendition of the 1571 Battle of Lepanto at that first meeting. Those 15 original “members”—led by Lieutenant Charles Belknap, himself a Civil War veteran—consisted of a Navy rear admiral, commanders, lieutenant commanders, lieutenants, a Marine Corps captain, a chief engineer, a medical director, and a pay inspector.

To this day—after two world wars, Korea, Vietnam, and various interventions in the Middle East, including Operation Desert Storm, the wars in Afghanistan and Iraq, and the ongoing global war on terrorism—no one is restricted from participating in its discussions. The organization’s principal contributors and patrons are serving or retired professionals in the Sea Services: the U.S. Navy, Marine Corps, and Coast Guard. They are presumed to know, first-hand, whence they speak. And even in this politically charged era, the Naval Institute remains staunchly non-partisan. One testament to the organization’s function is the popularity and heft of its monthly *Proceedings* magazine’s consistently lengthy “Comment and Discussion” section.

The Naval Institute’s Board of Directors and Editorial Board advise on but do not censor new material that will appear in *Proceedings*, the topics proposed to be published by its book arm, the Naval Institute Press, and the subjects to be discussed at its internationally known annual series of conferences. Speaking “truth to power” often has been hazardous to those courageous enough to question professional conventions. But the very existence of the Naval Institute depends on such unfettered discussion.

Attention from the National Media and Hollywood

While some readers of this story may believe that Tom Clancy’s first novel, *The Hunt for Red October* (soon to celebrate, incidentally, its 40th anniversary in 2024) represents the only time filmmakers and general news media have paid attention to stories that have emanated from the Naval Institute, they should think again.

The earliest such interest stemmed from “The Post-War Petty Officer: A Closer Look,” winner of the Institute’s 1948 Enlisted Prize Essay Contest. It was an account of life in China on board a Yangtze Patrol gunboat in 1926 and written by Navy Chief Machinist’s Mate Richard McKenna. From that evolved the 1962 novel, *The Sand Pebbles*, which spawned the 1966 movie of the same title, starring Steve McQueen and Candice Bergen.

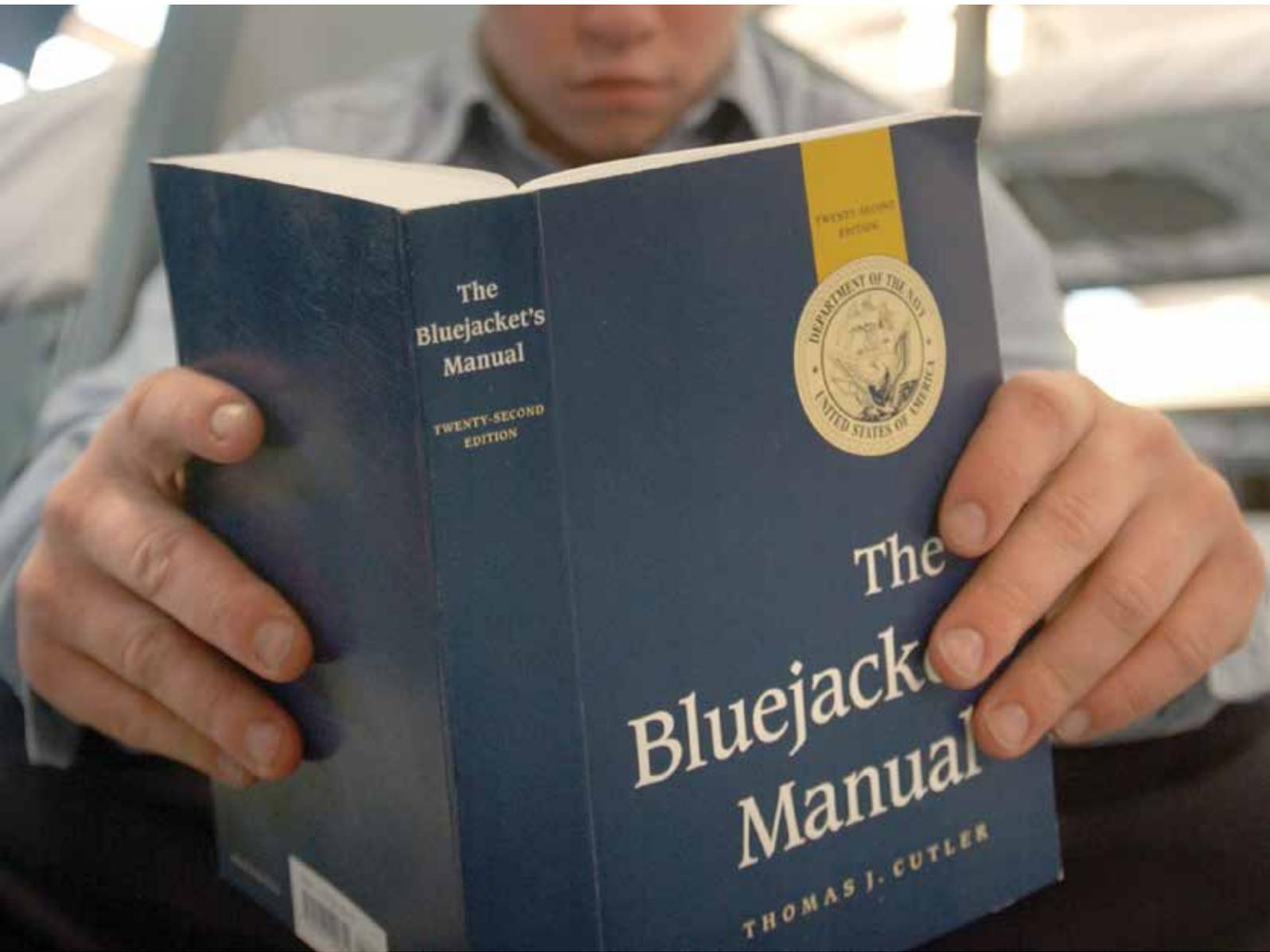
Following *The Hunt for Red October* came Stephen Coonts’ naval-aviation novel *Flight of the Intruder*, which led to a 1991 film starring Willem Dafoe and Roseanna Arquette. Novels aside, the best-selling Naval Institute Press book continues to be *The Bluejacket’s Manual*, a prominent part of every Navy sailor’s seabag.

The Naval Institute Press series “Classics of Naval Literature” presented opportunities to highlight contributors to such an august collective, including *Proceedings* author Captain Edward “Ned” Beach, whose most well-known book-length work was *Run Silent, Run Deep*, the basis for the submarine movie by the same title starring Burt Lancaster and Clark Gable. In fact, the Naval Institute’s headquarters, Beach Hall, is named for father and son, both Sr. and Jr. Edward Beaches, in what was once part of the Naval Academy hospital on a hill overlooking the academy’s classroom buildings across College Creek.

On re-release of his book, *The Caine Mutiny*, novelist Herman Wouk made a surprise appearance at the 1995 Annual Meeting to sign copies of the new “Classic,” which itself was the basis of a movie by the same name, starring Humphrey Bogart as the principal character, Captain Queeg. A moving component of his visit was the address he delivered before attendees at that year’s event.

When the Naval Institute Makes News

Along with the articles published in the magazines *Proceedings* and *Naval History*, the Institute has drawn attention for the interviews it’s conducted, which have included movie stars (Oscar-winner Gene Hackman was a Marine; and Douglas Fairbanks, Jr. was a decorated World War II naval



officer in Europe, whose widow donated his medals and memorabilia to the Naval Institute for display), filmmakers (Academy Award-winner James Cameron—in a satellite interview just after breaking Navy veteran Captain Don Walsh’s world record for the deepest ocean dive ever achieved), prominent media members such as Ben Bradlee and Bob Woodward (both long-time fixtures at *The Washington Post*—and themselves Navy veterans), stalwart TV newsmen Walter Cronkite and Tom Brokaw, as well as CNN’s chief international correspondent Christiane Amanpour (whose interview devolved into a lesson in journalistic ethics to all involved, but that’s a story for another time), and Secretary of Homeland Security Janet Napolitano. The Naval Institute’s support of and reporting on deep-diving expeditions on sunken ships requires its own story, which is too long and complicated to include here.

A Navy recruit studies a copy of the *Bluejacket’s Manual*, which is required reading making it the best-selling Naval Institute Press book. The manual first appeared in 1902 and provided the first handbook of practical information for new recruits. U.S. Navy photo by Journalist 1st Class Preston Keres.

In this same vein, the relatively new “USNI News” continues to draw envious international attention from other media for its connections and exclusive online reporting presence. And not to be overlooked, the Naval Institute’s oral history collection is an unparalleled array of primary-source material, much of it still unmined.





Funded entirely with private donations, the Jack C. Taylor Conference Center is a unique, high-tech venue that features a 406-seat auditorium, reception spaces, an indoor/outdoor rooftop terrace, five unique meeting rooms, and a broadcast studio. The Center was built to meet Leadership in Energy and Environmental Design (LEED) certification and Department of Defense force protection standards. Photography by Stephen Buchanan.

A Picture Is Worth...

One of the Naval Institute's "go-to" services continues to be "the largest naval and maritime photo archive in the world." Because the "bread and butter" of the Naval Institute Press is its publication of nonfiction, all those books require historically significant photos and illustrations, often found in the Institute's archive, which has been perused by researchers world-wide.

Whether you're looking for that rare photo of the destroyer your father or grandfather served on in World War II or "pop-singer" Cher performing in the 1980s on board the battleship *Missouri*, it's there in the archive.

For an organization 150 years old, the Naval Institute has enthusiastically embraced technology at every turn, including the digitization of the photo archive, every issue of *Proceedings*, and electronic preservation of the oral history program.

Not necessarily surprising has been the popularity of discussions regarding some of the most burning and controversial topics, not in current affairs, but in naval history. Those presentations, on occasion integral parts of the Naval Institute's Annual Meeting each spring, have included the great debate on whether the USS *Maine*'s sinking (which presumably led to the Spanish-American War) was caused by intentional Spanish espionage, or was the result of an accidental explosion. The gist of "What Really Sank the *Maine*?" was a comparison of the unstable characteristics of brown gunpowder as opposed to black powder. Even though Admiral Hyman Rickover (who had become known as the "Father of the Nuclear Navy") ordered an earlier study of the ship's demise, the discussion before the Naval Institute, based on existing evidence, proved essentially inconclusive.

Equally "shadowy" (so to speak) and sometimes incendiary was the panel exchange between proponents of Rear Admiral Robert E. Peary's "discovery" of the North Pole. The minutiae (orchestrated beforehand in 1989 by the National Geographic Society) included presentations that employed "photogrammetry" to analyze the shadows in the photos claimed to have been taken in 1909 of Peary staking his North-Pole-discovery

claim. The 1990 Annual Meeting exchange, which included members of the Peary family, was so inflammatory, in fact, that the session reconvened later in the day in a Naval Academy classroom, with a substantial monetary bet on the table. Reportedly, the discussion ended in a draw, and no cash ever changed hands.

To celebrate and commemorate the 500th anniversary of Christopher Columbus' "discovery" of America, the Naval Institute assembled a panel discussion in April 1992 that pitted proponents of exactly which island Columbus must have landed on in "the New World." The moderator of the discussion, William F. Buckley, was well-known for his own sailing prowess and more so for being the founding editor of the ultra-conservative periodical, *The National Review* and for his televised debates with the nation's "most famous democrat," Gore Vidal. The Columbus exchange, while entertaining and compelling, was also declared inconclusive.

The featured luncheon speaker that day was General Colin L. Powell, at the time the Chairman of the Joint Chiefs of Staff. General Powell was a long-time life member of the Naval Institute and had been a rare Army officer who wrote for *Proceedings*. As the story goes, he called the editorial offices one day, distraught that he had lost the commemorative pen he received for having been a *Proceedings* author. Assured he would receive a replacement pen, he accepted an invitation to speak at the Annual Meeting lunch in 1992. At the middle of the head table was General Powell, flanked by the moderators (neither having been known as moderate) of the morning and afternoon panels.

As a testament to the independence of the Naval Institute, the irony of the seating was not lost on General Powell, who summed up the essence of what it's all about. To his right (naturally) was Buckley and on his left (equally naturally) was afternoon panel moderator and then-*Washington Post* reporter Bob Woodward. General Powell began his speech with words that reinforced what the organization represents—an open forum of ideas, political and otherwise: "Where else but the Naval Institute," General Powell began, "would the Chairman of the Joint Chiefs find himself seated at lunch between Bob Woodward and Bill Buckley?"

AN INTERVIEW WITH
RETIRED NAVY
VICE ADMIRAL
PETER H. DALY,
CURRENT NAVAL
INSTITUTE CEO



VADM Peter H. Daly, USN (Ret.), pictured at right speaking to a Midshipman, serves as CEO and Publisher of USNI. Photograph by U.S. Naval Institute, creative commons license.

How did you get interested in naval affairs?

I was influenced very heavily by my father, who had served in the Navy in World War II on a destroyer escort. When the war ended, he left active duty and stayed on as a reservist. For as long as I can remember, I grew up in a house with bookshelves full of Naval Institute books and copies of the monthly *Proceedings* magazine, the big member benefit...I basically learned to read with the magazine and those books.

