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WHAT'S UP? MEDIA MARCH 2024



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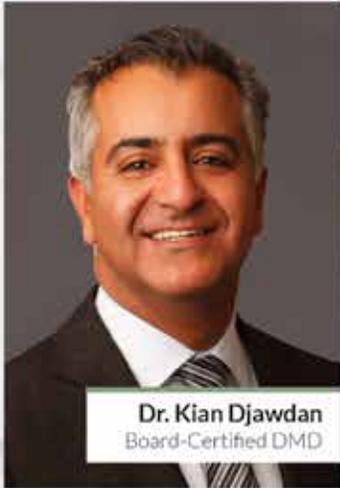


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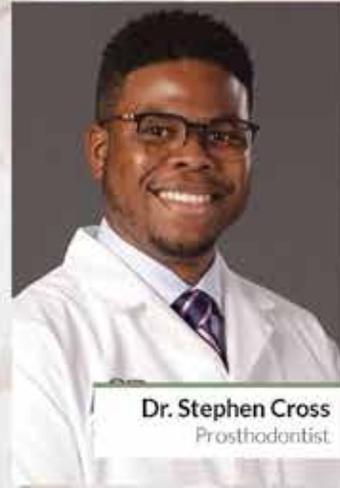
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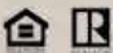
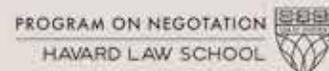
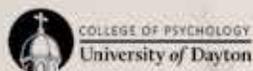
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Whether due to pregnancy, genetics, age-related factors, or changes in weight, a woman's natural breasts generally sag and droop over time, resulting in a less youthful appearance.

A breast lift, or mastopexy, is a widely performed plastic surgery procedure designed to elevate the breasts by eliminating excess skin and tightening the surrounding tissue. This personalized surgery aims to reshape and provide support for a renewed breast contour. Beyond lifting and reshaping sagging breasts, a breast lift can also reposition nipples that may have rested below the breast crease and reduce the size of your areolae, both contributing to a more empowered version of yourself.

Schedule your consultation today at Annapolis Plastic Surgery to take off on your breast lift journey!

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ANSWERED: YOUR BREAST LIFT FAQs

We get it—contemplating a breast lift can involve a lot of questions, so we're here to provide some clarity! As experts in the field, we understand the importance of informed decisions. Explore common FAQs below to embark on your journey with confidence and knowledge.

Will a breast lift interfere with breastfeeding or normal sensation?

While a breast lift usually won't interfere with breastfeeding, considerations about timing are advisable. We recommend considering the possibility of postponing the procedure until you have completed childrearing to ensure lasting and optimal results. Most people will not lose feeling in the breasts long term, let alone short term.

What can I expect during the recovery period after a breast lift procedure? (other than the joy of having rejuvenated breasts!)?

Individuals may experience varying levels of discomfort during the recovery period after a breast lift procedure. However, the pain is generally manageable, quite possibly with only non-narcotic medicines, and patients can typically expect to resume light activities within a few days or a week. Rest assured, our team is dedicated to providing you with detailed post-operative care instructions, including guidance on effective pain management.

JAMES E. CHAPPELL, MD, FACS

Board Certified in Plastic Surgery by the American Board of Plastic Surgery

BRYAN T. AMBRO, MD, MS

Board Certified, Facial Plastic Surgeon



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Source: Information included in this report is based on data supplied by BRIGHTMLS and its member Association(s) of REALTORS, who are not responsible for its accuracy. Does not reflect all activity in the marketplace. January 1, 2023 — December 31, 2023, as of January 5, 2024. Luxury is defined as homes priced \$1,500,000 and above. Information contained in this report is deemed reliable but not guaranteed, should be independently verified, and does not constitute an opinion of BRIGHTMLS or Long & Foster Real Estate, Inc. ©2024 All rights reserved.



Percent of Luxury Homes Bought and Sold



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WHAT'S UP?	ANNAPOLIS	S	S	S	S	S	S
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— Brian & Mariana St Peter

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— Tim & Clare Coe

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MARCH 10
HUDSON RIVER LINE
BILLY JOEL TRIBUTE



MARCH 11
TANK & THE BANGAS
STRIPPED DOWN



MARCH 12
DAVY KNOWLES & JEFFREY GAINES



MARCH 14
RED WANTING BLUE
90s ROCK



MARCH 15
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BIG DAMN BAND**



MARCH 16
THE YARDBIRDS
60s ENGLISH ROCK BAND



MARCH 18
AMEM PRESENTS IN THE VANE OF
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MARCH 20
**HALEY HEYNDERICKX
& THE WESTERLIES**



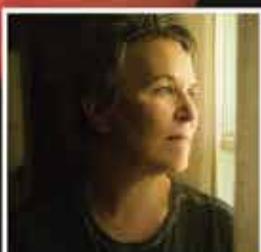
MARCH 21
WISHBONE ASH
70s ENGLISH ROCK BAND



MARCH 22
OLETA ADAMS
JAZZ VOCALIST



MARCH 24
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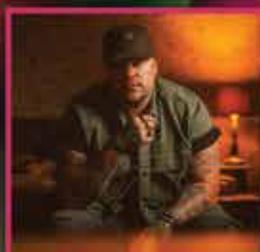
MARCH 27
MARY GAUTHIER
W. JAIMEE HARRIS



MARCH 28
OF GOOD NATURE
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THE STEEL WHEELS
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The Big Dogs from the Small Firm



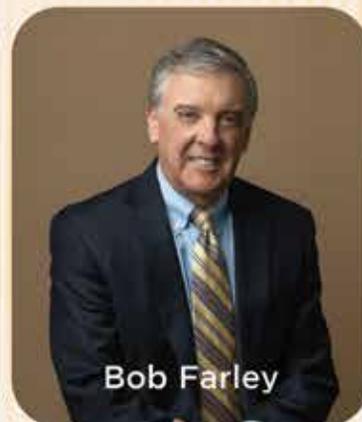
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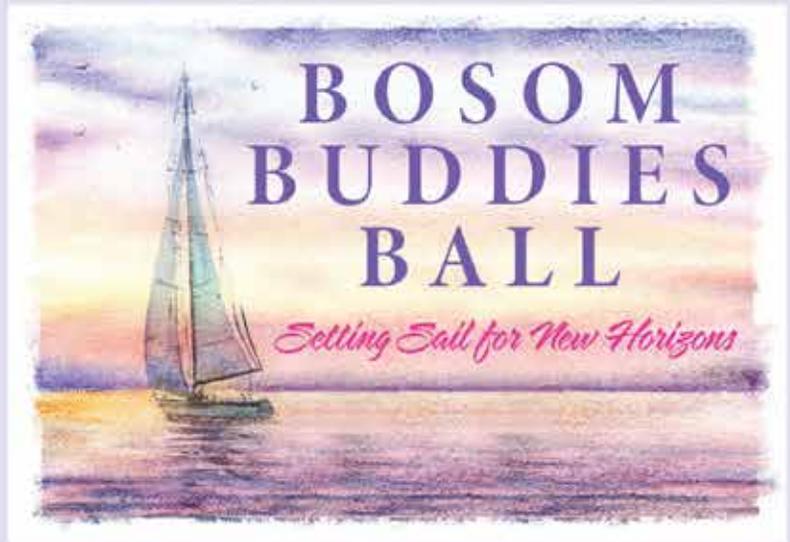


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WHAT'S UP?
annapolis

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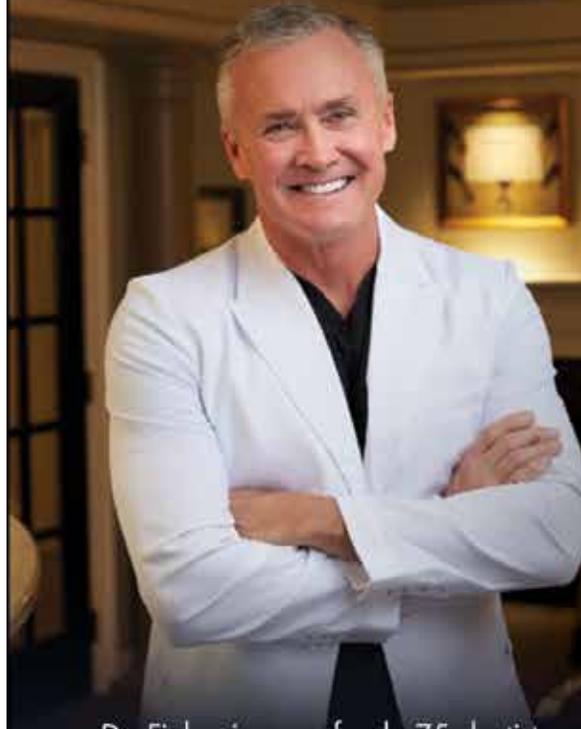
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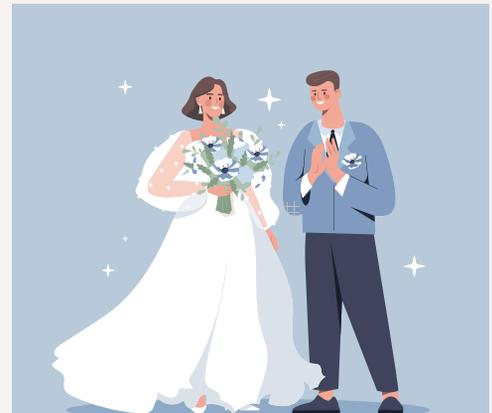
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The 2024 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Dentists are encouraged to nominate their peers on the survey form found online. Voting will start on March 1st and close on April 30th. Visit whatsupmag.com/topdentists2024.



2024 **TOP Dentists** 



Planning your big day and looking for vendors? Visit our wedding vendor guide at whatsupmag.com/weddings/wedding-vendors



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Government House—the official home to our state’s governor, first lady, and family in Annapolis—dates back to 1870. It’s an exquisite and, I must say, pretty darn cool place. History permeates its walls, but the architectural ins and outs, plus furnishings, are what draw eyes and conversations.

My first visit was during the elementary years when groups of schoolkids would routinely be given whirlwind tours of town by guides in colonial garb. A stop in front of Government House with a few minutes of lecture was memorable, if not wholly remarkable. It wasn’t until many years later—probably 30 to be honest—during an annual Governor’s Buy Local Cookout held on site, that I explored and fully came to appreciate this property. Boasting a mix of Victorian and Georgian styles, Government House is unique and its gardens immaculate. It’s impressive. Should you take the opportunity to visit (during a holiday open house, for example), Government House will surely inspire your own great...home...expectations.

Maryland First Lady Dawn Moore certainly is inspired. Entering year two in Government House, Moore has taken to the property, but more so to the town and state that she and husband, Governor Wes Moore, serve. In our engaging time with the First Lady—from interview to photo shoot—she revealed her charm, wit, strength, courage, and dedication to causes dear to her heart, and to her family. Her character should serve Marylanders well, as you’ll read in author Lisa Hillman’s feature piece, “At Home In Annapolis.”

**FEELING AT HOME CAN
BE BOTH A STRUCTURAL
COMFORT AND A SENSE OF
BELONGING WITHIN THE
GREATER COMMUNITY.**

Feeling *at home* can be both a structural comfort *and* a sense of belonging within the greater community. If you’re feeling both—as our First Lady does—then you know how special home truly can be.

Carrying the home theme, this issue of *What’s Up? Annapolis* offers some ways and means to help you achieve great expectations of your own home and feel community pride. Throughout this magazine, you’ll meet home professionals—some of the very best locally—that have helped thousands of clients (perhaps, your neighbors) with their real estate, architectural, construction, interior design, plumbing, electric, HVAC, you name it...wants and needs. And our 2024 Home Resource Guide lists them all neatly for reference.

We also visit the National Association of Home Builders’ annual showcase home, the *New American Home*, featuring amazing tech and design in multiple home disciplines. This floor-to-ceiling project is built for the industry’s annual conference in Las Vegas and is, yeah, pretty darn cool.

And maybe you’re feeling lucky (hey, it’s March, St. Patrick’s, the equinox, and all that). We’re feeling it, too! In the greater Chesapeake Bay region, as spring unfolds, we start to see a bit more of each other at exciting events—from sports to festivals to sock bonfires (yep!)—and opportunities to explore the great outdoors blossom (check out “Search Party!” about fossil/arrowhead/sea glass hunting on page 52).

We cover all this local fun and action in our monthly entertainment, dining, and wellness departments. More is happening. It feels good...here, now, together.

And I think that’s pretty darn cool.

James Houck,
Editorial Director

Oral Surgery Specialists

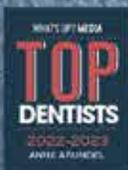
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CINDY LINDGREN

Senior Director of Behavioral Health The Arc Central Chesapeake Region

Cindy Lindgren has more than 30 years of experience in the field of intellectual and developmental disabilities and is an experienced senior director in both the private and government administration sectors. Her primary focus is leading behavioral health development and quality enhancement systems. She has also led the Developmental Disabilities Administration statewide Quality Enhancement department and consulted with families and organizations to support people's mental health through a trauma-informed lens.

To commemorate Developmental Disabilities Awareness Month, Lindgren shares her insight.

What inspired you to pursue a career working with people with intellectual and developmental disabilities?

During graduate school, I became involved with young adults with intellectual and developmental disabilities. I was so impressed with all they were doing, but I was concerned that they had very little opportunity to talk with a counselor about their thoughts and concerns. Everyone should have that opportunity.

How does The Arc's unique behavioral health program help people address their needs and achieve better quality of life?

Behavioral health for people with intellectual and developmental disabilities frequently only provides assistance via traditional behavioral supports. At The Arc, we take a different approach. We look at the whole person—their experiences, relationships, hopes, dreams, and fears. We focus on the mind, body, and spirit and provide traditional therapy as well as behavioral support from a trauma-informed care perspective. This means that we understand how a person's previous experiences influence how they feel or act in the moment. The mental health of people with intellectual and developmental disabilities is often discounted and overlooked. We believe that starting with mental health first offers people the support they need to achieve the quality of life they desire.

What is the most rewarding aspect of your work?

It's so rewarding when someone tells me that they feel supported by one of our clinicians—that they really listen to them and help them find ways to cope with life. When someone feels supported, they are not alone. They know there are techniques to get them through the difficult times and celebrate the good things in life. It's also gratifying when a clinician tells me that they have found where they belong, where they truly make a difference.

Cindy Lindgren

The Arc Central Chesapeake Region
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CALLING ALL DENTISTS **Nominations Open Now!**

2024 TOP Dentists



The 2024 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Top Dentists lets readers know what our area experts think and helps guide them toward the best possible choices for their dental care.

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

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



STARTING MARCH 1ST, TO NOMINATE A DENTIST SCAN QR CODE WITH YOUR PHONE CAMERA OR VISIT THE WEBSITE BELOW.

If you have any questions about the process, please contact our Editorial Director at editor@whatsupmag.com or Chief Operating Officer at alyons@whatsupmag.com.

WHATSUPMAG.COM/TOPDENTISTS2024

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Out **ON THE** Towne

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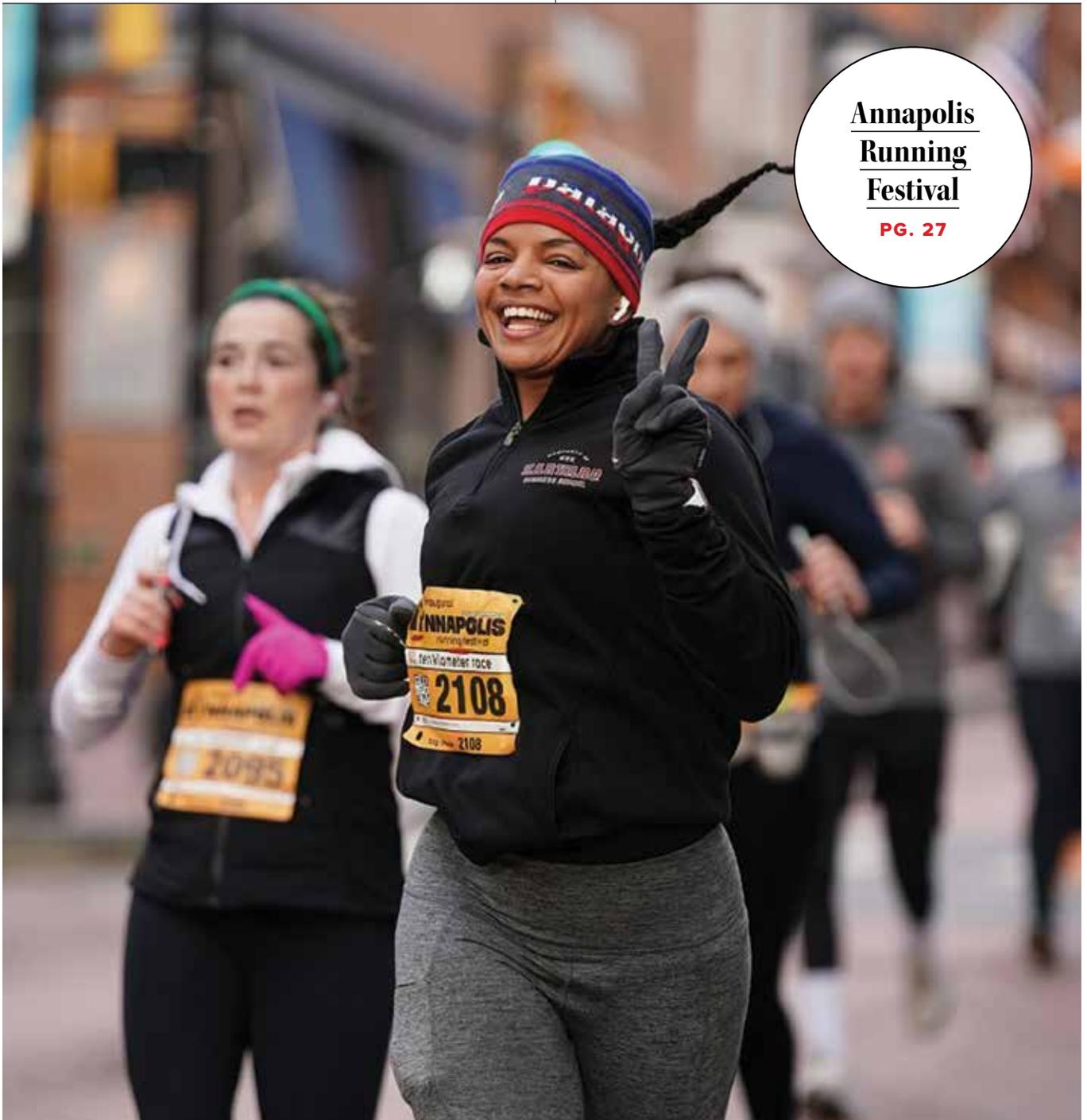
34 SPOTLIGHT

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**Annapolis
Running
Festival**

PG. 27





Annapolis Oyster Roast & Sock Burning

Celebrate the spring equinox and the beginning of boating season with one of the most unique traditions in Annapolis. On March 23rd, from 12 to 4 p.m., Annapolis Maritime Museum is hosting the Annapolis Oyster Roast & Sock Burning at its Annapolis campus. Burn those nasty winter socks in a tradition that dates back to the late 1970s.

The event will include live music, all-you-can-eat oysters, a shucking contest, and more all to benefit the Annapolis Maritime Museum's award-winning education programs. Attendees can savor the best oyster dishes from renowned Annapolis restaurants through the exclusive "People's Choice" ticket. The gathering radiates community spirit, bringing together locals and visitors to revel in the vibrant atmosphere of the changing season. Find more information and get tickets at amaritime.org.

ANNAPOLIS RESTAURANT WEEK

Kick off March at local restaurants throughout the area during the annual celebratory week of dining specials and prix fixe meals. Participating restaurants will offer menus for you to enjoy with friends and family through March 3rd. Depending on the restaurant, there will be wine lovers' specials, lunch selections, dinner specials, and so much more. Find a full list of participating restaurants to enjoy as a part of Restaurant Week at downtownannapolis-partnership.org.



