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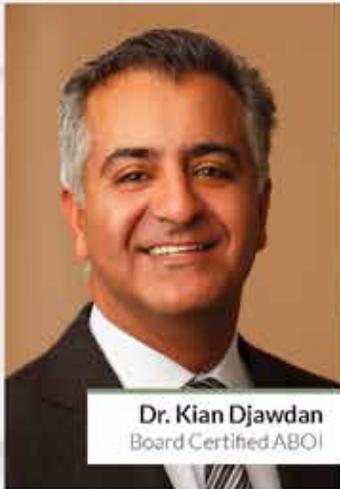
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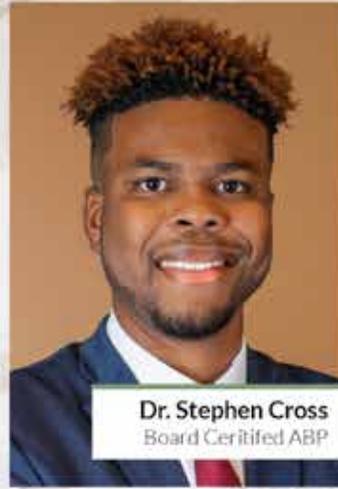
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VANESSA HILL, AESTHETICIAN

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Amy is a Registered Nurse who comes to us with 13 years of nursing experience, 10 of which were spent in Plastic Surgery, where she developed a passion for aesthetics. She specializes in Botox, Filler, Lasers, Kybella, Sclerotherapy, and CoolSculpting®. Amy prides herself on making each one of her patients feel beautiful inside and out, prioritizing natural-looking results and enhancing patients' beauty.

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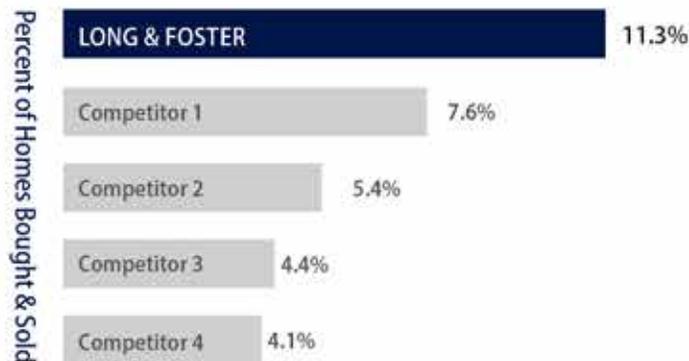
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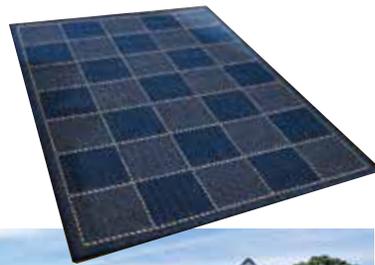
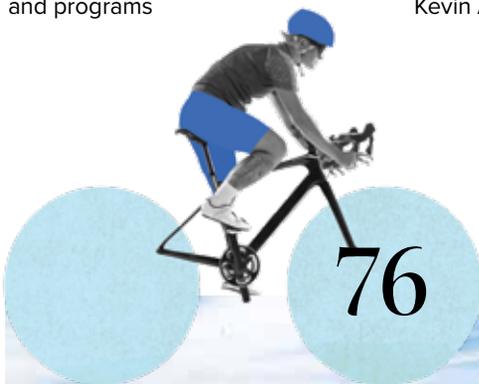
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James Houck (x1104)

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Ashley Raymond (x1115)

Entertainment Editor

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Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice F. Booth, Rita Calvert, Lisa Hillman,

Kat Spitzer, Tom Worgo

Staff Photographers

Steve Buchanan, Tony Lewis, Jr.

Contributing Photographers

Jeff Burke, Nicole Caracia,

Chris Petriani | A Digital Mind

Art Director

August Schwartz (x1119)

Graphic Designers

Matt D'Adamo (x1117), Lauren Ropel (x1123)

Web Content Specialist

Arden Haley

Production Coordinator

Amanda Stepka

Marketing and Social Media Specialist

Maria Dimalanta

Senior Account Executive

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Account Executives

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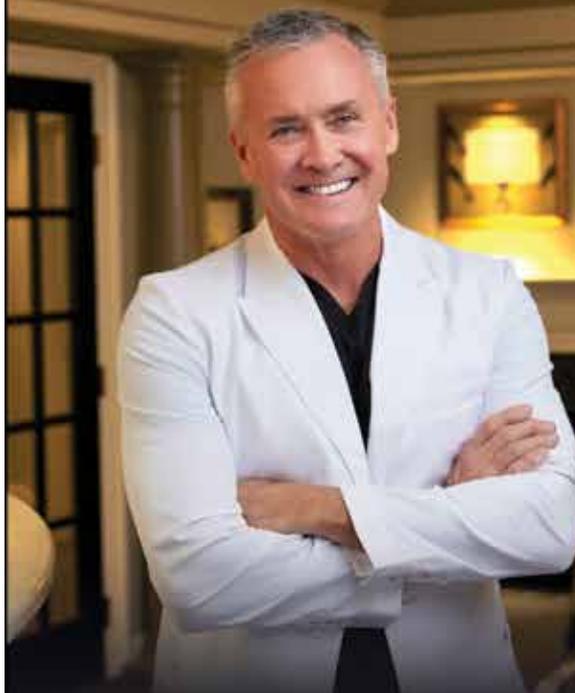
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What's Up? Media's home awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—open 9/1 and close 10/31. Visit whatsupmag.com/homeexcellenceawards2025 to learn more.

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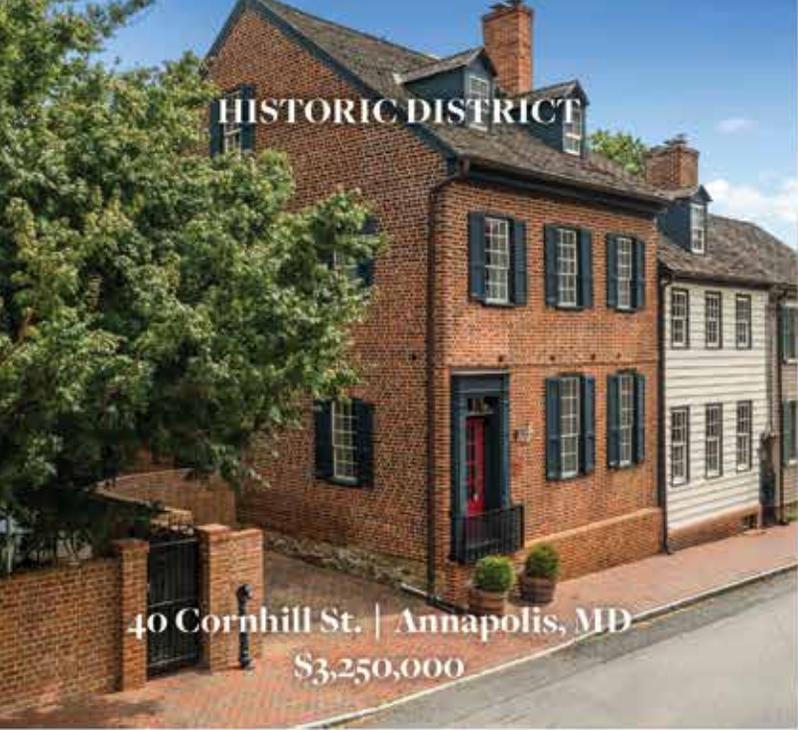
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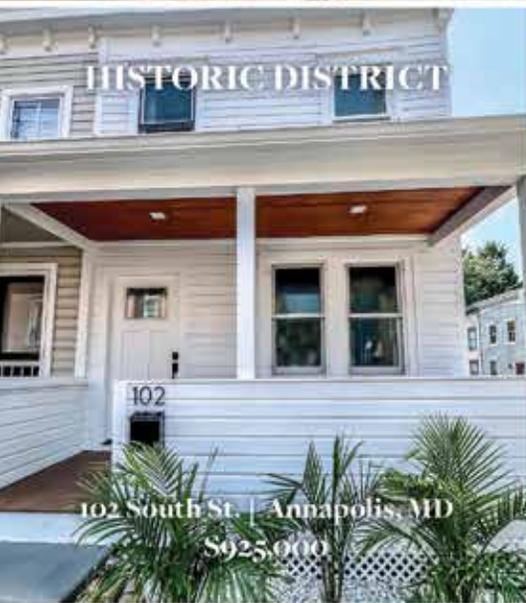
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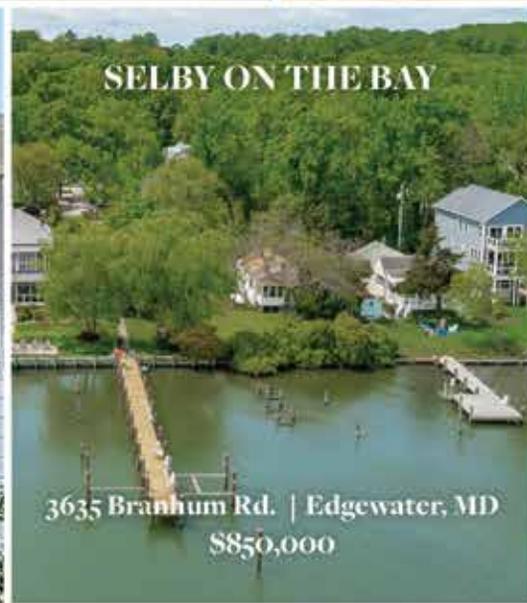
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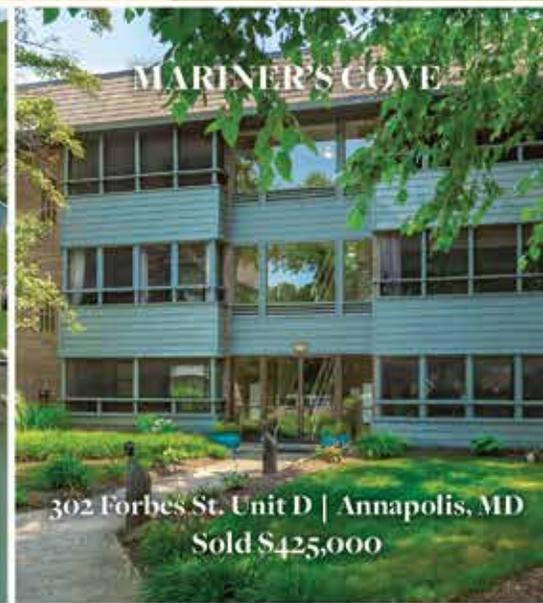
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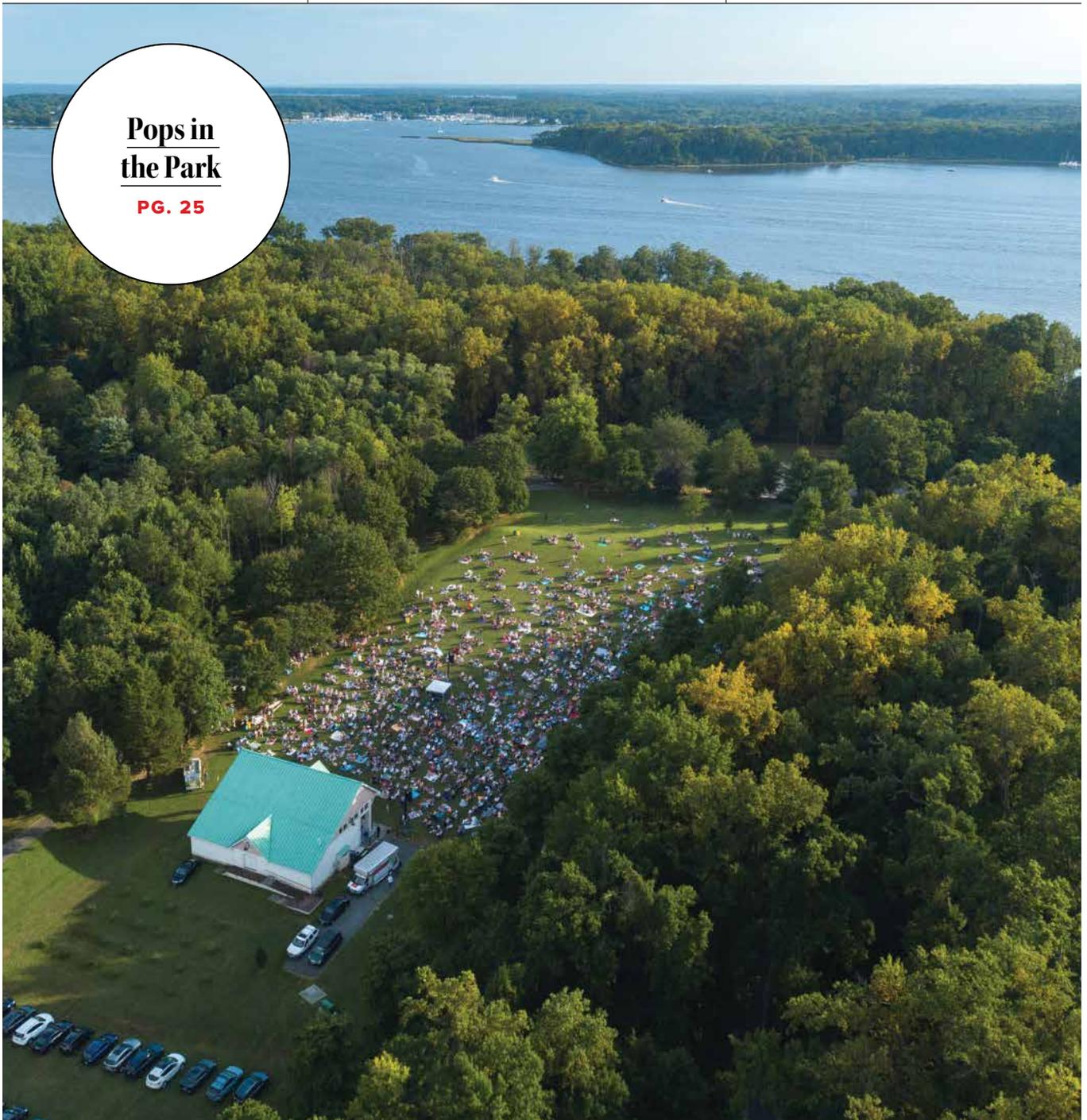
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Pops in
the Park

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BAY BRIDGE PADDLE

The Bay Bridge Paddle offers a thrilling morning of SUP and kayak paddling that caters to all levels of experience on September 15th, beginning at Sandy Point State Park. Not only will you have a chance to take on the challenge of the paddle, but registration also includes admission to the Maryland Seafood Festival. This is your chance to make the most of your day and enjoy everything that the festival has to offer. The event offers three paddling courses to ensure that there is an option for every paddler. Don't miss out on this bucket list item! Register and find more information at abceventsinc.com.