So that inspired you to join the Navy?

I went through NROTC and was commissioned at the College of the Holy Cross in Massachusetts. Very shortly after that, I was commissioned and given a six-month trial membership in the U.S. Naval Institute. I joined in 1978 and have been a member ever since.

What did you tell your crew members to make them want to be members?

I stressed to them that the exchange of ideas is extremely important in *any* organization. The Naval Institute was founded based on those exchanges, up and down the chain of command.

How do you spread the word, nationally and internationally, in today's constantly evolving electronic environment?

As you know, the current trend is to measure one's "reach"—the number of times contacts were made on the internet—how many times a particular article was "clicked on" or not. It's not a static measure, it's "impressions." We now generate more impressions in a day than we did in an entire year a decade ago.

We're also reaching more people with our events, such as the annual WEST conference in San Diego with our partner, the Armed Forces Communications and Electronics Association (AFCEA). We had more than 10,000 people signed up for 2023.

About eight years ago, one of our trustees suggested that we bring in junior to mid-grade participants and ask them to brainstorm a couple of questions posed by one of the Sea Service chiefs. Every year, we rotate the questions among the Navy, Marine Corps, and Coast Guard. Each service chief poses two questions to the group. The junior officers then debrief the service chiefs with their answers—a "truth to power" direct communication unlike any other. We call it DARE.

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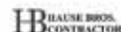
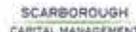
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From Concert Hall to Cockpit



A virtuoso takes flight in several careers and inspires local youth

Story by **LISA HILLMAN** | Photography courtesy **ANNAPOLIS SYMPHONY ORCHESTRA AND NETANEL DRAIBLATE**



A Delta Connection Flight from Frederick Douglass Greater Rochester International Airport to JFK in New York was delayed. Storms in the area forced the jet to sit idle at an airport that was all but shut down. The 70-plus passengers at the gate settled in the waiting area or sat cross-legged on the floor for an anticipated five-hour delay.

One of the pilots quietly slipped into the plane's cabin and emerged with a violin. Without fanfare, as the waiting crowd watched, this young, trim, uniformed officer began playing "Memories after Alhambra," a popular 1896 piece by Spanish guitarist and composer Francisco Tarrega.

Heads looked up. All eyes focused on the performer. Glum faces turned to glee.

What the passengers did not know was that one of our nation's most talented violinists and accomplished concertmasters was performing their "free" concert.

"People don't expect, when you are wearing a uniform like that, that you are proficient in anything else. But pilots do do other things."

So explains Netanel Draiblate, the 40-year-old concertmaster of the Annapolis Symphony Orchestra who also—effective earlier this year—just happens to be a licensed airline pilot. The airport episode, caught on camera by a flight attendant and posted to Facebook, has captured more than 56K views and 600-plus

shares, making "Nati"—as he is known—somewhat of a media star. Hundreds of comments and emails have poured in, some from musician colleagues, including the son-in-law of world-famous violinist Isaac Stern, and others from an astounded and appreciative public.

In his characteristic self-effacing, no-time-to-waste-persona, Draiblate doesn't dwell on his social media fame. He seems just as surprised by the notoriety as anyone else. Catching him at an Annapolis coffee shop between flights and performance halls, Draiblate prefers to talk about music. More specifically, the future of music. And that leads to another recent achievement and his favorite topic, The Annapolis Youth Academy.

Starting Them Young

On a mild spring Sunday, 50 musicians fill the stage at Maryland Hall. More than half are high school students clad in long-sleeved black shirts, slacks, or skirts. Alongside are some 20 members of the Annapolis Symphony Orchestra. They are together to perform the annual "Orion Youth Orchestra and Annapolis Symphony Orchestra Side-by-Side" concert. In the audience are parents, relatives of the musicians, and fans of great music.

Under the baton of Jose-Luis Nova, the Annapolis Symphony Orchestra (ASO) Director for nearly 18 years, they perform works by Debussy, Mendelssohn, and Stravinsky, designed to showcase the progress these young people have made since joining the Annapolis Symphony Academy.

It was just seven years ago that ASO's concertmaster first conceived the idea of serving the community by serving its youth.

"I always thought that as the capital of the state we should be living the way the state approaches anything...and not falling behind Rockville or Baltimore where the big music centers are," Draiblate says.

For him, this meant stretching the ASO beyond its annual concert series. Draiblate's aim was to reach deep into the community and provide music lessons for children based on a Venezuelan model



where “kids learn strings and are placed with the orchestra.” But first he had to sell the idea to a less-than-enthusiastic Board of Directors.

“At that time the ASO was not financially solvent,” he explains, “so it was an uphill battle. But our point was, if you want more support from the community, you need ideas like this.”

The Board agreed, but only if the project could attract its own resources. For that, Draiblate turned to ASO supporter Anna Greenberg who invited local philanthropists Jane and Pete Chambliss to give the program a generous start.

“When we announced the gift to the Board, they unanimously supported it,” Draiblate says.

Prior to joining the ASO five years ago as Director of Education and Community Outreach, Julie Nolan met Draiblate when he taught her daughter violin. “I thought so highly of him, that when he asked me to help him start the academy, of course I said yes.”

Housed at Temple Beth Shalom in Arnold for rehearsals and recitals, the Annapolis Youth Academy officially began in 2018. As an after-school program, it began by serving middle and high school students, many who receive need-based tuition assistance. Nearly half represent underrepresented backgrounds.

“Nati is amazing,” Nolan says. “He is a delight to work with, and he has tremendous vision.”

Today the Annapolis Youth Academy is a fully established music school offering programs for every age. Some 40 professional musicians serve as full- and part-time teachers for the 80-plus students. Draiblate is especially pleased the program now attracts very young students in its Pre-K Discovery classes.

“If you look at sports programs, they look at 3rd and 4th graders and think, how can I develop them for sports? So why don’t we do the same for music? If I get a kid in 3rd or 4th grade, or even younger, I can keep him.”

Born To It

Born in Bat Yam Israel, a Tel Aviv suburb, Draiblate understands what it means to induce a love for music early. His parents were both violinists. His mother taught; his father performed with an orchestra. When he was six, they put a violin in his hands, and his career was launched.

Israel’s mandatory military service allowed the talented soldier to continue his music. As he explains, “Twenty people every year audition to be musicians in the military. It means we are not going to be assigned any kind of high-profile work. Part of our job is to play



concerts for soldiers assigned to fighting units. We travel to bases in the country and play for entertainment. It was fun, a good thing to do. We had a mission—to make their lives easier. Everybody has a role.”

After earning his bachelor’s degree at age 22, Draiblate left Israel to study in the United States. He earned both his Master’s and Graduate performance diploma from Peabody and a Doctorate in Musical Arts from the University of Maryland.

In 2009, a friend at Peabody mentioned that the concertmaster position with the Annapolis Symphony Orchestra was open. It was near the beginning of a new conductor’s term. Jose-Luis Nova had been with the ASO just a few years and was slowly building a world-class organization.

“Auditioning for concertmaster is very elaborate,” he explains. “You are on trial for a year. The whole orchestra evaluates you. You play a whole season. You have to be able to communicate not just with the musicians, but also with donors.”

Spanish-born Nova understands the challenge of communicating well with various groups. It’s clear—both on stage and off—that he has great admiration for his concertmaster, not only for his musical talent, but also his leadership style.

Why Fly? Why Now?

With his musical career soaring, and his dream of establishing a school to inspire young people to pursue music, why begin another career?

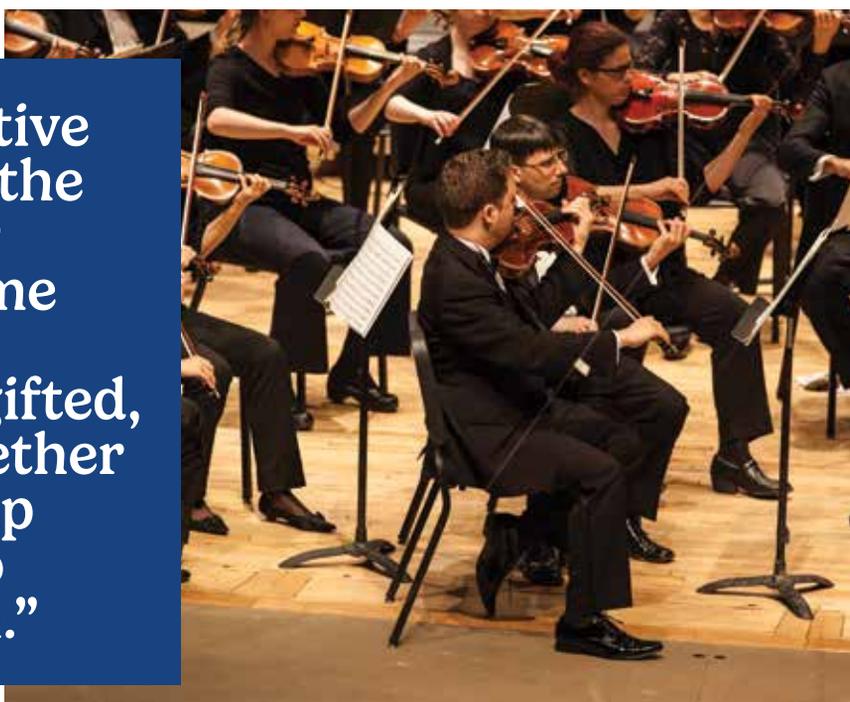
“I always wanted to fly. I flew with my dad on my sixth birthday. His orchestra had a tour in Italy. It was my first time on an airplane. I got the bug,” he says.

Because of his musical career, Draiblate never thought he’d have the time to fly, or so he was told. Then on his 36th birthday, a woman he was dating gave him a one-hour discovery flight at Lee Airport. During flight training, fellow pilots suggested he could do both.

In February, he earned his airline pilot license. Currently a first officer on the CRJ-900 for Endeavor Air, a subsidiary of Delta Airlines, he flies to New York and has four- or five-day stretches where he sits and waits to be called.

“Most pilots don’t like this. They want to get their hours. But for me, it’s great because I have lots of work to do.” His goal is to fly international flights, something he can do if he stays with Endeavor for four to five years: “My schedule would be lighter, because you compress more flight hours.”

“He is a very intuitive musician. He has the right instincts for music. Things come naturally to him because he is so gifted, and this goes together with his leadership skills. It is a joy to perform with him.”





Draiblate denies pursuing flying for financial reasons, but he is very clear about the challenges musicians face making a career in music alone. Most musicians hold at least part time teaching jobs or other jobs to sustain themselves and their families.

“When your music becomes your livelihood, it adds a level of pressure. You can cobble a living together as a musician, but it normally requires multiple jobs and often in different cities. I like to fly because I always wanted to fly. The financial benefit is a byproduct.”

A Dual Life

If anyone understands the duality in Draiblate’s life, it is the Chair of the ASO Board of Directors. Mary McKiel, Ph.D., a Standardization Certification consultant who often works in foreign countries, is also a licensed pilot. Driving past Lee Airport on her 50th birthday, she decided it was time to sign up.

McKiel calls Draiblate “extraordinary.”

“He is very focused on purpose. It was his idea to set up the Academy. He saw the need in our community to educate young talented musicians, particularly minority students. And he has the leadership to engage people at all levels...donors, schools, community, the board. He figured out how to go about making this dream happen once he got everyone on the right side. It’s a kind of leadership you don’t see very often.”

As a violinist, Draiblate has performed in concert halls on four continents and collaborated with such world-class artists as Pinchas Zukerman, Yo-Yo-Ma, and Itzhak Perlman. He also is a much sought-after teacher. This past year, a packed crowd at Mary-

land Hall shook the rafters with a heart-pounding, standing ovation for his performance with the ASO of Tchaikovsky’s Violin Concerto.

“His becoming a pilot is so right for him now,” Maestro Nova says. “He has all that talent and is able to coordinate many different activities at once and make it seem so easy.”

If asked, the soft-spoken, but adamant artist resists citing favorites. Favorite concerto? Composer? Symphony? “I cannot answer that. Your taste changes as you grow up. The best answer is any music I am playing I am very excited about.”

He won’t choose a favorite in careers either. But his newest has given him a certain perspective. “We spend almost 100 percent of our time on the ground, walking. But when you fly as a student at 3,000 feet, it looks so small. And then you go to 30,000 feet—and you see the long game. It changes how you think. You see from a wider lens.” Draiblate’s future holds curtain calls and runways yet to imagine. But for those of us on the ground, we remain grateful to soar with him—wherever his talents lead.