SHAMROCK THE DOCK

St. Patrick's Day is the perfect time to have a two-day music and cultural arts festival in Annapolis. On March 16th and 17th, visit City Dock to enjoy a wide range of activities for all ages. Enjoy live performances by local bands playing traditional Irish tunes to dancing performances by Irish dance groups. Even try playing traditional Irish instruments like the fiddle or bodhran yourself! This lively event brings together the community for festivities and fun, all centered around the iconic symbol of Ireland, the shamrock. Find more information and get tickets at stpatrikswweekend.com.



Annapolis St. Patrick's Day Parade

Annapolis' annual St. Patrick's Day Parade will be at 1 p.m. on March 17th. The parade will feature a vibrant display of Irish music, dance, and traditional costumes. Bagpipers, marching bands, and Irish dance troupes fill the streets with lively performances, creating a festive atmosphere. The parade route runs through the historic downtown area, showcasing the city's charming architecture and vibrant community spirit. Wear green so you don't get pinched and celebrate the holiday in the neighborhood! Local organizations, businesses, and community groups come together to showcase their Irish pride and heritage. It is one of the largest St. Patrick's Day parades in the state, drawing thousands of spectators each year. Find more information at stpatrickswalk.com.



ANNAPOLIS **RUNNING FESTIVAL**

The Annapolis Running Festival will take place in our capital city on March 9th, starting at the Navy-Marine Corps Memorial Stadium. The fair, yet challenging, race will end with medals and a fun post-race party. There will be a half-marathon, 10K, and 5K available and the event will raise money for the Annapolis Police Foundation. Find more information and sign up at annapolisrunfest.com.

Maryland Day Celebration

Mark your calendars to celebrate all things Maryland! Beginning March 23rd and continuing through the weekend, immerse yourself in the wonder of the Old Line State throughout Annapolis in celebration of Maryland Day. Explore Historic Annapolis properties, including the William Paca House and Garden, Hogshead, the Waterfront Warehouse, and discover the diverse history of our capital city at the Museum of Historic Annapolis. Find more information at annapolis.org.



Photo by Maximillian Franz

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**ANNAPOLIS JUNIOR
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On Saturday, March 2nd, join Annapolis Junior Rowing at Annapolis Maritime Museum for an evening of food, libations, and fun to support the local nonprofit. The event promises an unforgettable experience filled with excitement, laughter, and great company as well as a silent auction, and live music by Sly 45. AJR gives 7th through 12th graders access to a sport that teaches lifelong skills such as confidence, teamwork, and leadership while rowing out of Camp Woodlands in Annapolis. Find more information and get tickets at [eventbrite.com](https://www.eventbrite.com).

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Beauty of the Silver Screen

THE JOYS OF THE CINEMA EXPERIENCE RETURN AT THIS YEAR'S ANNAPOLIS FILM FESTIVAL

By Gary Jobson

The movie theater is a magnificent place. Going to the movies has been one of my great joys dating back to my earliest days. The audience sits in anticipation of the feature film. In my younger days it was so exciting. The previews included a black and white newsreel of President Eisenhower meeting with Nikita Khrushchev followed by a short comic “crazy race.” Kids in the theater would scream their heads off as a cycle or running race took place. The kids with a matching number to one of the on-screen contestants would win a prize if their contestant won the race. One time I won a small toy race car. It was cool.

Today, movie theaters are still exciting. The seats are far more comfortable, the images on the screen and the sound quality have never been better. Of course, it’s easy to watch film at home on a television screen with a high-definition picture. Streaming services provide countless great films to watch. But going to the theater is even better. A giant screen and big sounds make a difference.

The moment in the recent film, *Oppenheimer*, when the experimental nuclear bomb explodes was terrifying. And who could forget the inspiring image of an enthusiastic Leonard Bernstein (played by Bradley Cooper in *Maestro*) behind the podium conducting the New York Philharmonic Orchestra? Movie tickets provide great value because we are entertained, horrified, educated, and even motivated by feature films. Over the years I have watched many movies that



TODAY, MOVIE THEATERS ARE STILL EXCITING. THE SEATS ARE FAR MORE COMFORTABLE, THE IMAGES ON THE SCREEN AND THE SOUND QUALITY HAVE NEVER BEEN BETTER.

range from soaring to below average (I’m being polite). I’ve made films myself, mostly for television, but I’ve produced about fifty films. One of my greatest thrills is watching one of my own productions come to life on a big screen.

The major motion picture studios distribute films throughout our region. The phrase “a theater near you” is relevant in Maryland. But we rarely get to watch lower budget, independent films in mov-

ie theaters. There are thousands of films produced every year. On April 4th through 7th, the Annapolis Film Festival will present over 70 productions. A handful of the films will be major studio releases, but the majority will be independent productions. The roster of films will cover a wide range of topics. Last year I watched six films. I found all of them good and thought provoking. I should mention that I'm the current Chair of the Board of the Annapolis Film Festival. The staff has been working hard to present worthy productions. The venues for the theaters this year will include Maryland Hall, St. John's College, the Boys and Girls Club Gymnasium, and Asbury United Methodist Church on West Street.

The process of making a film takes patience, grit, resourcefulness, and even a little luck. Most films take years to finish from early development through final editing. My genre has been live sporting events and documentaries. These programs are non-fiction films. Documentaries are special because people talk about their passions in compelling ways on camera. I've conducted a few thousand interviews over the course of my career. You can never anticipate how someone will answer a question. What I've learned to do when interviewing someone is to listen carefully to their words and move the discussion in the direction of their narrative. The interviewee becomes comfortable, open, and engaging.

Fictional films, or documentaries based on historical events, require skilled actors. Everything you see on the screen needs to be prepared well in advance of filming. Actors memorize their lines for each day's shoot. It's hard work. Most films take three to six months to shoot before the editing process can start. Original music, and in recent years, realistic animation is created to enhance the production.

I enjoy watching Turner Classic Movies on cable television. The productions from the past were generally lower key than what we see today, but the acting and the storylines are still compelling. I was racing sailboats with Ted Turner when he re-

alized the value of old films for his television networks. He took on the arduous task of colorizing old black and white films. Movie critics would howl in disapproval of Turner's colorizing. I asked him why he did it, and he was succinct when he explained, "Because more people will watch a film when it is in color." A good answer I thought at the time.

Interestingly, the recent film *Maestro* alternated between black and white on a 4:3 screen size and brilliant color on a wide screen to



emphasize the different time periods of Bernstein's life. No doubt inspired by a predecessor 85 years ago. In 1939, the iconic film *The Wizard of Oz* used the same format by starting out in black and white and shifting to color when the young heroine, Dorothy, searched for the mythical kingdom of Oz.

My advice is to keep watching films at home, and for a special treat go to the movies. The experience makes our life a little better. I hope to see you at the Annapolis Film Festival. We are all in for a treat. ■

**BYKES 2 TYKES PROGRAM
A SUCCESS!**

On December 16th at the Boys & Girls Club of Annapolis and Anne Arundel County, and December 17th at the Green Turtle's Gambrills and Pasadena locations, the Bykes 2 Tykes charity organization surprised local kids with new bikes! This event provided complimentary meals for the recipients, a space for volunteers to assemble the bikes (known as "Santa's workshop"), and materials to make ornaments that the kiddos could take home. Additionally, the event hosted surprise appearances from Santa, other familiar characters like Batman and Paw Patrol, military personnel, and first responders dressed in uniform. The children were not aware that they'd receive bikes, so it was a surprise! Learn more about the Bykes 2 Tykes non-profit at facebook.com/Bykes2Tykes.



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**WOMEN'S CLINICS
UNVEILED**

Pregnancy Clinics of Annapolis, Bowie, Crofton, and Severna Park recently unveiled its rebrand to Women's Clinics. The new name better reflects what they offer in women's reproductive services from physical and emotional to spiritual, at no cost. Along with pregnancy tests, viability ultrasounds, STD/HIV testing and treatment, and counseling, expanded services include breast and thyroid exams and pap tests, as well as physical and emotional wellness screenings. Learn more at womensclinics.org.

Director of Hispanic/ Latino and Multicultural Resources Announced

County Executive Steuart Pittman recently announced the hiring of Alison Flores as Anne Arundel County's first Director of the Office of Hispanic/Latino and Multicultural Resources. County Executive Pittman created the Office of Hispanic/Latino and Multicultural Resources to better serve and support the diverse communities in the county.

"Alison's experience with community engagement, communication, and local government will allow her to connect with our diverse communities, and deliver for them," County Executive Pittman said. "I look forward to her establishing new ways for local government to engage with our residents."

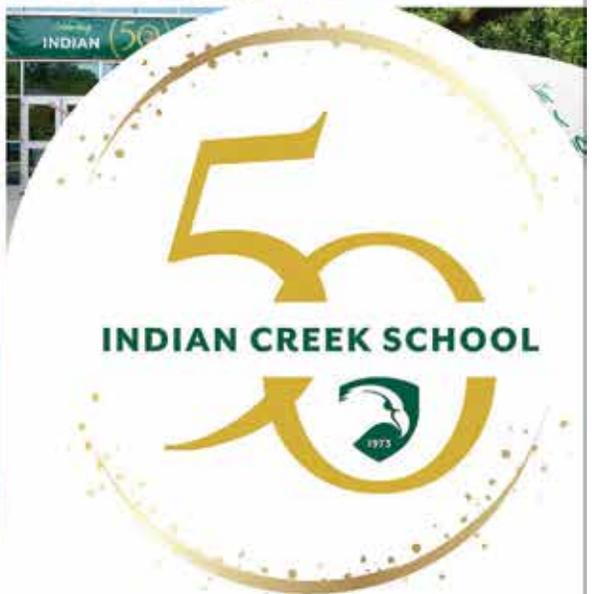
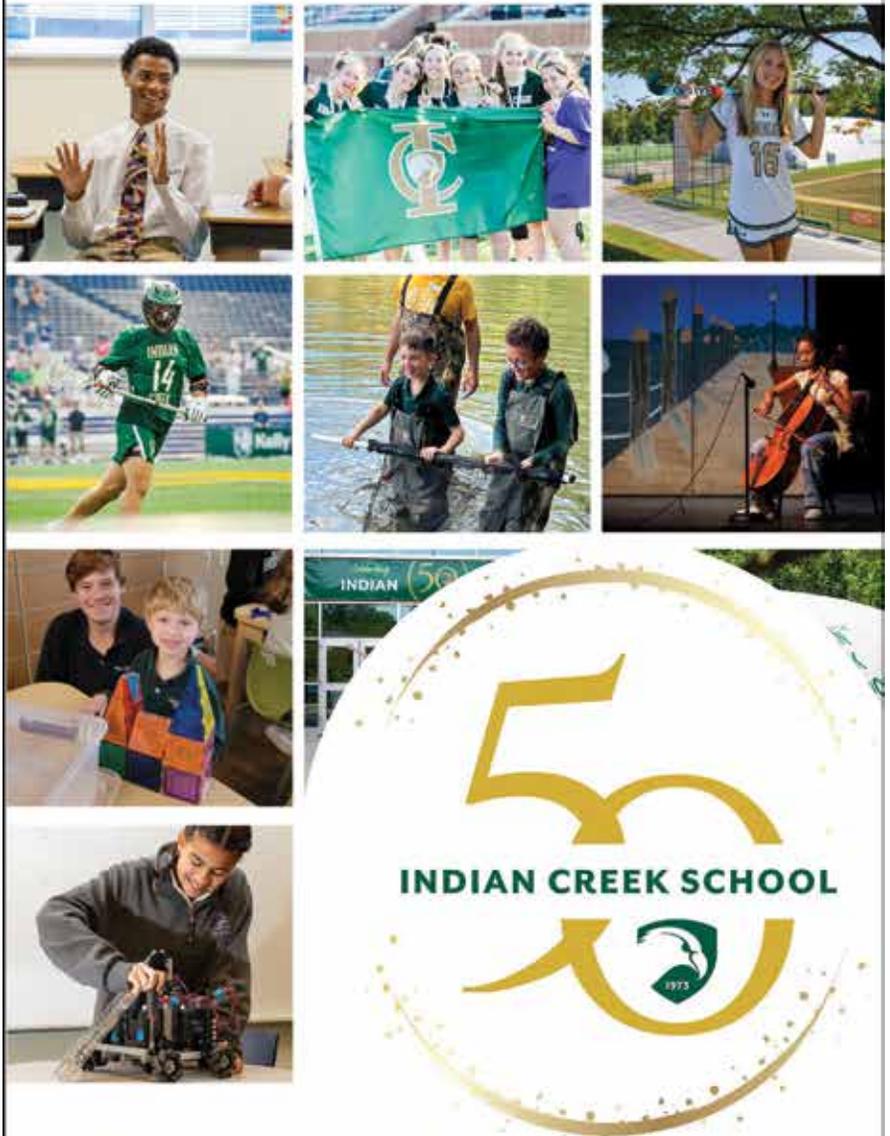
The Director of Hispanic/Latino and Multicultural Resources will play a crucial role in promoting inclusivity, understanding, and collaboration among all communities. In this new role, Flores will work to address the unique needs and concerns of the county's Hispanic/Latino and multicultural residents. Learn more at aacounty.org/county-executive/multicultural-affairs.



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Patrick Lee

SPARK BUSINESS INSTITUTE LAUNCHES

This past October, Spark Business Institute launched in Downtown Annapolis with a special party to celebrate. Themed as a superhero spectacle, celebration introduced the “SBI Innovators,” including founder Patrick Lee, who revealed Spark’s mission to help small businesses uncover and overcome hidden obstacles. Learn more at sparkbusinessinstitute.com.



LITTLE TREASURY OPENS “THE ESCAPEMENT”

Little Treasury Jewelers, an independent watch and jewelry store located in Gambrills, closed out 2023 with the successful opening of The Escapement—a new showroom, event space, and video studio, a few steps from the main store in The Village at Waugh Chapel. The expansion doubles the store’s footprint to 4,800 square feet. The store had exceeded the capacity of the building that it has occupied since 2010. Rather than relocate from a prime location or add a remote second store, the owners opted to add a unique, multipurpose space across the street from its primary building. The name, Escapement, is a nod to the key regulating mechanism of a mechanical timepiece.

“Over the course of the store’s history, Little Treasury has hosted more than 200 events both in-store and in other venues throughout the DC-Maryland-Virginia region.” Says owner Steve Hammalian. “At The Escapement, Little Treasury has a new event space with a bar, fireplace, TVs, and display cases.” Learn more at littletreasury.com.



Arc Promotion Applauded

The Arc Central Chesapeake Region (The Arc) recently announced the promotion of Megan Lyle to Senior Vice President of Administration & General Counsel. In this new role, Lyle will lead all aspects of enterprise-wide compliance, legal strategy and operations, information technology, and corporate governance. “Megan not only has a comprehensive knowledge of laws, regulations, policies and procedures, she has a strategic outlook and passion for the work we do throughout the community,” said Jonathon Rondeau, President & CEO. Megan came to The Arc in April 2023 as an accomplished Attorney Advisor with over ten years of experience. As the Vice President of Corporate Compliance & Legal Counsel, she immediately provided valuable guidance and resources with a wide range of legal advice and leadership to The Arc and its subsidiaries. This promotion comes after just ten months with The Arc. To learn more, visit thearcgccr.org.



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www.annapoliswellnesshouse.org/wellness-on-the-water-2024-launch-party

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SCAN ME

Jack Deppe

SOUTH RIVER HIGH SCHOOL SWIMMING

By Tom Worgo

Elite swimmer Jack Deppe vows to stay away from dabbling in other contact sports until his career ends. Playing soccer with friends, the South River High senior tripped and broke his elbow in February. That injury almost kept Deppe from competing in a huge meet—The Speedo Sectional Championships in Buffalo, New York, that featured 29 teams from 11 states up and down the East Coast.

But Deppe's determination to compete in the meet came through.

Eleven days after the injury, Deppe returned to the pool and after three weeks of swimming, he was back in peak form.

"I would say it's about obsession and resilience," Deppe says. "My teammates were all blown away that I got back so quickly."

Deppe's quick return to compete in the meet—in which he swam in seven individual events and four relays—even stunned Annapolis Swimming Club Coach Stephen Henderson.

"I thought it would be three or four months before he would be able to compete again," Henderson says.

Deppe's success in swimming jumps out. He won an individual county championship in the 100-yard butterfly earlier this year for South River.

For Annapolis Swim Club, for which he has been swimming for 10 years, the highlight came when he qualified for the Futures Championships in Richmond in July. He advanced to the finals in the 200 freestyle and 200 individual medley.



"I WOULD SAY IT'S ABOUT OBSESSION AND RESILIENCE. MY TEAMMATES WERE ALL BLOWN AWAY THAT I GOT BACK SO QUICKLY."

"It's a national-level meet," Henderson explains. "To qualify for that meet, you have to be among the top five percent of high school swimmers in the country."

The 6-foot-1, 172-pound Deppe also expects to represent his club team at Junior Nationals in Southern California in August. He's a half a second from qualifying in both the 200 free and 200 individual medley. Deppe has slashed his time by about three seconds in each event in the past 11 months.

"He is one of the fiercest competitors I have ever coached," Henderson says. "He really loves to race and hates to lose. He has that killer instinct. He's also very athletic, talented, coachable, and really studies the sport."

The 17-year-old will be swimming in the fall at Lehigh University in Pennsylvania on an academic and athletic scholarship. Deppe plans to major in electrical engineering, carries a weighted 4.3 grade-point average, and by the time he finishes high school, will have completed 10 advanced-placement courses.

Deppe has competed for the Annapolis Swim Club for 10 seasons year-round. He really looks forward to the Speedo Maryland Long Course Championships every August. Deppe had his best state meet last summer in St. Mary's County. He placed second in

the 100 free among 50 participants and missed winning the event by one-tenth of a second. And he took second in the 400 individual medley among 30 competitors.

At South River, Deppe has swam on the varsity for four years and showed his promise as an underclassman by placing second in the county in the individual medley in 2021. He holds school records in five events: 200 free, 200 individual medley, 100 fly, 100 free, and as part of the 200 free relay team.

South River Swimming Coach Laura Falsone coached Deppe for four years at the Annapolis Swim Club until he was 10 years old. Falsone now works as assistant coach for the Naval Academy Aquatic Club.

“When he was younger,” Falsone says, “I used to do this freestyle kicking challenge for them. He was way behind everybody else. But he kept working at it, and what I admire about him is that he is not someone who lets something that is difficult limit him.”

Deppe’s biggest swimming challenge might be his practice schedule. He practices more than 18 hours per week between his club and high school teams, which includes four two-a-day practices a week. Three practices a week for his club team start as early as 6 a.m.

It’s not easy balancing life outside all the hours in the pool and a rigorous course load. “I get invites from my friends to go out fishing or sleep over,” Deppe recalls. “But I need to go to morning practice, so I need to be asleep by 10:30 p.m. or I won’t be on my A-game. I really have to plan out my time.”



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GiGi's 4th Annual Golf Outing

On October 5th, GiGi's Playhouse Annapolis held its annual golf outing at Queenstown Harbor, which raised funds to benefit the organization's local programs. As a 501(c)(3) nonprofit entity, GiGi's Playhouse is dedicated to reshaping societal perceptions of Down syndrome, offering cost-free educational, therapeutic, and career development programs tailored for individuals with Down syndrome, their families, and the broader community. Learn more at gigisplayhouse.org/annapolis.