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The Annapolis Symphony Orchestra, conducted by Maestro José-Luis Novo, is performing the perfect end-of-summer soundtrack for the whole family. Enjoy Pops in the Park on September 1st at 5:30 p.m. at Quiet Waters Park (rain date: 9/2). The music program is sponsored by Anne Arundel County Arts Council and Anne Arundel County Department of Recreation and Parks. It's the perfect way to close out your summer. Find more information at annapolisymphony.org.

ARTS ALIVE

Arts Alive is in its 26th year as being the largest annual fundraiser for Maryland Hall. On September 6th, from 6 to 10 p.m., guests will enjoy cocktails, cuisine, live performances, and more. The event serves the mission of Maryland Hall to provide art for all, to inspire creativity, to uplift and celebrate diverse voices, and to tell important stories through a wide range of high-quality and engaging arts programming in the community. Find more information and get tickets to the event at marylandhall.org.



ANNAPOLIS BAYGRASS FESTIVAL

Oteel & Friends, The Infamous Stringdusters, Left-over Salmon, Sam Bush, and so many more entertainers will take the stages at Sandy Point State Park for the second Annapolis Baygrass Festival on September 21st and 22nd. Baygrass blends the finest progressive bluegrass, jamgrass, and Americana music with a gorgeous beachfront venue and a mission to protect the Chesapeake Bay and raise mental health awareness. Find more information and get tickets at baygrassfestival.com.



Photo by Jay Strausser



Boatyard Beach Bash

The 19th Annual Boatyard Beach Bash to benefit the Annapolis Maritime Museum will be back at the waterfront museum in Eastport on September 21st. This Jimmy Buffett/Parrot Head themed fundraiser soaks in the sounds of Key West with musicians that shape that lifestyle: world class musicians and members of the iconic Coral Reefer Band. Enjoy a night of music, dancing, and delicious food and drink. This year, the night will be in honor of Jimmy Buffett. Find more information at amaritime.org or boatyardbandandgrill.com.



Oktoberfest in Annapolis

Gather in West Annapolis for the annual Oktoberfest on Sunday, September 22nd! This family-friendly event offers something for everyone, with beer, live music, delicious food, and a variety of vendors. Thanks to a partnership with West Annapolis Elementary School, kids will enjoy a range of fun activities tailored just for them, making it a perfect outing for the whole family. Don't miss out on the vibrant atmosphere and community spirit that make this event a local favorite. For more information, visit west-annapolis.com.



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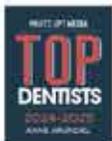
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ANNAPOLIS RUN FOR THE LIGHT HOUSE

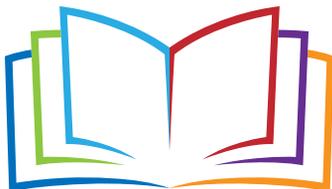
The Annapolis Run for The Light House race committee is hosting its 15th annual Half Marathon, 5K, and Walk on Sunday, September 15th at Quiet Waters Park and the Hillsmere Community. All proceeds from this event support The Light House. Beyond providing food, clothing, and shelter, they also address the underlying causes of homelessness such as lack of marketable job skills, addiction, and the debilitating effects of both mental and physical health issues. For more information, please visit annapolisrunforthe-lighthouse.org.





14th Wendi Winters Blood Drive

On September 7th, American Red Cross is hosting the 14th Wendi Winters Blood Drive at the Crowne Plaza Hotel in Annapolis. This event is in honor of Wendi Winters, a proud Navy mom who lost her life in the tragic Capital Gazette shooting in 2018. Wendi's heroic actions saved the lives of several colleagues at the Capital Gazette and since her passing, over 3,000 units of blood have been donated in her honor, which has the potential of saving 3,000 lives. Sign up for an appointment at redcrossblood.org.



BOOK FAIR!

Anne Arundel County Literacy Council is hosting its annual book fair and fundraising event on September 28th at Westfield Annapolis Mall, within the Community Room and Crate & Barrel Court space. Proceeds help low-income adults pursue their goals in literacy, math, diploma studies, ESL learning, and more. Learn more at icanread.org/bookfair.

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SEPTEMBER 2024 EVENTS

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SATURDAY, SEPT 7th

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SUNDAY, SEPT 8th

EYC Tasting 5pm



FRIDAY, SEPT 13th

Disaronna Mule 3-6 | Crooked Crab Tap Take over 4-7

THURSDAY, SEPT 19th

Oktoberfest tasting 5-8



FRIDAY, SEPT 20th

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Photo by Ken Tom

BLAZERS. BOURBON. CIGARS.

The premier networking event for men in Annapolis is back at William Paca House and Gardens on September 26th, from 6 to 9 p.m. This fundraiser supports Historic Annapolis and their mission to Preserve. Protect. Connect. It's the perfect opportunity to meet influential leaders, the region's top entrepreneurs, business professionals, and visionaries representing our diverse community. In addition, enjoy bourbon, whiskey, and other fine liquor tastings, premium cigars and delicious food from the area's top chefs. Find more information and get tickets at bbc.annapolis.org.



ANNAPOLIS SONGWRITERS FESTIVAL

The Annapolis Songwriters Festival brings our love for music to the bay! The festival, which is modeled after the hugely successful Key West Songwriters Festival, has its own world-renowned watering holes and intimate theater settings, making our historic capital on the bay the perfect location for live music enthusiasts to get acquainted with the faces, voices, and stories behind the song. Lee Brice, Citizen Cope (pictured), JJ Grey and Mofro, Marc Cohn, and so many other songwriters will be at Rams Head and various other venues in Annapolis, September 12th through 15th. Find a full schedule and get tickets at annapolisongwritersfestival.com.



Fore a Cause

GOLF FUNDRAISERS THIS MONTH

There are many golfing opportunities that also give back to our community and September is a great month full of charity tournaments. Many nonprofits are hosting their annual golf outings this month. Below is a list of several tournaments to raise money for important nonprofits.

SEPTEMBER 11TH

Bello Machre Golf Tournament at Queenstown Harbor (Queenstown); bellomachre.org

SEPTEMBER 20TH

Haven Ministries Annual Golf Tournament at Prospect Bay Country Club (Grasonville); haven-ministries.org

SEPTEMBER 23RD

GiGi's Playhouse Golf Tournament at Queenstown Harbor; gigisplayhouse.org

SEPTEMBER 26TH

Hospice of the Chesapeake Annual Golf Tournament at Queenstown Harbor; hospicechesapeake.org

SEPTEMBER 27TH

Dorchester Chamber Challenge Golf Tournament at the Hyatt Regency Chesapeake Bay Resort and Spa (Cambridge); dorchesterchamber.org

SEPTEMBER 30TH

Birdies for Benedictine at Talbot Country Club (Easton); benschool.org

31st Annual Boys & Girls Club of Annapolis and Anne Arundel County Bob Ferry Golf Classic at The Golf Club at South River (Edgewater); bgcaa.org



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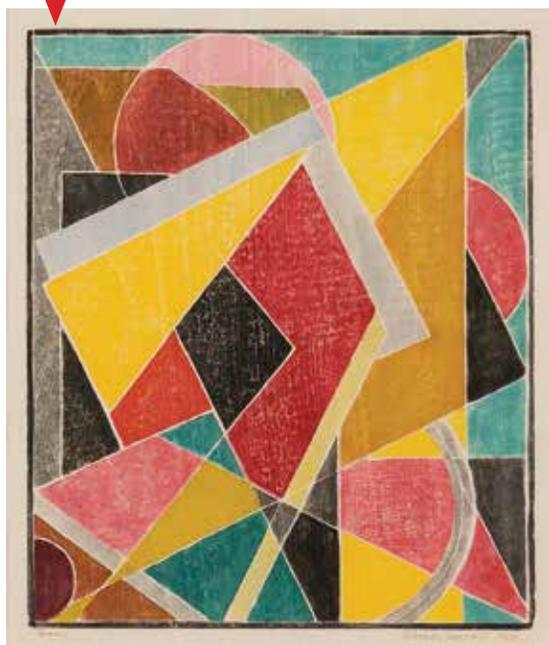
Arts

COVERING LOCAL EXHIBITIONS, ARTISTS, GALLERIES, AND MUSEUMS

Blanche Lazzell: Becoming an American Modernist

**Academy Art Museum, Easton
Through October 20th, 2024**

Blanche Lazzell: Becoming an American Modernist explores the pioneering artist's lifelong pursuit of translating Modernism into an American art form and celebrates her largely unsung achievements in championing abstraction in the United States through painting and printmaking. This exhibition surveys the full career of Lazzell (1878–1956). Celebrated for her masterful white-line woodblock prints, Lazzell considered herself a painter first and foremost—from her early days studying in West Virginia, New York, and Paris through Depression-era Federal Art Projects and as a longtime resident of Provincetown's vibrant art colony. Find more information at academyartmuseum.org.



Buckland and Palladio: A Legacy of Design

**Hammond Harwood House, Annapolis
Through December 30th, 2024**

The Hammond-Harwood House celebrates its 250th anniversary with an exhibition of early documents, paintings, and artifacts that provide context for Matthias Hammond's house, built during Annapolis' Golden Age. When builder William Buckland designed the Hammond-Harwood House in 1774, he was inspired by the neoclassical designs of 16th century Italian architect Andrea Palladio, adapting the plan of a villa in Venice to the American colonies. His beautiful creation has endured over the years—a legacy laid in bricks. Find more information on the exhibit at hammondharwoodhouse.org.

Revisit/Reimagine: The Civil Rights Era in Maryland and Parallels of Today

**Banneker-Douglass Museum, Annapolis
Through January 4th, 2025**

2024 is the 60th anniversary of the signing of the Civil Rights Act so the Maryland Commission on African American History and Culture and Banneker-Douglass Museum are declaring 2024 as "Maryland's Year of Civil Rights." *Revisit/Reimagine: The Civil Rights Era in Maryland and Parallels of Today* remembers legacies of civil rights leaders and their effect on black Marylanders and the United States as a whole. In collaboration with Afro Charities, images of nationally- and locally-recognized civil rights leaders from the *AFRO American Newspapers* archives will be on display accompanied by the work of contemporary artists living and working in the Maryland area. Find more information at bdmuseum.maryland.gov.

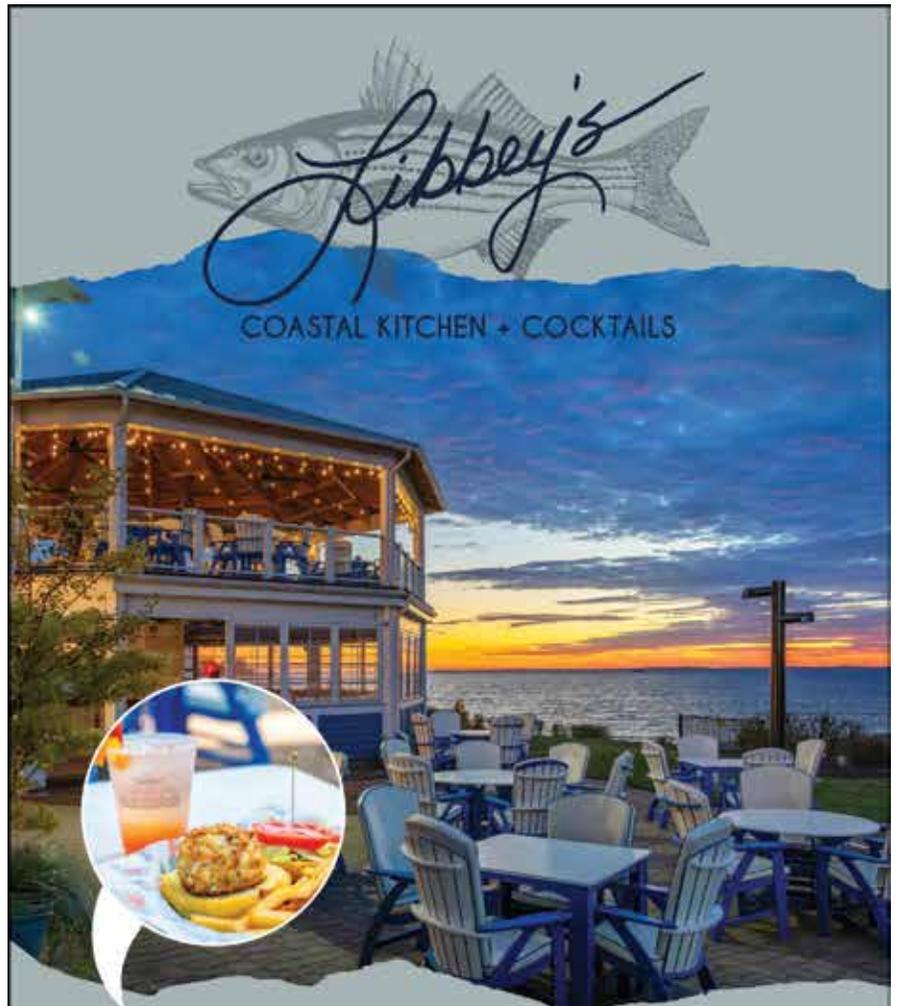
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Plucking the Right Strings

**MEET RON PEREMEL,
FOUNDER OF THE HIGHLY-
ANTICIPATED ANNAPOLIS
BAYGRASS MUSIC FESTIVAL**

By James Houck

This month, we interview the founder and director of the Annapolis Baygrass Music Festival, Ron Peremel. The festival will hold its second annual weekend of live music with a roots- and rock-oriented lineup boasting world-class musicians on September 21–22 at Sandy Point State Park. Visit baygrassfestival.com for full details and ticket options.

We have a lot to discuss about the genesis of the festival, how “every jam saves the Bay,” and what to look forward to, so let’s get into our questions and Peremel’s answers.

Ron, can you talk about how you were turned on to the bluegrass genre? I first learned of this beautiful music in the late-’90s when I had moved to Boulder, Colorado, and my number one music buddy would fly to Telluride to attend the Telluride Bluegrass Festival. We’d rent a house with 30 to 40 friends to experience this amazing festival and get turned on to so many new and upcoming progressive and traditional bluegrass, jamgrass, Americana, and folk artists. I was hooked! I have been going to Telluride on and off for 25 years and this festival has been an inspiration and a guide for much of what we have created at Baygrass. **How did your recent environmental work lead to creating a music festival?** I grew up in Baltimore boating, fishing, swimming, eating from, and playing in the Chesapeake Bay and its tributaries. When I moved to Annapolis in 2012 from Boulder,

THIS WORK DROVE ME TO SEARCH FOR A WAY TO SPREAD THIS AWARENESS AND EDUCATION MORE BROADLY.