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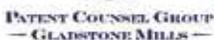
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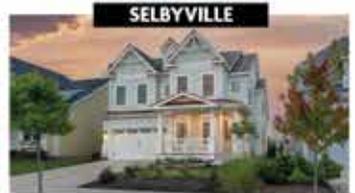
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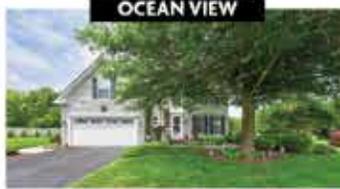
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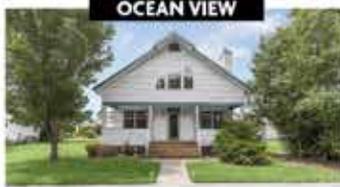
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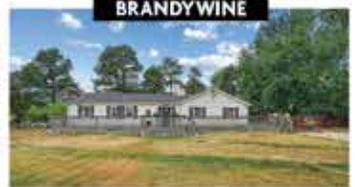
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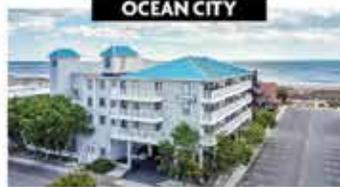
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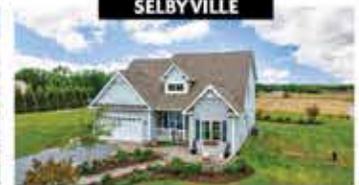
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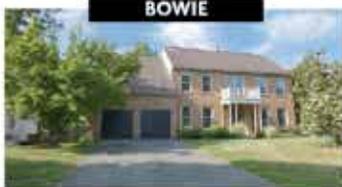
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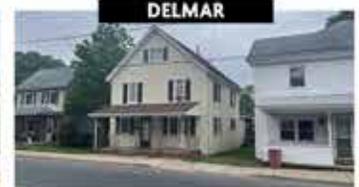
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O P E N T O

New
Vistas

A Classic Deckhouse Revival

If you have ever been in the position of getting something you didn't even know you wanted until you got it, the story of this month's feature home may just *hit home* for you. Its accompanying subplot of the small village it took to revive the home as a

residence of intention and inspiration may strike you as relatable, as well. What we can say for certain is that the one-time mid-westerners who purchased the property in March of 2022 certainly now know what they have and can't imagine being anywhere else.



Rare Find

While greater Annapolis is known for its exceptional waterfront properties and the people who love them, it is also home to properties nestled into its scenic wooded areas. This 6,300-square-foot residence plays the role of a wonderfully worthy counterpart with its rustic, Alpine aspect, and a flourishing forest backdrop.

Upon purchase of the 20-year-old property, the homeowner says, she had already put together a virtual village of service providers and craftspeople who would bring the home and its surroundings back to life. So, as soon as the home closed escrow, her team was ready to get started that day.

She remarks that one member of the team quickly called her attention to some signature characteristics of the home, such as its post-and-beam construction, tongue and groove decking, and its wealth of all-natural materials. This wasn't just any house; this was a rarer find.



“The very first person that came to help out said, ‘Hey, you have a deck house.’ And I’m like, ‘What is that?’” The homeowner was thrilled to learn more about what that actually meant and then had the good fortune to find what she calls, “...a hidden gem in my closet,” which were the actual plans to the home. “So, I started doing my research.”

Sometimes nostalgically referred to as “...the next generation of modern housing”, an iteration of the first deck house initially came to fruition in 1947. It was the brainchild of American architect and Harvard grad, Carl Koch, who is noted for his association with the prefabricated packaged house movement.

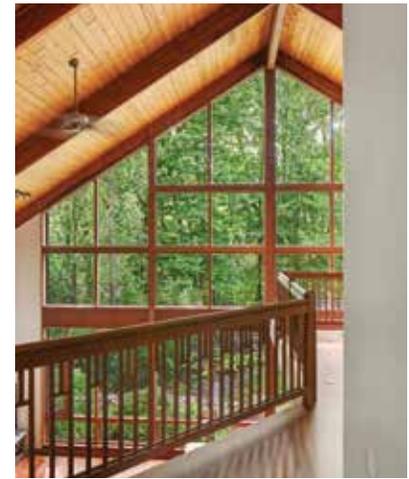
Partnering with architect and engineer John Bemis, the aforementioned collaboration was known as the “Acorn House,” a structure based on a central core with rooms that “unfolded” around it. It would become the prototype for what would be known later as a deck house.

“The Acorn Deck Company is a very well-known company that does these homes with tongue and groove decking and post and beam (construction),” says the homeowner. “It’s a functional layout, and they look at everything about your house.” The homeowner learned that everything from the business plan to the sustainability of the house, is of the utmost importance with a deck house plan.

“It had to have the right foundation and the right orientation (for sunlight),” says the homeowner. “Everything about this home was done specifically for this area—the windows, the double panes, the heating, the cooling.”

What Gives a Deckhouse Its Signature Aesthetic?

Post and beam construction * wood panel ceilings * mahogany trim * window casements * walls of glazing * open floorplan * sloping roof rafters extending beyond the walls * tongue and groove decking * use of sustainable materials





Interior Curation

Because of that, the homeowner, who is not unfamiliar with renovation projects, says she needed a little time to pause and practice some mindfulness, before making any interior updates.

“[This home] is more of an art piece. It’s more of a, ‘...You can’t do anything to this house because everything is done intentionally, for a reason.’ And I had to take 20 steps back, not just 10, but 20, and slow everybody’s pace down a little bit and say, ‘Okay, what do we have? What’s different about this home? What makes it unique?’ And I had to learn about the home for a little bit.”

In the meantime, it was decided that it would be wise to proceed with the landscaping. So, the team at Fieldstone Nursery came in and began that stage of the updating, which would take the already stunning wooded backdrop and make it an outdoor oasis by adding in some colorful plantings and rare tree species such as dancing peacock Japanese maples and



Snowboy dogwoods. Like the interiors would later reflect, the home and its surroundings would have a mid-century modern, with-a-splash-of-European/Asian flair, vibe to it, the homeowner explains.

The interiors, she says, did not require any type of gut job renovation, to be sure, but they were lacking love and luster. Fresh paint with more thoughtful colors for the homeowner, and a thorough cleaning of the hardwoods took place during the months of March, April, and May of 2022.

“We knew we had to do the floors no matter what, because before you ever move around this large space, you would want to do the floor. And that’s

where Roland from Royal Oaks Flooring comes in. He is an incredible antique wood guy that I've used in the past. He knows all about wood floors and his team is incredible."

The homeowner adds that he was quick to identify the floors as Brazilian cherry. While very pretty they were obviously dulled from years of waxing and general wear and tear. So, the flooring team proceeded to strip them, and the homeowners once again tapped their REALTOR who assisted in purchasing the home, Diane Mallare of Taylor Properties, to find them a rental.

"And then my team just got busy doing things. I wanted to do a very mid-century, modern Frank Lloyd touch, so to speak. Everything changed to mid-century modern. We got rid of all our old furniture, and I started looking around town, and started buying pieces that people were getting rid of that was mid-century, that fit my home perfectly, and I started redoing furniture."



Nature's Wallpaper

The overall result is a *mélange* of art and architecture—from the home's exterior approach with its reflective façade of glass, stacked stone, and cedar—to an interior where one truly dwells.

The home's show-stopping millwork starts with a prairie-style front door and seemingly never ends as it winds throughout all three levels of the residence. Just inside the door, the eye is caught by an architecturally stunning curved wall that beckons the visitor along into the dramatic two-story great room of post and beam construction. The home's gorgeous all-mahogany den is tucked just to the right of the entry and is made even more private since visitors will no doubt be distracted by the wall of windows to the wooded wonderland unfolding straight ahead of them.

The living space uses an earthy combination of mahogany and western red cedar and then adds what appears to be endless panels of glass to create the primary focal point of the home that amazes the eye and feeds the soul as it blends so effortlessly with nature. A lush, green velvet sectional acts like an exclamation point to the well-written sentence of this space. It's one of the few statement pieces the homeowner purchased new for the home.

"It fits the home. I didn't choose the couch. The home chose the couch," muses the homeowner.

From this vantage point, she attests to regularly seeing deer, fox, and all manner of woodland crea-



Just off the kitchen there is a breakfast nook overlooking the side yard and adjacent to that, there's a screened-in patio accessible through the formal dining space. It also overlooks the tranquil and lush environs of the side and backyard, with its koi pond and Zen Garden. The home is especially well-situated among the woods, so it is secluded with no other homes in their community visible. The hardscape is thoughtful and is dotted with places for contemplation and others for gathering. The dipping pool provides the perfect water-based element to the well-designed scheme.



tures meandering about the landscape. A stone-front fireplace soars to the great room ceiling, as does one of the home's staircases of mahogany with a uniquely detailed prairie-style railing that leads to a loft that the family uses as a home office. Its views are picturesque to say the least, almost tree-house-like, revealing the exterior's natural wallpaper that provides the ultimate in visual breaks.

Downstairs, as the space unfolds it leads to a formal dining area and a kitchen designed for the chef, as well as the entertainer. The homeowner remarks that her blended family, including eight grown children, and now their families, make exceptionally good use of this space, especially during the holidays.

"We have a cookie station, we have a bread station, we have a turkey station, we have everything," explains the homeowner. "And that butler's pantry is to die for!"





Gathering on the home’s themed lower level is also a special experience, as the homeowner points out that each family member was given the opportunity to conceive a space of their own design. The theme chosen for the lower level was “speakeasy.” So, there are cozy areas for movie streaming, board game playing, or just sitting fire-side. The ambiance is enhanced with more of the homeowner’s local garage and estate sale finds, which includes an antique, western, wall-mounted telephone and a vintage saloon-like settee.

Given the homeowner’s apparent appreciation for value and for making what is old new again, the speakeasy theme, much like the house itself was a no-brainer.

“I took something that was very old, and just turned it back into what it used to be, because this house is beautiful. It’s beautiful on its own. The wood is beautiful. The glass is beautiful. The trim is beautiful. It didn’t need much, but it needed love; it needed attention,” says the homeowner.

“So, it’s all about that, turning something old into something new, and this home is just that.”



RESOURCE SIDE BAR

The homeowner recognizes and appreciates everyone who helped revive her family’s classic deck house. “This team of people—we couldn’t have done it without them. I’m not joking; they were just amazing!”

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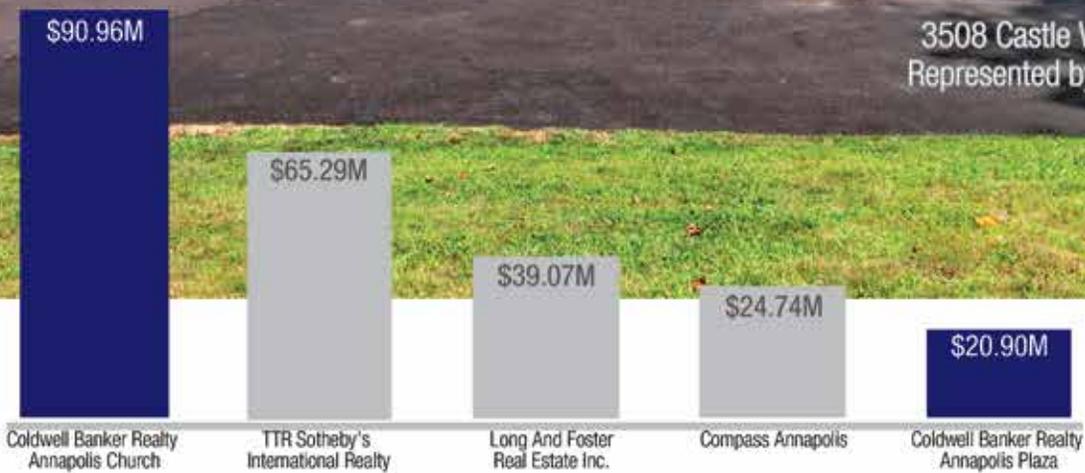
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Making Your Home Your Climate Castle

By Lisa J. Gotto

While it may not be the most stylish or glamorous of home interiors concepts, we certainly can relate to wanting to make our abodes as comfortable as they possibly can be. And that means they are cozy and warm in the winter and temperately cool in the summer. That is something we count on our HVAC systems for, and probably something we don't think about all that much unless there is a problem.

As home climate control options evolve away from the sticker shock of fossil fuel-generated systems and into smarter, more resourceful options, we'd like to explore one of the most popular alternative of them on the home energy market, geothermal.

Like most emerging technologies, consumers who are considering making a wholesale switch tend to have a lot of questions associated with the new tech's application, efficiency, and cost. Not to mention the unique talking points around the new technology. Remember, not so long ago when the buzz words were "solar," "green," and "sustainability?" Just like those terms, geothermal heating and cooling will no doubt have its own nomenclature, but rest assured, those will become —and pardon the pun— second nature, as well.

So, what is geothermal heating and cooling and how can you make it work in your household?

Primarily, consumers access the heat generated at the Earth's core using *ground source heat pumps* or *direct-use geothermal technologies*. There is a third technology referred to as a *deep and enhanced geothermal system*, which is larger-in-scale process developed for industrial, commercial, and agricultural use.

A ground source heat pump, also referred to as a *geoexchange system*, utilizes a series of underground pipes either buried in horizontal trenches just below the ground surface or as a series of



vertically drilled boreholes in which the pipes are extended several hundred feet below the ground. Exploiting the naturally occurring temperature difference between above-ground air and the sub-surface soil, the system moves heat via the pipes for end-use in either the form of space heating or space cooling. It can also be used to heat water.

The heat pump circulates a heat-conveying fluid or water through the pipes that moves the heat that it has absorbed from warmer rock, soil, or ground water around it, and moves it from point to point. A heat exchanger then transfers it into a structure's existing air handling, distribution, and ventilation system. A desuperheater can also be added to heat water for domestic use.