1. Bill Rennie, JJ Brown, Kenny Finnegan, and Mike Prustok **2.** Justin Price, Dave Solley, Jim Hoehn, and Guy Castro **3.** Kelly Woodall, Jim Miller, and Mary Wadlin **4.** Michael Armstrong, Sarah Brown, Brian Lyman, and Jonathan Pasterick **5.** Jonathan Smith, David Mann, George Brown, and Georgi Brown **6.** Mary Furda and Victoria Trott

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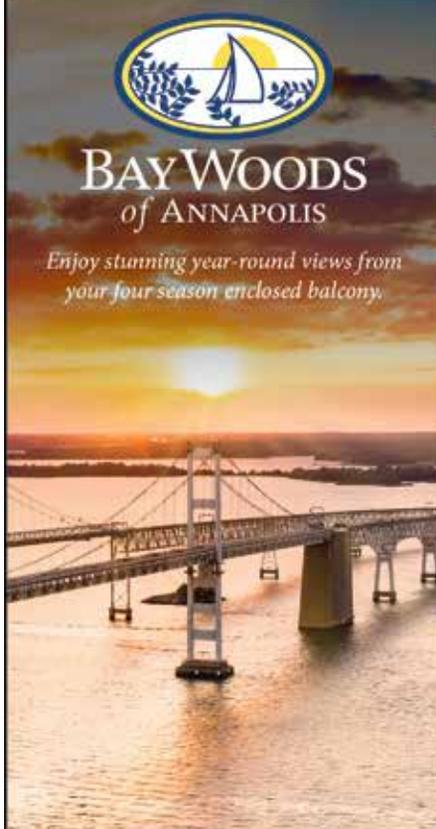
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Maryland's First Lady
DAWN MOORE
discusses the rigors and
ambitions of life in
the Government House

AT

HOME ANNAPOLIS



By **LISA HILLMAN**
Photography by **TONY LEWIS, JR.**

Maryland's First Family is now beginning its second year in Annapolis as full-time residents of Government House. In this interview, First Lady Dawn Moore shares her early impressions of the town, her new home, and her top initiatives.



SHE SMILES AT THE MEMORY.

It was Inauguration Day, January 18, 2023. The evening's celebratory events in Baltimore were over. The family of four—brand new to Annapolis—came home past midnight, ready for bed.

She remembers seeing her young daughter, just 11, starting up the long staircase still in her party gown, when, suddenly, from deep within the halls of their 18th century residence, an ancient clock began to chime. Startled, the girl raced up the stairs, the train of her dress trailing behind her.

It was an auspicious beginning for Maryland's First Lady whose aim of keeping her family safe drives her thinking every day. No day is typical.

But on any day, time spent with Dawn Moore is precious, indeed. Much in demand for her personal style and accomplished background, she is both sanguine and grounded about her current role and what she wants to accomplish. Neither the Governor, nor her children, are ever far from her thoughts. As she speaks, the word "safe" pops up repeatedly, as does her soft reference to "my husband."

Poised, professional, and personable, Dawn Flythe Moore—like her husband—exudes a certain charm that makes her easy to like and eager to follow.

Born in Queens, New York City, she grew up the daughter of two working parents. From her father, a union member and crane operator and her mom, a music teacher in New York City public schools, she learned the importance of public service. Little did she know that acceptance to the University of Maryland at College Park would lead to a career in Maryland state government.

After graduating with a degree in government and politics, she worked for Secretary of State John Willis, for Lt. Governor Kathleen Kennedy Townsend as a

senior policy officer, and for Lt. Governor Anthony Brown as his Chief of Staff. She also earned plenty of hands-on campaign experience, first as a field director for Townsend's 2002 gubernatorial campaign and later as a deputy campaign manager for Martin O'Malley's 2006 campaign.

A blind date—arranged by aunts and family friends—brought her together with a tall, handsome Johns Hopkins University graduate and Rhodes Scholar, a man destined for the exceptional. Their chemistry was immediate. The couple married just before Wes deployed to Afghanistan with the 82nd Airborne. This July 6th, Governor and Mrs. Moore will celebrate 17 years of marriage.

GOVERNMENT HOUSE

Moore's interest in her new home and in public service—and her ever-watchful eye on her family—frame how she views her role as First Lady.

"I consider myself an extension of my husband's work. Everything I do represents him," Moore says. "And that's not hard for me because I believe in him so much." She also understands that the role of First Lady is changing. Moore feels empowered to pursue issues of importance—and Government House offers the place to do it.

"It's such a privilege to live here. Every governor and his family have lived in this home. My husband and I truly see this as the people's house. We are temporary residents, stewards of this place. It is incumbent upon us to share it."

In her first year alone, she opened the house to a variety of groups, including cultural, religious, and educational organizations, many for the first time, such as PRIDE and the LG-BQT community. A recent favorite was an evening dedicated to the cast of "The Wiz" on its return to Baltimore along with students from the Baltimore School for the Arts. She has invited rising, talented young people from Annapolis and Anne Arundel County so "they can see artists who look like them, who serve as a source of inspiration, so they know everything and anything is possible."

"We've hosted so many people who say, 'I've never been here.' What I am hearing is, thank you for including us. We want them to know they are welcome here."

Government House—and putting her family's mark on it—is one of her primary initiatives.

"As the first African American family here, it is important to us that this house represents all Marylanders, and that all are welcome. Not only in the events we host, but in the arts we display."

Toward that end she is working with the Government House Trust and the Maryland State Archives to modernize the home in "how people perceive Maryland's history." Partnering with the Baltimore Museum of Art as well as the Banneker Douglass Museum in Annapolis, she wants the public to "see this home as

"MY HUSBAND AND I TRULY SEE THIS AS THE PEOPLE'S HOUSE. WE ARE TEMPORARY RESIDENTS, STEWARDS OF THIS PLACE. IT IS INCUMBENT UPON US TO SHARE IT."



an extension of their institutions.” She envisions special exhibits and displays that highlight Maryland history heretofore unseen, such as the lives of black and indigenous people. Nearby, the portrait of abolitionist Frederick Douglass graces the entry hall.

But Government House is more than a show place. For Moore it is the backdrop for tackling one of society’s most serious issues.

CHILDREN’S MENTAL HEALTH

“Government House is a place where we can connect, gather, elevate the issues,” Moore tells us. “This is very important to me and to my husband’s administration. It’s a place where people can be heard and seen.”

Nowhere does the First Lady feel more passionate than in the area of children’s mental health. For the past year she has been speaking to many different stakeholders, including

the medical community, providers, advocates for young people, and parents about the state of children's mental health. Raising two children, Mia, now age 12, and James, age 10, the topic is very personal: "As a mom I know the struggles we all face every day."

One of her top concerns is the impact of social media.

"I am pretty strict about social media. It's a bit hard to ban it totally, but I do not let my children have Facebook, Instagram, or Tik Tok."

Do they balk at that?

"Of course they do, like every other kid in America. But I try to explain to my children the science. I tell them that they are too young and there's a time I will let them."

And when is that?

"My daughter asks me that every other day. I tell her, I cannot make a promise to you because if I make a promise and I change my mind, then you will say I didn't keep my promise. But I explain to her that I will continue to follow the science."

Moore admits she's not the expert, but her status affords her access to those who are. This past year she heard the Surgeon General address the National Governor's Association about the crisis in children's mental health. He called out social media for giving young people a "false sense of community."

"That really resonated with me.

I want people to understand we have to create *real* community, especially with young people because they have grown up in social media, so they have a different perception of what community is."

Still listening, still learning, Moore—like her husband—is still formulating the specifics of how to attack the problem. There are state funds to back her. For FY 2024 the Moore Administration has committed \$1.3 billion in direct state support for various mental health and substance use services and initiatives.

The First Lady hopes parents will find strength and a partner in her advocacy work. She wants young people to say, "she helped us to be seen and we know she is our partner." She wants their parents to stand strong for their children—especially around social media—because "If Dawn can do it, maybe I can, too."

But being heard is not just about mental health, as her own story reveals.



HEALTH EQUITY

She is very public about it. In fact, it is one of her top initiatives. When Moore was 26, she was diagnosed with multiple sclerosis (MS), a potentially disabling disease that attacks the nervous system. It causes many different symptoms, most common being fatigue, vision loss, and impaired coordination.

Moore had these plus others: double vision, her "gait was off" and she experienced loss of taste. Despite this, she was repeatedly misdiagnosed. Worse, reflecting on that time, she feels she was ignored.

A recent survey corroborates her experience. Conducted by the health research organization KFF (formerly known as The Kaiser Family Foundation), researchers polled a nationally representative sample of nearly 6,300 adults. Black Americans reported facing discrimination in the doctor's office and needing to "change the way they dress and mentally brace themselves for potential mistreatment when

they visit the doctor.” (as reported on NPR’s Morning Edition, December 5, 2023)

“What I went through to get my diagnosis is very typical of what women of color go through,” Moore explains. “Constant misdiagnoses, not being heard. Black women are constantly being ignored or misdiagnosed because MS was not seen as a black woman’s disease.”

At one point she was even told she was having a nervous breakdown. Like many times in her life, her mother became her greatest partner. She was unrelenting in trying to get her daughter to the right doctors.

But the hero of this story was Wes, “my boyfriend at the time,” she says, smiling. “He was extraordinarily helpful.”

She credits her then-future husband with introducing her to Dr. Carolyn Britton, a neurologist with Columbia Presbyterian Medical Center in New York, who ultimately confirmed her diagnosis and got her on the right regimen. There were many medications and therapies, but what she remembers most was “her way of speaking to me; she made me feel empowered. She made me feel safe.”

Moore knows she is fortunate. Her course with the illness was relatively benign. But there is no cure for MS and it requires vigilance. She has added holistic methods like nutrition, exercise, and methods to minimize stress, like Yoga. Always physically active, during COVID she took up tennis because it allowed for social distancing.

She also understands how important it is to find time just for herself. “You have to be intentional and carve it out. I have to schedule everything.”

“THE LOCAL LADY”

Moore claims there is no “typical day.” But like any mother of young children, her life dictates a certain routine. Most mornings she rides with Mia and James to their school in Baltimore just as she did when they lived there. The family has dinner together often. Their lives focus on the children’s activities. Mia is a dancer, pursuing both ballet and jazz. James loves sports and plays flag football. Occasionally on a weekend he’ll toss a football with his dad in the front yard.

Keeping her family safe is a recurrent theme. It’s the reason she’s kept her children in their same school, a place where they know their teachers and friends, especially given the upheaval of this past year. They still maintain friends and activities in Baltimore, where the children were born and the Moores have spent so much of their lives. But already Annapolis, and all it has to offer, delights her.

“Annapolis is such a walkable town,” she says, “My daughter and I love looking in all the shops. We always find something we like.”

She isn’t shy about sharing her favorites. That includes

ice cream. The owners of Annapolis Ice Cream know James’ favorite flavor—cookie dough. For Mia and her father, it’s anything with peanut butter. For giant milk shakes, it is Chic and Ruth’s. Dinner might be The Choptank, pizza from Fox’s Den, or a quiet evening at Harry Browne’s. Alone with her son, it’s sometimes Vida Taco Bar.

“They call me the ‘Local Lady,’” she says, “because I love to be local. I love to shop and walk the dog here.”

The dog, Tucker, is the family’s two-year-old Shih tzu-poodle mix often seen—and heard—greeting passers-by. He was a promise to Mia and James after the election.

A favorite stop is the Welcome Home store across from the State House. Owner Jennifer Baker is always thrilled to

see her. “Throughout Covid everything was so hard,” Baker says. “But from the day of Governor Moore’s inauguration, people were on the streets so proud and so excited. Part of it was having our first black family, but it was also having a young family in the Governor’s Mansion. Now we have children and a puppy. Governor Moore and his family have become a visible part of downtown. I regularly see them eating in our restaurants and shopping. And I love how the First Lady often stops

in, sometimes in sweats wearing a cap, just like a regular person, out to do some shopping.”

Living in Annapolis affords the First Lady another family advantage.

“The beautiful thing about this is that the kids can walk across the street and go see Daddy. Wes tells them all the time, ‘you can come over here any time.’ They’ve been able to do that and that hasn’t changed.”

What has changed for her recently has been the national attention. Governor Moore, unquestionably charismatic with exceptional credentials in public service, has quickly drawn the attention of the national spotlight. It’s not every elected official who attracts a multi-page spread in *Vogue* magazine, complete with photographs by renowned portrait photographer Annie Leibovitz (July 18, 2023).

“It is flattering,” says his wife. “But I hope it just means he is doing a good job. The most important thing is that he continues to focus on his work here. Service is in his blood. There’s nothing he’d rather be doing.”

Moore looks forward to her second year in Annapolis with her own focus, once again, on Government House, a symbol of all she hopes to accomplish.

“I’m excited for year two in this home to be even more inclusive than our first. When you come into this house, I want it to feel joyous and cheerful.”

As for what local people can do to support her.

“It’s already happening. Continue to invite us in. If you see me, say hello. I am your neighbor.” ■

**“I’M EXCITED FOR YEAR
TWO IN THIS HOME TO BE
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Search Party!

Hunting for fossils, arrowheads, and sea glass is a great way to explore nature, learn regional history, and make unique discoveries

By Tyler Lewin

Artifact hunting is a captivating pursuit that allows individuals to unearth pieces of history, offering glimpses into the lives of those who came before us. Among the diverse array of artifacts, three categories stand out for both their historical significance and the thrill they provide to collectors: fossils, arrowheads, and sea glass.

◆
Ecphora gardenerae
is Maryland's
state fossil shell.

Fossil hunting is a journey through time, as enthusiasts traverse landscapes in search of preserved remnants of ancient life. Fossils are like nature's time capsules, offering a window into the Earth's rich history. Whether it's the imprint of a prehistoric leaf or the skeletal remains of a long-extinct creature, each fossil tells a unique story about the evolution of our planet. It's a journey that combines scientific curiosity with a sense of adventure, as each discovery adds a piece to the puzzle of our planet's history.

Maryland's geological diversity makes it an ideal destination for fossil hunters. James Stedman of the Maryland Geological Society expresses how fossil discovery can vary from one side of the state to the other. "I have collected in [multiple] regions...and the methods of collecting in each are very different. Western Maryland fossil hunting can involve searching roadcuts and quarries, breaking rocks, etc. In contrast, many of the fossils found in the Atlantic Coastal Plain are through exploring bay, river, and creek shorelines."

One particularly renowned area for fossil hunting is the Calvert Cliffs along the western shore of the Chesapeake Bay. These cliffs, composed of sedimentary rocks from the Miocene epoch, hold a wealth of marine fossils dating back 10 to 20 million years. The Calvert Cliffs attract paleontology enthusiasts eager to explore the ancient seabed preserved in the rock layers. Fossil hunters gather daily at Calvert Cliffs, often discovering sharks and ray teeth, shells, and even the remains of marine mammals. The thrill of finding a fossilized remnant from the Miocene era is complemented by the stunning coastal scenery, making the hunt both educational and visually rewarding. Home to several amateur fossil hunting groups, the nearby Calvert Marine Museum in Solomon, Maryland, is a fantastic place to learn more about fossil hunting origins in Maryland and view specimens of *Ecphora gardenerae*, Maryland's state fossil shell. Several galleries and exhibits feature fossils throughout the ages, a massive, 35-foot megalodon skeleton replica, and an overview of how our state's climate and environment has evolved through millennia.

To make your own fossil discovery in Maryland, consider using several essential tools, including a sturdy rock hammer for breaking apart sedimentary rock, a chisel for delicate excavation, and a soft brush for cleaning and revealing fossilized specimens without causing damage.

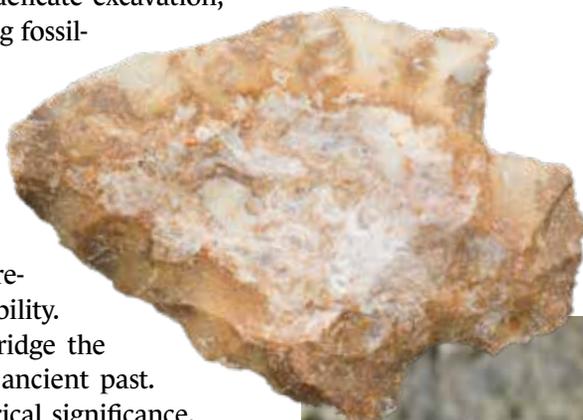
Arrowhead hunting is a pursuit deeply rooted in human history, linking modern-day enthusiasts with the skills and tools of ancient civilizations. These small, pointed artifacts served as crucial tools and weapons for Native Americans, reflecting their resourcefulness and adaptability. Today, arrowhead hunting is a way to bridge the gap between contemporary life and the ancient past. Hunters often search in areas with historical significance, such as former Native American settlements or battlegrounds. The thrill of uncovering an arrowhead lies not just in the physical artifact, but also the story it may impart about the people who crafted and used it. Each find is a tangible connection to the daily lives, hunting practices, and cultural traditions of those who lived centuries ago.

Pig Point in Anne Arundel County, located at the southern end of the Parris N. Glendening Nature Preserve's walking trails, should be on everyone's must-visit list. From 2009 to 2014, archeologists led by Dr. Al Luckenbach excavated prehistoric sites that had been noted as potentially significant; what they discovered would be deemed as one of the most important pre-contact Native American historical sites in Maryland. Overlooking the Patuxent River, Pig Point was home to over five ceremonial pits, bones from which date back over 10,000 years. It is believed that the inhabitants of the time thought Pig Point had a magical sense of place and, thus, they practiced various rituals and ceremonies there.

Although hikers and visitors to Pig Point should not disturb these once-sacred grounds, searching the adjacent shorelines and woods is permitted. Arrowhead hunting demands a keen eye and simple tools. Enthusiasts may use a small trowel for poking into soil and a fine-mesh sieve to help sift through sediment and uncover small artifacts.

If you're interested in joining like-minded enthusiasts for a group hunt, consider the Natural History Society of Maryland, located in Baltimore. The Society hosts Fossil Club meetings on the first Wednesday of every month, Archaeology Club meetings every third Wednesday of the month, and offers various field trips throughout the year to find fossils or artifacts.

Sea glass gathering offers a unique twist to artifact hunting, taking enthusiasts to coastal shores in search of weathered and tumbled glass fragments or historic shards. The hunt combines



Arrowheads are exciting finds when searching areas once inhabited by Native Americans, such as Pig Point in southern Anne Arundel County and many shoreline mittens on Maryland's Eastern Shore.





torical maritime activity of the region has contributed diverse glass, China, and metallic pieces awaiting discovery.

Collectors even create unique jewelry or decorative art from their finds. To this end, the Eastern Shore Sea Glass and Coastal Arts Festival may be right up your alley. Taking place on April 20th and 21st on the grounds of the Chesapeake Bay Maritime Museum in St. Michaels, this festival will host many crafters who display various sea glass works of art, all available for purchase. In addition to the vendors, the museum will feature live music, food, drinks, and historic exhibitions.

With so many options available for making your first discovery, whether it's sea glass, arrowheads, or fossils, you may wonder where to start. "In my opinion, the richest source of fossils in Maryland is the Calvert Cliffs that line the western edge of the Chesapeake Bay," Stedman suggests.

Now...one question remains; What will you find next? ■

◆ Collecting sea glass is especially popular along Maryland's many accessible Chesapeake shorelines and Atlantic beaches.

◆ A collection of small, fossilized sharks and ray teeth gathered from the beachfront at Calvert Cliffs State Park.

◆ As the Calvert Cliffs in southern Calvert County, Maryland, weather and erode, fossilized remains of many prehistoric species may become exposed.



the allure of the beach with the excitement of discovering hidden treasures washed ashore. What begins as discarded glass transforms over time into smooth, frosted gems, polished by the relentless motion of the sea. Each piece of sea glass tells a tale of human activity, as it originates from broken bottles, jars, or other glass items lost or discarded in nearby waters or the vast ocean. Collectors are drawn to the vibrant colors and smooth textures of sea glass. Sea glass hunting along Maryland's coast necessitates a slightly different toolkit. Protective footwear, as well as light gloves, are helpful when scouring beaches. A mesh bag or pouch is useful for collecting sea glass, which allows sand and water to filter out. Some hunters also use a sifter or small shovel for digging in the sand, as sea glass is often partially buried.