I became passionate about protecting the ailing bay that I loved as a child. I got involved with the Chesapeake Bay Foundation, Watershed Stewards Academy (WSA), and other nonprofits. I became a Master Watershed Steward and applied this knowledge to my community by implementing conservation landscaping and environmental programs. This work drove me to search for a way to spread this awareness and education more broadly.

While sitting in a WSA class at the beautiful Arlington Echo Outdoor Education Center, my business mind wandered and came up with the idea of connecting people to the things they love doing with their love for the Bay. I started with the idea for a beer garden that had an environmental mission to protect the bay, that would educate guests immersively as they enjoyed local brews, ate food fresh from the Chesapeake Bay, and listened to great live music.

In 2020, I pivoted the beer garden idea into a music festival concept to reach more people and have greater impact.

How did you flesh out festival logistics? Despite being an experienced marketing and financial services businessperson and producing a few music and comedy fund raisers for my kids’ schools, I did not have experience with the inner workings of the festival space, so I turned to a friend who did. My Baltimore friend John Way had been involved in the operations of Charm City Bluegrass Festival, Delfest, and the Thursday Night bluegrass concerts at the 8x10 Club in Baltimore. John loved the idea. He is also an Army veteran, entrepreneur, and a certified mental health first-aid instructor who had a similar vision for educating festival attendees about mental health and wellness resources.

Shortly after getting the operations and marketing programing developed, John and I realized we needed another local pro who knew the bay, community, music scene, and the legal and logistical

implications. I turned to my close friend, Ron Katz, Esq., who immediately loved the idea and jumped on the team as our legal partner in the organization I had incorporated as Baygrass Festival Group, LLC.

Why did you choose Sandy Point State Park as the host site? With a mission to restore and protect the Chesapeake Bay and an education strategy focused on immersive and experiential learning, the location that made the most sense was, and is, Sandy Point State Park. With its beautiful beaches and its majestic view of the Bay, it inherently teaches attendees to love and protect this important body of water. And with its rich history, special events like the Chesapeake Bay Blues Festival, which just ended its 25-year run, the Plunge, Bay Paddle, and Seafood Festival, we knew this would be the right home for Baygrass.

This year's Baygrass lineup is exceptional—was it a challenge to secure this lineup? Our management and talent buying teams spend a lot of time identifying, deliberating, and then working with agents and artists directly to come up with a lineup that is carefully curated with our focus on progressive bluegrass, jamgrass, Americana, and sprinklings of other genres.

This year, those sprinklings include Grateful Dead, southern rock, and funk influences. We call this “fantasy festival” design. We start making our wish list a year before the next festival, which gets refined and finalized by January of each year.

We knew we had to match last year's lineup and try to attract a wider swath of the live music community, so we reached out to the agent for two-time Grammy-winning bassist Oteil Burbridge who played with the Allman Brothers for 15 years and is one of the founding members of Dead & Company. He and the all-star band will blow the doors off our Saturday night show.

The lineup is stacked with local, regional, and national artists. I'm really excited for the rich blend of musical styles and the ebb and flow of the order in which they'll perform. We have two main stages, which allow for short breaks and continuous music to keep people entertained from noon to 10 p.m. each day. We also have a workshop stage, which will include four intimate music workshops that allow our guests to get up close and personal with the artists. This is a very special gem that I discovered at the Telluride Bluegrass Festival and wanted to make part of our festival.

Another wonderful addition this year is our three artists-at-large: trumpeter and vocalist, Jennifer Hartswick, trombonist and vocalist Natalie



Cressman, and tenor saxophonist Ron Holloway. This is a rare and wonderful horn section who will blend their mastery with the other artists throughout the festival performances.

What are some of the additional festival amenities this year? Baygrass is more than a music festival, offering interactive educational workshops, beach yoga, yard and beach games, children's activities and workshops in the KidZone, local craft vendors, and an exceptional VIP experience.

Baygrass features an elevated culinary experience, including

Maryland lump crab cakes, roasted and raw oysters, gourmet barbecue, wood-fired pizzas, and other delicious vegan and vegetarian delicacies. We have also put a tremendous amount of thought and time into our beverage experience with our team led by Thom Bloom. We offer delicious drink options including microbrews, craft cocktails, and wines, as well as non-alcoholic beer and mocktails.

Our beer partners—Pherm Brewing Company and Idiom Brewing Company—will each have their own Baygrass brand-



ed beers: Pherm's Baytoberfest (a delicious, malty Marzen) and Idiom's Troubled Waters (a citrusy, juicy extra pale ale).

For those looking to upgrade to the beachfront VIP Village, the experience includes daily chef-prepared hot meals by festival partner Chesapeake Chef Service. Other perks include access to VIP viewing areas, VIP bars with discounted drinks and free samplings from local beer and spirits partners, air-conditioned bathrooms, exclusive VIP onsite parking, discounted massages, a commemorative stainless steel pint cup, Baygrass poster, and more.

The festival motto is "Every Jam Saves the Bay." Can you talk about the intent and action behind that statement? The Baygrass philosophy is to help people learn about conservation, sustainability, and mental health in a way that combines education and fun. We have committed to donating proceeds from ticket, food, beverage, and merchandise sales to Maryland-based nonprofit organizations including Watershed Stewards Academy, Oyster Recovery Partnership, and Alliance for the Chesapeake Bay. Each of these organizations will provide immersive education workshops and exhibit booths in our Bay Guardian Village with more information about bay conservation.

Our slogan indicates that people just need to show up to help the cause of protecting the Chesapeake Bay. It's that easy. And remarkably, people get it!



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SEPTEMBER 11
VERONICA SWIFT
JAZZ VOCALIST



SEPTEMBER 12
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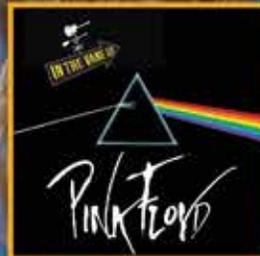
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Chip in for the Arts

On May 15th, the Chesapeake Arts Center hosted the 11th annual fundraising golf tournament, Chip in for the Arts: A Tribute to Lou Zagarino at Compass Pointe Golf Course in Pasadena. This year's tournament honored Zagarino, a longtime CAC Board member and North County business and community leader. Attendees joined Zagarino's family for a day of golf to remember him and helped raise funds to CAC, one of the many nonprofit organizations he supported for so many years. Learn more at chesapeakearts.org.

1. A foursome enjoys the course
2. Carts are lined up
3. Golfers gather for awards lunch
4. CAC Executive Director Donna Anderson
5. Zagarino's family honored
6. Winning golfers receive their awards
7. Ready to play a round





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“I Have a Voice” Gala

On May 17, GiGi’s Playhouse of Annapolis hosted its annual “I Have a Voice” Gala at The Atrium at Soaring Timbers. The fundraising event featured a seated gourmet dinner, drinks, music, dancing, live auction, silent auction, wine pull, and raffle, all in support of Gi-Gi’s mission of promoting greater acceptance of children and adults with Down syndrome. Learn more at gigisplayhouse.org/Annapolis.

1. The Marsalek family 2. Guests look over auction items
3. The Atrium event space 4 & 5. GiGi’s supporters and families enjoying the event

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The Spalding Gala

On March 23rd, Archbishop Spalding High School hosted its annual Spalding Gala on site at the school's new gymnasium in Severn. Spalding alumni, parents, staff, and supporters enjoyed an evening of delicious dinner, drinks, live music, dancing, auctions to benefit the private school. Learn more at archbishopspalding.org.

1. Guests enjoy the live auction 2. The school's rock band performs 3. Guests enjoy camaraderie 4 & 5. Attendees show off their dance moves 6. Auction items for bid

Expert of the Month



Kari Rea

Kari Rea | English Teacher
Archbishop Spalding High School



Kari Rea has been an English teacher for 20 years, including six years at Archbishop Spalding High School. She has taught Writing and Rhetoric, American Literature, Honors World Literature, and International Baccalaureate (IB) English 12.

Rea received her English Language and Literature degree in 2000 from the University of Maryland, College Park and graduated as a UMD Senior Marshal. She continued her studies at UMD as part of the Master of Library Science program. During July 2014, Rea traveled to Germany on a Fulbright grant to study the German education system.

What inspired you to pursue education as a career?

My 8th grade English teacher, Mrs. Linda Mills, inspired me to teach English. There was something magical about her ability to bring literature to life. So I decided to become a "Mrs. Mills" for others. She helped me realize that educators do more than teach a subject. We also teach soft skills and help students become more confident. Ultimately, I want my students to feel the way I felt when I left Mrs. Mills' classroom: a bit stronger than when they entered it. I want them to be effective communicators, critical readers, resilient learners, and helpful citizens.

What excites you most about your profession?

I enjoy the energy in the classroom. I like spirited discussions, "a-ha" moments, and the challenge of planning lessons that students find engaging, useful, and relevant. My favorite college professor told us that we should never consider ourselves "educated" because that implies there's nothing left to learn. I love being able to say, "That's a great question, and I don't know the answer. Let's find out."

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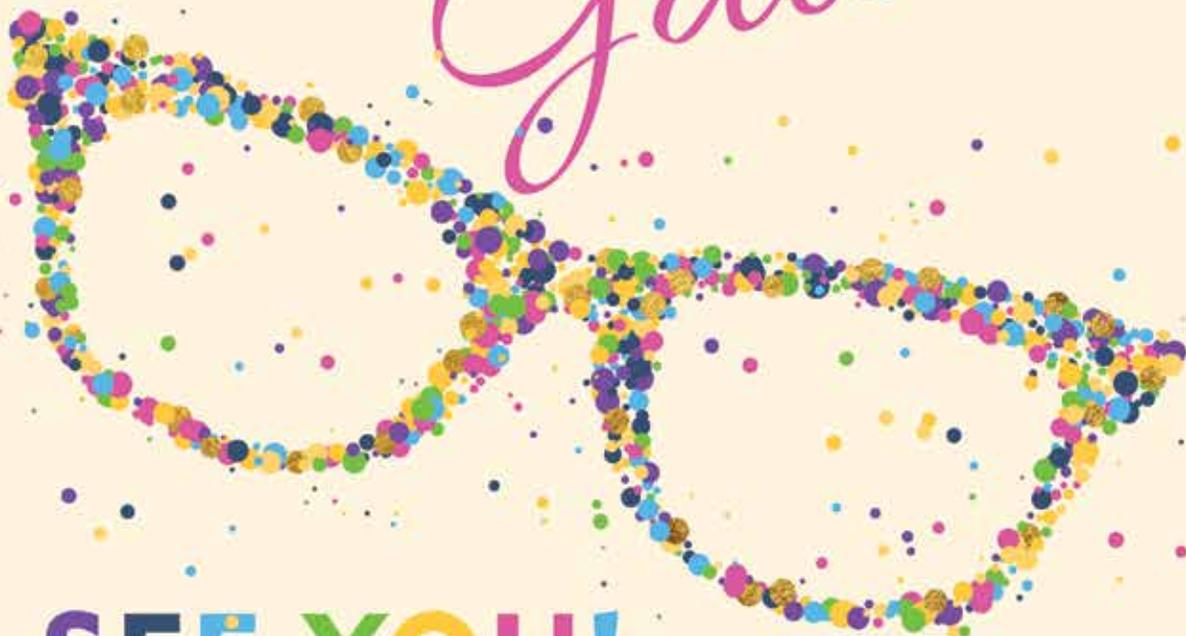
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CRAB HOSTED WARRIORS REGATTA

In June, Chesapeake Region Accessible Boating (CRAB) hosted its semi-annual Recovering Warriors Sailing Regatta at the Annapolis Adaptive Boating Center. The regatta consisted of four races at the mouth of the Severn River. CRAB volunteer, Joel McCord, started the festivities with a beautiful playing of taps on his trumpet. The eighteen warriors and family members boarded CRAB's fleet of Beneteau First 22A's and set sail. Winds were 15 knots from the north; waves were 1 foot and higher on the course, and the races provided returning warriors the chance to showcase their sailing skills, while giving first-time sailing warriors a taste of competitive sailing. The lunch and awards ceremony at the Adaptive Boating Center overlooking Back Creek was a heartwarming display of the support and camaraderie that defines our community. Learn more at crabsailing.org.

X-GOLF OPENS IN ANNAPOLIS

The ribbon officially was cut and the new, state-of-the-art virtual golfing and social entertainment space, X-Golf, opened in Annapolis at Jennifer Square this summer. The golf simulator offers lessons, tournaments, league play, and the space to get together with friends to enjoy food and drink. Learn more at playxgolf.com/locations/Annapolis.



Marine Wizards Announced

Eastport Yacht Club Foundation announced the 2024 Marine Wizards awards earlier this summer. "A Marine Wizard is someone who demonstrates extraordinary skills in the marine trades, is known for providing excellent customer service and is considered to be 'the best of the best' in the business," states the foundation. A new class of Wizards is recognized every other year. Nominations are collected from the boating public and industry peers. This year's class includes Jerome Berger of True North Yachting; Aaron Bradley of Bradley Marine Services; Ted Haaland of Haaland Marine; Matt Marshall of Annapolis Cruiser; and Tyler Ruth of Annapolis Rigging. Learn more about Marine Wizards and all the EYCF programs at eycfoundation.org.



**WALK RAISES FUNDS
FOR MENTAL HEALTH
AWARENESS**

Annapolis offices of Coldwell Banker Realty, led by the Let's Move Crew leadership of Lori Hill and Liz Montaner, organized the third annual National Alliance on Mental Illness (NAMI) Anne Arundel County Walk in downtown Annapolis on June 15th. The goal of the Walk was to raise awareness and reduce stigma regarding mental health treatment. Additionally, they raised funds for NAMI Maryland and NAMI Anne Arundel County chapters as part of the NAMI Walks Your Way 2024 campaign. Way to go! Learn more at letsmovecrew.com.

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FISHING TOURNEY SUPPORTS THE FIGHT AGAINST BREAST CANCER

Women Supporting Women—a local, grass-roots non-profit organization dedicated to providing awareness, education and support to all those who are affected by breast cancer—received over \$7,000 in donations from the successful event Fourth Annual Tuna & Tiaras ladies fishing tournament. From Thursday, June 13th through Saturday, June 15th, Pam Taylor (pictured, far right) held her tournament at Micky Fins in West Ocean City, Maryland. The tournament only allows women to enter and fish, which is partially why Women Supporting Women was chosen to participate in the event. Through registration fees, the silent auction, and a 50/50 raffle, Taylor was able to raise a total of \$7,250 in donations. For more information on Tuna & Tiaras, visit tunaandtiaras.com. For more information on WSW, visit womensupportingwomen.org.