A potent means of renewable energy, once the heat transfer to the structure is completed, it returns at a lower temperature to the ground loop where it is heated again, and the process repeats itself.

According to the Environmental Protection Agency, (EPA), if the ground temperature is warmer than the ambient air temperature, the heat pump can move heat from the ground to the building. It can also work in reverse mode to move the ambient air in a building into the ground, which then cools the building. These types of pumps will require a nominal amount of electricity to drive the ensuing cooling or heating process.

The benefit here, however, remains significant, as for every unit of electricity used to operate the system, the heat pump can deliver as much as five times the energy from the ground, resulting in a net energy benefit.

If the system is in cooling mode, water or another fluid absorbs the heat from the air inside through the heat exchanger, much in the same way an air conditioning unit works.

What does my upfront investment look like?

The bulk of the cost of installation involves prepping your property for the delivery of this method which requires either digging the trenches for the pipes which are laid horizontally or drilling to place pipes vertically into the ground several hundred feet below the surface.

We spoke to Eastern Shore resident, Jim Bogden, who has gone through the process of converting an oil-based heating system to geothermal via a ground source heat pump and is extremely pleased with his decision.

“So, my \$23,000 system effectively cost me \$14,000 up-front to eliminate the need for oil,” says Bogden. “Combined with upgraded insulation and rooftop solar energy, my net energy cost averaged over the [course of a] year is essentially zero.”

The process, he says, involved drilling three, 300-foot wells, where loops of plastic pipe were then connected and buried.

“The pipes route through the crawlspace of the house into a small basement,” explains Bogden. “There, a noiseless, desk-sized unit sits, protected from the weather and keeping the house comfortable and cozy year-round.”

The installer even removed what he calls a “dinosaur” of an oil furnace and storage tank at no cost.

Bogden, who is retired and has an extensive background in education, says he has been concerned about the environmental impact of the continued use of fossil fuels, so he made the switch.

“Every step to reduce fossil fuels helps the environment in the long run,” he adds.

What incentives are available to help assuage the cost?

While it is estimated that an effective geothermal system can save up to 70 percent on your home’s heating, cooling, and hot water costs year-over-year, the upfront cost and temporary inconvenience of having the system installed is off-putting for some and just a non-starter for those with lower or moderate-income levels.

However, like electric vehicles and solar panel installation, government on both the Federal and State level does offer some persuading incentives.

There has been some confusing information surrounding the Federal incentive program in recent years as the percentage deduction has fluctuated from 30 percent at the tax credit’s inception in 2005, down to 22 percent over the last six-year period. The recent passing of the Inflation Reduction Act in 2022, however, re-instates the 30 percent deduction through 2032, with a step-down plan in place through 2034. So, if you are considering making the switch now is the time to start researching if this is a good option for you.

On the State level, Maryland offered a \$3,000 credit for the installation of a geothermal heat and cooling system in 2023. State funds for the fiscal year under the Clean Energy Rebate Program, which also provides incentives for solar-based technologies, did run out in mid-2023. The Maryland Energy Association (MEA) cited a high volume of applications for these programs.

According to the MEA website, applications for participation in the fiscal 2024 program began on July 1, 2023. So, while this may not be stylish or glamorous subject matter, if history is any indicator, this will be another year for high volume as interest in these technologies trends only continues to increase.



Where Beauty Meets Protection

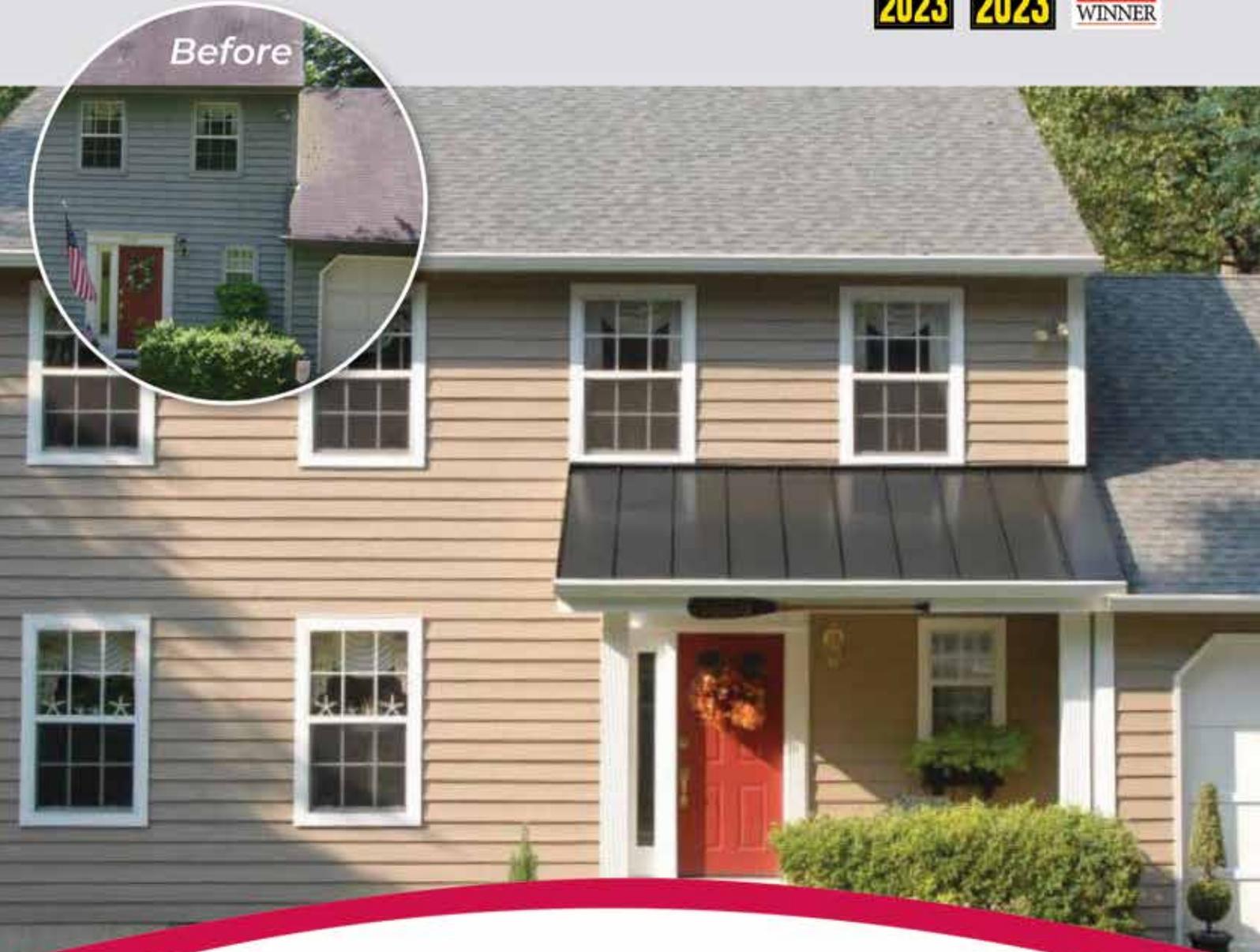
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Okay, you're still with me on this? Let's move on to selecting a healthy orchid specimen to buy.

There are 3 types of orchids that are relatively easy to care for:

1. LIGHT:

In our mid-Atlantic region, two to three hours of fairly direct sunlight through a window should keep your orchids happy. If your windows are the new UVA or UVB high-efficiency light-filtering glass, longer sunlight exposure may be necessary.

2. WATER:

If we remember that orchids are bromeliads, we can follow the same schedule and use the same techniques. Water thoroughly and let the plant drain. Do not allow the roots to sit in standing water. Water again when the plant's soil feels dry. If the leaves are dusty, gently wipe them with a damp cloth. If your home is dry, create a shallow evaporation dish; let the orchid's pot sit on the gravel or stones above the water.

3. POTTING:

Although there is some controversy on this topic, Allen urges plastic pots for orchids. The plastic pot holds the dampness. The clay pot dries out quickly—perhaps too quickly for the orchids. Do not allow mineral salts to build up in the soil. If you see chalky powder collecting, remove the plant from its pot, clean the pot and replace contaminated soil. Carol recommends a peat-based potting soil, for example Premix or ExPona. The planting medium should be light, allowing air to get to the roots.



Moth Orchids (phalaenopsis)—habits similar to African Violets.



Corsage Orchids (cattleya)—they're more forgiving of very sunny locations.



Dancing Lady Orchids (oncidium)—lovely blooms and comfortable with temperatures below 80° F.

Watch for these qualities when choosing a specific plant:

Choose a plant with many buds and only a few open flowers. You'll have the pleasure of watching these closed buds unfold.

Check for firm, bright green leaves; be sure there are no dried or squishy leaves near the soil. Also, check that the visible roots are not brown or shriveled.



Unless you can move your plants in-and-out every day, orchids do not work as outdoor plants in the mid-Atlantic region. Avoid leaving an orchid in a hot or cold car, even for a short time. The plant is extremely sensitive to temperature and can be damaged or killed.

Since water is such a vital part of caring for orchids, there are differences of opinion on technique.

I spoke about the plastic vs. clay pot debate – which best controls the moisture level in the planting medium. Plastic pots allow the water to evaporate more gradually. But, clay pots allow for better aeration of the growing medium

There's a watering debate around ice cubes. For a 7-8 inch pot, there is a consensus that three ice cubes per week will provide sufficient water. Just lay the cubes under the leaves, on the soil or stag moss. You can check moisture level by observing the roots. If the roots are silver, the orchid needs water. If the roots are green-ish, the plant is fully hydrated.



You will want to repot your orchid annually. Remove the pot and gently clear the soil from among the roots. Look for any softening or rot among the roots. Also check that there is no salt buildup, those chalky particles I mentioned previously. Use a pot that is just big enough to give the roots room to spread; do not overdo it on the size. Make sure the drainage holes are open and clear, then add growing medium and the orchid.

Don't worry. This may all sound like a lot of work, but once you've begun to enjoy the lovely blossoms on your orchid's stem, all the work and worry will fade. Orchids really are quite hardy. They'll be content with very little attention, once you have the right windowsill and a watering routine.



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eight-burner gas range with dual ovens and pot filler. The white cabinets are contrasted with sleek, black granite countertops.

There is a huge island with a custom, boat-shaped wood countertop, integrated microwave, and breakfast bar seating. This space will be where all the memories are made because it extends into a spacious formal dining area with additional built-in window

South River Family Retreat

By Lisa J. Gotto

Just hop on your jet ski and enjoy your day on the South River because it is literally just steps away from the back patio doors of this 2,800-square-foot home. Families that love waterfront living and all the entertaining that comes with it, have found a dream home on Limehouse Cove in this spacious coastal craftsman-style residence.

A charming front porch and cottage-like façade with slate entry greets visitors who will first notice the main level's gorgeous, hickory-toned hardwoods and architectural staircase.

Once inside the open-plan living area, the new homeowners have an amazing, light, and bright gourmet kitchen with white custom cabinetry with bead board detail. The space provides enough room for a family of chefs and features a professional-grade,



Primary Structure Built: 2005
Sold For: \$1,540,000
Original List Price: \$1,540,000
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Baths: 2 Full, 1 Half
Living Space: 2,896 Sq. Ft.
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seating and a system of glass patio doors offering stunning views of protected Limehouse Cove.

This home's water-facing exterior offers a large, covered patio on the lower level with attractive railing detail and multi-tonal paver stone flooring, so the party that started in the formal dining area can easily flow outside to the backyard and waterfront.

The living room that extends from this area also benefits from the stunning views and offers a cozy, central fireplace with custom built-ins on either side. This floor of the home also features a convenient home office/den and a powder room.

Above the patio ceiling is the spacious second-story deck that is accessed from the water-facing primary suite. This room features a gorgeous *en suite* bath with two, separate porcelain vanities, a huge garden tub with marble surround, and large separate shower. There are three additional bedrooms, a full bath, and laundry facilities on this upper level.

Back outside, the jet ski awaits at the end of the property's personal 80-foot lighted pier with slip and boatlift accommodating 11,000 pounds of watercraft. Getting out on the South River has never been so easy!

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120 FRESH TAKE | 124 THE IDEA OF A "SUPERFOOD" MIGHT BE A SUPER MYTH

127 FALLING FOR AUTUMNAL COLORS *plus more!*





Plum-Stuffed Chicken Breast

INGREDIENTS:

2 boneless, skinless chicken breasts
2 ripe plums
1/4 cup feta cheese
2 tablespoons fresh basil
1 tablespoon olive oil
1 garlic clove
Toothpicks or kitchen twine for securing

Preheat oven to 375F. Carefully pit and chop the plums into small pieces. Mince the garlic and chop the basil. In a large bowl, stir together the plums, garlic, basil, feta cheese, and olive oil. Set aside and allow to sit for about 5-10 minutes. Take each chicken breast and cut a horizontal slice along the side to create a pocket for stuffing. Fill the pocket with the plum mixture. Secure the openings of the chicken breasts with two toothpicks each, then tie the breasts with kitchen twine to keep the stuffing inside the pocket. Heat a nonstick skillet over medium heat. Add each chicken breast and allow to sear for approximately 2 minutes each side. The outside of the chicken breast should reach a golden-brown color. Remove the chicken breasts from the skillet and lay on a baking sheet. Transfer to the oven and allow to bake for about 20-30 minutes. Remove the chicken from the oven and allow to rest for 2-5 minutes. Carefully remove the toothpicks and twine, then transfer to a plate. Serve immediately.