Maryland's extensive shoreline along the Chesapeake Bay and coastline along the Atlantic Ocean provide endless opportunities to search for sea glass. Beachcombers can explore popular spots like Ocean City or tucked-away beaches of the Eastern Shore. The Chesapeake Bay's tidal cycles and the Atlantic's constant wave action contribute to the weathering and smoothing of glass fragments, transforming them into colorful treasures. Even beaches near Annapolis, such as Sandy Point State Park, are known for yielding sea glass treasures. The his-



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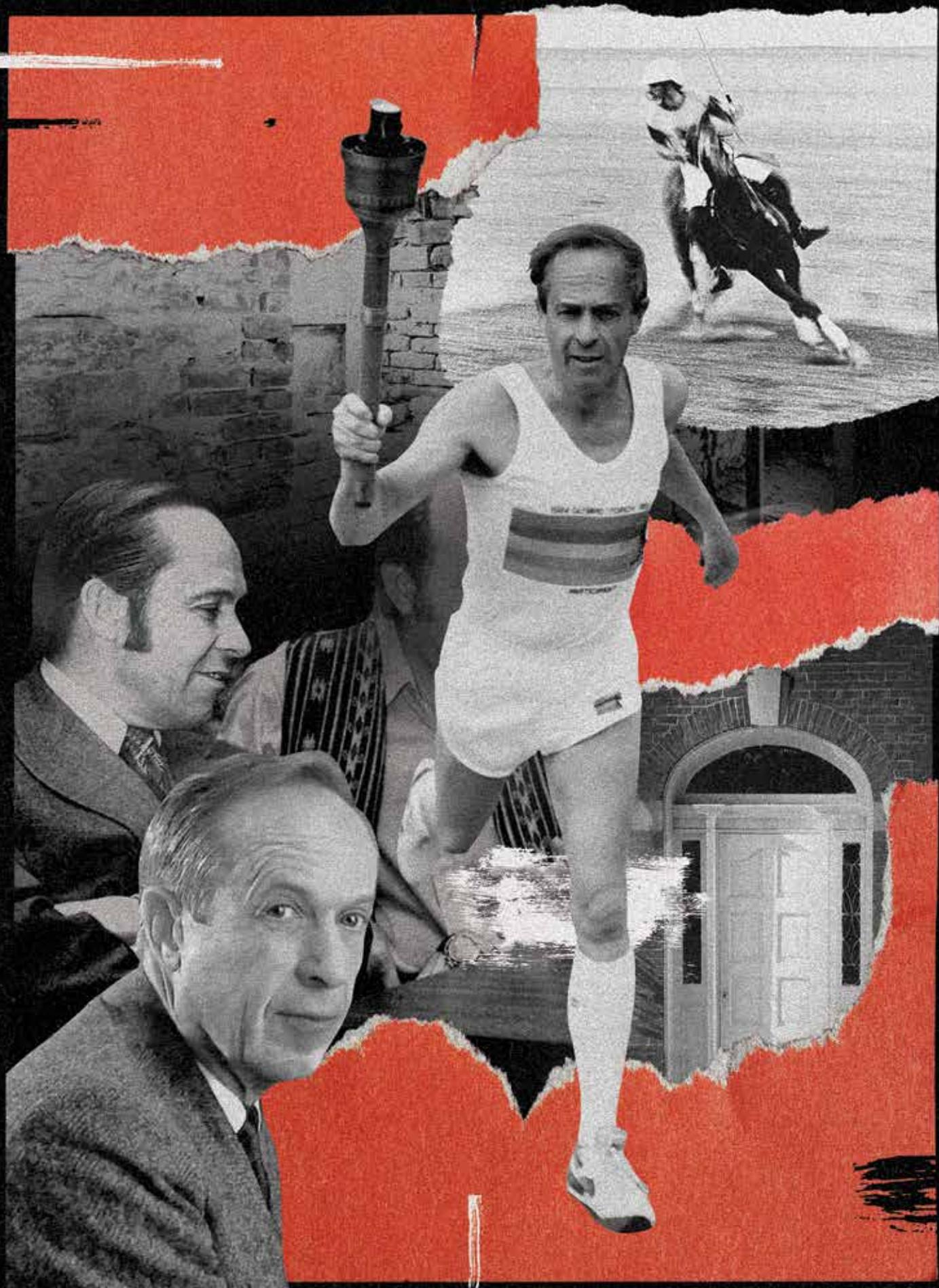
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BY **ELLEN MOYER**
PHOTOGRAPHY COURTESY **CELIA PEARSON**



t was the 1980s and, for Annapolis, the best of times. The city was on a roll entering its second Golden Age since the 1760s, when it was the cultural center of the colonies. Annapolis' treasured icon, The Maryland Inn—that had stood at the top of Main Street since it was built as a home and house of entertainment by civic leader Thomas Hyde in 1772—had been fully-restored to its previous glory. “The Inn,” as it was colloquially known, boasted an exciting jazz club in its downstairs King of France Tavern, which was visited by

the nation's great jazz artists including Dave Brubeck, Earl “Fatha” Hines, Monty Alexander, Teddy Wilson, Ethel Ennis, Charlie Byrd, The Hard Travelers, and more. Meanwhile, popovers and caviar were favorite staples in The Inn's elegant first-class restaurant. Legislators and town leaders often chimed “meet me at The Inn” to gather in its intimate but busy bar. In the 1970s and '80s, The Inn came to symbolize a new vitality that spurred economic benefits for the whole city; a city that came alive with music venues and festivals, and generally good times up and down Main Street and toward Eastport too.

How did this happen? Anne St. Clair Wright and Mayor Roger “Pip” Moyer had sparked hometown pride and led the city's residents, in 1965, to vote for Annapolis to be designated a National Historic Landmark District. But the boom times were the work of a man, a visionary businessman who had a passion for preservation and of jazz, who “made his work into art” with an elegant style. He would transform the city center with five restored historic inns and newly built condominiums in blue collar Eastport. Fifty years ago, farmer-athlete-entrepreneur-developer Paul Pearson bought, built, restored, and changed

the face of the city. Yet, in this historic city that has a reputation for eating its own, Paul Pearson, who helped usher a city-wide renaissance, is a name no longer recognized.

When Paul died in 2001 after suffering six years of debilitating strokes that left him unable to talk or walk, the music died with him. Despite the efforts of Elana Byrd to rekindle the jazz club at The Inn, the owners said no thanks. Today, gone are the once-renown popovers and first-class restaurant. Gone is the high-class jazz club and King of France Tavern that energized this capital city. The music of life—the excitement and the magic generated by the visionary work of Paul Pearson at The Inn, so important to the city's economic vitality—is quiet.

So, who exactly was Paul Pearson?

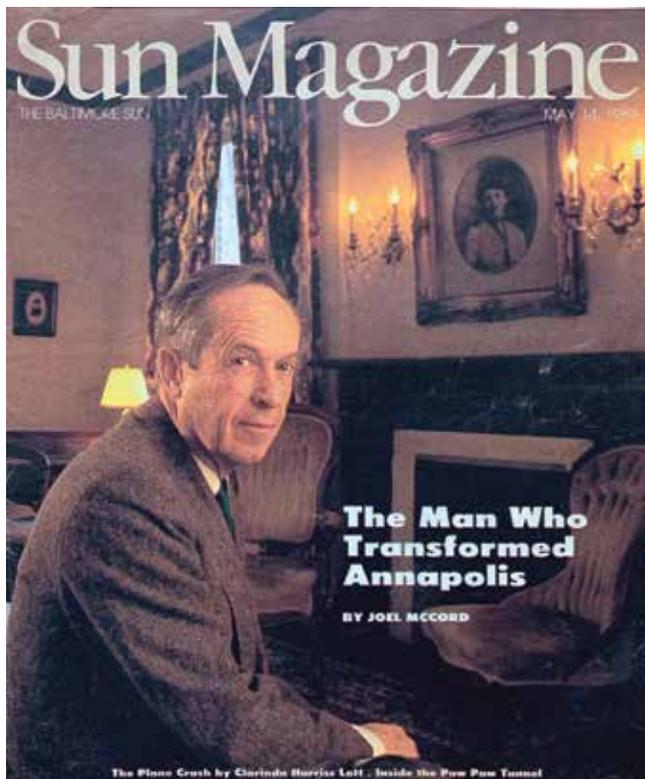
Paul was born in 1925 in Bryn Mawr, Pennsylvania, to a Quaker family that had a history of transforming generations around them. He is named for his grandfather, a teacher of oral English at Swarthmore College and a founder of Chautauqua, the educational, social, and entertainment movement of the 1800s. His uncle was syndicated columnist Drew Pearson, who wrote the popular Washington Merry Go-Round. His father, an English professor at Haverford College, also joined the writing of Washington Merry Go-Round.

Energetic from an early age, Paul developed an interest in soccer that landed him on the Exeter High School and Harvard University teams. In his 40s he would transfer his athletic interests to polo—an intense, competitive, elegant, and graceful athletic sport; qualities that fit his personality. He was also an accomplished sailor learning the sport in Kittery, Maine, where, at age 16, with his brother Tom, he built Lightning class sailboat. With an interest in agriculture, he graduated from Harvard with a Degree in the Economics of Agriculture. Paul managed his Uncle Drew's Montgomery County Farm until securing 256 acres of his own. Always an innovator, he won conservation awards for using contour and no-till planting methods. He was as comfortable on a tractor as he would be managing The Maryland Inn.

In his early adult life, Paul served in the Navy aboard the battleship *USS Washington*. After WWII, he loafed a bit in Paris with his father, who took a job as bureau chief for NBC. Here, he met and married his wife, Nicole Hargrove, a beautiful and graceful dancer. Moving back to the states, they settled in New York City, where Paul became a producer for the “Tex and Jinx” radio show—the “Today Show” of its day. And Nicole danced with Agnes de Mille, the choreographer for “Gentlemen Prefer Blondes.”



(Left) **Paul and Nicole Pearson at the Tex and Jinx radio show farewell party for Paul in New York City, 1958. The couple would move to Maryland to pursue Paul's dream of farming.** (Right) **Pearson's wife Nicole dances with daughter Celia in a photo by Elwood Baker for the article, “From Asphalt Jungle to Maryland Farm,” that appeared in the January 26, 1958, issue of Sunday Star Magazine.**



The glitz and glitter of NYC was fun and appealing, but Paul missed the stability of the land he loved. When his Uncle Drew offered him an opportunity to manage his farm he jumped at the chance and credits his wife with agreeing to move to Maryland, near Washington, D.C. and an, altogether, very different lifestyle. Here, they raised three daughters—Karen, Celia, and Andrea—all artistically inclined. Annapolitan interior designer, Karen Fazekas, the eldest daughter, recalls her father as kind, gentle, loving, and always finding fun things and new challenges to do on the farm. “He had a string of polo ponies and a kennel where he trained hunting dogs,” Fazekas says. “Amplified by his sense of humor and charm, we always had interesting things going on at the farm.” Daughter Celia noted at his memorial service that, after his strokes, he showed great grace under the personal tragedy—the man with the magical voice couldn’t talk and the soccer player couldn’t walk—that marked the end of his life. And that he was a man of spirit and passion for life, and elegance in style that never failed him. This is the

Pearson’s story was celebrated in the May 14, 1989, edition Sun Magazine. Cover photo by David Harp and article by Joel McCord.

mark of the man that transformed Annapolis. Calling time-out from farming, Paul came to Annapolis in 1968 to go sailing with a friend. He saw a beautiful city, a bit down on its heels, that challenged his imagination. With his passion to create something new, as was the pattern of his life, his own lifestyle was about to change too—from farmer to developer, and a restorer of great buildings from the city’s early Colonial days of glory. “I look at an old building and I see a challenge,” Paul once said when interviewed.

In Annapolis, one of America’s oldest cities, there were many old buildings to choose from. Even today, 120 eighteenth century buildings exist in this capital city. Paul would choose five: The Maryland Inn, Reynolds Tavern, and deteriorating homes that would be converted to inns—the Calvert House, the Statehouse Inn, and the Robert Johnson House.

Waterfront property sitting forlorn also inspired his imagination to what could be. His first investment in the city was a \$110,000 purchase of an old boatyard on

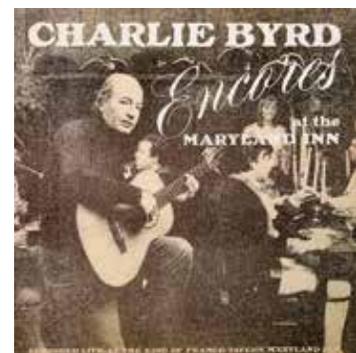
Spa Creek from Harry and Mary Lewis, grandparents of former Mayor Pip Moyer. With his partner contractor Richard Donohoe, he built the city’s first condominiums, named Tecumseh. Shearwater and The Point would follow, changing the blue-collar Eastport into an upscale community.

At about the same time, Donohoe and Pearson bought the Maryland Inn for \$15,000 down on a \$400,000 mortgage and proceeded to turn it “into a stylish doyenne of a chain of five historic inns” wrote journalist Joel McCord in the *Baltimore Sun* newspaper in 1989.

Renovations were costly at The Maryland Inn. Layers of cement and plaster board were stripped away from an employee locker room and beauty salon, revealing the original timbers and brick floors of Thomas Hyde’s first house of entertainment in the state. This space became the King of France Tavern and jazz club that would bring the city fame for more than 25 years.

Faced with the challenge to attract people to this new music venue, Paul discovered guitarist Charlie Byrd (already famous but unknown to Paul) at a City Dock festival. Doing the unthinkable, he somehow convinced Byrd to join the new, yet-to-open, jazz club. Paul’s maître de for the Treaty of Paris once said that Paul had a way with words that convinced you that anything you dreamed of could happen. In May 1972, Byrd opened the King of France Tavern to standing room only crowds for three weeks. The club was his home until he, himself, died in 1999.

Album cover of a Charlie Byrd recording made at Pearson’s King of France Tavern in Annapolis.





Paul Pearson, Mayor Roger “Pip” Moyer, and Historic Annapolis Founder St. Clair Wright assess the King of France Tavern before its restoration. Photo attributed to M.E. Warren.

The King of France Tavern jazz club transformed The Inn into a popular nightspot and city economic generator. Businessman Buddy Levy credited the King of France with bringing a new vitality to the whole business district. Paul’s out-of-the-box thinking proposed a weekend with Count Basie in cooperation with Maryland Hall, and a gala dance party at the Calvert House. To see Dave Brubeck perform at the King of France Tavern cost fans \$60 per ticket.

It wasn’t long before Paul met and joined Anne St. Clair Wright, then-president of Historic Annapolis, who had been transforming the City of Annapolis into the National Historic District. According to Wright, Paul showed people what could be done with these old buildings and the impact they could have on the whole economic fabric of the city. They joined hands on restoring the Calvert House on State Circle. The house had served the Calverts, founders of the Colony of Maryland, and many other entities since the 1700s. But it was a mess.

Paul was a perfectionist who cared about authenticity so much so that he labeled every brick removed to guarantee it would be replaced in its original place. As restoration advanced, a hypocaust—an early heating system dating back to Roman times but rarely used in the 1700s—was discovered. Paul insisted it be saved.

Today, visitors can see it under a glass floor near the inn’s lobby.

Of course, the intense interest in perfect restoration meant cost overruns and increased debt. Paul’s

final venture was Reynolds Tavern on Church Circle, a building he didn’t own, but would cost him and end his life as an entrepreneur, developer, and preservationist. The building dated to 1737 and had many stories to tell, as discovered by archeologists on site. Paul, ever curious, couldn’t let them go. As they continuously uncovered features in the basement and backyard, Paul was busily helping his daughter Karen find authentic period furnishings for the Reynolds restaurant-to-be.

The country was going through its own tough economic times. Interest rates were soaring. With Paul facing \$2.5 million in debt, his new financial partners—less interested in preservation and archeology finds—proceeded to take over all five of the historic inns properties. The music and magic that brought new economic vitality to the city began to fade as Paul’s fortune, vision, and eagerness to take on new challenges died.

Annapolitan Anna Greenberg says, “Paul was a gift to Annapolis.” 49 West Coffeehouse, Winebar & Gallery owner Brian Callahan, who lived in an apartment next to Paul on East Street, agrees. “He was, indeed, a gift not only to the city

but to those around him.” Brian claims Paul as his mentor, who encouraged him when his own dreams stalled at times. “Paul opened doors for opportunity; he was just incredible with people,” Callahan says. “Classy in his approach to everything. He sought out the best people and boosted them on their way.”

Paul shared ideas he had for the future with Brian. He visualized recreation and a new inn along Weems Creek at the city’s entrance—that idea angered environmentalists but is still under consideration, as the ailing forest that Paul hoped to improve needs help. Paul wanted to redevelop the old Trumpy Yacht Yard into a sophisticated high-class restaurant. He thought the downtown alleys offered exciting walking networks. He proposed a shallow pond at City Dock that would engage kids with miniature boats in the summer and freeze for ice skating in the winter. These ideas never happened but were the mark of a creative and visionary risk-taker that liked a little excitement in his life, shared ideas, and embraced others to help them on their journeys.

Paul shared his thoughts for a day and words to live by with people in his life. One of his post-it notes to his friend, Mary, was a quote by General MacArthur, “There is no security on this earth. There is only opportunity.” His favorite quote, she claims, and one that guided his life, was by the poet, playwright, statesman, and one of the most important literary figures of the modern age, Johanne Wolfgang von Goethe: “Whatever you dream, you can do. Begin it, because boldness has genius, power, and magic in it.”

At Paul Pearson’s life celebration in October 2001, Grandson Chris Fazekas spoke. “My Grandpapa was a big, handsome soccer player who possessed that rare quality of being in love with everything in the world. Everything around him he loved with such intensity. He possessed such a passion for life, such a passion for people.” Such is the man that transformed the capital City of Annapolis for one brief shining period. ■



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Winter reflection gives way to Spring action. Having spent much time indoors during the cold season, we're ready to unleash our homes' potential and all the projects that we've been considering. And now is the time to source home services and schedule contractors. This Home Resource Guide offers a comprehensive list of the region's most dependable, knowledgeable, and reputable professionals and realtors. The services listed are provided by advertisers appearing in recent What's Up? Media publications. They are dedicated to serving our readership. Please consider their expertise for your home projects or to make a move altogether!

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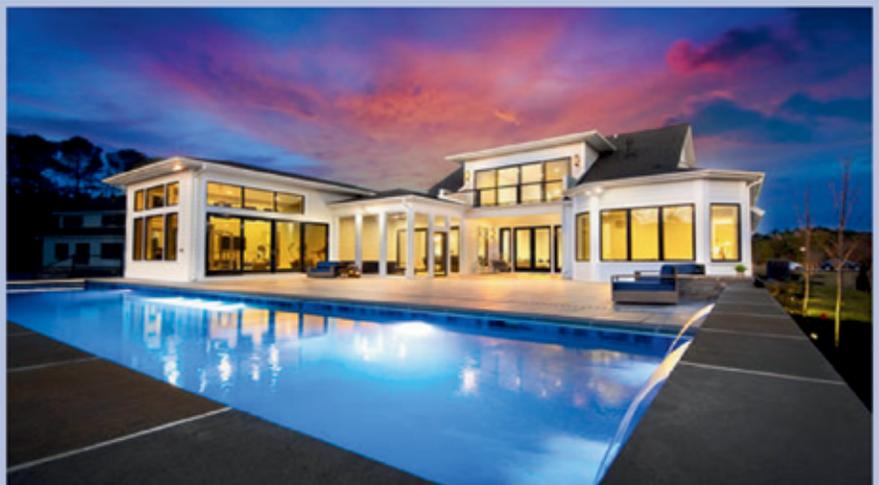
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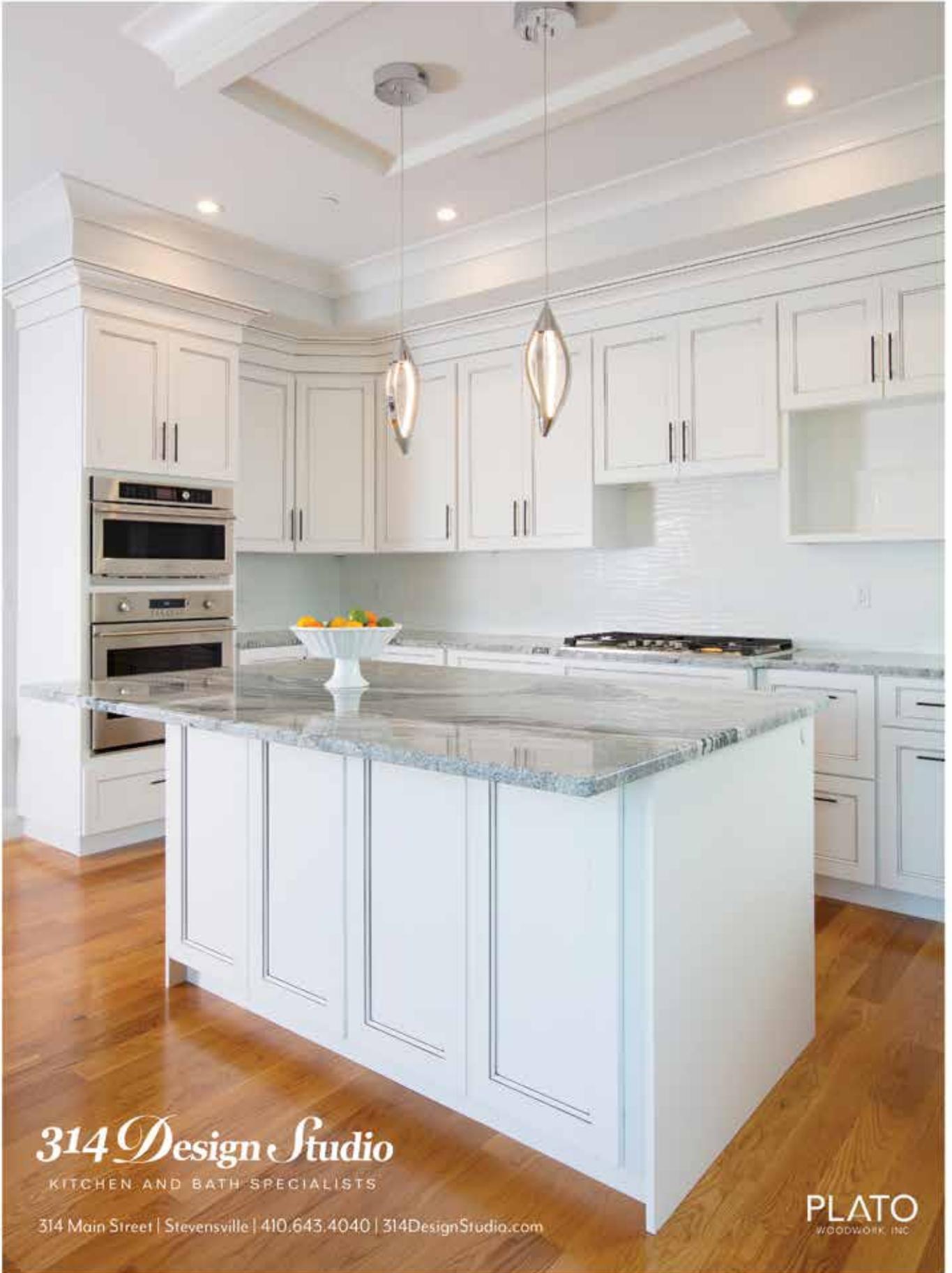
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Hello,

**The National Association
of Home Builders' New
American Home for 2024**

We're Home.