Luminis Health Earns Accolade

Luminis Health Anne Arundel Medical Center (LHAAMC), the premier healthcare institution in Annapolis for nearly 125 years, has been named by *U.S. News & World Report* as a 2024-2025 Best Hospital. LHAAMC ranked No. 8 in Maryland and No. 6 in the Baltimore Metro Area. The hospital was recognized as a high performing hospital in eight specialties for common procedures, including cardiac care, cancer services, and orthopedics. *U.S. News* evaluated nearly 5,000 hospitals across 15 specialties and 20 procedures and conditions. Hospitals awarded “Best” designation excelled at factors such as clinical outcomes, level of nursing care and patient experience. Learn more at luminishealth.org.



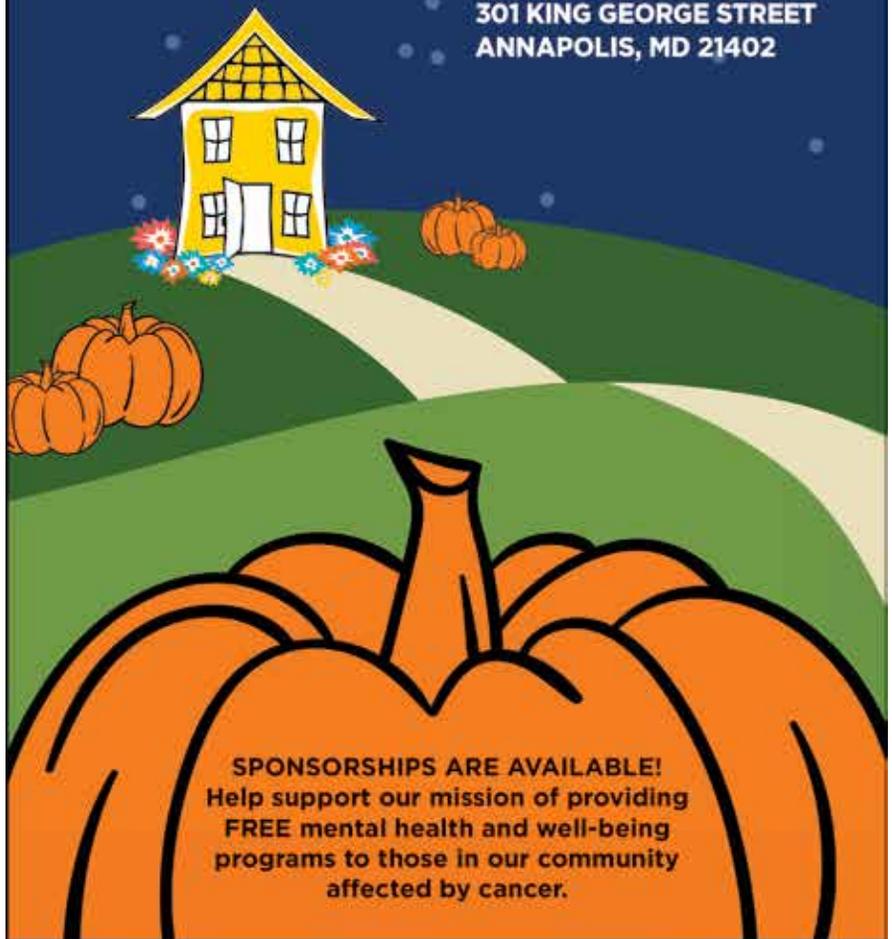
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Meet Student Athlete Elijah Croskey

THIS ANNAPOLIS AREA CHRISTIAN SCHOOL SENIOR BASKETBALLER HAS GARNERED NATIONAL ATTENTION

By Tom Worgo

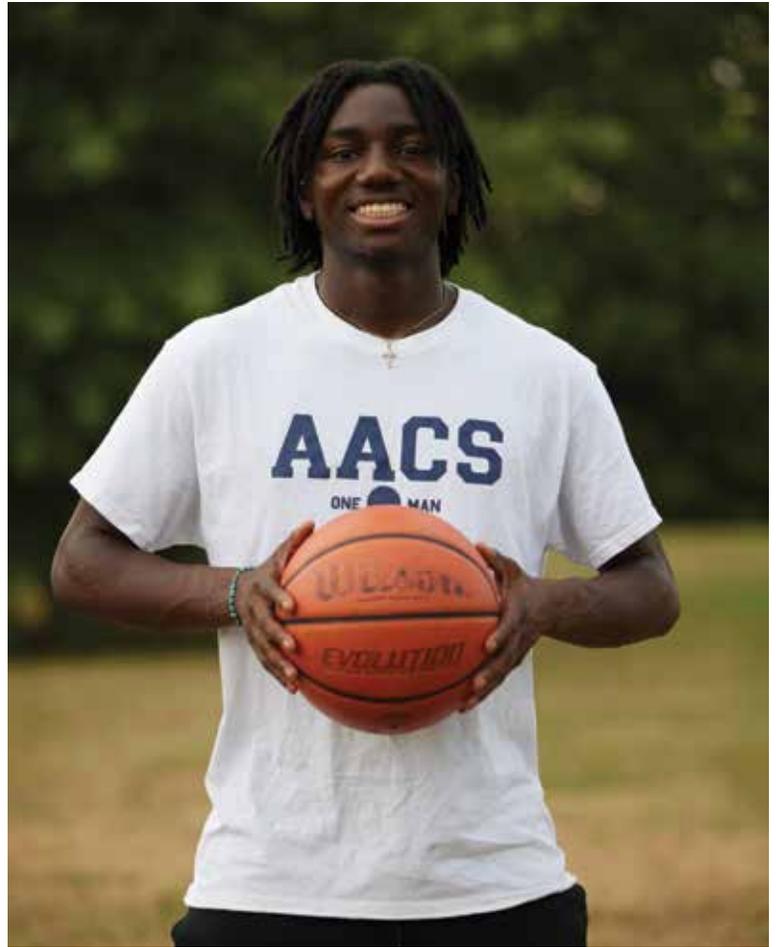
Annapolis Area Christian School senior basketball standout Elijah Croskey plays fast and above the rim. It's his ability to dunk the basketball that has garnered him national attention.

In late April, playing for his Howard County-based AAU Top Tier team in a tournament against a team from New Jersey, Croskey had two eye-catching dunks on two different players. It was such a big deal since Croskey—who is a three-sport athlete—stands 5-foot-10. The players he surprised were 6-foot-2 and 6-foot-5.

A tournament official posted the dunks on Instagram and the attention the two videos received was unbelievable, Croskey says. The videos received a whopping 67,000 likes.

“The gym was electric,” Croskey recalls. “They weren’t expecting the dunks at my height. And the team we were playing was one of the better ones in the country.”

Besides his 38-inch vertical jump, he is probably one of the fastest basketball players in Maryland. He won the 400-meter individual dash in May and ran a leg on the first-place 400 relay team in the Maryland Interscholastic Athletic Conference B Championships.



“HIS ATHLETICISM IS SECOND TO NONE. HE IS ONE OF THE MOST ATHLETIC PLAYERS I HAVE EVER WORKED WITH.”

“Trying to guard me with my quick first step and the moves I have is pretty tough,” says Croskey, who has also played soccer for AACS.

Croskey’s athletic ability and speed has made him a coveted player among Division II and Division III college coaches. He’s been aggressively recruited by seven schools: Goucher, Greensboro, and Hood colleges, Morehead State, Millersville University of Pennsylvania, Catholic University, and St. Mary’s College of Maryland.

AAU Top Tier Coach Ken Alford says he expects more schools to pursue Croskey as his senior year goes along. He averaged 22 points per game for his high school team last winter and 20 points for his AAU team, whose season runs from April to August.

Playing AAU basketball Top Tier for four years has helped Croskey blossom as a player. He has played in seven or eight national-caliber tournaments every year in places such as Kansas, Georgia, Ohio, North Carolina, and along with several mid-Atlantic states.

“His athleticism is second to none,” Alford says. “I have been coaching for more than 10 years. He is not the biggest guy, but he is one of the most athletic players I have ever worked with, I think he is a lower-level Division I type of player. I have seen enough players to know.”

Alford likes to sit back and watch Croskey run past players for easy layups. He scores a lot of his points that way and he's that hard to defend and game-plan against. "He has a quick first step and guys can't stay in front of him," Alford says. "He surprises guys. Once he starts to go, if you don't judge him correctly, you are basically done."

With the AAU season behind him, the 17-year-old Croskey wants to put together another great year for AACS, which starts its season in November. Besides his high point totals, he averaged five rebounds and three assists while earning MIAA B Conference honors.

"He is one of those guys that has the 'It factor,'" AACS Boys Basketball Coach Doug Scheidt says. "He is a great open-court player and great at taking the ball to the hole. If he gets a step on you, it's very difficult to recover. He also goes through guys. And physically a lot stronger than he appears."

His performance in one game highlights the impact he can have on an opponent.

The 17-year-old Croskey, a combo guard and two-year starter who weighs 160 pounds, scored a career-high 40 points and grabbed eight rebounds in a rout of rival Indian Creek on February 7th.

"His humility is one of his biggest assets," Scheidt says of a player who averaged 13 points, five rebounds, and four assists last season. "He is a big-time player, but you wouldn't know it by the way he carries himself and acts. He doesn't think of himself as better than his teammates."



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Anne Arundel
County Executive
Steuart Pittman
reflects on his
past, discusses
present goals,
and eyes
the future

By Lisa Hillman
Photography by Tony Lewis, Jr.

It's a skill every politician needs and Steuart Pittman has mastered it. He can talk and eat salad at the same time. Halfway through his second term in office, on an early spring day—over lunch and other venues across several months—the Anne Arundel County Executive (CE) offered us unfettered access to his life, both inside and outside of politics. He even revealed a sneak preview of what might come next.



n the corner of his fourth floor Arundel Center office in Annapolis, mounted on the wall, is a painting of a large chestnut-colored horse. Bearing a white diamond that trails down his muzzle, the horse commands the room. It epitomizes much of Pittman's

life—from his upbringing on a farm, to his lifelong passion for animal welfare, to his work as a community organizer, to his entrance into politics.

Even the stallion's name is emblematic of Pittman's life and administration: "Salute the Truth."

THE FARM BOY

At six feet two, 185 pounds, Stuart Pittman is easy to spot in a crowd. Approachable and contemplative, the CE is very much the product of an unusual—if not privileged—upbringing, one that's led him to the county's highest office and offered a, sometimes, self-critical review. He grew up with one foot on the farm and one in the city.

The 550-acre farm in Davidsonville where his wife, two sons, two sisters, two nieces, and their families now live, has been in his family for generations. "I'm the eighth," Pittman says. A Scottish ancestor, George Hume Steuart, came to America in 1745 and acquired the property in the 1740s. Somewhat of a scoundrel, says Pittman, Steuart served as mayor of Annapolis and lived in a house on the site of the current Governor's Mansion.

Today, the farm, two-thirds of it woods, is not only home to the extended family, but also supports their varied interests. Pittman's sister Polly, with a career in public health and husband Tom, a physician, oversee The Vineyards at Dodon. Pittman's

younger sister Romey leads a group of educators in establishing a charter school for special students. His daughter and 12 nieces all work in public service.

"My family bridges the gap between political service and interest in other fields," Pittman says. "They're all trying to change the world."

His father, a lawyer, held several high-level positions with the federal government. While Pittman spent summers on the farm, he spent the school year in Washington, D.C., where he attended St. Albans. Moments of embarrassment hint at a certain shyness that still emerges: "It was all boys. Girls knew we didn't know how to talk to them."

Another youthful embarrassment came with four legs. "My first pony was Eric. My Mom called him 'King Shit' because he was so mean. I must have been 7 or 8. Every time I rode him, I fell off at least once. He had a way of dumping me." But he got back up every time.

THE ORGANIZER

After earning a degree in political science and Latin American studies from the University of Chicago, Pittman worked for ACORN, the Association of Community Organizations for Reform Now. In Chicago and Iowa, he fed his interest in serving communities "where there was no investment," addressing poverty, housing, open space, and agriculture. He also honed his political skills, helping to elect the mayor of Des Moines.

Ten years later he left ACORN because "I felt I wasn't making enough of a difference. But I always had the feeling I would come back to that world."

The equestrian world was also honing his skills. As President of the Maryland Horse Council, he was forced into public speaking. He taught others how to train horses. Self-confidence grew.

Pittman's grassroots and marketing approach to problem-solving led to another

"My family bridges the gap between political service and interest in other fields."

er effort. In 2010 he founded The Retired Racehorse Project, a 501(c)(3) nonprofit organization whose primary mission is to increase demand for thoroughbred ex-racehorses. The Project has given thousands of thoroughbreds second careers.

"As an organizer I was taught you never put yourself out front. You were always in the background. You put the leaders out front...And there also was a sense that being the politician was selling out. The best people were the organizers."

At the time the farm business was successful, and he'd always thought "the Retired Racehorse Project would be what I was remembered for in my life." But now there were staff who could run it. "I realized I could do something else. I'm not tied down."

There was another sign. His beloved stallion, Salute the Truth, died after 22 years.

"He had sort of defined my career in many ways. I was the only person who could handle him. There was a sense after he died. It was like a signal that there were other things in my life I could do."

THE CANDIDATE

His entry into Anne Arundel County issues was, appropriately enough, through the Farm Bureau and the Soil Conservation District. Trying to influence "the County bureaucracy" was increasingly frustrat-



ing. Others felt the same. Unable to move county leadership, along with the 2016 presidential election, he began “to think.” Maybe he could help. After all, he had skills in community organizing. He could build a coalition with environmental advocates, women who had marched recently in Washington, public employees, and union members, all who wanted change.

He first considered running for County Council in District Seven. A campaign consultant questioned his chances of winning as a Democrat in a predominantly “red” district. It was a District 30 legislator who first encouraged him to consider the county executive race. At the time, Sarah Elfreth was a rising leader in the local Democratic Party running for state Senate. For two months Pittman weighed his decision. “My odds of winning seemed higher as county executive,” he says. Besides, the countywide race led him back to what he loved—community organizing.

“It was a little uncomfortable at first, because I was comfortable speaking in front of people when it was about a cause, other than me. But when you’re running for office, you can’t avoid that it is about you.”

“I was comfortable speaking in front of people when it was about a cause, other than me. But when you’re running for office, you can’t avoid that it is about you.”