HEALTH & BEAUTY NUTRITION

Fresh Take

PLUMS

By Dylan Roche

It could be easily forgiven if you're underestimating the taste and nutrient profile of plums—after all, they're fairly small, and although their jewel-toned purple skin is distinctive, their color isn't as bright as

some other fruits, such as berries or citrus. But there's a good reason these little fruits have been celebrated in cultures across the world for thousands of years. They're sweet and juicy, with many health-boosting properties, so much so that people in ancient China considered them to be symbols of good luck and prosperity.

With summer coming to an end and so many of us aiming to get back into a balanced routine, plums might be the prosperity charm you need to add to your grocery list, whether you're using it as a convenient grab-and-go snack option or finding an impressive way to prepare it for a savory dinner with a hint of sweetness.

Most prominent among a plum's health benefits is its high concentration of antioxidants, including phenolic compounds, flavonoids, and anthocyanins, all of which help your body fight the free radical damage and inflammation that can cause disease. The antioxidants in plums have also been shown to promote healthy skin by promoting collagen synthesis, which improves your skin's elasticity and prevents the signs of aging.



If you're feeling dehydrated, plums might be an ideal snack option. Not only do plums have a high water content but they are also rich in potassium, an electrolyte mineral that helps your body maintain proper fluid balance.

The potassium in plums is also good for your bones, as it prevents loss of calcium. Magnesium and vitamin K, two other nutrients that play a role in bone strength and density, are found abundantly in plums.

Plus, like many other fruits, plums are rich in dietary fiber, which helps your body regulate blood sugar for more consistent energy levels throughout the day, maintain healthy blood lipid levels and lower cholesterol, and have healthier digestion.

Most plums grown in the United States come from either California or Washington, but during warm months—May through September—it's not unusual to find them grown locally on the East Coast. If you're trying to find the freshest, best-tasting plums possible, look for ones that are dark in color (avoid any with a tinge of green to the skin) and a gentle firmness that yields

slightly when squeezed. Plums that feel overly soft or mushy may be overripe or have suffered bruising.

Remember that plums can continue to ripen after purchase, so if you choose slightly firmer ones, you can let them ripen at room temperature until they reach your desired level of ripeness. Once ripe, refrigerate them to maintain freshness for a few more days. Plums have very delicate skins that can be easily bruised and punctured, so handle them delicately and quickly separate any damaged plums from others in your batch to avoid any spread of spoilage. While plums should be washed before eating, do not wash them before putting them in storage, as this can cause excess moisture that will allow mold to thrive.

One of the nicest aspects of plums is their versatility—they make a great addition to any recipe, whether sweet or savory. Here are a few suggestions with plums at the centerpiece of each dish:

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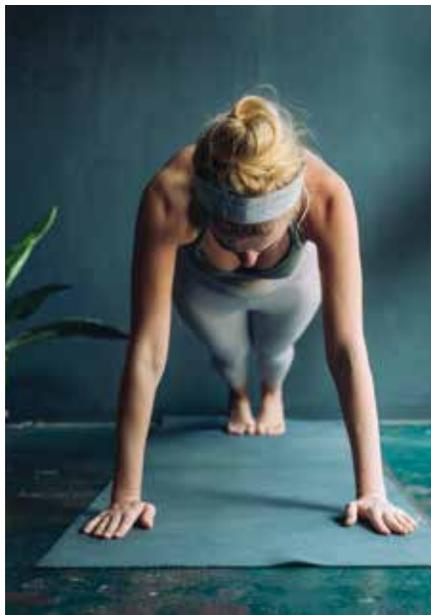
Plum Salad

INGREDIENTS:

4 ripe plums
6 cups mixed greens
1/2 cup goat cheese
1/2 cup walnuts
1/4 cup red onion
1/4 cup dried cranberries
2 tablespoons fresh mint leaves
2 tablespoons balsamic vinegar
2 tablespoons olive oil
1 tablespoon honey

In a small bowl, whisk together balsamic vinegar, olive oil, and honey. Chop the mint leaves and stir into the vinaigrette. Allow to sit for 30-minutes for flavors to combine. Whisk again if oil and vinegar have separated. Chop the walnuts and spread evenly on a baking sheet. Toast at 400F until fragrant (about 10 minutes). Set aside and allow to cool. Pit the plums and slice thinly. Chop the onion into fine pieces and crumble the goat cheese. Toss the greens, plums, onions, goat cheese, walnuts, and cranberries in a large salad bowl. Drizzle with dressing and serve.





Fitness Tips

VARIATIONS ON THE PUSHUP

By Dylan Roche

Fitness trends come and go, but a few exercises have stood the test of time over generations of fitness enthusiasts, and chief among them is the humble pushup. There's a good reason this bodyweight exercise has maintained its popularity in pretty much every workout repertoire—it sculpts a strong, chiseled upper body, enhances your core stability, and promotes overall functional fitness.

In fact, there might be only one drawback to the pushup: For all its benefits, it's only one exercise. It can get repetitive. After a while, a basic pushup might even get too easy. So, how can you still reap the benefits, stay challenged, never get bored, but still take advantage of the hassle-free simplicity of this exercise? The answer is to mix it up with variations.

WHY PUSHUPS?

If you're not doing pushups as part of your workout, it's time to start! Pushups have a ton of health benefits, targeting major muscle groups across your upper body. Doing a pushup will work your chest, shoulders, arms, back, and abdominals, helping you build strength and improve muscle definition. Pushups are also among a group of moves referred to as "compound exercises," meaning they work multiple muscle groups at the same time. This is good for your functional fitness, helping you perform everyday activities with lessened fatigue.

One of the most attractive aspects of pushups though is the fact that they can be done pretty much anywhere. You don't need any equipment to do a basic pushup—just a horizontal surface large enough for you to lie down on. Plus, because you're moving your own bodyweight, there is less risk of injury that you might face when doing other strength-training activities.

VARYING YOUR PUSHUPS

Once you've mastered the basic pushup, it's time to start mixing it up and doing the move in different ways. This will keep your workout interesting not simply because you're avoiding the same exercise the same way over and over again, but also it provides you with new challenges that will help you grow stronger or even target different muscles. Note that some of these variations will require some basic equipment, but you'll find most of them are still accessible and easily done from anywhere.

WIDE GRIP PUSHUPS: The easiest way to vary a pushup? Just spread your arms and place your hands a little wider on the floor in front of you. Going beyond the basic shoulder width helps you target and challenge your chest muscles to a greater extent.

CLOSE GRIP PUSHUPS: On the other hand, you can also try bringing your hands closer together, which will put most emphasis on your triceps. See whether you can bring your hands together so close that your thumbs touch, forming a diamond shape with your index fingers, and perform the pushup while still keeping good form.

DECLINE PUSHUP: For this one, all you will need is a slightly elevated surface, such as a bench or stairs. Balance your toes on the higher level while keeping your hands on the ground—this will increase the challenge, as it shifts more of your weight onto your upper body. The higher the elevation of your feet, the greater the challenge, so once you've mastered having your feet on one step, see whether you can go up a second step. (You can also reverse yourself and perform an incline pushup, where your upper body is elevated on your steps/bench and your feet are on the floor—this move is easier than a traditional pushup and a great option if you're a beginner.)

PLYOMETRIC PUSHUPS: You might dread the thought of these, but they're a great exercise for building explosive power. Also known as clap pushups, the plyometric variation requires you to push yourself up off the ground so that your hands leave the floor for only a second. Quickly clap, then catch yourself by planting your hands back in their starting position before you can fall.

ONE-ARMED PUSHUP: Just what it sounds like—see whether you can balance yourself successfully on one arm instead of both, then lower yourself to the floor and back up again. Using only one arm improves your sense of balance and provides a much greater challenge to the one side of your body. Once you've worked one side to fatigue, switch and do pushups from the other arm.

SPIDERMANS: In this variation, you're going to move your legs like a spider climbing a wall. As you lower your body to the ground, draw one leg forward, bringing your knee as close to your elbow as you can. Return your leg to the starting position as you push your arms back up, then repeat using your other leg.

ARCHERS: Assume a basic pushup position but place one hand farther in front of you and the other hand slightly closer to your waist. Perform a pushup, shifting your weight as necessary to stay balanced. Switch the positions of your hands and repeat.



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The Idea of a “Superfood” Might Be a Super Myth

By Dylan Roche

Superfoods—like superpowers or superheroes—sound great in theory. Who doesn’t like the idea of a single food that can improve your health and protect you against disease all by itself? It certainly would make healthy eating a lot easier. But unfortunately, this idea is just as fictional as superpowers and superheroes. The reality is that a healthy diet means variety. It isn’t about any one food.

That’s not to say there aren’t nutrient-dense foods out there that pack a real punch when it comes to health benefits. There certainly are! For some people, this might be their definition of superfoods.

But because the term “superfood” is not a scientific or regulated classification, you should be wary when you hear it. The word exploded in popularity among health and wellness circles during the past 20 years, but there’s no set definition to it—it’s a word that could mean something completely different to you than it does to somebody else. Any diet plan or food packaging touting the idea of a food being “super” might simply be engaging in some clever marketing.

That’s not to say that many foods with a reputation of being superfoods are bad for you. Far from it! Most foods earn this designation because they have high levels of vitamins, minerals, fiber, and antioxidants, all of which reduce the risk of chronic disease, support heart health, boost immunity, aid in weight management, improve cognitive function, and reduce inflammation.

FOODS YOU MIGHT HAVE HEARD REFERRED TO AS SUPERFOODS

BEFORE MIGHT INCLUDE:



Berries, such as blueberries and acai



Leafy greens, such as kale and spinach



Fatty fish, such as salmon or mackerel



Cruciferous vegetables, such as broccoli and Brussels sprouts



Whole grains, such as quinoa or barley



Green tea



Spices, including turmeric and ginger

All of these foods contain nutrients and antioxidants that improve your health. But any one of them on their own is not enough to give your body everything it needs. Every food contains its own unique nutritional profile, and it’s only by eating a varied diet that you can get everything you need. By eating only one kind of food, or a limited variety of food, you will be getting a limited variety of nutrients. If you ate nothing but spinach all day, you’d be getting plenty of vitamins A, C, and K, but you would be deficient in fat, protein, and overall calories. By contrast, meat or poultry will have plenty of protein but none of the many antioxidants you get from fruits and vegetables.

And don’t forget that variety is important because it stops you from getting bored with your healthy food choices. Even if you love blueberries and kale, you would get bored having these two foods for every meal!

If you want a healthy, balanced, nutritionally complete diet, it’s best to listen to the advice consistently promoted by the experts at the National Fruit and Vegetable Alliance, Academy of Nutrition and Dietetics, and Department of Health and Human Services: Don’t follow trends, and instead build your diet around fruits and vegetables, whole grains, lean protein, and minimally processed foods.



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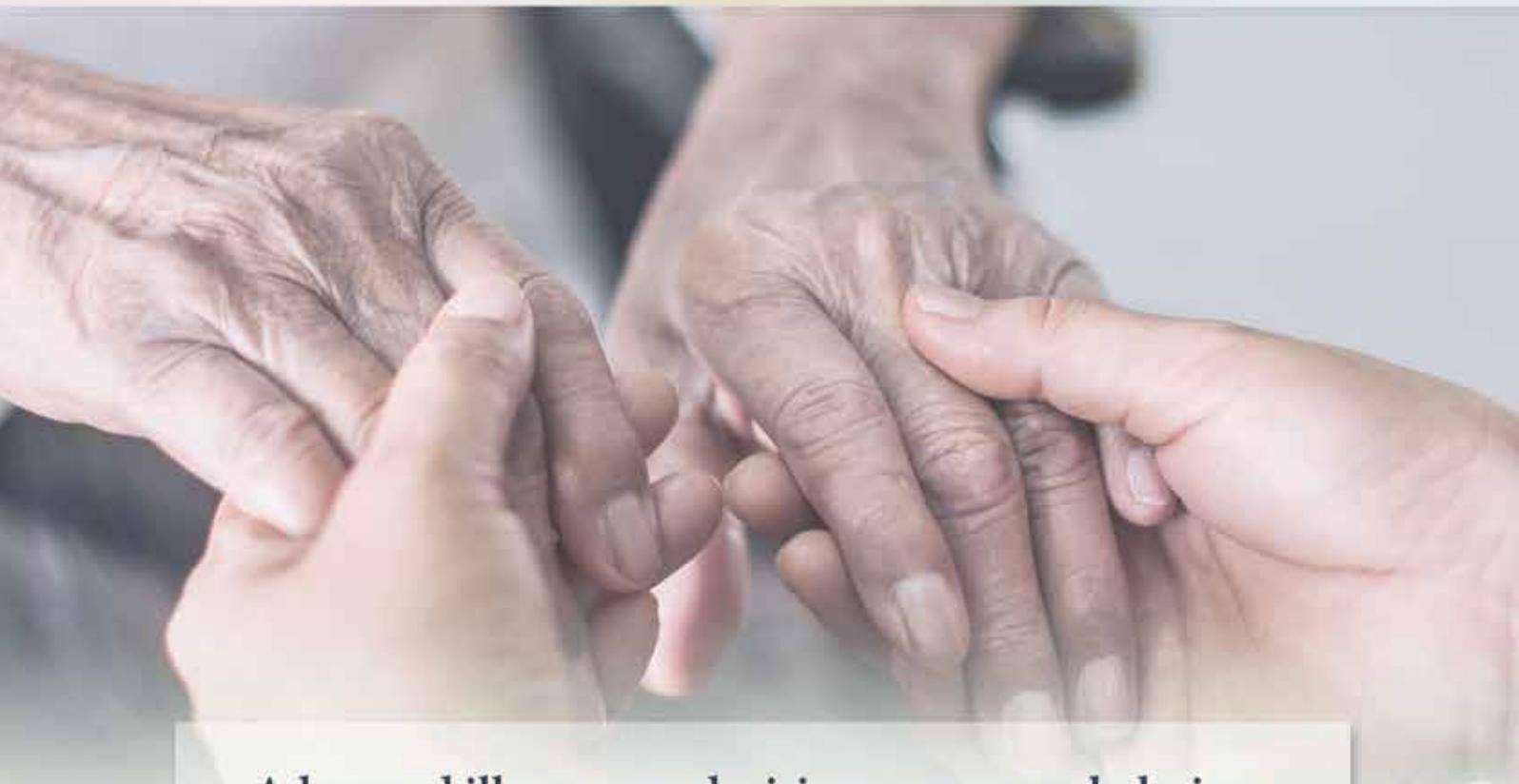