**By
Lisa J. Gotto**

**Photography by
Levy Ellyson/501 Studios,
courtesy of Pro Builder Media**



Think about it. If you were tasked with building the optimal, totally state-of-the-art home with every conceivable design advantage, stellar, best-in-class materials, an exceptional team of industry professionals working from foundation to roof, and a directive to dream big, what might that home look like?

While this is surely a fun, escapist exercise for us, this task represents a solid, nuts and bolts endeavor for the National Association of Home Builders which has been rising to the challenge to build all the above and more into what they refer to as the *New American Home* every year for the last 40 years. The end result of this visionary project, which is unveiled annually at the NAHB International Builders' Show in Las Vegas, is a compilation based on the execution of two primary project goals: maximizing housing performance and energy efficiency.

Takeaways from last month's annual unveiling are not only beautiful to look at, but they also represent practices and innovations that you may soon be seeing in that re-build down the street from you, or perhaps even in your very own American home. So, let's break it down and take a better look!



The Design-Build Custom Process

The NAHB awarded the design keys to a proven leader and forward thinker in the custom design/build category, Sun West Custom Homes. The home is located in Nevada and its prevailing objective was to bring the aspect of resort living to everyday living. A keen consideration of the natural environment surrounding the home was the key inspiration for its interior design. One clear indication of that is the prominent interior feature walls that utilize a unique stone application that matches the custom stone found on the home's exterior, creating that all-important connection from indoors to outdoors.

The home is one-story, with 7,722 feet of living space that includes five bedrooms, five and one-half bathrooms, a state-of-the-art outdoor kitchen, a pool courtyard, and a menu of energy-efficient features.

The architectural vibe of the home is definitely ultra-modern with its striking, angled slabs of multi-





tiered roof sections, its façade of warm stone, and generous amounts of glass to take advantage of its perched location looking out and beyond the famous Las Vegas strip.

The glass starts at the front door with the innovative choice of an atypically wide, weighty glass panel door from Western Window Systems that pivots with the ability to swing in or out. The eye is immediately drawn straight ahead and toward a dramatic great room. A series of fixed-system floor-to-ceiling windows take the place of traditional walls enabling the already spacious entry to inspire the intentional feel of being at a resort.

The great room acts as the core of this one-story residence with all the other areas of the home spinning off around it. Along the way to the great room, you can't help but notice the eye-catching, lighted, clear column of wine bottles. This glass-enclosed Helix wine rack serves as both chiller and visual thriller in a space that is so inviting and well-suited for entertaining.

How This Home Performs

Four walls are just that unless, and until, you see each as an opportunity to be cozier, safer, and just plain happier within them. That is what home performance is all about, and as they say, "When you know better, you do better." Year over year, the New American Home project is a testament to everything the building industry has learned when it comes to impact, efficiency, and aesthetics. Every nook and cranny of this 7,722 square-foot build was scrutinized with those aspects in mind. As a result, this home offers a plethora of wow factors in the area of performance.

Here are the highlights:

- To meet and/or exceed current energy efficiency standards, low-e coating windows with argon gas fill were installed throughout, which will help limit solar gain and optimize air tightness.
- A unique water-proofing system and floor-heating products were installed to help balance the home's humidity levels, control mold growth, and offset the costs associated with HVAC use.
- The home's attic is unvented, air-sealed, and lined with polyurethane spray-foam insulation.
- The exterior walls are sheathed with insulation board, sprayed with open-cell polyurethane spray-foam insulation, and R-values are maximized with the addition of reflective wall and ceiling insulation.
- The home's solar array of 84, 400-watt solar panels are enhanced with double-insulated microinverters.
- To improve energy efficiency and provide a more economical renewable energy option, the entire home was sealed with an atomized sealing process designed to plug up even the smallest of holes that cause drafts and inefficiencies.
- All household utility systems including HVAC, water heaters, and electrical fixtures are optimized to exceed certification specifications for Emerald level of the National Green Building Standard.
- A whole-building ventilation system approach was configured to allow optimal fresh air flow into the home.

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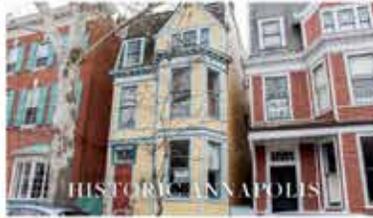
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The wine wall is an extension of the formal dining room where we get to see more of the interior's palette influenced by organic design, one of three major trends that the NAHB notes will remain popular in 2024. This room, with its staggered collection of hanging rattan lighting, and two textured walls of dark, rich wood, (one being the "fifth wall" or ceiling), also speaks to personalization trends showcasing warmer tones and the incorporation of grainy woods.

This tonal and tactile aesthetic continues to unfold all around you. Up above, the entire ceiling in this space is fitted with dark woods and peppered throughout with recessed lighting. The light, bisque-colored floor is accented with a texture-rich area rug in the great room. Its earthen brown hue and the sand-colored sectional sofa completes a visually stimulating yet relaxing space with open plan sightlines to the state-of-the-art kitchen.

Design and form truly rule in this space, which will be a topic of conversation all on its own. A wall of dark wood built-ins with vertical orientations is located to the left of the room as you enter. These intentional units fitted with storage cabinets below will provide ample display spaces for the homeowners collected and heirloom treasures. Consistent with the trend, the kitchen boasts two islands, both gorgeous and functional in their own way. The more traditional of the two does the lion's share when it comes to utility, housing appliances, and tons of drawers and cabinets in its wood base for kitchen essentials. It's topped with a concrete mineral countertop from Caesarstone's Metropolitan Collection.

The other island is a counterbalanced work of art in the form of a monolithic-like slab that mimics structural features on the exterior of the home. The piece, with its obvious visual impact will no doubt be the gathering spot for pre-dinner festivities and perhaps a bottled

Design and form truly rule in this space, which will be a topic of conversation all on its own.



vintage from the nearby wine wall. Another point of interest is the ceiling treatment in this room with its collection of cross-hatched, triangular wooden panels of various tones and textures—another bold take on the personalized trend in design.

The kitchen flows on one side to its exterior counterpart and introduces dinner guests to what outdoor resort-style living is all about. This space with its *al fresco* cooking and dining area, pool,



and modern, fire pit with conversational seating is totally opened to the inside with the home's integrated system of moving glass walls; clearly setting the standard in its class for optimal integration of indoor and outdoor spaces.

At day's end, this home's inhabitants will retreat to their primary suite which conveniently faces the pool and the incredible view of the city of Las Vegas in the distance, in a home that is a world-away from the everyday. ■

Find the complete tour of the New American Home online at tnah.com.



The NAHB on the Trends

While our showcase house may be located in Nevada, trend experts at the NAHB, say the following design trends will have staying power no matter your location:

BOLD PERSONALIZATION:

With resale value no longer a major concern, many homeowners want to make their homes uniquely personal. Long gone are the days of the stark white and gray color palette throughout the home. Colors are now shifting to warmer tones and textures, such as shades of blue and green and wood grain.

NOSTALGIC NOTES:

Mixing and matching design styles to better integrate homeowners' treasured keepsakes into a redesign is becoming more popular. There's also a shift away from modern design elements (think: clean lines) to incorporating more traditional features such as curved archways.

ORGANIC DESIGN:

Bringing the outdoors inside is another way homeowners are using remodeling to personalize their living spaces. This can be done by using woven materials such as cane and rattan throughout the home or by installing skylights allowing for more natural sunlight to flow through common areas.

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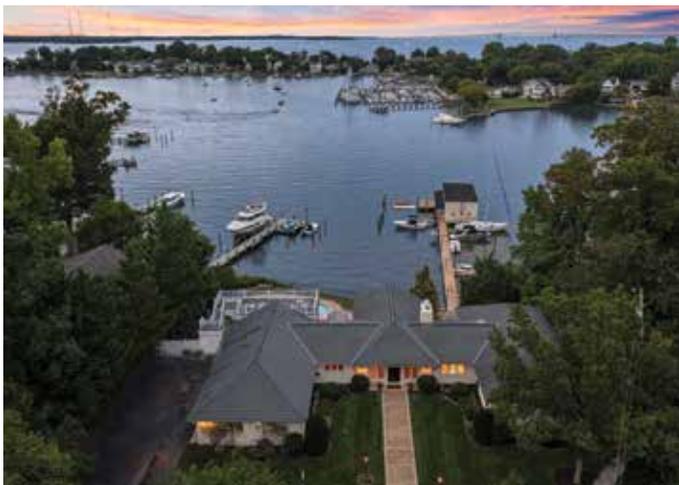
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MEAGAN BUCKLEY
& REID BUCKLEY

MR. WATERFRONT TEAM OF LONG & FOSTER REAL ESTATE

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NAVIGATION**

 MrWaterfrontTeam
 MrWaterfrontTeam



ERICA BAKER

**ERICA BAKER, VICE PRESIDENT
ASSOCIATE BROKER
TTR | SOTHEBY'S
INTERNATIONAL REALTY**

Ready to redefine your real estate journey? Take the leap and connect with Erica today to immerse yourself in a level of service that's truly unparalleled. Benefit from her extensive market expertise and witness the distinctive innovation that sets her apart. She consistently maximizes returns for her Sellers by employing time-tested and effective marketing strategies, leveraging global industry insights, and demonstrating a profound commitment to community engagement and awareness.

As a dedicated Associate Broker with a wealth of experience, Erica ensures exceptional service through her unwavering commitment. She is celebrated for her proven track record, glowing reviews, and heartfelt dedication to community involvement. Beyond her global industry expertise, Erica actively supports Annapolis communities, sponsoring impactful organizations like Live Water Foundation, Peake Social, Bay Bridge Paddle, and Annapolis Rotaract Rock The Dock events. In her downtime, you can catch her globe-trotting, hiking, paddle boarding, enjoying quality time with loved ones, or savoring Annapolis' waterways and vibrant restaurant scene. With a remarkable history of successful sales, Erica is wholeheartedly devoted to empowering her clients and helping them achieve their life goals. Reach out to her for a personalized marketing package that will maximize the value of your home sale.



Erica Baker

TTR | Sotheby's
INTERNATIONAL REALTY

Erica Baker, Realtor®
410-919-7019 | 410-280-5600
209 Main Street
Annapolis, MD 21401
ebaker@ttrsir.com
Ericabaker.ttrsir.com



PROPERTIES RECENTLY SOLD & FOR SALE



518 Corbin Pkwy
Annapolis, MD
SOLD
\$730,000 (Buyer)



1915 Towne Centre Blvd #612
Annapolis, MD
SOLD
\$875,000 (Seller)



104 Bikram Terrace
Annapolis, MD
SOLD
\$685,440 (Buyer)



4007 Arcade Ct
Chesapeake Beach, MD
SOLD
\$775,000 (Seller)



2813 Fennel Rd
Edgewater, MD
SOLD
\$757,500 (Buyer)



SCOTT “SHREK” SCHUETTER & CREW

- PERSONAL
- PROFESSIONAL
- PRESSURE FREE



Scott Schuetter is a dedicated and professional real estate agent surrounded by an amazing team. Using experience as a graduate of the U.S. Naval Academy and former naval aviator, he has closed over \$450 million in transactions since 2008. He is truly committed to making your real estate transaction an enjoyable, stress free process. His military background and training taught him to remain calm in any and all situations. These invaluable life skills have been finely tuned daily in his career as a realtor. When things are most chaotic, it is extremely important to have a steady, guiding and trusting voice. Every real estate transaction involves a series of complex personal choices intermixed with emotions, finances and futures. It may not be as stressful as landing a plane on an aircraft carrier, but to his clients it may feel like it and he is there to lead them every step of the way!



Scott Schuetter, Realtor®
 (C): 410-900-7668 (O): 410-266-0600
 1997 Annapolis Exchange Pkwy, Suite 101
 Annapolis, MD 21401
 ScottSchuetter.com
 Scott@ScottSchuetter.com



PROPERTIES RECENTLY SOLD



1923 PENDENNIS DRIVE
 \$1,100,000 - SOLD
 ANNAPOLIS, MD



625 SEAN DRIVE
 \$1,100,000 - SOLD
 ANNAPOLIS, MD



1444 WESTWAY
 \$1,300,000 - SOLD
 ARNOLD, MD



Jack Papaleonti, GRI

THE ANCHOR TEAM OF ACADEMY REALTY

Experience matters! Introducing the Anchor Team led by Jack Papaleonti GRI, who brings years of experience and a team mentality to real estate.



There are so many obstacles and challenges that come up during a real estate transaction. An agent has to be in several places at once, so having a team that is always there pays off. With over 65 years of combined experience, we have extensive experience with waterfront homes, historic homes, condos, COOPs, investment properties, retirement homes, condemned homes, foreclosures, bank owned homes, and commercial real estate, as well as dealing with homeowner's associations, well and septic properties, and more.

Buying or selling a home is one of the biggest financial and personal decisions for anyone, whether for personal usage or investment. Academy Realty is an organization you can trust that brings a team of experience with integrity and commitment to get the deal done right. At Academy Realty we also offer special incentives for first responders, teachers and veterans when using our service. Part of our mission is to give back to our community and support those that dedicate their lives to the betterment of our communities. Contact us to preview waterfront homes from Anchor Time, or to preview homes in Historic Annapolis or Heritage Harbour from our street legal jazzy golf cart to experience home buying at a whole new level!



Joni Jones



Zack Papaleonti



Jessica Manning



Ginnie Henry



Kathy Whitlock



801 Compass Way, Suite 7
Annapolis, MD 21401
www.AcademyRealty.com
Tel# 410-263-9105
Cell# 410-991-4465





STAHLEY THOMPSON HOMES

DRIVEN BY PASSION, SHAPED BY EXPERIENCE AND TRUSTED FOR OUR REPUTATION

Real estate isn't just about transactions, it's about transitions. Stahley Thompson Homes has over forty years of collective experience guiding our clients through transitions: upsizing, downsizing, rightsizing, moving down the street or out of state and our goal is to make each transaction seamless.

We are redefining what luxury means in real estate. At Stahley Thompson Homes, luxury is a level of service. Our clients always come first and we provide superior service throughout your entire transaction at every price point. Our team, Jennifer Chino, Ashley Earle, Angela Hays, and Whitney Jerdal, is here to guide you through the process of buying or selling your home with a unique focus on your specific needs and aspirations. The result is a superior client focused experience.

Jennifer Chino

Team Lead - Stahley Thompson Homes

410-941-7009 | 443-906-3848
537A Baltimore Annapolis Blvd.
Severna Park, MD 21146
www.stahleythompsonhomes.com



PROPERTIES RECENTLY SOLD & FOR SALE



1649 Isabella Court



141 West Street #402



615 S Cherry Grove Ave



924 King James Landing



5917 Pontiac Drive



7 Seaward Drive



1651 Pleasant Plains Road



435 Ferry Point Road



CHRISTY BISHOP

BERKSHIRE HATHAWAY HOME SERVICES
PENFED REALTY

Christy Bishop, a leading figure in the real estate arena, brings an unparalleled zeal to safeguarding her clients' wealth while approaching her profession with utmost dedication. With an illustrious career spanning almost 30 years, Christy's roots in Maryland and upbringing amidst the scenic landscapes of Severna Park and Annapolis instilled in her a deep appreciation for the nuances of real estate.

Acknowledging the profound responsibility that comes with negotiating her clients' most significant assets, Christy underscores the importance of trust and integrity in her practice. As the daughter of 2 United States Marines and Naval Academy graduates (Mike Morgan USNA '67 & John Bishop USNA '65), her faith and honesty is unparalleled. Christy's commitment to representing her clients' best interests has earned her accolades with many expressing gratitude for securing an optimal sale price and terms for their home sale.

For Christy, the essence of her work lies in fostering meaningful relationships with her clients and alleviating the inherent stress associated with buying or selling property. Whether dealing with a condominium or a gated estate, her clients are assured of receiving top-notch representation characterized by unwavering integrity and professionalism.

Beyond her client-centric approach, Christy remains deeply engaged in her local real estate community and her exceptional track record and commitment to ethical standards has earned her lifetime membership in the top 1% of Anne Arundel County Realtor's Masters Club.

Embracing the Annapolitan lifestyle, she finds joy living in Annapolis on the water with her husband and German Shepherd. When not immersed in real estate endeavors, Christy loves to go boating and fishing, is an avid gardener and spending time away at the Delaware Beaches.

Get started here



As seen on



Christy Bishop

443-994-3405 | 410-647-8000
Christy@CBMoving.com
www.CBMoving.com

Facebook, Instagram, Twitter icons | @MarylandWaterfront

RECENTLY SOLD PROPERTY



2178 Chesapeake Harbour Drive
Annapolis, MD 21403 | SOLD \$1,0850,000



BIANA ARENTZ

COLDWELL BANKER REALTY



Biana Arentz stands as a distinguished leader in luxury real estate, expertly navigating the waterfront properties of Maryland’s Eastern Shore and Annapolis. Awarded Best Luxury Realtor by *What’s Up? Magazine* and the *Shore Update* in 2023, she embodies selling the luxury lifestyle across all price points. With over two decades in real estate and a passion for community involvement, Biana is well known on both sides of the Bridge. Her rise from Hemingway’s Restaurant to a real estate luminary is powered by gratitude towards her supportive network and her continuous support of her community - especially through her sixteen years with Bosom Buddies Charities and more recently Luminis Health’s Fish For a Cure. Merging in-depth local knowledge with unwavering dedication, she loves what she does as a REALTOR, guiding her clients in one of the biggest financial decisions of their life.

Biana’s husband and fellow REALTOR Steve Arentz, their children, Steven and Elizabeth, and their family dog Harley, are her “why”. Everything she does is to make them proud! Elizabeth, following Biana’s path, began working alongside Biana in 2023. Biana’s proficiency and local understanding effectively turn real estate dreams into reality, a journey now shared with her daughter.