On November 6, 2018, the front page of the *Capital Gazette* read “Pittman pulls off upset, beats Schuh for Anne Arundel Executive.” The article went on: “If there is one thing he wants to accomplish in four years, it is restoring peoples’ faith in government.” And in a nod to the theme of his upcoming administration, Pittman is quoted as saying “Anne Arundel County is going to be better than the best place to work, live, and start a business.”

THE COUNTY EXECUTIVE (CE)

Thirty men and women sit around squared tables in the basement of the Arundel Center. Jeff Amoros, the CE’s Chief of Staff, is front and center. Methodically, he goes ‘round the room and calls out key staffers to share updates.

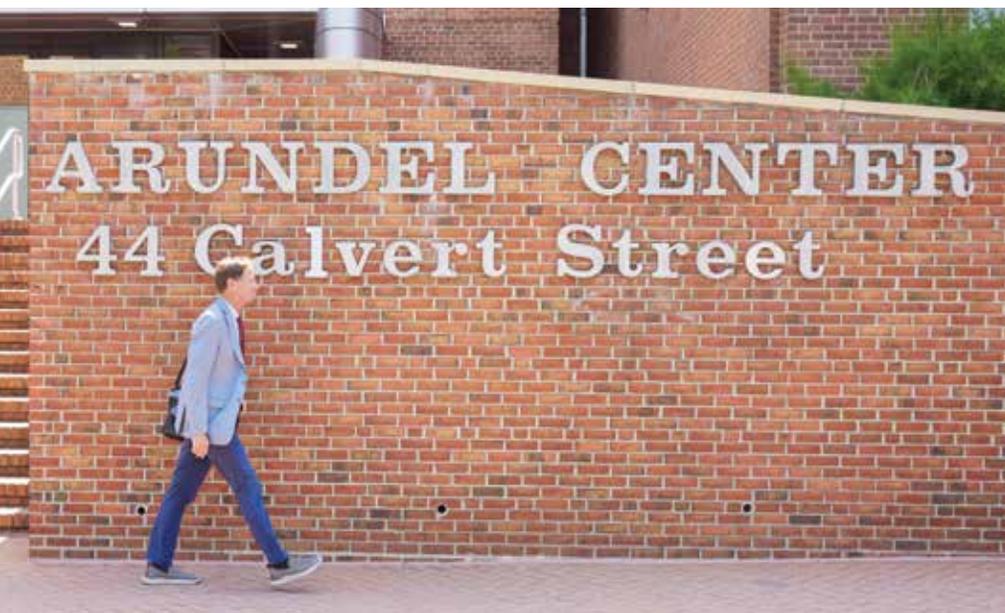
This is the bimonthly meeting of Pittman’s staff, and the tempo is rapid-fire. Lots of events are planned, like River Days at the Maritime Museum and a day of service at Bacon Ridge.

Government Relations applauds passage of the Civil Rights legislation. The Equity and Human Rights leader calls it “a new era in Anne Arundel County.” A disparity study to test bias in housing is underway. The Resilience Authority is gaining national prominence. The mood in the room is light. Morale seems high. Comments are punctuated by laughter. Eyes often turn to the man next to Amoros who comments as they speak—with a light touch.

At first, one might wonder why the CE attends this meeting. His Chief of Staff has it under control. And surely the items mentioned are no surprise, nor of such consequence they need the Executive’s presence.

But comparisons with other leaders, other bosses, emerge. It’s the “walk the halls” style management. How just being there, present where your workers are, can solve or prevent so many problems.

“Creating a walkable, livable place where people can live, work, and play was always the vision, and now it’s being created.”



He’s building trust with those he must entrust constituents’ needs.

Pittman prefers a flat organization: “I hate a filter.” He likes and enjoys healthy debate. “I love having smart people in the room challenging me, challenging each other.” He points to Budget Officer Chris Trumbauer, “a fierce protector,” and Chief Administrative Officer Christine Anderson, “a fierce woman.”

“I love seeing the two of them going at it. You gotta be pretty smart to survive here.” He is the last to speak. Crownsville is on his mind. He’s had a peak at the consultant’s preliminary plans which he can’t share yet. He reminds his team that they will likely not see it “come to fruition” during his last two years in office, but he clearly is enthused over its promise.

ACHIEVEMENTS

Modernizing County Government

Ask Pittman to name what he considers his top achievement, and he returns to “trust.” “Restoring trust in government in the ultimate goal, making it more effective and efficient, and making it possible to deliver for more people.” He aims for transparency wherever possible—whether it’s an open budgeting process within each councilmanic district or land use planning with nine stakeholder regions involving more citizens, including young people and renters, many for the first time.

Bond Rating

For only the second time in county history—and in a back-to-back achievement following last year—Anne Arundel County received a triple AAA bond rating from all three Wall Street rating agencies this year. Pittman admits budgeting is “the hardest part of the job,” and he credits budgeting and planning “in a responsible” way for the county’s impressive rating. He also notes the newly established Resilience Authority. “We are a jurisdiction with 530 miles of coastline. Bonding agencies also look to that.”

Crime Prevention

In the last five years Pittman has increased the level of sworn police officers from 700 to nearly 800 and funded major upgrades to crime-fighting technology. While social media and a 24-hour news cycle cause alarm, data show crime is down. Newly funded programs like “violence interruption” coupled with private initiatives like Man Up, Kingdom Cares, and Chase your Dreams put people to work within communities. Pittman credits the efforts of State’s Attorney Anne Colt Leitess in ensuring that “stuff doesn’t slip through the cracks.” Overall, he says, “This is a bad place to commit a crime.”

Crownsville

After Anne Arundel County acquired the 544-acre Crownsville State Hospital property from the State of Maryland in 2022, Pittman convened a 14-member advisory committee to study its future uses. One gets the sense that creating a “healing place” out of this former, segregated mental hospital—with its dark history immortalized in Antonia Hylton’s book “Madness”—is almost personal to him.

Janice Hayes-Williams affirms that it is. A local historian who studies blacks in Annapolis, she has spent more than 20 years trying to create the “Crownsville Hospital Memorial Park.”

Meeting Pittman during his first campaign, she knew she'd met an advocate.

"We talked about our roots, how long each of us has been in the county. His family was from the 1600s. Mine, just before the revolution."

They discussed Crownsville: "He wanted to be part of it. He said, 'Let's go get it.'"

Pittman is pleased Crownsville is getting national attention. His goal is to create a center for healing after years of unspeakable abuse. He recently welcomed Bowie State University as one of several partners on the site. Hayes-Williams watches closely as these plans unfold. She is grateful for the CE's strong support. "He's my knight in shining armor, and I am right behind him with the spear."

THE CRITICISM

It is hard to find someone who doesn't like Pittman for his honesty and transparency. But like any political figure, he is not without critics.

Just mention Riva Road. Speaking recently to a group of well-connected women in Annapolis, the CE was forced to defend the high-density development at Annapolis Town Center and its impending impact on traffic—including the 7-story parking structure that towers over Route 50.

Despite his efforts to explain that the 500 units of housing and commercial space are all part of the plan for the Town Center, he fails to convince his audience. And he knows it.

"I understand how people are terrified seeing big buildings go up, but I think the criticism is unjust," he comments later. "Annapolis town center was designed to be a town center. Properties were paved over and not being used. Creating a walkable, livable place where people can live, work, and play was always the vision, and now it's being created."

Third District Republican Councilman Nathan Volke is one of his most vocal critics. He disagrees with the CE's approach to



development—and lots more. Taking office with Pittman six years ago, Volke faced his first argument over ending the immigration screening program. "I thought it was effective; he did not."

Volke also fought against raising taxes that first year. And he is concerned with creating density in specific areas, like Pasadena, and around the county. "We agree that we both want to make Anne Arundel County the best it can be," he says. "But we disagree fundamentally on what that should look like."

WHAT'S NEXT

With two years remaining in his term, Pittman still has a long list of what he wants to accomplish. One of his biggest frustrations is insufficient funds. Federal dollars post-Covid are depleted.

He laments that he hasn't done enough for affordable housing: "People who have a housing crisis don't get heard." He remains concerned about food insecurity for many residents. He wants to establish a small dollar and public financing program for candidates seeking county offices. And it's all interrelated.

"It's frustrating for me and my peers spending so much time with donors. I told my scheduler at the outset I wanted to spend time with people who don't normally spend time with the CE...Having been out there [in food distribution lines]...now I get it"

And, of course, there's Crownsville. There are not many who don't admire Pittman for his tenacity and his relentless

pursuit of the truth. Even Volke admits, "I may think he's misguided, but it is entirely him thinking the right thing to do."

A bit of a soothsayer, Pittman has emerged from the last state and local elections as a kingmaker. While, so far, he has shunned future office for himself, he doesn't shy away from backing others. The candidates he endorses win. He was the first county executive in Maryland to back Wes Moore for governor, an effort that's paid off with a close friendship, and perhaps a future role.

The future also promises more writing. Introspective, a reader of history, and a man who just has a lot to say, Pittman has taken to writing weekly essays in the form of a letter emailed to some 50,000 followers. Transparency is obvious. Topics range from the county budgeting process to youth gun violence prevention, to why he attended the International Shopping Center conference in Las Vegas. There's a book he's pondering, but he needs the time.

And despite the upheaval in American politics and the threats to democracy, his reading of history inspires him. More sanguine than many in public office. Pittman is optimistic about the future of our county and our country.

"A big part of my job is to sell a vision, and to remind people of the value of government. Nothing is more important to me than leaving the body politic in a better position than when I came." ♦



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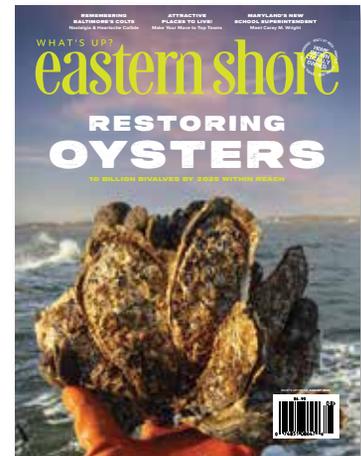
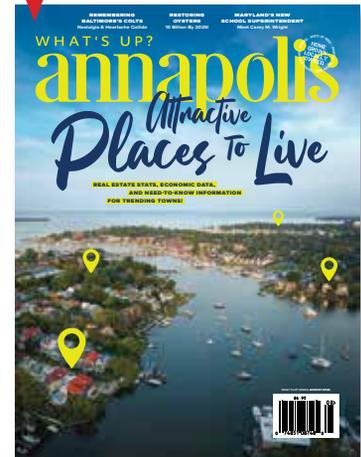
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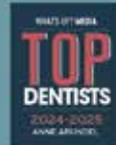


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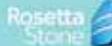


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OUR AUTUMN PRIMER ON NAVIGATING SCHOOL AND COLLEGE VISITATIONS, PLUS OPEN HOUSE DATES!

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



School Visitation Guide

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

Annapolis Area Christian School

Lower School Annapolis Campus – 710 Ridgely Avenue, Annapolis; 410-846-3504; aacsonline.org; September 25th, October 30th, November 22nd – 9 to 10:30 a.m. Lower School Severn Campus – 61 Gambrills Road, Severn; 410-846-3505; aacsonline.org; October 1st, October 24th, November 14th – 9 to 10:30 a.m. Middle School – 716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; October 19th, December 12th – 9 a.m. to Noon Upper School – 109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; October 28th, November 25th – 9 a.m. to Noon

Anne Arundel Community College

101 College Parkway, Arnold; 410-777-2222; aacc.edu; October 9th, 5 to 7 p.m.

Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; October 27th – Noon to 2 p.m.

Benedictine School

14299 Benedictine Lane, Ridgely; 410-634-2112; benschool.org; Contact school directly for guidance on visitations, tours, etc.

Boys' Latin School of Maryland

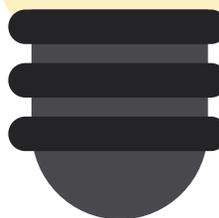
822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.org; Contact school directly for guidance on visitations, tours, etc.

Calvert Hall College High School

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; November 9th, 10 a.m. to 1 p.m.

Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; November 6th, 6:30 p.m.



Chesapeake College / Eastern Shore Higher Education Center

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Contact school directly for guidance on visitations, tours, etc.

Holy Trinity: An Episcopal School

Primary – 13106 Annapolis Road, Bowie; 301-262-5355; The Daisy Lane School & High School Prep – 11902 Daisy Lane, Glenn Dale; 301-464-3215; htrinity.org; October 17th, November 11th, January 10th, 9:30 a.m. to 1:30 p.m.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-923-3660; indian-creekschool.org; Upper School – November 7th, December 5th, 6 to 7:30 p.m.; Middle School – November 14th, 9 to 10:30 a.m.; Lower School – November 21st, 9 to 10:30 a.m.

Johns Hopkins Peabody Preparatory

1 East Mount Vernon Place, Baltimore; 667-208-6500; peabody.jhu.edu; Contact school directly for guidance on visitations, tours, etc.

Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Contact school directly for guidance on visitations, tours, etc.

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FALL OPEN HOUSE EVENTS:

Lower School
(PK-Grade 5)

Thursday, November 21
9:00 - 10:30 a.m.

Middle School
(Grades 6-8)

Thursday, November 14
9:00 - 10:30 a.m.

Upper School
(Grades 9-12)

Thursday, November 7
& Thursday, December 5
6:00 - 7:30 p.m.

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IF YOU'RE CONSIDERING SCHOOL VISITATIONS THIS FALL, OR IN THE NEAR FUTURE, HERE ARE SEVERAL TIPS AND CONSIDERATIONS WHEN PLANNING.

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

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

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

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

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

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

7 Keep an open mind. Your priorities during your initial school search may completely shift once you start touring, so remain open minded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

DISCOVER **SEVERN.**

Fall Open House Events

Lower School (Preschool–Grade 5)

October 2, 2024

Middle & Upper School (Grades 6–12)

October 17, 2024

Middle School Information Session

Middle School (Grades 6–8)

September 24, 2024

At this special information session, you'll learn how Severn helps students successfully navigate the middle school years. This event includes a one-hour conversational session with faculty and students followed by an optional campus tour in a small group setting for parents only. Limited space is available.