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Falling for Autumnal Colors

GET STYLISH WITH THESE SEASONAL SHADES FOR SEPTEMBER AND BEYOND

By Dylan Roche

Hard as it may be to believe, fall is hovering just on the horizon—and the change in seasons calls for a change in wardrobe. Autumnal celebrations give you plenty of opportunity to make bold fashion statements, whether you're going casual or aiming to dress it up a little. But if you're looking for inspiration, here are some ideas that will get you excited for fall style.

Let's start by talking about how warm, earthy colors are always a go-to in the fall. It makes sense: The leaves around us are starting to change to shades of red, orange, yellow, and brown, which creates a warm, inviting ambiance we can't help but want to recreate with our own fashion. Putting together an outfit with warm colors lets you embrace this natural color palette and match your surroundings.

If it sometimes feels like there's something deeper going on here with the appeal of warm colors in the fall, you're not wrong. Warm colors have a psychological effect, making us think of coziness and comfort. Wearing those colors can make us—and those around us—just feel a little bit warmer in this cooler fall weather, even if we aren't.

Go for clothing pieces in colors like...

BURNT ORANGE. Is it an obvious choice? Maybe. But there's a reason people opt for orange in the fall—it's the color of the season, reminiscent of leaves and bonfires and pumpkins.

VARYING SHADES OF BROWN, like caramel and chestnut. These colors evoke a cozy, rustic feel that's perfect for autumn. A light brown, such as camel, pairs well with olive green for a timelessly classic look. You can also wear brown with orange for the perfect combination of fall colors.

DARK SHADES OF RED, such as burgundy or wine. These will give your outfit a touch of sophistication (without feeling too summery or too Christmassy—two times of the year when you'll likely be wearing brighter, flashier shades of red). A brownish shade of red is another great choice for fall that will bring depth and dimension to your outfit. Try pairing rust with cream or off-white for a subtle but sophisticated look, or burgundy with navy for something bolder.

DARK YELLOW, such as mustard or flax, will exude warmth without being overly bright. Pairing mustard yellow with a cooler neutral gray will create a striking contrast that will make a big impression.



Of course, there's something to be said for cool colors, too. Don't rule them out completely in the fall. Blues, greens, and purples can be great options, depending on the shade and how you incorporate them into your outfit. They will bring a refreshing and balanced touch to your wardrobe, especially when you use them to complement some of the warmer colors you'll likely be wearing. Remember that fall fashion often involves layering and incorporating different textures, so cool colors can serve as a base or a contrasting element when you're working with so many elements, even if it is something as simple as a blue denim jacket or a pine green cardigan.

continue on page 128



Great cool color options include...

OLIVE GREEN, which comes across as earthy and outdoorsy without being overly bold. Try pairing green with another neutral, such as tan or cream, or with a pop of another cool color, such as blue or purple.

NAVY BLUE, even though it seems like a color suited for the summertime, works well year-round. It serves as a great base for a layered outfit, especially if you have contrasting fall tones in lighter shades.

DARK PURPLE, such as eggplant or plum, are elegant and versatile. Pair them with a dark yellow like mustard for a more casual look, but go for gold accents if you want to dress it up for a special occasion.

Finally, don't forget about fabrics—these can make or break the appearance of the colors you're choosing and the appropriate fall vibe they give off. **Wool** and **cashmere** are both known for their warmth, making them go-to fabrics for fall. **Flannel** is perfect for casual occasions, especially when paired with the ribbed texture of heavy **corduroy**. If you want durability and texture that will work well for fall, especially when you're trying to achieve a more classic aesthetic, go for **tweed**. On the other hand, **denim** and **leather** look trendier, and you can either dress them up or dress them down depending on the occasion.

So, pour yourself a glass of cider and raise a toast to looking stylish this fall!



Take Care When You Color Your Hair

By Dylan Roche

There's an element of excitement to being adventurous about your look from time to time. You want to try something different and show off a new side of yourself. Changing your hair color is a great choice in this regard, but proceed with caution. While coloring your hair with a home kit seems simple, there's a lot to consider—everything from the color you want to the type of dye that's right for your hair. Plus, you need to take certain precautions if you want to maintain good hair health throughout the process.

If you're thinking of shifting the shade of your hairstyle and don't know where to start, here's what you should consider—and when you should leave the job to a professional.

Choose Your Color

Browsing through a magazine and looking at some of your favorite celebrities and models is great for inspiration, but what looks good on one person might not necessarily look good on you. When

you're choosing the color you want to achieve, it's important to think about your own skin tone, natural hair color, and personal style. Inspiration photos are a great starting point, but assess them with a critical eye: Will that color of hair complement your skin tone? Will it bring out the color of your eyes?

For example, if you have warm undertones to your complexion, you will do well with warmer hair colors—everything from a golden blonde to a coppery red. These warm hair colors will also make brown or hazel eyes stand out. On the other hand, if you have cool undertones, or a pinkish, rosy tone to your skin, then it's best to try an ashy blonde or a cool brown, both of which will complement blue or green eyes.

Dying your hair doesn't have to be a drastic change. You could easily choose a subtle variation on your natural hair color, which will make it easier to ensure you're complementing your natural skin tone and eye color while minimizing the amount of work you're going to have to do to maintain the color in the weeks or months to come.

It's also important to remember your personal sense of style. If you tend to be bold and outgoing, then a dark brown with undertones of burgundy will be easier to pull off than if you tend to be more traditional. Vibrant dye jobs will be harder to maintain, so if you're not looking to spend a lot of time keeping up your hair color, it might be better to go with a subtler color closer to your natural hair.

Find the Right Dye

Not all over-the-counter dyes are created equal. Some products are of overall higher quality, and some products are formulated for specific types of hair or specific goals. You'll want to start by determining what sort of look you want to achieve—whether that's all-over color, highlights, balayage, or ombre—as well as whether you want your dye job to be temporary, permanent, or semi-permanent.

Another important factor to consider is the current condition of your hair. If it's dry or damaged, you're best off seeking dye with a conditioning agent that will be gentle on your hair. If your hair is going gray, you may find that the gray is resistant to coloring and you need a product that promises long-lasting full coverage.

Finally, the ingredient list is important. Dye made with ammonia can be harsh on your hair, so it's best to seek products that are either ammonia free or low ammonia. For boosted hair health, you can find dyes that are fortified with natural oils, vitamins, and antioxidants, all of which will leave your hair healthier as well as a new color.

Follow Directions

Observe the instructions on your dye carefully—being precise about mixing ratios, application techniques, and processing times will ensure you will get the best finished result. Safety precautions, when properly observed, will prevent damaged hair or scalp. And remember, it's always best to test your dye on a small patch of your hair first to make sure it reacts well and you like the way the color looks.

When to Let the Professionals Do It

Although a new hair color is a great style statement, it can be a big commitment—you don't want to end up with a color you decide looks bad, or doing something to damage your hair. If your hair is sensitive, or if you're considering a drastic change (such as going from dark to light), your best option is to visit a professional stylist who can offer you advice, assess your hair, and help you achieve the desired result.



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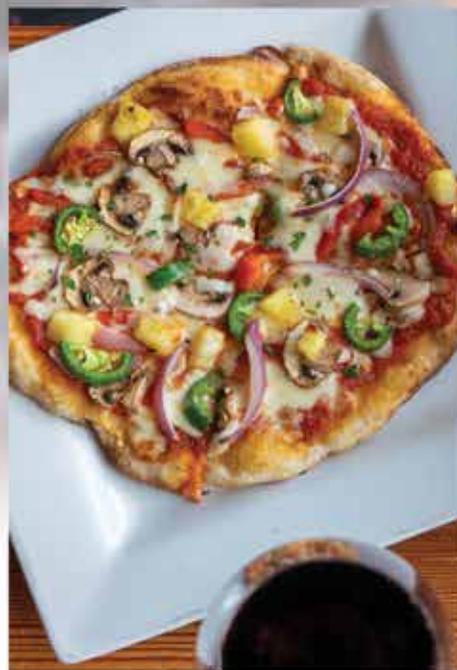
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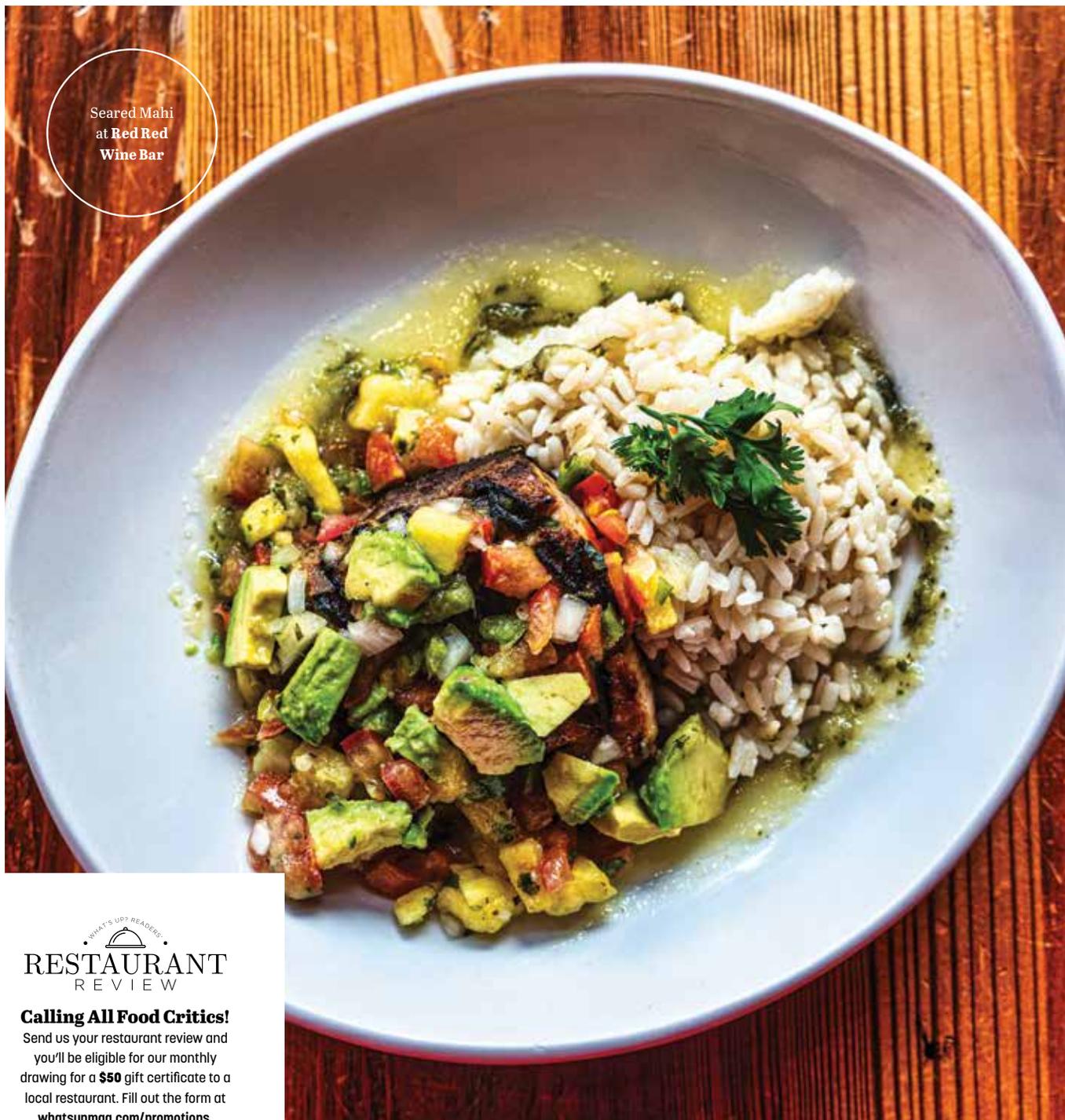
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Quirks and Magic Inside Every Bottle

By Rita Calvert | Photography by Stephen Buchanan

When Brian and Lisa Bolter opened Red Red Wine Bar + Bistro in 2011 they were determined “to be the change they wanted to see in the wine world” and become a one stop gastronomic destination. Both formerly worked in Washington, D.C., news and media, but as they took over a former Annapolis retail storefront, they designed the space from the ground up to provide a vibe of funky, eclectic, one-of-a-kind wine bar. Described as a Bohemian haunt bringing together wine by the glass or bottle with eclectic small and large plates, Red Red Wine Bar (RRWB) focuses on a wine list (including 35-plus wines) that spans the globe in a relaxed atmosphere that banishes wine snobbery.