COLDWELL BANKER REALTY

3 Church Circle, Annapolis, MD 21401
O: 410.263.8686

Biana Arentz

Coldwell Banker Realty
C: 410.490.0332
biana.arentz@cbmove.com
www.BianaArentz.com



PROPERTIES RECENTLY SOLD & FOR SALE



200 Wye Rd
Queenstown, MD
ACTIVE
\$3,690,000



3107 Bennett Point Rd
Queenstown, MD
SOLD
\$4,700,000



831 Coachway
Annapolis, MD
SOLD
\$1,895,000



113 Prospect Bay Dr W
Grasonville, MD
SOLD
\$1,060,000



606 Oyster Cove Dr
Grasonville, MD
SOLD
\$620,000



DIANA L. KLEIN

LAWYER'S REALTY

During any real estate transaction, there are many factors up for discussion – from price to repairs to inspections and possession date, just to name a few. You want an agent that is experienced and knowledgeable to negotiate these terms. Diana Klein, the broker of Lawyer's Realty, has worked in the real estate industry for over 23 years, is a licensed attorney and owns and operates a title company. Diana understands all aspects of the real estate transaction and has the knowledge and skill in handling all types of real estate transactions, including residential and commercial, luxury or standard sales, R.E.O properties, foreclosures and short sales. Diana's vast number of contacts can connect buyers and sellers even before the property is on the market. Diana acts as a problem solver and gets the deal to closing.

Lawyer's Realty is a full service real estate brokerage but also offers their client's attorney consult during their real estate transaction. You can request attorney review of closing documents or get time sensitive answers to legal real estate issues, should they arise during your transaction. Whatever your real estate needs, Diana can guide you through the process and get you to closing.



Diana L. Klein, Broker
Lawyer's Realty, LLC
2450 Riva Road | Annapolis, MD 21401
443-569-4576
inquiry@lawyersrealtymd.com



CHRIS EDGE

FIRST HOME MORTGAGE

Chris Edge is a Loan Officer and Sales Manager in the Annapolis branch and has been assisting clients with mortgage financing for the past eight years. Chris' approach to mortgage origination is simple. He starts by taking the time to understand his clients' goals and long-term plans, then crafts a comprehensive mortgage solution that meets their needs. As market conditions and programs frequently change, Chris believes in keeping his clients informed and up to date with the latest insights. His true passion is in the education of his clients and helping them understand the process and strategy of buying their dream home. Chris resides in Annapolis, MD with his wife, three kids, and two dogs. When he is not assisting clients with their mortgage needs, Chris spends his time with his family enjoying all the outdoor benefits Maryland has to offer.



900 Bestgate Road
Suite 310
Annapolis, MD 21401
410-708-1075
firsthome.com/chris-edge
NMLS #1017539





JOANNA DALTON

Joanna has quickly grown in the ranks as a multi-million dollar sales agent at Coldwell Banker Church Circle, the #1 office in the Mid-Atlantic & Baltimore/Metro Region. Her work ethic, local market knowledge, and personal connections allow her clients to succeed in the home buying and selling process. Globally Luxury Certified, Joanna consistently garners industry accolades. She is an astute, Tech savvy, financially literate REALTOR® who displays outstanding service and commitment to her clients. Her premier and professional experience, knowledge, and networking tools help to successfully complete the process from the first consultation to the sale of their home. Her mission: be there to support her clients every step of the way.



COLDWELL BANKER REALTY

3 Church Circle, Annapolis, MD 21401
O: 410.263.8686

Joanna Dalton

Coldwell Banker Realty
410-980-8443

JoannaDalton@cbmove.com



ANNAPOLIS
215 King George
SOLD | 3,225M



EDGEWATER
1047 Old Turkey Point Rd
SOLD | \$870,000



LIZ OSBORN

OF COLDWELL BANKER REALTY

Liz Coleman Osborn grew up in Annapolis where her parents bought and sold property throughout the area. As a Navy wife, she moved with her family into and out of 14 homes on three continents, honing her skills in navigating the complexities of real estate transactions.

Back home and licensed since 2012, Liz offers her clients the perfect blend of professionalism and individualized attention. A community expert, she brings buyers a wealth of knowledge on local neighborhoods and their amenities. Liz provides sellers with a comprehensive suite of services including high-impact staging, quality photography, and wide-scale digital marketing – all designed to get your property sold quickly for the best possible price.

Liz is a member of Coldwell Banker® International President's Circle, ranking among the top 5% of agents worldwide. She is a Certified Luxury Home Marketing Specialist (CLHMS™), a Military Relocation Professional (MRP), and is recognized as a Top REALTOR® by *Washingtonian* and *Baltimore* Magazines.

Liz's past and present clients appreciate her warm and welcoming approach, attention to detail and unmatched local expertise. Thinking of buying or selling? Reach out to Liz.



Liz Osborn

REALTOR®

CLHMS, ABR, MRP

Direct: (443) 699-2689

Office: (410) 263-8686

liz.osborn@cbmove.com

lizsellsmarylandhomes.com



24 Upshur Avenue | Annapolis
\$1,750,000 SOLD - Rep Buyer



950 Indian Landing Rd | Millersville
\$1,895,000 SOLD - Rep Seller



10 Faquier Ct | Edgewater
\$1,050,000 SOLD - Rep Buyer



Q: How should I price my home in this market?

A: Home sales have dropped 31.57% year to date in Anne Arundel County. This drop is wholly due to a drop in the number of homes listed.

There has been a 28.1% drop in the number of homes listed in 2024 versus 2023 year to date. Average sales prices are up 3.7% so values are holding strong and all statistical measures indicate strong buyer demand. Until we see more listing inventory to satisfy or at least counterbalance the buyer demand then we will remain in a solid seller's market.

The David Orso Team
of Berkshire Hathaway Home Services | Pen Fed Realty



Q: Is it best to wait until interest rates are lower before purchasing a home?

A: Waiting to purchase a home until interest rates drop has potential advantages and drawbacks. Pros include

lower mortgage costs, potentially saving money over the loan term. Also, a lower interest rate may increase affordability and improve your purchasing power. However, cons involve the uncertainty of rate movements and the risk of missing out on lower property prices. Waiting also means delaying homeownership and potential equity growth. It's essential to weigh the potential savings against the opportunity cost of delaying your investment.

Rachel Gontkovic
Annapolis Fine Homes of Long and Foster Real Estate



Q: What do you attribute your success to after being in the business for over 15 years?

A: A relentless work ethic combined with an unwavering commitment to my clients' best interests. It has been and always will be

the foundation of our business. Over the last couple of years, I have been able to surround myself with like-minded and amazing people on my team that have the same exact vision and philosophy for the business, and that has me very excited for the next 15 years.

Scott Schuetter
Berkshire Hathaway Home Services



Q: Do you expect the Seller's Market conditions that we have seen for the last couple years will continue throughout 2024?

A: We have never experienced a time when there were less homes listed for sale. This unprecedented lack of supply

coupled with high demand has continued to propel our local market. There are a plethora of cash buyers currently searching for their waterfront escape. If you want to sell your home for top dollar, don't wait, sell now and catch this hot seller's market.

Brad Kappel
TTR | Sotheby's International Realty



Q: What Differentiates a Waterfront Specialist?

A: Whether you are buying or selling a waterfront home, it's important to evaluate the skills and qualifications of the real estate agent you are considering. There are many factors that

contribute to the total value of a waterfront property – even something that seems simple like water depth is actually more complex when you consider the tides and time of year. Well and septic limitations require an understanding of local zoning codes. This may be your largest transaction ever – make sure you are working with someone who has years of experience not only in real estate but, more importantly, a focus on waterfront.

Reid Buckley
Waterfront Property Specialist
Mr. Waterfront Team of Long & Foster Real Estate
www.WaterfrontHomes.org



Q: Can I shield my deed from public record?

A: Yes, select buyers can receive shielding of their personal information through the "Maryland Safe At Home Address Confidentiality Program." The program, run through the Office of the Secretary of State, serves survivors of

threatened, attempted or actual domestic violence, sexual assault, human trafficking, stalking, and harassment. Protection is also available for at-risk professions, including attorneys, judges, and safety officers. Using this program completely shields the deed, and any liens, from public view, by providing the purchaser with a legal substitute address and mail forwarding service. Learn more at the AACAR Realtor Conference on April 4, 2024, where I will be teaching a 1.5-hour CE on this subject.

Cheryl Odell-Duffy
Severna Park Branch Manager, Settlement Officer
Eagle Title



Q: What are the current challenges in the Maryland real estate market, and how might they impact buyers and sellers in the coming months?

A: Presently, our market contends with persistently low inventory and a significant number of potential buyers remaining on

the sidelines due to prevailing interest rates. Forecasts for the upcoming year indicate a projected slight decline in interest rates. This anticipated shift is expected to entice buyers back into the market and motivate sellers to list their properties. While the transition is expected to unfold gradually throughout the year, the ultimate outcome is a thriving and competitive real estate market, provided that everything aligns with the projected plan.

Erica Baker

TTR | Sotheby's International Realty



Q: Are we on the back end of the real estate boom?

A: Yes, the "Covid Years" are completely in the rear view mirror. In 2023, there were 6970 homes sold in Anne Arundel County which is slightly below the 25 year

average of 7560 per year. The peak occurred in 2021 with 12,152 homes sold and then started to decline in 2022 with 9139 homes sold. Naturally the number of homes sold is related to the number of listings being presented to the market. Here's the catch; demand is still outpacing supply so we remain in a seller's market and pricing is holding firm. The 43% decline in sales could be very misleading on the surface without a deeper understanding of all market factors. Data leaves clues!!!

The David Orso Team

of Berkshire Hathaway Home Services | Pen Fed Realty



Q: What do you need to consider when searching for a lot or land to build a custom home?

A: When building on a vacant lot or raw piece of land, we advise that any contract include the ability and time to perform a feasibility study, usually 60

days. This is so important to help you determine if the lot is buildable, the associated lot preparation costs, along with any critical area restrictions. All of these factors will heavily impact the design of your home. Before moving forward on any lot or piece of land, download the free checklist at MuellerHomes.com/checklists.

Paul Mueller Jr.

President | Mueller Homes



Q: How can home sellers maximize their property's value in the 2024 real estate market?

A: Guided by an experienced realtor, sellers should focus on pricing accurately, making home improvements strategically to add value, and marketing centered on

excellent professional photography. Our team's high-energy process starts by connecting with our clients' unique goals, from finding a buyer through a Private Exclusive to getting nationwide exposure. Building on Compass' technology platform and the Annapolis office's extensive local and national resources, we are proud to provide every seller with outstanding value.

Jen Holden

The Jen Holden Group of Compass



Q: What do we do if we think we need to make repairs or do updates before our home goes on the market?

A: Before undertaking repairs or doing any updates consult an experienced local realtor to best advise you on the most up

to date marketing recommendations. Sometimes an item that you think is an issue may not be. We have even partnered with companies that will do renovations, make licensed repairs and delay the cost until after closing. You get valuable marketing expertise and expert guidance of what is necessary or recommended to increase your property value and help you avoid wasted time and money.

Christy Bishop

Berkshire Hathaway HomeServices PenFed Realty



Q: Can I sell my investment real estate using a 1031 exchange and buy a vacation home that I can enjoy with my family during the summer months?

A: No. You can sell your investment real estate and reinvest the gain, tax deferred, to purchase your vacation or second home, the challenge is

making sure it will qualify as a 1031 investment property. Meaning that during the initial 24 months of ownership there are strict rules to follow regarding personal use. The important rule is that you can only use the property for 14 days each year or 10% of the actual days that you rent it out. For example, if you lease it for 200 days each year, your personal use can be up to 20 days. If you are able to abide by these rules, after two years the dream vacation home is yours to use as often as you like without any more requirements.

Jack Papaleonti, GRI/Realtor®

The Anchor Team of Academy Realty



Q: How do you anticipate the upcoming Presidential election will effect the local real estate market?

A: Regardless of which way the political pendulum swings, history shows that the stock market typically sees an uptick after the election passes and consumers also feel a sense of relief which in the past has led to robust real estate market conditions and increases buyer demand.

Brad Kappel

TTR | Sotheby's International Realty



Q: What is Werrlein Services?

A: Werrlein Services is the one stop shop for all your home service needs. You no longer will have to look around for different trustworthy and affordable home professionals anytime something goes wrong. We solved that by having it all under one roof. We provide you with the great convenience of only needing to call one number for all your home service needs. Each home is assigned to one of our Home Specialist. We will be working directly with you each time to provide an easy and reliable experience. We like to call it "Home Services, Made Easy."

Jonathan Werrlein

Werrlein Properties



Q: What can I do to attract more showings and possibly receive multiple offers on my home?

A: Taking the time to get your home in prime condition is so important. A qualified Realtor will have the resources to guide you to be the hottest house in town. Buyers want

new paint, new flooring, upgraded baths, and great new upgraded kitchen with updated appliances.

Giving your home a facelift prior to entering the market will pay off in price, a short time on the market and the possibility of multiple offers.

Christina Janosik Palmer

Christina Janosik Palmer Group of Keller Williams Flagship of Maryland



Q: Why do you feel staging is so important?

A: In an occupied home, there is a very important transition from living in the home to selling the home. The owner can only see the home in one way, as the home they live in.

Therefore, it is extremely critical for a staging professional to come into the home to help them make that transition. That is exactly why we pay for staging for every one of our listings. We want our sellers to get top dollar, so it was an easy business decision for us many years ago.

Scott Schuetter

Berkshire Hathaway Home Services



Q: If I bought title insurance when I bought my house, why do I need to buy it again when I refinance my mortgage?

A: There are two different types of title insurance policies: owner's insurance, and lender's insurance. An owner's title insurance policy covers you, the consumer, for as long as you own the

home. The lender's policy is specific to the mortgage that is being insured. Therefore, when you refinance your loan, the original lenders policy is no longer valid, and a new policy must be issued to insure your lender's lien priority on the property. You should, however, be able to benefit from the highly discounted rates for refinance transactions that are now widely available.

Brooke Silard

Settlement Officer
Eagle Title



Q: It seems like waterfront homes have become unaffordable and uber luxury is the new norm. Is that true?

A: A very passionate NO!!! Don't be fooled by advertising of luxury homes by realtors trying to build a personal brand. I'd

offer three statistics to encourage potential waterfront homebuyers: (1) The average sales price for waterfront homes in 2023 was \$1,486,834, which was \$40,000 more than 2022. (2) 79% of waterfront homes sold in 2023 were under \$2m. (3) 2 out of 3 waterfront homes purchased in 2023 were purchased with a loan NOT cash. My advice for anyone seeking to live on the water but feeling a bit intimidated by the pricing is to meet with a true professional and have a consultation to share your dreams and visions.

The David Orso Team

of Berkshire Hathaway Home Services | Pen Fed Realty



Q: What would you say is the most important factor to consider when selling a waterfront property?

A: In order to generate the sizzle when you first list your home you need to price it right, make sure your home is polished up

so it shines and don't forget high quality aerial photos. That said, the key factor is to make sure you hire a brokerage that effectively targets the Washington D.C. / Metro market. Recent sales data indicates that most premier waterfront properties are sold to buyers who are migrating this way to experience the Annapolitan lifestyle.

Brad Kappel

TTR | Sotheby's International Realty



Q: Do I have to sell my home prior to buying?

A: Various programs and financial strategies can aid homeowners in acquiring a new home before selling their existing one, which is crucial in competitive real

estate markets. Common solutions include: *Bridge Loans* - short-term cash flow for purchasing a new property before selling the current one. *Home Equity Line of Credit (HELOC)* - permits borrowing against significant home equity. *Home Sale Contingency* - allows making an offer on a new home contingent on selling the current one. *Leaseback Arrangements* - involves negotiating to rent the sold home until seller finds a new property. *Buy Before You Sell Programs* - offered by certain companies, they can purchase a new home on your behalf before you sell the current one, facilitating a smoother transition.

Jennifer Chino

Team Lead, Stahley Thompson Homes



Q: What are the qualities I should look for in selecting a Realtor to work with?

A: An agent's dedication as a full-time Realtor and their dedication to making your real estate goals a reality. Request the agent's track record for the last 12 months, don't be afraid to ask for references and

what their reputation is in the industry. Ask for a 90-day business plan in writing. Keep in mind this is a business transaction so you should handle it exactly that way. Ask for a realistic "days on the market" strategy/marketing game plan when listing your home. When buying a home, make sure you meet and interview to decide if all the personalities mesh. Most of all, make sure you select an adequate and knowledgeable advisor to one of your largest purchases or sales.

Christina Janosik Palmer

Christina Janosik Palmer Group of Keller Williams Flagship of Maryland



Q: What changes have you seen in the market?

A: The market has reacted and changed in many ways that me and my peers expected. We are honestly experiencing a very normal

market. Demand has gone down, but inventory remains low so they are now balanced creating a very healthy market. Homes that are prepared well, priced well and brought to market properly are finding great success.

Scott Schuetter

Berkshire Hathaway Home Services



Q: When is the best time to list a waterfront home?

A: To really understand this question starts with an understanding that most waterfront buyers have specific criteria and take their time to find a home which

meet their requirements. Therefore, it is less about timing the market and more important to present the home properly with content rich information for the discerning buyers. The fact is 65% of waterfront homes were listed in the first half of the year so the competition is heaviest in the spring market. The reason for the early presentation of inventory is simply because most waterfront home sellers think their home presents the best in the spring with landscape in full bloom and the strong desire of buyers to be out on the water.

The David Orso Team

of Berkshire Hathaway Home Services | Pen Fed Realty



Q: Are home valuation websites accurate?

A: Online tools offer a basic estimate using public data, but they may not include recent upgrades or neighborhood nuances. Real estate agents, armed with the latest data

and market trends, provide a more accurate valuation. They consider subjective factors, such as recent upgrades, unique design details or community amenities that algorithms can overlook. While home valuation websites serve as a starting point, a professional's localized knowledge ensures a comprehensive evaluation, factoring in both quantitative and qualitative aspects. Trusting real estate agents leads to a more informed and precise understanding of your property's true value in this dynamic real estate market.

Rachel Gontkovic

Annapolis Fine Homes of Long and Foster Real Estate



Q: Do Waterfront Properties Have Unique Regulations?

A: Waterfront properties can offer incredible amenities yet it's important to understand the challenges and limitations, especially for buyers thinking of a major renovation or new

construction. Flood zone maps are top of mind: when was a home built (elevation) and how does that impact insurance costs. The Chesapeake Bay Critical Area overlay is another guide to what's allowed on properties within 1,000 ft of the water. Working with a Waterfront Specialist enables buyers to understand their options and helps owners properly market their home when it's time to sell.

Reid Buckley

Waterfront Property Specialist
Mr. Waterfront Team of Long & Foster Real Estate
www.WaterfrontHomes.org



Q: In 2023 you were voted Best Luxury Realtor on the Eastern Shore. What does Luxury mean to you?

A: Multimillion-dollar properties aren't the only ones that I would describe as "luxury". Luxury can be the quality of the build,

a desirable location, or features like wine cellars (a favorite), pools, or landscaping. It's anything that adds pleasure, comfort, or enjoyment to a space beyond what is essential. The beauty of luxury is that it is different for everyone. I love working with clients to identify what luxury means to them, regardless of price point. As we enter 2024, my focus is to continue helping my clients buy and sell their dream homes; whether it's a townhome on Kent Island or a waterfront estate on the Wye River!

Biana Arentz

of Coldwell Banker Realty



Q: What are the three most common features that buyers look for in a top tier waterfront property?

A: Privacy is paramount, many of the buyers coming to the Annapolis area in search of a retreat to relax and escape from

the hectic city life. Waterview is also extremely important. Unobstructed panoramic views always fetch a premium in this market and the most coveted feature is the waterfront pool. The local critical area laws are very restrictive and having a pool on the waterside can be a challenge to have permitted, so an existing waterside pool is a major value add.

Brad Kappel

TTR | Sotheby's International Realty



Q: What terms other than price should I be asking for when selling my home?