To register visit
severnschool.com/open-house



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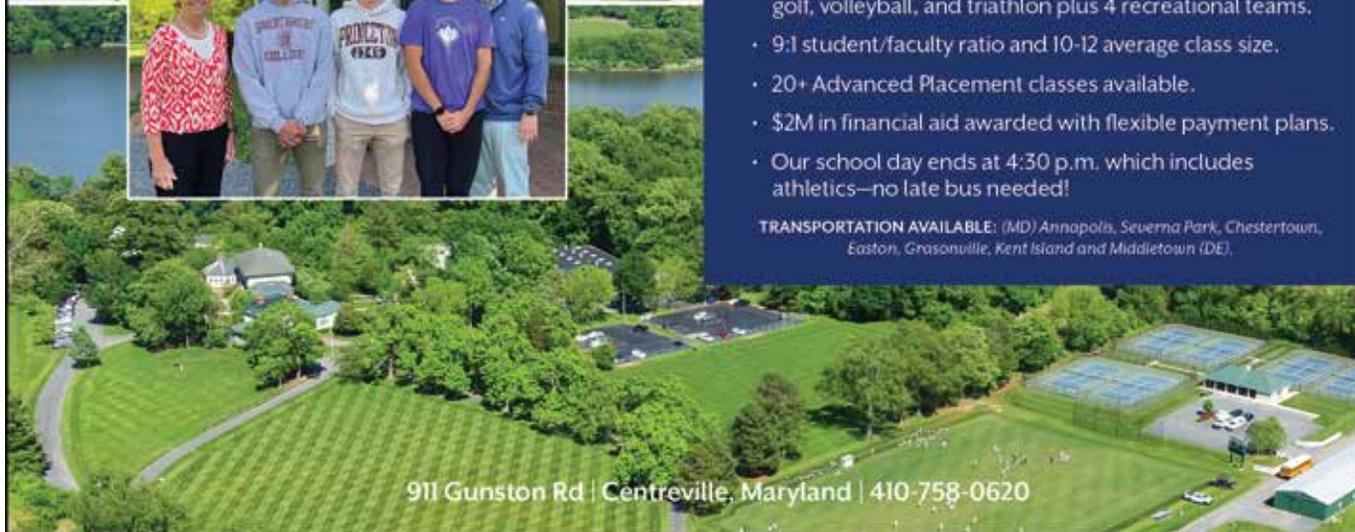
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911 Gunston Rd | Centreville, Maryland | 410-758-0620

Key School

534 Hillsmere Drive; 410-263-9231; keyschool.org; Grades 1–4: October 8th; Grades 5–8: October 22nd; Grades 9–12: October 24th; 2.5 years to Kindergarten: November 9th

Lighthouse Christian Academy

931 Love Point Rd Stevensville; 410-643-3034; lcademy.org; November 6th

McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Upper School – September 12th, 20th, and 23rd, October 2nd, 9th, 16th, and 22nd, November 8th, 13th, 20th, and 25th, December 5th; Middle School – September 13th, 19th, 26th, and 30th, October 10th, 17th, and 24th, November 7th, 14th, and 21st, December 4th

Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Contact school directly for guidance on visitations, tours, etc.

Montessori International Children's House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessorinternational.org; Contact school directly for guidance on visitations, tours, etc.

Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Contact school directly for guidance on visitations, tours, etc.

Oldfields School

1500 Glencoe Road, Sparks; 410-472-4800; oldfieldsschool.org; Contact school directly for guidance on visitations, tours, etc.

Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Call school to schedule a tour

Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; Open House – October 7th and February 3rd, 9–11 a.m. Exploring Junior Kindergarten and Kindergarten Open House – October 18th, 9–11 a.m. Preview Night – November 8th, 7–9 p.m.

Saint Andrews Day School

4 B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; November 7th, 9–11 a.m.

St. Anne's School of Annapolis

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; stannesschool.org; October 16th, 7 p.m. (Virtual). Lower/Middle School – November 8th, 9 a.m. Program for Young Children (ages 2–4) – December 5th, 10 a.m.

Saint John the Evangelist Catholic School

669 Ritchie Highway, Severna Park; 410-647-2283; stjohncatholic.org; October 8th, Advance registration is required. Please contact lfish@stjohnsp.org for more information.

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; October 16th, January 15th – 9:30 to 10:30 a.m.

St. Martin's in the Field Episcopal School

375 A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; October 16th, January 15th, 10 a.m. to noon

St. Martin's Lutheran School

1120 Spa Road, Annapolis; 410-263-4723; stmartinsonline.org; January 24th and March 14th – 9 to 11 a.m.

St. Mary's Annapolis

High School – 113 Duke of Gloucester Street; 410-263-3294; stmarysannapolis.org; October 26th, 2 p.m., October 29th, 6–8 p.m. (Athletic Open House at Pascal Field) Elementary (Pre-K through Grade 8) – 109 Duke of Gloucester Street, Annapolis; 410-263-2869; stmarysannapolis.org; November 8th, 9 a.m.

Sts. Peter & Paul Elementary and High School

High School – 1212 S. Washington Street, Easton; 410-822-2275; hs.ssppeaston.org; October 27th, 1 to 4 p.m. Elementary School – 900 High Street, Easton; 410-822-2251; hs.ssppeaston.org; Contact school directly for guidance on visitations, tours, etc.

St. Vincent Pallotti High School

113 St. Mary's Place, Laurel; 301-725-3288; pallottihs.org; November 3rd – 2 to 5 p.m., April 24th – 6 to 8 p.m.

Severn School

Lower School – Chesapeake Campus: 1185 Baltimore Annapolis Boulevard, Arnold; 410-862-3684; severnschool.com; October 2nd, 9 a.m. Middle and Upper School – Teel Campus: 201 Water Street, Severna Park; 410-862-3684; severnschool.org; October 17th, 7 p.m.

The Country School

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; Contact school directly for guidance on visitations, tours, etc.

The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; October 20th, 11 a.m. and 1 p.m., November 17th, 11 a.m., January 12th, 11 a.m., April 27th, 11 a.m.

The Summit School

664 E. Central Avenue, Davidsonville; 410-798-0005; thesummitschool.org; October 10th, November 12th, January 23rd, February 26th, March 18th, April 29th, 9 to 10:30 a.m.

University of Maryland Eastern Shore

30665 Student Services Center, Princess Anne; 410-651-7747; wwwcp.umes.edu; Contact school directly for guidance on visitations, tours, etc.

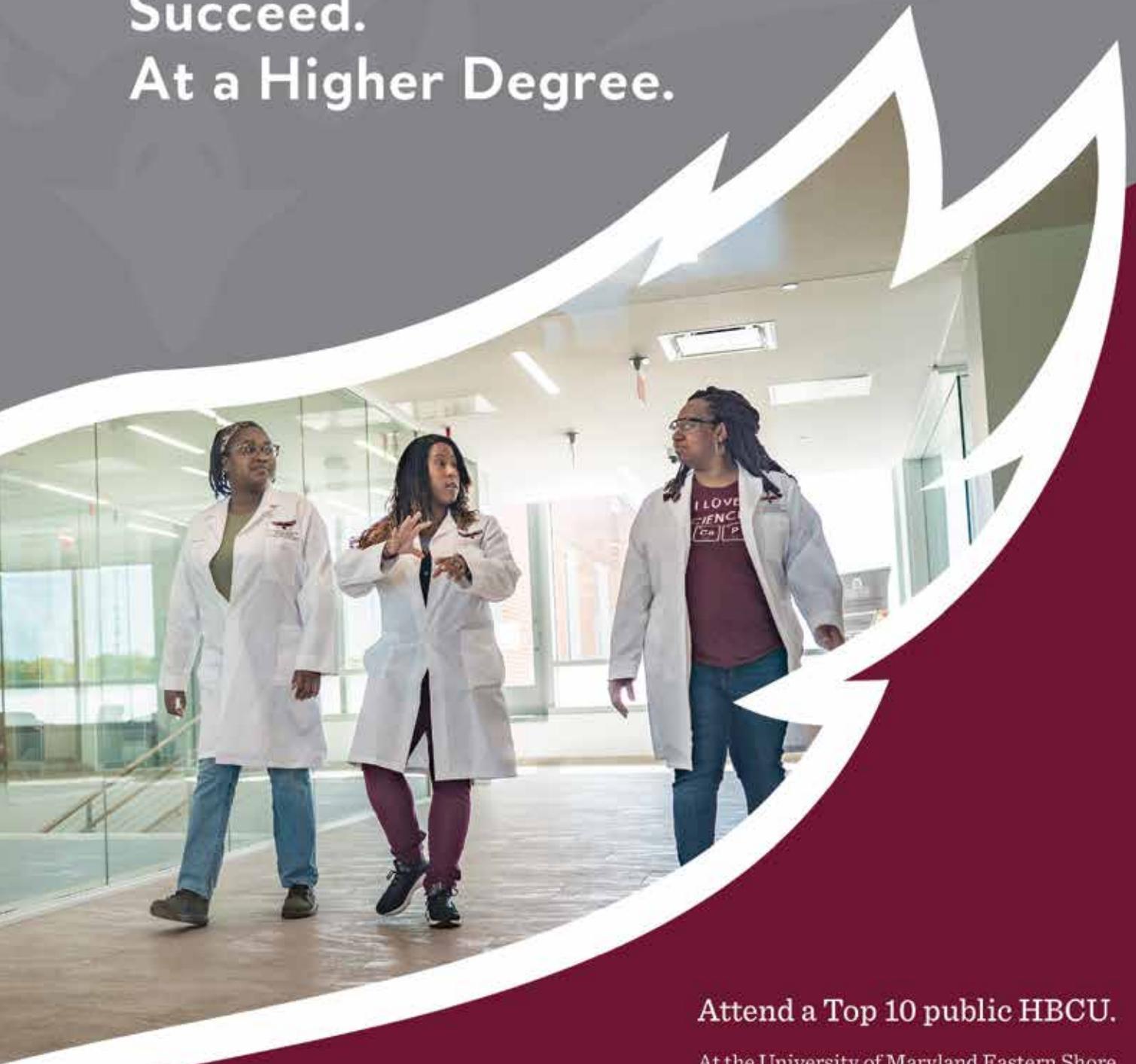
Washington College

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; November 9th

Wye River Upper School

316 S. Commerce Street, Centreville; 410-758-2922; wyeriverupper-school.org; October 24th – 10:30 a.m. to Noon, January 23rd, March 6th

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OPTIONS AND GROUPS TO ENGAGE WITH
THIS POPULAR SPORT BY KAT SPITZER

Annapolis, Anne Arundel County, the Eastern Shore, and the surrounding region have no shortage of ways to explore the outdoors and enjoy the scenery. Because of our prime location, locals and visitors often direct their focus to the water. That's always an excellent choice. But it turns out an equally viable source for adventure and beauty can be found on our roads and trails.

Imagine the wind brushing your skin as you cruise past hills, ponds, historic barns, horses, flowers. You don't have a care in the world as you feel the road underneath you and hear the bleats of the goats you just passed. You inhale the fresh air and can't help but feel relaxed even though you are getting a fabulous workout. Then you'll reach a charming destination and gather with the rest of the group who have been riding by your side the entire way. Together you will lightheartedly chat over a coffee and snack. The rest of the day, you will feel invigorated and revitalized. This is the world of cycling, and you all are invited.

Most of us learned to ride a bike when we were young children. You may not have ridden one in a while, or you might enjoy periodic short rides around the neighborhood with loved ones, or you might consider cycling as a primary source of exercise. No matter your skill level, cycling can be an amazing source for overall physical and mental health. Area cyclists couldn't agree more.

“CYCLING GIVES ME FOCUS, MENTAL CLARITY, PURPOSE, AND ORGANIZATION WHILE BEING A DEPENDABLE HEALTHY OUTDOOR OUTLET FOR EXERCISE AND ENJOYMENT.”

“Cycling benefits my mental health, overall health, and general fitness, even in that order,” said local cyclist, Mark Kavanaugh. “Cycling gives me focus, mental clarity, purpose, and organization while being a dependable healthy outdoor outlet for exercise and enjoyment. It takes some, but very little, discipline to enjoy. It’s really for everyone.”

As cycling enthusiast Lisa Lauer puts it, “I enjoy cycling because it’s easier on my joints than running. I enjoy feeling the speed and the wind against my face. I’m always surprised by the calories I burn during each ride, because it feels so effortless sometimes!” For less advanced cyclists, riding in the back of a group of riders can also allow them to draft off the group, making the ride feel even easier.

Many riders come from other activities and sports and discover their love for cycling later in life. “I was a marathon runner who always trained solo,” said local enthusiast, Chris Boyd. “When my knees and joints gave out, I decided to take up cycling. Recently, I decided to meet up with a group and just kind of follow behind. But the group ended up being so welcoming and supportive. In a total surprise to me, I found myself wanting to stick around after the rides for the group coffee at a local shop. Now, I’ve been riding with this group regularly for over a year. They are my social group.”

“It’s so easy to find a group to ride with,” Kavanaugh says. “I simply googled riding groups in the area and information will pop up about local rides with times and locations. The first time you ride up to the group is the hardest part. But it’s never a problem. Groups are always excited and happy to welcome you on a ride. And now everyone is on the App, Strava. Once you’ve ridden with people, they will show

up on your Strava, and then you can always be in contact with them for future rides. It is completely acceptable to reach out to cyclists you’ve only ridden with once to join them again. There are endless opportunities. People will post that they want to ride a certain distance and tell people to just show up!”

This may all sound like it’s for people who ride all the time and already know the ropes, but area cyclists insist that even beginning riders can feel welcomed into group rides to enjoy the activity. Riding alone on the road can be daunting for safety purposes, and some might find it boring to go long distances by themselves. Riding with a group provides a sense of camaraderie, support, and safety. “There is no judgment,” Boyd says. “There is a huge range of riders with all levels of gear. And some groups will specifically say that the whole group will only go as fast as the slowest person. It’s all about enjoying the activity.” These are referred to as “No Drop” rides. The Severna Park Peloton has an organized ride on Saturday mornings





**MEMBERS OF BIKEAAA RIDE
ALONG THE CHESAPEAKE BAY.
PHOTOS COURTESY BIKEAAA.**



Littlejohn. “I thought this was such a nice neighborhood and then I discovered the trails. I am so thankful at how much I can ride on the nice trails and roads around here.” The main trail he is referring to is the B&A Trail. Cyclists love that they can hop on that trail and go into downtown Annapolis or ride all the way up to the airport without having to deal with much, or any, traffic. “The trails and roads around here are beautiful, and people are very accommodating. Nobody is upset about cyclists,” said local cyclist, Chip Adams. “In fact, it’s fun to ride the trail, then stop at the Big Bean in Severna Park as a group, where they have tables right off the trail.”

“The trails continue to develop and improve, which makes me feel so lucky,” Boyd says. “There are also wonderful roads to take to Davidsonville, or through the countryside to South [Anne Arundel] County, down to Chesapeake Beach, or up to Ellicott City. I have discovered so many quaint and scenic places that I might not have seen before if it wasn’t for cycling.”

that operates like this. “When riding with others, I feel safer because there is more visibility with a larger group,” Lauer says. “I also really enjoy the camaraderie and the competitiveness. We are all there to support, push, and learn from each other.”