Brian tells us, “It’s a way to turn people on to new, interesting varietals or regions and, hopefully, price points that are easy on the pocketbook. If customers try a bottle they like, another bottle can be purchased at retail to take home.”

Wine flights were relatively common around town at one time, but no longer, except here where they’re still going strong thanks to the enterprising couple whose mission is “to connect you to the stories, quirks, and magic inside every bottle.”

RRWB’s flights are spot-on with the best of those who offer the concept, and an organized presentation makes it easy to anticipate each wine’s character. Our very knowledgeable server answered all of our many questions with patience and good humor while we read over the flight menu featuring cute, concept names like “Message in a Bottle” (for Sparkling Whites).

Anticipating that we’d pair our wines with foods calling for red, we went with two red flights: “Off the Beaten Path Reds” and “Bulls On Parade,” featuring three big, bold reds. What pleasing choices. Flight wines change regularly so you’ll find something different in them almost every time you go. And you’ll get three generous pours for prices comparable to many wines by the glass. And by generous, we mean more than a sip or two.

Both flights were a great introduction to some unfamiliar wines. One friend noted that many disappointments with European wines have shaped a reluctance to order them. But not here. And that’s exactly what the Boltons set out to do: to provide a great experience “even if one doesn’t know one thing about the varietal, the region, or even wine, period.” And so, with some wine knowledge, this was a welcome enhancement.

RED RED WINE BAR + BISTRO 189B MAIN STREET, ANNAPOLIS | 410-990-1144 | REDREDWINEBAR.COM

During our visit, the “Off the Beaten Path” flight included: Bonny Doon “Le Cigare Volant,” a Grenache blend from California’s Central Valley. Bonny Doon was one of the earliest California wineries to focus on Rhone varietals and is also biodynamic. The blend’s star is Grenache, but also features Petite Syrah, Syrah, Cinsault, and Counoise. The effect is dark, fragrant, and fruity, mostly of berries—that made it the winner of this flight. The runner-up was Domaine Prieure de Causana “Cote de Rhone” from France. A nice dry blend of Cabernet, Cabernet Franc, and Merlot. Also fruity, but with wonderful peppery spice and chocolate notes. Very aromatic and smooth. One friend said it’s going on her family’s purchase list.

Tintero Langhe’s “Nebbiolo” from the Piedmont region of northern Italy was a worthy inclusion in the flight. Aged in oak for a year before being racked in stainless steel, it has very deep color with delicious herbal notes, and fruit—perhaps cherry and cranberry. Drier and lighter than the other two entries in this trio, but quite a nice find. Within the “Bulls On Parade” trio, the Robert Hall Cabernet stood out and was so fine, it deserved to be ordered by a follow-up full glass.

There’s quite a lengthy list of wines by the glass and bottle to please. After the flights, we ordered a glass of Harken Barrel Fermented “Chardonnay.” Thank you, thank you RRWB for including an oak-aged Chardonnay in this age of eschewing oak. Full-bodied and subtly buttery as in the good old days, but light enough for summer—also a retail bargain for your list.

There’s something for everyone here. Although wine is the star, there’s a very nice cocktail menu with whimsical names like Lemon Meringue and Jalapeno Hounddog as well as several local beers on tap—plus other bottles and cans—and a nice whiskey and scotch menu. We’d love to see RRWB join the mocktail trend and add some interesting options in that category. We were there on a low traffic night and the server



graciously offered a custom mix based on my taste. Bright and pretty, the delicious beverage had mint, basil, club soda, and just a hint of sweetness from a splash of pineapple juice.

The food has coastal influence, with offerings of hand-tossed pizzas and seafood. We timed our arrival to take advantage of happy hour starter prices and ordered the cheese board comprised of a trio of cheeses with lightly toasted bread rounds and a “side” of walnuts and dried cranberries...enjoyable while we thought over our entrée choices.

We shared two entrees: Bacon-Wrapped Stuffed Shrimp and Seared Mahi. Four very fresh jumbo grilled shrimp arrived with an herb filling and wrapped in wide, flavorful crisp bacon. The dish was a hit. The gussied up shellfish rode an opulent pile of shaved, sauteed Brussels sprouts with parmesan and a honey-apple vinaigrette. The pan-seared Mahi filet topped an abundant bed of cilantro rice embellished with a house made pineapple, avocado, tomato salsa scattered across the top.

Two doors down from Annapolis’ RRWB, Brian and Lisa expanded their restaurant family by opening Dry 85—portrayed as a modern-industrial take on a Prohibition-era speakeasy. In 2017, the talented team opened a duplicate of this restaurant duo, RRWB and Dry 85, in Ocean City, Maryland. And a most unique mobile wine bar is another of their offerings, which caters to special events anywhere in Maryland by personally curating wine lists and full bar options.



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.



Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

The kids are back in school and schedules are getting busy, but you can still treat yourself. We have a couple new coffee shops that have opened in our area, restaurants to look forward to, and more. How are you going to treat yourself next: a crumbly cookie, coffee, snowcone, or sweet cocktail?

On the Dining Scene...

↑ **Crumbly Cookies** opened their newest location in the Harbor Center in Annapolis on June 30th. The menu each week contains six of the 275-plus weekly rotating cookie flavors, including milk chocolate chip, cornbread, cookies and cream, s'mores, key lime pie, peppermint bark, buttermilk pancake, and so many more. Find out what flavors they are serving this week at crumblycookies.com.

Seoul Blues Coffee & Dessert has opened in the Annapolis Mall. The Korean bakery had their grand opening at the beginning of June. They are located near Rodizio Grill. Seoul Blues has treats, coffee, pastries, and outdoor seating. Visit their Instagram page for a sneak peek at their offerings and their daily hours.

Sweet Hearts Patisserie celebrated their reopening after a recent move to a newly renovated, larger space after 11 years in business at Annapolis' Clock Tower Place Shopping Center. Now, the patisserie is just a few doors down.

Sweet Hearts opened their new doors on July 21st with a ribbon cutting ceremony and celebrated the first 50 customers of the day with a free slice of cake. This new space has more customer seating both indoors and outdoors, sleek new display cases, and newly added menu items like croissants, scones, cookies, eclairs, and tarts. Find hours and a full menu at sweetheartspatisserie.com.

This May, **Cracker Barrel** signed a long-term ground lease to build a new restaurant in Annapolis. What once was Fuddrucker's by the mall will become a 9,100-square foot Cracker Barrel with a 1,300-square foot patio. Currently, the home-style country restaurant is working on permits with Anne Arundel County and plans to open in late 2024. The classic restaurant also includes an authentic old country store, old family recipes, a porch of rocking chairs, and more.

Kozy Beans Coffee had their grand opening mid-May for their brand-new coffee shop on Defense Highway. Stop by Priest Bridge Centre Shopping Center in Crofton for coffee, lattes, and treats. The coffee shop has seating inside and is the perfect place to get some work done, or to meet a friend! Check out their Facebook page for more information.

Edgewater's newest snowcone stand, **Sweet P's Snowcones**, opened at 3076 Solomons Island Road with 25 flavor options earlier this summer. Sweet P's has the classic blue raspberry, strawberry, and watermelon, but also some new fun favorites like pineapple upside down cake, strawberry cheesecake, peach, tutti frutti and more! Find more information on their Facebook page.

Canton Restaurant in Annapolis permanently closed their doors on June 30th. The restaurant has been run by Lisa Wong for over 60 years. Lisa is the daughter of Charles, an Army World War II veteran who opened The Canton in 1960. At the time, this was the city's only Chinese restaurant. The family run business had a sizeable menu of Chinese cuisine, some American eats, and a lunch buffet.

Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina in Cambridge has reopened its popular eatery **Blue Point Provision Company**. Along with the reopening, they have brought on a new chef de cuisine, Nicholas Aspenleiter. This restaurant has served as an event venue as well as a full-service lunch and dinner dining room, and will continue to do so seven days a week. In addition, this summer season Blue Point Provision Company brought back deck parties for guests to enjoy drinks, food, and the view. Find more information and make reservations at hyattregencychesapeakebay.com.

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Castle Bay Irish Pub

913A Main Street, Annapolis; 410-626-0165; castlebayirishpub.com \$\$, Irish oak smoked salmon plate, tuna melt, fish and chips 🍷 🍷 ☀️

The Choptank 110

Compromise Street; 443-808-1992; thechoptankrestaurant.com \$\$\$, cajun spiced tuna tartare, Chilean sea bass, branzino, Chesapeake rockfish, yellowfin tuna, Dover Sole, Jail Island salmon, fish and chips, mahi sandwich 🍷 🍷 🌊 🎵

Dock Street Bar & Grill

136 Dock Street, Annapolis; 410-268-7278; dockstreetbar.net \$, seared tuna salad, seared sesame tuna, tuna tartare, grilled tuna sandwich, tuna tacos 🍷 🍷 🌊

Dry 85

193B Main Street, Annapolis; 443-214-5171; Dry85.com \$\$, honey glazed grilled salmon 🍷 🍷

Federal House 24

Market Space, Annapolis; 410-268-2576; federalhouse.com \$\$, salmon blt, mahi mahi sandwich, fish tacos, rockfish, fish and chips, summer salmon salad 🍷 🍷 ☀️

Galway Bay Irish Restaurant and Pub

63 Maryland Avenue, Annapolis; 410-263-8333; galwaybaymd.com \$\$, fish and chips, honey citrus salmon 🍷 🍷

The Goat 137 Prince

George Street; the-goatannapolis.com \$\$, blackened salmon tostado 🍷 🍷 ☀️

Iron Rooster

12 Market Space, Annapolis; 410-990-1600; iron-rooster.com \$\$, honey salmon, salmon and broccoli, 🍷 🍷 🍷

Joss Café & Sushi Bar

195 Main Street, Annapolis; 410-263-4688; jossusushi.com \$\$, salmon shioyaki, salmon teriyaki, tuna avocado salad, tuna carpaccio, maguro poke, salmon poke, salmon tartar, spicy tuna, sushi rolls 🍷 🍷

Latitude 38 12 Dock

Street, Annapolis; 667-204-2282; Latitude38waterfront.com \$\$, spicy tuna poke, tuna wonton stacks, fish tacos, tuna tacos, salmon, parmesan and herb crusted halibut, stuffed flounder, fish and chips 🍷 🍷 🌊 ☀️

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Preserve 164 Main Street, Annapolis; 443-598-6920; preserve-eats.com \$\$, smoked fish dip, fish and chips 🍷 🍷 🍷 ☀️

Pusher's Caribbean

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Rams Head Tavern 33

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Red Red Wine Bar

189B Main Street, Annapolis; 410-990-1144; redredwinebar.com \$\$, seared mahi, thai style red curry salmon 🍷

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Church Circle, Annapolis; 410-295-9555; reynoldstavern.com \$\$, grilled salmon Caesar salad, salmon gyro, fish and chips, salmon risotto 🍷 🍷

Stan and Joe's 37 West

Street, Annapolis; 410-263-1993; stanandjoessaloon.com \$\$, tuna poke, seared ahi tuna, tuna wrap, beer battered cod tacos, ahi tuna tacos, fish and chips 🍷 🍷 🎵

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1 Park Place Suite 10, Annapolis; 410-268-6569; carpacciottuscankitchen.com \$\$, carpaccio di tonno, branzino mediterraneo, salmon piccata con aspagagi 🍷 🍷 ☀️

Cooper's Hawk Winery and Restaurant 1906

Town Centre Blvd, Annapolis; 443-837-9989; chwinery.com \$\$, Asian ahi tuna sashimi, soy ginger Atlantic salmon, pistachio crusted grouper, pan roasted mahi mahi, fish and chips, blackened ahi tuna, parmesan crusted mahi mahi, crispy fish sandwich 🍷 🍷 ☀️

Eat Sprout 150 Jennifer

Road Suite K, Annapolis; 443-223-0642; eatsprout.com \$, peanut crusted salmon, smoked salmon and greens bowl 🍷

Flamant 17 Annapolis

Street, Annapolis; 410-267-0274; flamantmd.com \$\$, salmon rillette, whole grilled branzino, sous vide Irish salmon 🍷 🍷

First Watch 2339

Forest Drive, Annapolis; 667-380-2422; firstwatch.com \$, smoked salmon benedict, smoked salmon and roasted vegetable fritatta 🍷