A: In a low inventory market where there are often buyers competing for your home, it's an opportunity to ask for things in addition to the highest price. Other things to

consider are asking to be able to stay in the home after settlement to ease the moving process. If a buyer does a home inspection, ask them to agree to accept the home as-is (not asking for repairs). Ask the buyer to cover some or all of your transfer taxes. Having more money, not having the hassle of completing repairs, and being able to stay longer to have time to move and clean - all of these are wonderful things to have to work in your favor and can be negotiated.

Kristi Neidhardt

Kristi Neidhardt Team of Northrop Realty



Q: What are you seeing in the local real estate market and what do you predict?

A: Anne Arundel County real estate is HOT! There is a huge pool of ready, willing and able buyers who are anxious to purchase a home and enjoy our extraordinary

lifestyle. As a result, the average sales price in Anne Arundel County has increased drastically from 2020. The average residential sales prices are as follows- 2020 - \$450,546, 2021 - \$493,726, 2022 - \$531,131 and 2023 - \$563,477 - an increase of over 25% in just 4 years. Meanwhile, the number of sold properties decreased from 11,310 in 2020 to 7,034 in 2023. If we had crystal balls, we all would be billionaires but for today, there has *never* been a better time to sell your home!

Alex Tower Sears

The Tower Team of TTR | Sotheby's International Realty



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of Northrop Realty

Meet the Kristi Neidhardt Team of Northrop Realty! In 2020 Kristi Neidhardt and Debbie Noone joined forces to co-lead the team. By doing so, they are redefining residential real estate through a strong commitment to service, collaboration, and community. With 20 years of experience each, Kristi and Debbie prioritize client needs, establishing a reputation for service excellence. Robyn Duty, the team's operations manager, plays a crucial role in team cohesion, overseeing marketing and ensuring client satisfaction. But it's more than just transactions—it's about fostering lasting connections. The team often forms lifelong friendships with clients, going above and beyond, especially when assisting seniors with emotionally challenging moves and guiding clients through various transitions.

Robyn Duty, Kristi Neidhardt, and Debbie Noone

Kristi Neidhardt | REALTOR®
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Valued Added?

DESIGN NO-NOS THAT DE-VALUE YOUR HOME

By Lisa J. Gotto

So, you're finally settled into what's hopefully going to be your dream home once you've updated it, and you're considering what you need to do to make it your own. There are a few things you should consider before you begin to make those changes, especially if this purchase could go to market in the years ahead.

Real estate experts agree that there is a point when the improvements made to your home will not translate into equity down the road and may even end up de-valuing your home. So, what is the secret sauce to prudent and forward-thinking design that only enhances the home's value?

Since this is a highly subjective question for some, we narrowed the scope to identify 7 things you should definitely *avoid* when upgrading.

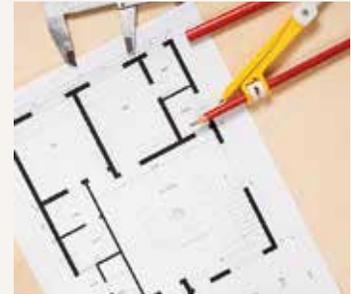


1 Across the board re-designing of a bathroom that *removes* a tub to create just a shower is a major no-no. No matter how much more room or storage space you think you will gain in your bathroom's footprint, it cannot go dollar-to-dollar against what a potential buyer may see as the cost of adding a tub back in.



2 Ditch the wall kitsch! It's harder for someone new to envision being in your home if it looks like it's outer space. So, think twice about installing that highly personalized patterned wallpaper or applying that less-than-neutral paint choice, lest you swap it back out when you decide to move on.

4 Variety isn't necessarily the spice of life if it means that your home has an identity crisis going on between its indoor and outdoor personalities. That said, curb appeal may get prospective buyers into the house, but they may be off put if they arrive to your modern farmhouse façade only to find a bunch of mid-century modern details inside. Having one cohesive feel and flow throughout the home is the path to, "Sold!"



3 There was a time during our hectic pandemic era when homeowners wondered what it was that they liked about the open concept floorplan. Let us assure you, that was only a temporary anomaly, as a majority of homeowners still prize the flexibility that open plan living provides. Not to mention, no one really enjoys having to take a sledgehammer to dry wall; that only looks like fun on the home shows. The moral of this story; don't add walls back in.



5 Customization is clearly still one of the most enduring trends in home design, and by all means when you're in your forever home you will be at a fine time in life to do just that. However, customization especially in the two rooms of the home that are the costliest to upgrade, the kitchen and the bathroom, should be carefully weighed. Case in point, the customizable kitchen trend allows you to choose deep, rich, or unique color palettes for appliance packages. These appliances are super-hot right now, but so are their prices. You could end up spending thousands more on one range that you, more than likely, won't re-coup upon re-sale.



6 Don't under-think your material choices. These are elements like countertops that live within your home year-after-year, and unless you are doing your "value for money" research, they could end up failing you. Keep in mind that while many materials have similar looks, they rarely have the same shelf life. (Total pun intended.) Talk to the experts about how you will use the space they are in and your expectations for their performance over time. Also, note that spending more doesn't always get you more. A great example here; solid marble countertops can seem like the *crème de la crème* of countertop options, but they require diligent care to look their best over time, as they are more susceptible to staining and scratching than some man-made materials.



7 Warning: Choppy floor treatments from room-to-room often have potential buyers looking down—and eventually out! As does wall-to-wall carpeting that is frumpy and bumpy, and past its prime. In other words, stay clear of quirky flooring choices. Options today are limitless and vary widely from a quality standpoint, so choose wisely. A majority of homeowners are selecting engineered hardwood for a reason; it wears well and is something that can be installed to provide a visually consistent look throughout the home.

Preparing for Spring's Showers

MANAGING WATERFLOW AND RUN-OFF IN OUR GARDENS

By Janice F. Booth

Maryland's weather seems to grow more volatile, with more frequent heavy storms of wind and rain. Periods of drought also prevailed here in early 2023. Thus, it is a wise precaution to prepare our lawns and gardens for both heavy rain and drought during 2024, as the two conditions can wreak havoc. Even the *average* annual rainfall in Maryland is about 50 inches.

The preparations you may want to make to protect your lawns and gardens from erosion will be part of what has come to be known as “hardscape” rather than landscape. Hardscaping refers to man-made elements of landscaping that use wood, brick, gravel, and other material to change the *lay* of the land, often to protect that land from wind and water erosion. Usually, it's best to have a professional service do your hardscape...because it is *hard*, perhaps even backbreaking work.

But, if you've got some muscle-builders in the family willing to help, they can assist your lawn and garden hardscaping for potentially extreme weather ahead.



LET'S CONSIDER TWO APPROACHES:

1. Repairing and redeveloping lawn and garden areas that are already prone to erosion.
2. Redesigning the land's configuration to avoid future water runoff and drought conditions.

Since it's March and the rainy season is fast approaching, if it comes at all, let's begin with repairs to areas you already know may be problematic.

COMMON TYPES OF EROSION

You might make a visual survey, a walk-about to look for telltale signs of problems. Here are some common forms of erosion you might observe:

Splash: raindrops hit unprotected soil and splash up, taking the topsoil and leaving stains on walls and walkways. **Sheet wash:** flowing water from a natural or manmade source washes away topsoil. **Tunnel erosion:** falling water's impact on unprotected soil drills into the ground, allowing more water to drill deeper, eventually causing an erosion tunnel and then a collapsed run. **Deflation:** rainwater erodes soil exposing rocks and tree roots. **Accumulation:** soil moved by wind and water creates dunes and berms and chokes up streams.

STEPS TO IDENTIFY EROSION

Look over your lawn and garden for noticeable slopes; more than a 33 percent slope is likely to cause erosion. You can go to YouTube or any handy gardeners web site to learn how to measure for yourself the slopes in your land, or you can call in a surveyor to give you that information. An experienced hardscape service should provide that information, too. **Survey** your lawn and gardens for ruts and crevices, areas that are beginning to collapse along hillsides and steep slopes. **Stake these problem areas** so you can see if there's a pattern, a clear direction of erosion. Do the ruts begin near the downspouts and flow down a slope in the lawn? Are there animals digging or burrowing that form ruts that may be shallow but have potential for collapsing? Are the stakes marking spots where you've lost shrubs and/or trees in the last year or two? **Draw a map** of your lawn and gardens; try to make it to scale. In a bright color, mark the areas where the erosion has occurred. **Identify and note** the cause of each area of erosion if you can.



DEVISE A WORK PLAN FOR THE PROBLEM AREAS

Here are some of the methods available to repair areas where the earth has been or is being eroded:

For general “wash away” of lawn or flower beds, an **erosion control blanket** is a useful option. In a woven “cloth” of straw, coconut, or jute, and seeds are imbedded. Spread this net or blanket over exposed soil. The imbedded seeds will soon germinate, take root, and the mat or cloth, which protected the seeds from birds foraging and heavy rain, will disintegrate. We’re all familiar with good, old-fashioned **ground covers** such as periwinkle, ivy, and pachysandra. They’ll eventually fill in and protect the soil. (Do not plant ajuga or mondo grass; they’re sneaky little guys and will soon pop up in all the wrong places, plus you’ll never get them out.) **Baffles** can sometimes solve the rut problem. Use gravel or river-rocks in the rut, being careful to partially bury them so they don’t just wash away. Wood ties can also serve as baffles, laid across the slope and buried sufficiently to prevent their being washed away too. **Terracing** is a bit more drastic, requiring a careful plan for flattening areas down the slope. This is usually reserved for severe slopes.



PROACTIVE REDESIGNING

Once repairs have been completed and your lawn and gardens are restored, it may be wise to consider a few ways to prevent erosion and ensure conservancy of precious water during periods of drought.

Re-examine **Sloping**. You or your professional have identified any sloping terrain and the percentage of that slope. But what do you do with that information? Generally, if the slope is:

33% or less, application of mulch or planting of ground cover will suffice to protect the soil from erosion.

33–50%, drip irrigation, an erosion control blanket, deep-root vegetation can help.

Steeper than 50%, terracing, retaining walls, and riprap may be necessary.

Rain barrels at the base of all downspouts not only controls water flow but provide a means to conserve and use captured rainwater during times of drought or for general lawn and garden maintenance. **Rain gardens** offer an interesting visual component in your garden. Bowl shaped and shallow, they're usually lined with pebbles and hardy ground cover. When heavy rains occur, properly located rain gardens serve as catchments for excess water which can then be slowly released into the earth. A word of caution: be sure the rain garden is not situated too near any building's foundation, or a home's septic system or well. **Trees & shrubs**: Don't overlook the practical protection the roots of trees and shrubs offer, holding together hillsides and capturing topsoil. We all know the many advantages and delights that accompany the cultivation of magnolias, crape myrtle, maples, and oaks. **Mulching** lays down a protective layer over precious topsoil. Mulch holds moisture, releasing the moisture gradually to nourish plants and trees.

With a little help from Mother Nature, your work restoring and protecting your lawns and gardens from wind and water damage will be well worth the investments in time and resources when March winds and April showers come our way.

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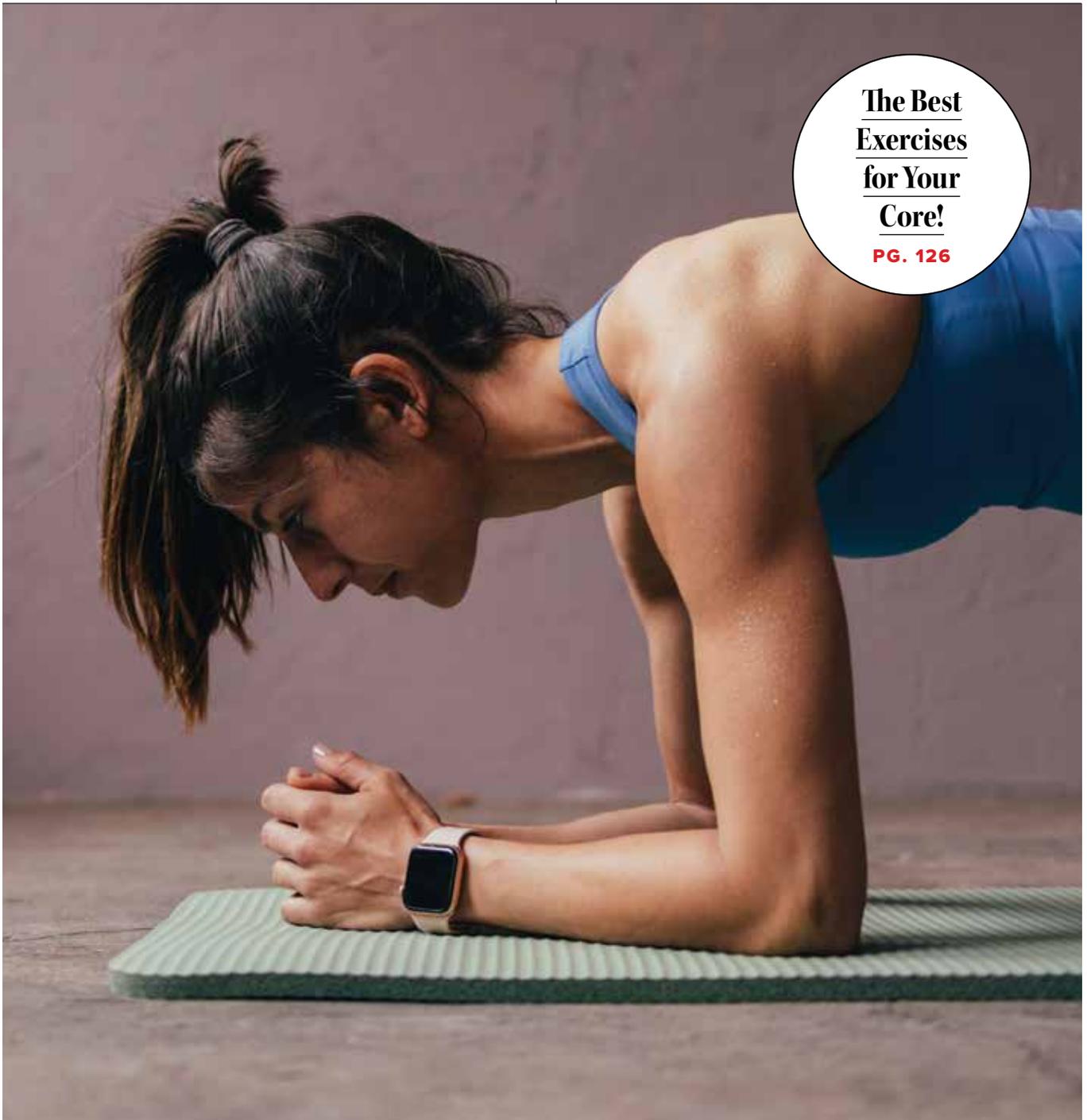
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**The Best
Exercises
for Your
Core!**

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Fresh Take

SUNFLOWER SEEDS

By Dylan Roche

Sunflower seeds have the distinction of being a truly all-American food, you might say. These seeds come from the bright yellow sunflower—known formally as the *Helianthus annuus*—which natively grows in North America. Indigenous peoples were using the seeds as a food source as far back as 3000 BCE, according to the National Sunflower Association, which notes that some archeologists believe sunflower seeds are an older food source than corn! Many Indigenous Americans would have used ground sunflower seeds as flour to bake bread and the rich oil from the seeds as fat for cooking.

When you consider their nutritional profile, it's clear why these small but mighty seeds would be valued as a dietary staple. They're good for your heart health, bone health, and energy levels. The fat content in sunflower seeds is made of polyunsaturated and monounsaturated fatty acids, which improve your cardiac health by lowering bad cholesterol levels and raising good cholesterol levels. The polyunsaturated fats also include omega-6s, which support brain function.

BECAUSE OF THEIR FIBER CONTENT AND FAT CONTENT, SUNFLOWER SEEDS DIGEST SLOWLY, WHICH MEANS YOU'LL FEEL SATISFIED FOR LONGER

Most notably among the vitamins and minerals in sunflower seeds is magnesium, a mineral crucial for building and maintaining strong bones, as well as supporting muscle function and nerve function. A mere 2-tablespoon serving of sunflower seed kernels—about 100 calories total—delivers more than 20mg of magnesium. That same serving size also has more than 6mg of vitamin E (almost one-third of your daily need), an antioxidant necessary for healthy skin.

Like other nuts and seeds, sunflower seeds are energy dense, yielding many calories for a relatively small serving size. Because of their fiber content and fat content, sunflower seeds digest slowly, which means you'll feel satisfied for longer than would when eating a larger-portioned snack of simple carbohydrates, such as crackers. This not only provides you with a steady stream of energy throughout the day but also help with weight management efforts.

Finally, consider this: Sunflower seeds might be a feel-good snack. The amino acid tryptophan found in sunflower seeds aids in your body's production of serotonin, according to a study published by *Frontiers in Nutrition* in July 2022. Serotonin is a chemical your body produces to help regulate your mood, and high levels have been shown to help fight depression.

Although sunflower seeds have been part of the human diet for millennia, and have been a popular snack food in modern American culture since the mid-20th century, they have been gaining more prominence in recent years thanks to their versatility. Sunflower seed butter—a protein-dense sandwich spread made from ground roasted sunflower seeds—has been embraced by many pediatric dietitians as a good alternative to peanut butter for children who have peanut allergies or other allergies, as it has a similar kid-approved taste and a similar healthy nutritional profile.

Most people enjoy sunflower seeds as part of a trail mix or as an add-in to a salad. Once they're hulled and roasted, there are all kinds of creative options, and here are just a few ways you can try them out: ➤

SOBA NOODLE SALAD WITH SUNFLOWER SEEDS

Ingredients

1 cup sunflower seed kernels
3 tablespoons soy sauce
2 tablespoons rice vinegar
1 tablespoon sesame oil
1 tablespoon honey
1 teaspoon grated fresh ginger
1 clove garlic, minced
8-ounce package of soba noodles
1 cup broccoli florets
1 medium carrot
1 red bell pepper
2 green onions
2 tablespoons toasted sesame seeds

Bring a pot of water to a rolling boil and immerse the soba noodles. Give the water a quick stir to prevent the noodles from sticking together and allow to cook for 4–5 minutes. Remove from the heat and drain. Rinse with cold water and set aside. In a food processor or blender, process the sunflower seed kernels until they form a smooth butter. Add some of the sesame oil to achieve proper smoothness if necessary. Once the kernels are processed, add soy sauce, rice vinegar, and honey and blend until combined. Stir in garlic and ginger. Chop the broccoli florets and blanch over boiling water (approximately 2–3 minutes). Julienne the carrots and bell pepper, and slice the onion into small strips. Toss the vegetables with the soba noodles, then coat well with the sauce. Sprinkle with toasted sesame seeds. This salad can be served warm or chilled.



WHOLE-WHEAT SUNFLOWER SEED BREAD

Ingredients

1 1/2 cups warm water
2 tablespoons honey
2 1/4 teaspoons active dry yeast (1 packet)
4 1/2 cups whole-wheat flour (plus extra for kneading)
1/2 cup sunflower seeds
1/4 cup milled flaxseeds
1/4 cup rolled oats
2 tablespoons olive oil
1 1/2 teaspoons salt

Begin by combining the honey and warm water, then sprinkling with the active dry yeast. Allow to stand for approximately 10 minutes, letting the water froth. Set aside. In a large bowl, whisk together the flour, oats, flaxseed, salt, and sunflower seeds. Form a well in center of the dry ingredients and add the yeast water, followed by the olive oil. Stir until well combined and a soft dough forms. Flour a work surface and begin kneading the dough. Work it for approximately 10 minutes, adding more flour if it becomes too sticky. After 10 minutes, the dough should be smooth and elastic. Move the dough to a greased bowl and cover it with a dish towel. Let the dough sit for 1–2 hours until it has doubled in size. Preheat the oven to 350F. Transfer the dough to a greased loaf pan. Brush the top with any remaining olive oil and sprinkle with remaining sunflower seeds if desired. Bake for approximately 45 minutes. Bread should be golden brown and fragrant. Allow the bread to cool completely before removing from the pan and slicing. This bread works well for toast or for savory sandwiches.

Fitness Tips

CORE WORK

By Dylan Roche

For some fitness enthusiasts, an intense strength training routine might be all about the arms, the shoulders, the chest, the legs, the glutes—but there's one central part of the body that's missing out on the training. Emphasis on the word *central*, or what might even be more appropriately described as a *core* part of the body.