The routes to enjoy cycling are plentiful. “I was living in Mitchellville, when a ride I was on brought me to this area,” said Severna Park cyclist, Jim

Cyclists can also transport their bikes across the Bay Bridge and enjoy fantastic routes starting on the Eastern Shore. The Harriet Tubman Underground Railroad Scenic Byway offers 125 miles of scenic country roads from Cambridge to Goldsboro. “You feel like you are in the middle of nowhere and it’s so peaceful,” Kavanaugh says. “But then you come across an interesting museum, cute town, and other interesting historical sites. It’s really a lot of fun.”



CYCLING FRIENDS GATHER AT THE BIG BEAN ALONG THE B&A TRAIL IN SEVERNA PARK FOR A POST-RIDE CUP OF COFFEE. PHOTOGRAPH BY KAT SPITZER.

**“ I JUST NEVER
THOUGHT I WOULD
BE EXCITED TO
WAKE UP EARLY IN
THE MORNING TO
GO FOR A RIDE AND
THEN SOCIALIZE
WITH MY FRIENDS.”**

There are many gorgeous, quiet country roads that also lead out to Rehoboth Beach. “I’ve even worked with other cyclists to put together Capital-to-Capital-to-Capital rides (Annapolis to D.C. and back), which takes us right to the middle of the National Mall,” Kavanaugh explains. It seems if the will is there—which it seems to be among cyclists—there is a way to enjoy cycling in several stunning environments.

“I have lived here for 30 years,” Adams says. I started cycling after meeting a fellow enthusiast and I have now been part of the “5:45 Ride” for 20 years. I have no plans for stopping anytime soon.” That’s 5:45 a.m. for those who are interested. But rest assured that other groups go at different times with safety always the primary consideration.

I will admit that my husband is also an avid cyclist. I am what you might call a “Bike Widow.” He rides early in the mornings and then takes long rides on the weekends over 100 miles. I wondered if he was alone in his feverish love of cycling. What I discovered when interviewing local cyclists is that they could rhapsodize for hours about their experiences. “Talking about biking is like a break to me,” Kavanaugh says with a laugh.

“I just never thought I would be excited to wake up early in the morning to go for a ride and then socialize with my friends. But now I’m like a toddler at the holidays. I wake up early and wish that it was already time to go,” Boyd says in agreement.

“I don’t want to ever let go of it,” Adams says. “It’s such a big part of my life and I love it so much. To me, this is the one thing I do that is the centerpiece of everything else.”



LOCAL CYCLING GROUPS

HERE IS A SAMPLING OF ORGANIZATIONS THAT PROMOTE CYCLING AND ORGANIZE RIDES THROUGHOUT OUR REGION. FOR EVEN MORE CLUB LISTINGS, VISIT BIKEMARYLAND.ORG.

ANNAPOLIS BICYCLE CLUB – annapolisbicycleclub.org; Founded in 1993, the nonprofit, service marked, growth oriented cycling organization is dedicated to advancing cycling skills in endurance, speed, performance, route variety, group dynamics, and the interests of recreational cycling enthusiasts. Schedules hundreds of group rides annually.

BIKEAAA – bikeaaa.org; Short for Bike Annapolis & Anne Arundel, BikeAAA is a cycling advocacy and ride organization based in Arnold, but covering the regional scene. The nonprofit is behind events, such as the Life-line 100 ride, and many community programs, including Wheels of Hope, Cycling Without Age, and more.

BLACK PEOPLE RIDE BIKES – blackpeopleride-bikes.com; Black People Ride Bikes (BPRB) is a Baltimore-based cycling and advocacy organization of black cyclists in every age bracket, from children to adults. The organization is made up of both casual riders and avid cyclists, who regularly participate in cycling events throughout the country.

CHESAPEAKE CYCLING CLUB – ridec3.org/road-cycling-club-maryland-eastern-shore-easton; Adult bike club located on Maryland’s Eastern Shore, offering multiple cadence and distance options for people who love road cycling.

CHESAPEAKE WHEELMEN – chesapeakewheelmen.org; Founded in 1946 is one of the oldest clubs in the United States and the oldest in the state of Maryland.

CLUB CRABTOWNE – clubcrabtowne.org; Club Crabtowne is an Annapolis-based ski, cycling, and events club that has been organizing exciting events for more than forty years.

SHORE VELOCITY – facebook.com/ShoreVelocity-Cycling; Eastern Shore group based in Salisbury that organizes distance rides throughout the region.



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Maryland Department of Agriculture Secretary Kevin Atticks (left) leads a farm tour with Department of Natural Resources Secretary Josh Kurtz (center) and Governor Wes Moore.





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STORY BY **RITA CALVERT**

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DEPARTMENT OF AGRICULTURE**



G

ood news is on the horizon for Maryland’s diverse and vibrant agriculture industry. Our Department of Agriculture’s creativity and commitment to farmers was invigorated when Maryland Governor Wes Moore appointed Grow and Fortify LLC founder

Kevin Atticks as Secretary of Agriculture in 2023. Atticks joined an administration aiming to create a more competitive Maryland and brings an impressive background to his new role at the table.

For two decades, he worked on behalf of local wineries, breweries, distilleries, and grape growers while promoting and advocating for Maryland’s wine industry and supporting value-added agriculture through an organization called Grow and Fortify LLC. The first assessment of the state’s value-added agricultural industry was published by Grow and Fortify. Atticks explains, “Wineries, breweries, creameries, meat processing, agritourism, equine, and dozens of other industry

segments yield 74,000 jobs and bring a total economic impact of over \$20.6 billion annually to the state’s economy...We need to expand our agricultural base, provide farmers with new opportunities to grow profit, and educate our citizens about the incredible products grown and produced locally.”

In early 2024, Atticks delivered a stirring keynote address in his own very friendly voice, to Future Harvest’s annual conference entitled, *Agriculture as the Solution*. The keynote speech was so inspiring we decided to find out more from Secretary Atticks, interviewing him to gain perspective of his first year in office.

THE SPEECH

HIS MAIN POINTS (PARAPHRASED) ABOUT THE OPPORTUNITIES AND CHALLENGES TO MARYLAND AGRICULTURE INCLUDED:



Agriculture is Food. Local is more resilient, more nutritious, more available. Food grown locally is a boon for our schools, foodbanks, farmers. Subsidies in food are not necessarily for the healthiest food. The goal is to get the money where it needs to go for those who need it most, such as food grown for our school system.

Agriculture is Economy. Farming is the No.1 commercial industry in our state...and guess who knows that? Farmers! Guess who doesn’t know? Everybody else! When you think about the economy and how

agriculture supports it—food obviously—think about the jobs in rural areas. When farms come, so, too, do homes. This grows a semblance of population within a rural area, which then grows business, community, and economy. Beyond that is tax revenue. Farming is a driver of business to other local venues.

The act of growing is a move of conservation. When you are working the land, and you need that land to be fertile, you use practices to grow the soil health and quality.

Agriculture is Conservation.

The act of growing is a move of conservation. When you are working the land, and you need that land to be fertile, you use practices to grow the soil health and quality—plant cover crops, plant trees, making sure to keep

nutrients on the farm. The act of agriculture is much about the surrounding ecosystem. This could be a whole presentation about the Bay, air quality, and carbon sequestration, but it doesn't need to be, because those things should be built into our everyday standard practices.

Agriculture is Preservation. Our agency in the state and also our counties pay a lot to purchase development rights so that agriculture can be preserved. The best way to preserve the land is to make agriculture profitable. One of our former secretaries said the P in preservation stands for profitability. It's true we're paying farmers and landowners for their development rights because we can pay more than they are making off their product. In our country, money is going to a dozen different people and corporations before it ever gets to the farmer. Figuring out how to make our farmers more profitable is a top priority in our agency. In the meantime, we are buying up as much development right access as we can because perpetuity is a pretty nice thing.

Agriculture is Energy. This is a little controversial because in Maryland we've got a very strong goal to be fossil fuel independent in the 2030s. There's a real push to put commercial solar on our farms in a big way. We believe there's a way to integrate energy generation on farms so that farms in rural areas are doing their part for the grid. That can be done with agrivoltaics (the use of land for both agriculture and solar energy generation), wind power,

We believe there's a way to integrate energy generation on farms so that farms in rural areas are doing their part for the grid.

er, biodigestics, and more. Unfamiliar with these new terms? They're worth keeping an eye on in the agriculture world.

Agriculture is Education. I believe education would fix everything! If every child and adult in the state knew where food comes from, we'd be in a much better place because we would start choosing how and where to spend our money. This is an opportunity to learn how food grows, an opportunity to grow for yourself and your community, and the spark to connect with farming as a product to buy, as a field of study, as a career. There are incredible opportunities to learn how food grows by visiting a farm...for example, by picking pumpkins at a farm or following

Maryland's Ice Cream Trail. Now it's up to farms and family to bring people to a farm, be it a creamery, berry picking, or a winery. We also need more FFA (Future Farmers of America) programs to engage students.

Agriculture is Tourism. Visitors spent \$19.2 billion [here in Maryland] in 2022. Visitors

will travel 1 to 1.5 hours to local destinations. People come in from way out of town and bring their money and spend it at your place, the local restaurant, and local businesses.

Support for Thinking Differently. We need to make sure we are creating the situation that if someone wants to get into the small animal business, the creamery business, beer, wine, spirits, or kombucha, we have created a regulatory situation so that it *can* happen here.

Challenges to Maryland Farms. Development pressure is intense, largely because of our proximity to major metropolitan areas. We also have other issues, such as identifying many thousands of acres to establish industrial solar power facilities. The state has a renewable energy goal of 50 percent by 2035. That's admirable, but we shouldn't choose generating solar energy over growing food. We need to find balance. This vision aligns with the broader goal of ensuring the resilience and sustainability of Maryland's agricultural sector.

Gone are the days when it's agriculture versus the environment. Farmers are looking for solutions *within* the environment. Maryland Department of Agriculture is meeting with groups now that the agriculture industry probably would not have met with [years ago]—various conservation groups be it water, soil, environment—to figure out how to collaborate, move the needle in the right direction. We're running out of time and it's up to all of us to engage and affect change in support of our food system.

Gone are the days when it's agriculture versus the environment. Farmers are looking for solutions within the environment.





THE INTERVIEW

As Maryland Secretary of Agriculture, Atticks has inherited many ongoing challenges in his first year. The responsibilities in this position are vast, including tasks one wouldn't expect. Pumping your gas? Look for a Maryland Department of Agriculture (MDA) sticker on the pump. Even veterinarians and pets fall under MDA jurisdiction. Who knew?

We were fortunate to have a chance to talk with Secretary Atticks directly for a summary of his very busy first year in office.

How do you feel you've acclimated to and fared on the job so far? Great! There are some top priorities. It's so important that Maryland's Ag is profitable and not just relevant. Our first hire is a person to help new businesses open.

Another priority is deer management. Deer are an incredible problem on farmland with wide open spaces. We are working with the Department of Natural Resources to figure out opportunities to better manage the deer, so we are not giving them three free meals a day.

We are attending four summits this year: The Rural Summit, The Maryland Deer Summit, The Chesapeake Bay Summit, and the Chesapeake Global Summit where we'll emphasize the importance of using data, science, and collaboration to solve complex issues.

Successes? Getting out and meeting with the community has been a success. The first year, our leadership team went out to every county in the state. We held public meetings to hear the issues and concerns—what we were doing well and what we could be doing better. That really informed what we did last year. Not to rest on our laurels, we are doing it again on our 2024 tour of the state.

Another of our big accomplishments last year was supporting our Latino farmers who haven't been connected with our agency in the past. We went on a trade mission to Guatemala and El Salvador. We are definitely looking into external markets for Maryland farmers to sell their products in Central America. I returned from a trip to India and there are incredible opportunities there for our producers and I will be hosting a virtual presentation about that trip. Pretty soon, we're headed to Ireland, where we see market opportunities for our businesses. The goals are to get there, expose these markets to what we have to offer, and then introduce our producers directly to them.

Challenges? One set of challenges is that while our overall mission is promoting the industry, there are at least a hundred sub-industries. Some of those are crop production, fisheries and aquaculture, livestock production, forestry and wood products, textiles, apparel and leather products, et cetera.

Another primary challenge we face is the dual role of regulating industry *and* making sure our food and farm producers are producing in a way that's safe for consumers and the Bay.

Our top two challenges are our top missions. We spend a lot

of time figuring out how we can do better with limited resources and staff in an increasingly diversifying industry.

What pleased you from this year's General Assembly/legislation? There were two bills that we were pleased to support and be involved with. One is the Whole Watershed Act, which re-allocates some of our resources and encourages our agency and soil conservation agencies to think differently about conserving the Bay. Basically, instead of implementing best management practices all over the state at the same time, with our Department of Environment and Department of Natural Resources, we will select any watershed—a tributary, a river, and along that waterway, we will center our best management practices. So, in a focused way, we throw everything we have at one waterway and record those improvements.

Another bill we are pleased with is the implementation of a new set of regulations around a product, that while helpful to farmers, has caused real consternation to neighbors. Animal byproducts, which can be used as soil amendment or fertilizer. When used sparingly...no problems. When used heavily, it smells. We were pleased with the results while working with the Farm Bureau, Chesapeake Bay Foundation, ShoreRivers, and some others to support that bill to craft regulations that made sense.

What are you advocating for with the General Assembly? We are really about awareness and making sure they understand the benefits of agriculture and the challenges that our producers face in trying to stay competitive in a state like Maryland with neighbors like Pennsylvania and Virginia.

What I mean by that is, we have gotten to be quite a regulatory-minded state. To the point where our dairy producers have given up on being able to make consumer products. Instead, they sell their products to co-ops or other states. We should be producing that here. We have lost touch with how difficult our regulatory schemes are.

My passion is my goal of streamlining those regs and that's why our first hire was to help our dairy producers make cheese or ice cream, help our meat producers process in our state. It is important we produce it here! We need to work on incentives to bring it here.

Are there any specific programs of the Department of Agriculture that you are especially proud of advocating for? Other than all of them?

I'll pick two that, to me, are fascinating and critical. One is our Weights and Measures Division. Every commercial scale, every gas pump in the state, is regulated by our Weights and Measures Division. Next time you're pumping gas, you'll see a MDA sticker on the pump, which means we've inspected that gas pump to make sure it is working properly. The same with every grocery store scale, which we have calibrated to make sure you are getting what you pay for. This summer we

Let's clean things up, let's make it work better, let's talk about small business.

started regulating electric vehicle charger stations. Up to this point, they have not been monitored. We hear from consumers that every third station is inoperable.