Grapes Wine Bar 1410

Forest Drive, Annapolis; 410-571-5378; grapeswinebarannapolis.com \$\$, blackened mahi, seared tuna 🍷 🌊 ☀️

Jalapenos 85 Forest

Drive, Annapolis; 410-266-7580; jalape-nosonline.com \$\$\$, paella 🍷

Julep Southern Kitchen & Bar 2207 Forest

Drive, Annapolis; 410-

571-3923; julepannapolis.com \$\$, fish and chips 🍷 ⭐

Lures Bar and Grille 1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com \$\$, seared tuna, rockfish bites, grilled salmon beet and goat cheese salad, ahi tuna salad, sushi burger, fish and chips, fresh catch fishboard 🍷 ⭐

Main & Market 914 Bay Ridge Road, Annapolis; 410-626-0388; mainandmarket.com \$\$, beef battered fish, herb crusted salmon, pesto salmon bowl, rockfish sandwich, fish tacos, tuna Kurosawa, Tuscan halibut 🍷

Mi Lindo Cancun Grill 2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com \$\$, 🍷 🍷

Rodizio Grill 1079 Annapolis Mall Road, Annapolis; 410-849-4444; rodiziogrill.com \$\$\$, 🍷 🍷

Severn Inn 1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com \$\$, rockfish ceviche, fish tacos, fish burrito, Long Island rockfish, Crispy Icelandic cod, Maryland Blue catfish, Long Island golden tilefish 🍷 🍷 ⭐

Smashing Grapes 177 Jennifer Road, Annapolis; 410-266-7474; smashinggrapes.com \$\$, sesame seared ahi tuna, baja street tacos, lemon butter salmon, miso honey marinated seabass, crispy skin branzino 🍷 🍷 ⭐

Stoney River Steakhouse and Grill 2190 Annapolis Mall, Annapolis; 410-224-8312; stoneyriver.com \$\$, tuna stack, ahi tuna salad, fish tacos, cedar plank salmon 🍷 🍷

True Kitchen 1906 Town Centre Blvd Suite 110, Annapolis; 443-775-5179; truefoodkitchen.com \$\$, wild caught tuna tostada, forbidden poke, grilled sustainable salmon, Idaho rainbow trout, seared tuna tataki 🍷 🍷 🍷 ⭐

Tuscan Prime Italian Chophouse & Dolce Bar 1905 Towne Centre Blvd #100, Annapolis; 443-572-4677; tuscanprime.com \$\$\$, tuna tartare, salmon, striped bass 🍷 🍷 🎵

Eastport/ Bay Ridge

Adam's Grille and Taphouse 921 C Chesapeake Ave, Eastport; 410-267-0064; adamsribs.com \$\$, grilled salmon, pan seared ahi tuna, grilled ahi tuna sandwich 🍷

Beacon Waterfront Galley and Bar 2020 Chesapeake Harbour Dr; 443-949-8456; beaconwaterfront.com \$\$, pan roasted salmon, fresh catch 🍷 🍷 ⭐

Blackwall Hitch 400 Sixth Street, Eastport; 410-263-3454; blackwallhitchannapolis.com \$\$, spicy crispy tuna tartar, grilled salmon and kale salad, mahi mahi tacos, fresh catch, crab stuffed rockfish 🍷 🍷 ⭐

Boatyard Bar & Grill 400 Fourth Street, Eastport; 410-216-6206; Boatyardbarandgrill.com \$\$, Ocean City smoked fish dip, sesame crusted ahi tuna, pan seared ahi tuna, pan seared salmon, blackened tuna salad, fish tacos, fish and chips, black n' bleu tuna, Atlantic salmon, fish sandwich, flounder blt 🍷 🍷 🍷

Carrol's Creek Café 410 Severn Avenue, Eastport; 410-263-8102; carrolscreek.com \$\$\$, ahi tuna tartare stack, herb en-crusted rockfish fillet, Mediterranean salmon 🍷 🍷 🍷 ⭐

Chart House 300 2nd Street, Eastport; 410-268-7166; chart-house.com \$\$\$, variety of sushi rolls, crudo and poke, two-way tuna, ora king salmon, Chilean sea bass, ahi tuna, Alaskan halibut 🍷 🍷 🍷

Forward Brewing 418 Fourth Street, Annapolis; 443-221-7277; forwardeastport.com \$, blue catfish spread, rockfish ceviche, true blue crab roll, blue catfish tacos ⭐

Lewnes' Steakhouse 401 Fourth Street, Eastport; 410-263-1617; lewnessteakhouse.com \$\$\$, pan

seared yellowfin tuna steak, Chilean seabass, broiled Atlantic salmon file 🍷 🍷

O'Leary's Seafood Restaurant 310 3rd Street, Eastport; 410-263-0884; olearyseafood.com \$\$\$, Fwhole fish selection, ahi tuna, wild halibut, crispy rockfish, seared saku tuna, thai BBQ mahi-mahi, king salmon 🍷 🍷 🍷

Ruth's Chris Steak House 301 Severn Ave, Eastport; 410-990-0033; ruthschris.com \$\$\$, seared ahi tuna, spicy salmon with crispy shrimp 🍷 🍷

Edgewater/ South County

Adam's Taphouse 169 Mayo Road, Edgewater; 410-956-2995; adamsgrilleedgewater.com \$\$, seared ahi

tuna, grilled ahi tuna steak salad, grilled salmon, fried fish file 🍷

Broadneck Grill and Cantina 74 Central Avenue West, Edgewater; 410-956-3366; broadneckgrill.com \$\$, salmon ajillo, stuffed flounder, tuna tropical, tuna tacos, fish and chips, fish sandwich 🍷 🍷

Edgewater Restaurant 148 Mayo Road, Edgewater; 410-956-3202; edgewaterrestaurant.com \$\$, pan seared yellowfin tuna, roasted salmon, roasted branzino 🍷 🍷

Harper's Waterfront Restaurant 1107 Turkey Point Road, Edgewater; 410-798-8338; harperswaterfront.com \$\$\$, applewood bld smoked ahi tuna poke, grilled cedar salmon, snapper, rockfish tacos 🍷 🍷 🍷 ⭐

Harvest Thyme Tavern 1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com \$\$, fresh catch 🍷 🍷

Jesse Jays 584 West Central Avenue, Davidsonville; 240-903-8100; jessejays.com \$, fish tacos 🍷 🍷 🍷

Mike's Crab House 3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com \$\$, grilled tuna sandwich, jamaican jerk mahi mahi, salmon, grilled tuna loin, stuffed flounder, cod dinner 🍷 🍷 ⭐

The Pier Waterfront Bar & Grill 48 South River Road, Edgewater; 443-837-6057; thepierwaterfrontbarandgrill.com \$\$, salmon and beet salad, rockfish street tacos, salmon blt, crispy grouper, fish and chips, parmesan crusted salmon 🍷 🍷 🍷 🎵

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Pirate's Cove Restaurant and Dock Bar 4817 Riverside Drive, Galesville; 410-867-2300; piratescovemd.com \$\$, ahi tuna, fish and chips, citrus honey glazed salmon, blue crab stuffed flounder 🍷 🍴 🌊

Senior's Chile 105 Mayo Road, Edgewater, 410-216-2687; seniorschile.com \$\$, pescado frito 🍷 🍴

Skipper's Pier Restaurant & Dock Bar 6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com \$\$, tuna wave, blackened salmon, rockhold rockfish, sunset salmon, chili orange crush tuna bowl, fisherman's tacos 🍷 🍴 🌊 🎵

Stan and Joe's Riverside 4851 Riverside Drive, Galesville; 410-867-7200; stanandjoessaloon.com \$\$, rockfish fingers, seared ahi

tuna, fried rockfish sandwich, seared ahi tuna tacos, mahi mahi tacos, fish and chips 🍷 🍴 🌊 🎵

Yellowfin Steak & Fishhouse 2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com \$\$, seared tuna, seafood avocado bowl, fish and chips, rockfish tacos, bluefin tuna tartare, Chilean seabass, rockfish, salmon, variety of sushi rolls 🍷 🍴 🌊 🎵

Arnold/Severna Park & Beyond

Arturo's Trattoria 1660 Crain Highway South, Glen Burnie; 410-761-1500; arturostrattoria.com \$\$, salmone pastrami in bellavista, carpaccio di tonno sashimi, salmone alla mugnaia, seabass, swordfish, sole, ahi tuna 🍷 🍴

Brian Boru Restaurant and Pub 489 Ritchie Highway, Severna Park; 410-975-2678; brianborupub.com \$\$, seared ahi tuna, fish and chips, Norwegian salmon kilkee 🍷 🍴 🌊 🎵

Broadneck Grill and Cantina 1364 Cape St Claire Road, Annapolis; 410-757-0002; broadneckgrill.com \$\$, salmon ajillo, stuffed flounder, salmon blt, tuna tropical, fish and chips, fish tacos, fish sandwich 🍷 🍴 🌊

Donnelly's Dockside 1050 Deep Creek Ave, Arnold; 410-757-4045; donnellysdockside.com \$\$, sesame seared tuna crisps, blackened fish bites, salmon blt, fried cod sandwich, black-bleu mahi sandwich, fish tacos, fish and chips, tuna poke bowl 🍷 🍴 🌊

Founder's Tavern & Grill 8125 Ritchie Highway, Pasadena; 410-

544-0076; founderstavernandgrille.com \$\$, bourbon salmon 🍷 🌊

Garten 849 Baltimore Annapolis Blvd, Severna Park; 443-261-3905; garten-eats.com \$\$, local smoked salmon dip, fried hake sandwich 🍷 🍴 🌊

O'Loughlin's Restaurant and Pub 1258 Bay Dale Drive, Arnold; 410-349-0200; oloughlinpub.com \$, tuna casear wrap, ahi tuna, whiskey bbq grilled salmon, mahi mahi tacos, salmon tacos, ahi tuna tacos 🍷 🍴 🌊

The Point Crab House & Grill 700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com \$\$, seared tuna, cod tacos, sesame crusted ahi pan, fish and chips, pan seared salmon 🍷 🍴

Rams Head Dockside 1702 Furnace Drive, Glen Burnie; 410-590-2280; ramsheaddockside.com \$\$, ahi tuna, rockfish bites, fish tacos, rockfish blt, fish and chips, simple salmon, sesame encrusted tuna 🍷 🌊 🎵

Senior's Chile Café 594 Benfield Boulevard, Severna Park; 410-431-3000; seniorschile.com \$\$, pescado frito 🍷 🍴

Senior's Chile Cantina 1264 Bay Dale Drive, Arnold; 410-421-1010; seniorschile.com \$\$, pescado frito 🍷 🍴

Timbuktu Restaurant 1726 Dorsey Road, Hanover; 410-796-0733; timbukturestaurant.com \$\$\$, rockfish fillet, salmon fillet, fried fish sandwich 🍷 🍴 🌊

Vida Taco 541 Baltimore Annapolis Boulevard, Severna Park; 410-544-2300; vidatacobar.com \$\$, seared tuna and fried cod tacos 🍷 🍴

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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 for another opportunity to win a prize.

Congratulations to Jeanne C. of Crownsville, who won a \$50 gift certificate to a local business.

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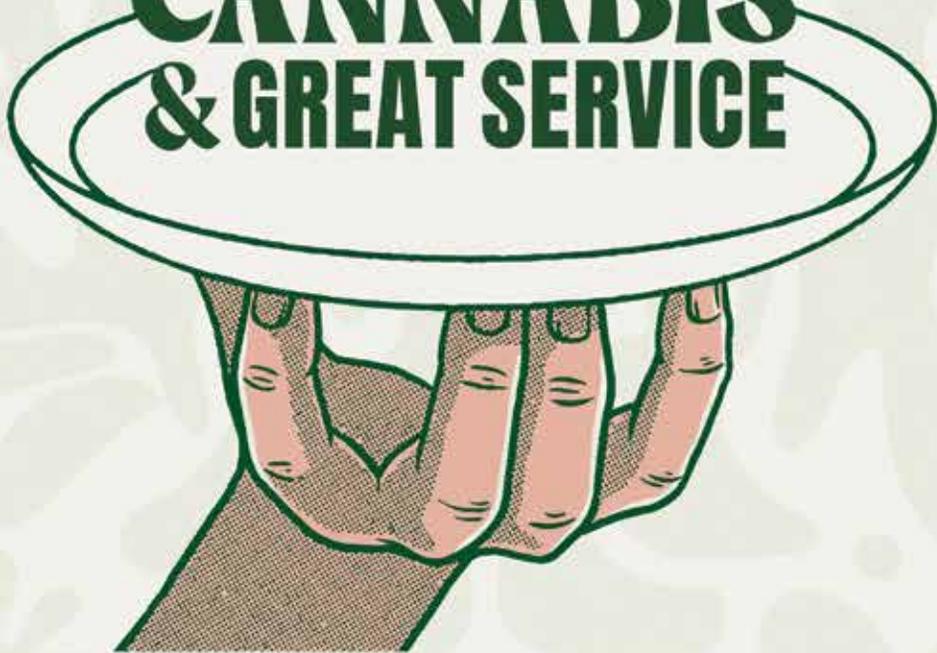


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