THE IMPORTANCE OF CORE STRENGTH

Unfortunately, many people underestimate the critical importance of a strong core in overall performance and physical fitness. Your core—generally regarded as the muscles of your abs and back, which support your spine and pelvis—may not be muscles that are as visible as your biceps or pectorals, but your core is what gives you the ability to generate overall power and maintain stability. In other words, a strong core means a strong overall body.

Even if you aren't an athlete or avid strength trainer, your core is important because it holds you up during everyday activities. Strong core muscles ensure your spine is properly supported and contribute to overall better posture, which not only improves your overall appearance but also prevents musculoskeletal problems as you age. Supporting and stabilizing your spine also means less strain on your back, so you're less likely to experience back pain.

When you have a strong core, you have overall better balance and coordination. For athletes, this sets you up to move quickly, powerfully, and efficiently with less exertion. For the general population, this could mean simply having an easier time with everyday tasks—hauling in the groceries, lifting a moving box, or reaching up to access a top shelf. In elderly populations, core strength means there's less risk of falling over and injuring yourself.

THE BEST EXERCISES FOR YOUR CORE

Don't fall for the idea that endless sit-ups or crunches will give you a strong core. Although athletes of decades past might have defaulted to these exercises, they are hardly the most effective, according to the American Council on Exercise. Crunches target only a limited range of your core muscles, and they can even put a strain on your spine. Instead, if you want a strong core, try these exercises instead:



PLANK

Assume a plank position by lowering yourself to the floor, face down, supporting your bodyweight on your forearms and your toes. Keep your elbows beneath your shoulders and your entire body straight from head to heels. Use your core muscles to hold yourself in this position without breaking the straight line of your body—keep your hips level so they are neither sagging nor pushed up at an angle. Hold the plank for one minute or longer.



MOUNTAIN CLIMBERS

Begin in the plank position and slowly bring your left knee in toward your chest while keeping your right leg firmly in position. Use your core muscles to support your weight. Return your left leg to its original position while bringing your right knee forward. Switch your legs as quickly as you can while maintaining good form for 30 seconds to one minute.



DEAD BUGS

Begin by lying on your back with your arms extended up above you toward the ceiling. Raise your legs with your knees bent at a 90-degree angle. Bring your right arm down to be parallel with your body as you extend your left leg out in front of you. As you perform this move, keep your lower back pressed close to the floor. Return to the starting position and repeat with your left arm and right leg. Repeat this motion in rapid succession while maintaining good form.



BICYCLE CRUNCHES

Lie on your back and bring your hands up behind your head with your elbows bent out to the side. Lift your legs off the ground and bend your knees at a 90-degree angle. Bring your left knee toward your chest and twist your torso to bring your right elbow as close to your knee as possible. Return to the starting position and repeat with your right knee and left elbow. Repeat this motion in rapid succession while maintaining good form for 30 seconds to one minute.

WOODCHOPPERS

Begin by standing with your feet shoulder width apart and a dumbbell or medicine ball held out in front of you with both hands. Rotate your torso as you lower the weight to about knee level on the left side of your body. Raise the weight diagonally across your body and lift it above your right shoulder. Repeat this move for 30 seconds before switching sides, lowering the weight to your right side and raising it over your left shoulder.

Alerting Americans About the Silent Killer

By Dylan Roche

The name “silent killer” sounds ominous, but it’s an unfortunately accurate description of a chronic disease—diabetes—on the rise among Americans, many of whom aren’t even aware they have it. That’s the primary reason diabetes awareness has become a hot topic for health care professionals and researchers. On the fourth Tuesday of March, many will be observing American Diabetes Awareness Day, sometimes referred to as Diabetes Alert Day, to spread the word that 1 in 5 U.S. adults have diabetes and don’t even know they have it.

That equates to about 8.5 million people, according to the Centers for Disease Control and Prevention—and those are just the people who are estimated to be living with it undiagnosed. Another 29.7 million people have been diagnosed, totaling 38.4 million all together, or 11.6 percent of adults in the United States.

One of the reasons health experts want to raise awareness is because those numbers are increasing significantly—the number of people with diabetes has more than doubled in the past 20 years. Most cases of diabetes—between 90 and 95 percent, depending on estimates—are type 2 diabetes, which often develops later in life.

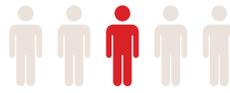
All cases of diabetes involve an insufficient amount of insulin to deliver glucose in the blood to the body’s cells. With type 1 diabetes, which was previously known as juvenile diabetes because it’s often diagnosed in childhood, the pancreas does not produce enough insulin. With type 2 diabetes, the body is unable to produce enough insulin to effectively manage glucose levels in the blood. Risk of type 2 diabetes increases with age and weight, and most who are diagnosed are over the age of 45, have obesity, or have a family history of diabetes.

Doctors recommend a healthy lifestyle not only to reduce risk of developing diabetes but also to help control diabetes after diagnosis. A healthy diet low in refined carbohydrates, which break down into glucose faster than complex carbohydrates, and plenty of physical activity can help manage blood sugar levels.

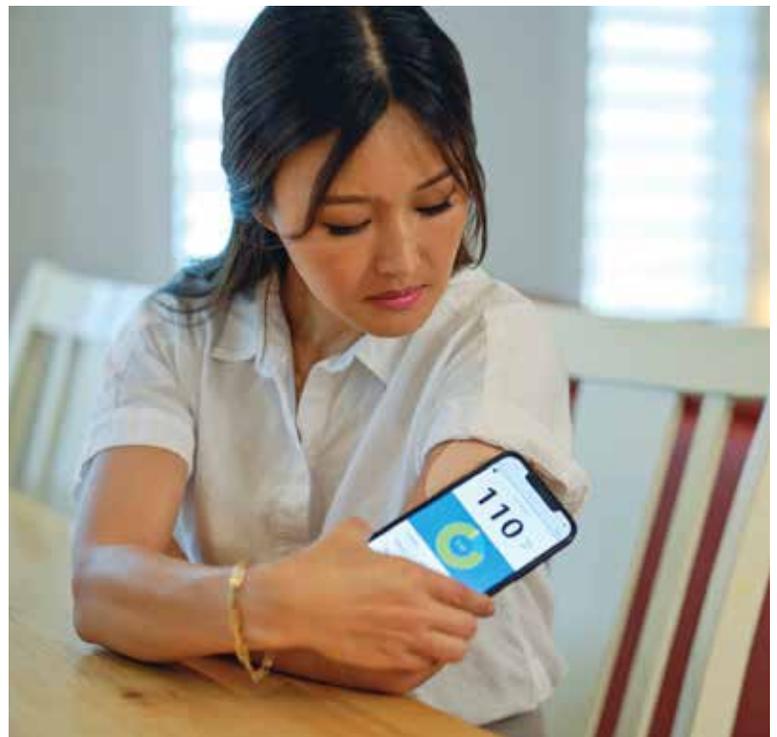
Symptoms of diabetes to watch out for include frequent urination, unexplained hunger, or thirst despite eating and drinking normally, blurry vision, unexplained sudden weight loss, and tingling or numbness in hands or feet. Although diagnoses have been on the rise in recent decades, organizations such as the American Diabetes Association (ADA) remain optimistic that by spreading awareness it’s possible to not only reduce risk in populations but also make medical breakthroughs that can treat diabetes. Some researchers are looking to the advancement of artificial pancreas systems (also known as a bionic pancreas) or the use of stem cell therapy to regenerate insulin-producing beta cells in a pancreas that doesn’t produce insulin.

Continuous glucose monitoring (CGM) systems continue to improve, as do insulin pumps for more accurate and effective delivery of insulin. PBS even reports that research is underway for a type 1 diabetes vaccine that would target the autoantibodies damaging cells in the pancreas.

If Diabetes Alert Day has you feeling more aware, you can learn more about research, advocacy, and resources available through the American Diabetes Association at diabetes.org.



1 in 5 U.S. adults have diabetes and don't even know they have it.



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Above all, don't forget that style is subjective—so if you feel compelled to wear pastels in a way that goes against the rules, do it with confidence. You might be setting the trend of the spring season.



Spruce Up Your Spring Fashion with Pastels

By Dylan Roche

Bright, sunny spring days call for fashion to match—which is why spring is always a perfect time for pastels, those softer, more delicate shades of all your favorite colors. Pastels add a lot of fun and personality to your attire, but it's easy to overdo it. Combining too many pastels or combining a pastel shade with the wrong dark color, could end up ruining the overall effect. Your safest bet to combining pastels? Look for pastel shades of complementary colors. Warm tones like red, yellow, and orange complement cool tones like blue, green, and purple. When you combine a pastel shade of a warm color with the pastel shade of a cool color, they're more likely to bring out the best in each other. Some combinations you might want to try include:



BLUSH + MINT

A delicate shade of pink will look cheery next to this refreshing shade of green. This combination might even call to mind the color palette of a rosy garden. Instead of blush, you could also try peach, another shade of pink with hints of orange to it.



LAVENDER + BUTTER

A calming, elegant shade of purple pairs well with a warm, creamy shade of yellow, giving your outfit a balance of sophistication and fun. You can also try lilac, which has cooler undertones than lavender, paired with a brighter shade of yellow, such as lemon.



CORAL + POWDER BLUE

These muted shades of orange (with pink undertones) and blue (with a hint of gray) pair well together because they are like a combination of energy and tranquility, perfect for days outside in the fresh air.



SEAFOAM + SALMON

Based on their name alone, you might expect these colors to look well for a day out by the water. Soft green with a touch of blue will complement the subdued pinkish orange for a vibrant, eye-catching look.



You can also create depth by pairing pastels with a well-coordinated neutral, such as beige, gray, or white. Avoid anything overly vibrant or neon because these could end up clashing with the pastel shades, as could dark colors like black, charcoal, or navy. Although metallic accessories can work well with the brightness of the pastels, adding a touch of sophistication to the outfit, keep these pieces small and understated. Large accessories with a metallic sheen to them will be overwhelming and make your outfit look too cluttered.



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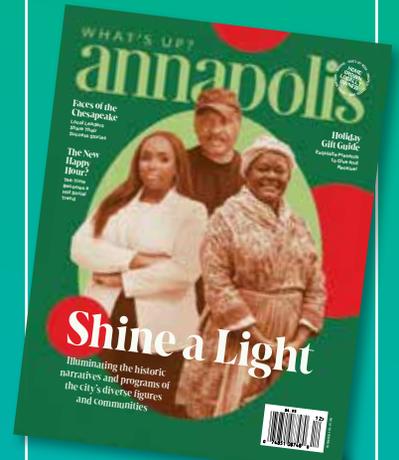
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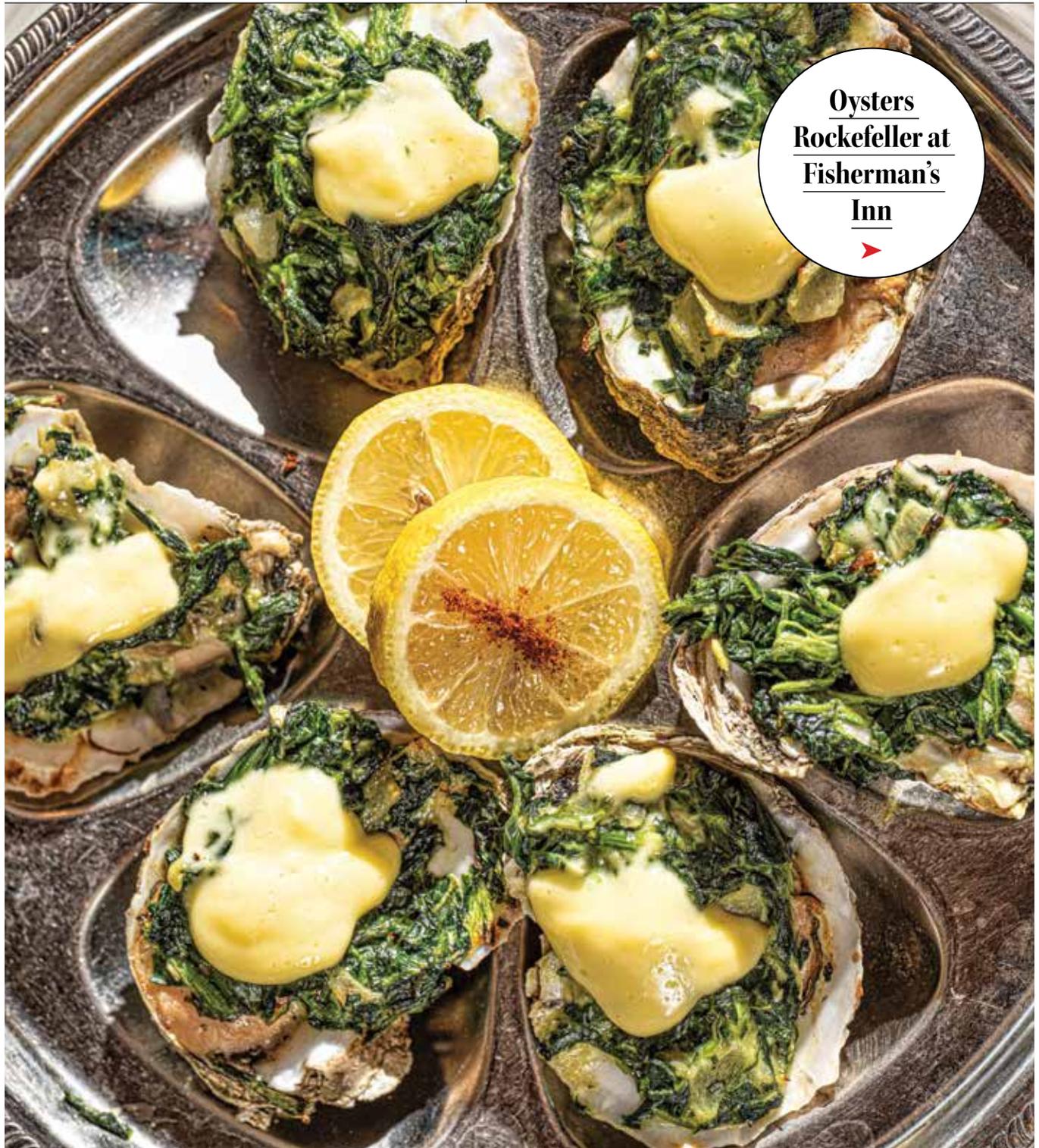
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Food & Dining

134 DINING REVIEW

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Oysters
Rockefeller at
Fisherman's
Inn



Sea Worthy & So Much More

By Sharon Harrington

If the name Fisherman's Inn conjures up a vision of a salt-air-weathered shack draped in fish net you will be pleasantly surprised and charmed by reality. Colorful Crayola hues and clean geometric shapes are the dominant theme in the decor of Fisherman's Village, where the Inn is the heart of an enterprise that started some 80-plus years ago. From Captain Alex Thomas and his wife Mae's original 30-seat eatery and grocery store, the Inn has morphed into a marine enclave that includes a crab deck, a fresh seafood store, and most recently Hyatt Place. To study the history of the Inn is to observe a lesson in resilience. Through fires and economic challenges, the Inn has prospered to become both a local favorite and destination dining. Even those travelers making their annual beach trek stop here to indulge in some authentic Eastern Shore eating.

The restaurant's good vibe continues on the inside with two spacious dining rooms and the Nauti Mermaid bar. The nautical theme is subtle; big round circles suggest port holes on an ocean liner, the carpet design undulates with wave-like motion, a giant copper and silver rockfish presides over happy diners. Vintage oyster cans interspersed with pictures of watermen at work pay homage to local seafood industry history.

Two unusual aspects of the eclectic decor are the elevated train, from the collection of the late owner Sonny Schulz, and the oyster plates from late owner Betty Schultz. I would encourage you to do as I did and take an unobtrusive stroll to see the oyster plates. Even if you are not a fan of "dishes" you cannot help admiring the beauty and artistry of these bygone elements of fine dining.

Now on to the food. The first challenge to be met was choosing from the abundant mouth-watering selections on the menu. Sometimes I will ask the server

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what dish they think reflects the best efforts of the kitchen. When I asked the question of our server Corey (who was great by the way), I expected him to answer with an S word; shrimp, scallops, or salmon. He surprised me by saying the most popular item was coconut cream pie!

After much dithering we settled on Oysters Rockefeller for an appetizer, seafood Alfredo, and a French dip sandwich. The Oysters Rockefeller (invented by Antoinette's restaurant in New Orleans and so named for the green spinach resemblance to the color of money) arrived picture perfect. The brine of the Nanticoke-sourced oysters was enhanced by a lemony forward Hollandaise. We were off to a good start. The seafood Alfredo was a generous serving of seafood-loaded pasta in a decadent sauce accompanied by garlic toast. My French dip sandwich was a feast of tender beef, and the dipping sauce was just right (I think some restaurants default to a beef bouillon cube which makes for a very salty dip). My order was accompanied by a side of delicious tangy and sweet cole slaw. I was pleased to note my slaw was served in a cold dish, helping to preserve its crispness—it's the little touches that make a difference.

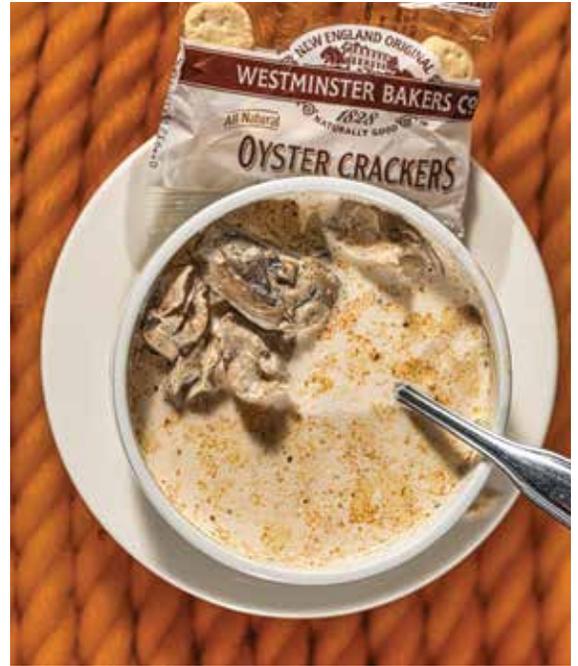
My second visit to the restaurant was for a Friday night dinner. Despite the early-hour and a grim weather forecast, the restaurant was bustling. I asked and was granted a table near the fireplace and adjacent to the large picture windows, which in daylight offer views of Kent Narrows. We started with a shared cup of oyster stew. The broth was creamy, rich, and so chockfull of oysters we were tempted to count them. It was a cut above the usual butter, cream, celery, Old Bay rendition. I chose prime rib for my entree. If this seems a strange choice in a seafood centric restaurant, it's my way of noting how the kitchen addresses the appetites of those who may be vegetarian or



not eat seafood. The prime cut was cooked to perfection, pink and tender. I added a baked potato and green beans which had a definite Eastern Shore flair with their bits of onion and bacon. My spouse chose Salmon Sunset, a salmon fillet draped over spinach and risotto. A skewer of shrimp crowned the dish in a very pretty presentation. Having been advised about the popularity of the coconut cream pie, I couldn't leave without giving it a try. The pie slice is a mile high (or so it seemed) and escorted by a mountain of whipped cream. It was heavenly, feather light with just the right amount of sweetness and coconut crunch.

We did not sample any of the clever cocktails, deciding to save that treat for another day. The craft beer list is as commodious as the food menu, so you should have no problem grabbing your favorite brew.

I had two lovely meals at Fisherman's Inn. If I had to analyze why this restaurant has survived and flourished, I would credit the family vision and commitment to providing diners with pleasant surroundings, friendly staff, and good Eastern Shore food.



Sharon Harrington is a retired social worker by profession and passionate gourmand/chef in practice, having trained with reputable culinary personalities and institutions, notably: Chef Francois Dinot; L'Académie de Cuisine; the Culinary Institute of America in Hyde Park; and Le Cordon Bleu in Paris. She currently resides on the Eastern Shore.



Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many

tastes and experiences. Don't see your favorite on the list? Email mkotelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

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