Another program of pride is our Farmers Market Nutrition Program. We know that there is food insecurity across the country and in this state. That means we have individuals who cannot meet their nutritional needs and in certain cities. Farmers markets fill a critical void. They are a lifeline, bringing fresh food to food insecure areas. Our Farmers Market Nutrition Program actually helps folks who are on government nutrition programs. We add money to their account which then enables them to buy more local food.

What have you started/introduced on your watch so far?

The things I am focusing on are not flashy new things. It's making our department work better for the industry. We are working on regulatory efficiency to be more consumer proactive. Let's clean things up, let's make it work better, let's talk about small business. We can't get completely out of their way because part of the enforcement role is to be the referee. I'm a firm believer that businesses know how to be successful if we can truly just get out of their way!



What is Future Harvest?

As a nonprofit, Future Harvest works to improve agriculture in the Chesapeake region in order to support farmers, communities, and the environment. In order to create a sustainable foodshed—where food is produced in a way that supports the local food economy, strengthens farming, and safeguards the land, water, and air—they offer research, networking opportunities, and advocacy in addition to education. Learn more at futureharvest.org.

In agriculture, what is value-added?

Penn State Extension explains value-added agriculture generally focuses on production or manufacturing processes, marketing, or services that increase the value of primary agricultural commodities. Perhaps by increasing appeal to the consumer and the consumer's willingness to pay a premium over similar but undifferentiated products. An example would be milk turned into yogurt, ice cream, or butter.

What is agrivoltaics?

The Department of Energy defines agrivoltaics as co-location, also known as dual-use solar, and is defined as agricultural production, such as crop or livestock production or pollinator habitats underneath solar panels or adjacent to solar panels.

How development rights support agriculture

Land preservation programs separate the "development rights" associated with zoning from the other property ownership rights. This allows landowners to sell their property's development potential without selling the entire land, enabling them to retain ownership and continue agricultural operations.



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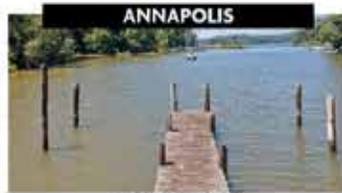
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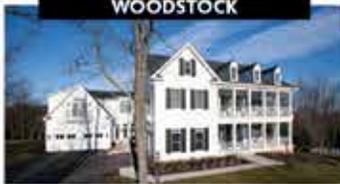
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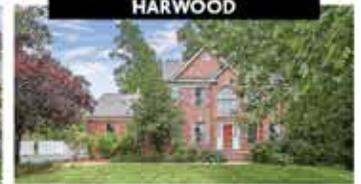
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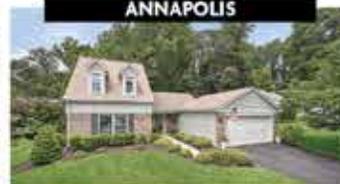
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Smooth Landing

CREATING A COMFORT-BASED STATE OF MIND

By Lisa J. Gotto

Into every life a little thing called retirement must come. And when it does, it's nice to know that the plan you put in place will roll-out as effortlessly as you intended it to. To that end, it's nice to have someone in your corner, especially if that plan involves a new home; someone who will understand that retirement is more than a dream house, it's a comfort-based state of mind.

THE PROJECT: A new build that will fit within an 1,100 square-foot plot of land in a planned community of newer homes that affords the homeowner maximized water views, as well as three bedrooms, two-and-a-half baths, the ability to age-in-place, and an exterior aesthetic that would blend in with the community's colonial traditional vibe.

THE PLACE: Chester River Landing, Chestertown. A premier Eastern Shore location of single family, semi-detached, and townhomes that falls within the parameters of a planned Homeowners Association (HOA) community and subject to architectural committee scrutiny. This particular community offers amenities including private sand beaches, a clubhouse with pool and adjacent grill and picnic area, a fishing and crabbing pier, and jogging paths along the shoreline. It is also prized for its proximity to the Chester River Yacht and Country Club, and downtown Chestertown business and shopping district.



EXECUTING THE PLAN: The team at Paquin Design Build in Grasonville was chosen to help conceive what retirement would look like for this particular client. And that someone who would understand that retirement is more than a dream house, would be company President, Brent Paquin



“This one is unique,” says Paquin of the project, “because we had a limited footprint to play with.”

The client, he says, worked from a base plan of his conception and then Paquin’s team added the client’s wish list. One of the keys to having it all within the smaller footprint was elevating the home, Paquin says.

Starting with a design that incorporated a two-car garage at the dwelling’s lowest level provided essential parking, enabled additional opportunities for storage, and the height necessary to maximize water views from the home’s primary living spaces and its screened-in porches.

“It all flows really well together, and from all angles you have views out to the water from that space,” Paquin says, who adds, there is 1,000 square-feet of completely unobstructed space in the main living area.

The added elevation also created design advantages for both interior and exterior standpoints.

“By elevating your first level, there are no neighbors at eye level with your main living space, which is nice. One of the things that we did, [exteriorly] when you look at the front elevation is on the top level where the screen porch is, we put in a knee wall there; that wall kind of stops the porch roof at that location, but also creates a little bit more privacy from the primary bedroom out to the screen porch.”

“IT ALL FLOWS REALLY WELL TOGETHER, AND FROM ALL ANGLES YOU HAVE VIEWS OUT TO THE WATER FROM THAT SPACE”





Balancing the client's exterior wish list items with the interior aspects and furnishings that make a house a home, was, in part, the job of Jessica Johnson, Interior Design Specialist for Paquin Design Build.

"So, this was a new build, and my immediate thoughts were how great the location was and also that this was a three-level home and that provided these amazing views of the area," Johnson says.

Starting with location as inspiration and then adding in the client's thoughtful wish list, that 1,000 square-foot of main level living space became very distinctive and customized very quickly.

"That is a very large open space and [the client] wanted it to convey the feeling of two different rooms in one," Johnson explains. "She wanted it to feel divided, but still [appear as] one open space. So that's why we did continue the cabinetry along the entire wall."





Client chose customizable Shiloh cabinetry in maple with an Oxford raised panel door style with matching drawer style in Mindful Gray and Sterling American Poplar. Lilly draw pulls of satin nickel are from the Serene Collection. The complementary island color is Ocean Blue.

“Another thing we did to feel that sort of separation was put glass fronts in the wall cabinets in the den area. Those glass fronts help make that space [feel] different.”

Johnson notes that the client fell in love with the veining of her chosen slab of quartzite, and the room’s color palette took off from there, including its tranquilly unifying paint color, ‘Muslin’ by Sherwin-Williams.

During the design of the cabinetry, Johnson continues, they decided to bring forward the pantry, which is a floor-to-ceiling-height pantry, near the center of the space to break it up and then mimic the refrigerator and floor-to-ceiling pantry on the left side of the kitchen.

“This client was looking for a more traditional style, so that’s why you’ll see raised panels on the door front, as well as the style of the range hood. It has a traditional, yet leaning-toward-modern feel,” Johnson says.

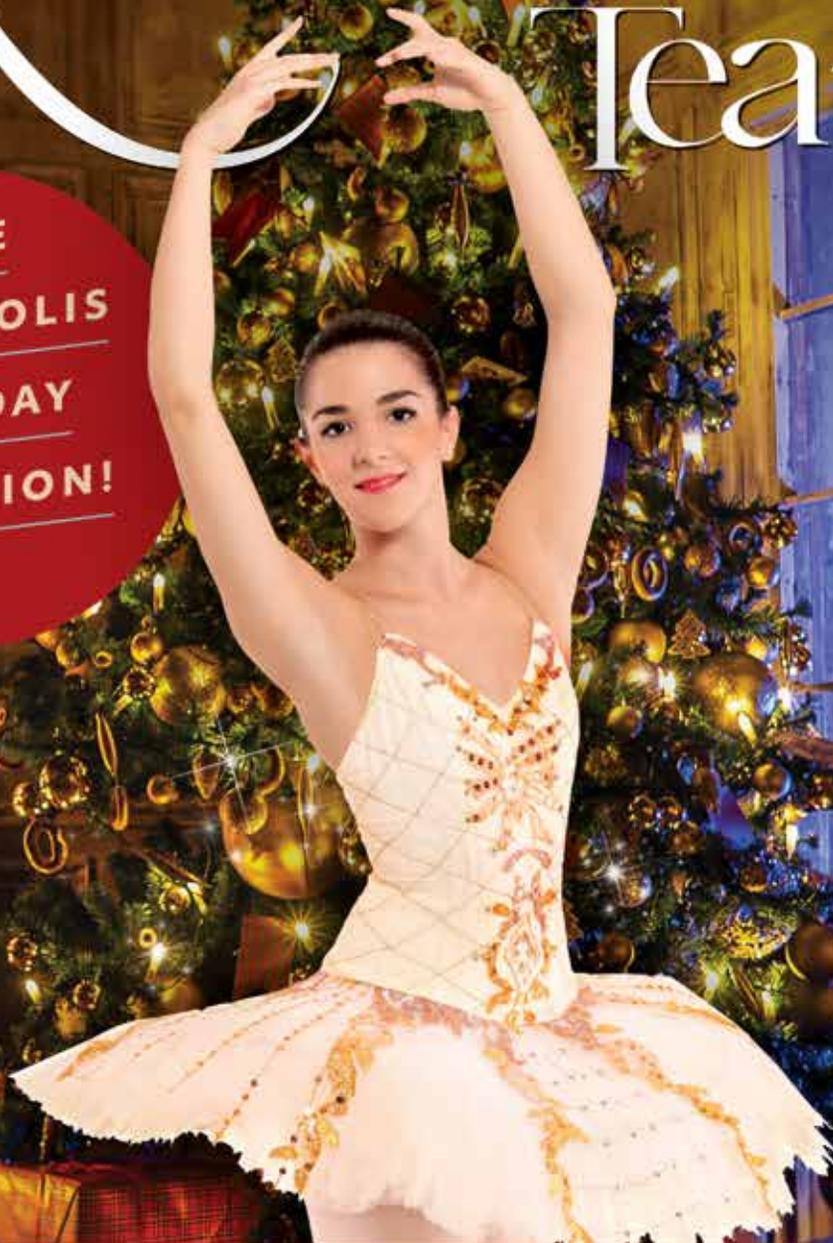


Client chose quartzite countertops and antique burnished brass pendant lighting by Visual Comfort. Style: Riverside. The flooring throughout the main level living area is H.F. Design’s Brentwood Hills Collection. Color: ‘Hawthorne’.

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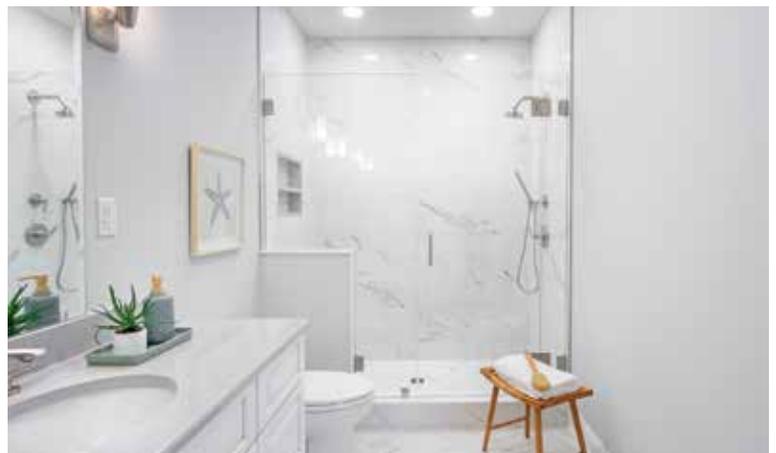


The client chose a coffered ceiling treatment in the living room, says Johnson, to convey her more traditional approach to design, and the hardwood floors were specifically chosen to partner with the furnishings she currently uses and loves.

Because this space looks out onto the river, the client was especially interested in creating a unique area outdoors on the screened porches that felt more like indoor living areas.

For the porch ceilings, says Johnson, the client really wanted to convey a wood vibe, but without the wood-vibe maintenance, so a tongue- and groove-style vinyl was chosen. The ‘Cottage’-colored decking is from Fiberon’s ‘Good Life’ Collection, and the James Hardi Cream Collection siding was chosen in a particular shade of yellow called ‘Cottonwood’— an absolute favorite of the homeowner.

The aesthetics, Johnson says, were extremely important to the client since one of the porches extends from the home’s primary suite. This personalized oasis and its exterior counterpart creates the sanctuary and helps end the day in the “comfort-based state of mind” that inspired the entire project.



This all-white oasis speaks volumes of the client’s appreciation of traditional style. Note its applications in the beveled-edge mirror and the oval sink by Kohler; which is the traditional choice over today’s more modern rectangular iterations. Client chose Italian marble floor and shower tile from Caslagrande; style, Marmoker; color, Statuario Grigio Honed, lighting from Visual Comfort; style, Utopia, and shower system from Kohler’s Purist/ Avid Styles Collection in Vibrant Brushed Nickel.



Photo courtesy of apandanarugandcarpet.com

Rugs Rule

AN UNDERFOOT MATERIAL & TREND REPORT

By Lisa J. Gotto

Whether you're into exotic hardwoods, Mexican ceramic tile, or benefiting from the newest engineered flooring types, hard interior surfaces, at times, require the extra layer of comfort and texture that only an area rug can provide.

Before you make your next purchase, always account for how you're using that space on a daily basis and choose the best material and method of construction to meet your long-term needs and style goals. Here's a run-down of some of the most popular techniques and trends in area rugs.



The Flexibility of Flatweave

Among the best low-pile options in this category is the **flatweave rug** which uses a technique done on a loom or by hand that involves the simple practice of interlacing vertical and horizontal threads.

This technique can employ various materials, including wool, and is available in many patterns such as chevron, houndstooth, and stripes. With this lightweight variation being highly recommended for its durability, practicality, reversibility, and ease-of-care, flatweave is always a popular choice for the no-fuss homeowner.

Photo courtesy of rugtraders.uk.tifdanarugandcarpet.com

GOING ORGANIC

Jute rugs primarily feature all-natural fibers and neutral tones and work well for homeowners who love to introduce subtle textures. Interiors experts recommend placing your jute rug in a living room, hallway, or entryway. This type of fiber can be braided or handwoven creating basic designs such as chevrons and stripes. Jute is durable enough for high-traffic areas and is often blended with other natural fibers to create a softer foot feel. Another popular natural option is **sisal**. Sisal's fibers come from the agave plant and the result is said to be an even more durable option than jute for high-traffic areas. Like jute, sisal can be dyed and woven into chunkier weaves, so you can use it to personalize a room with style and color.



Photo by braided-rugs.com

BRAID & STITCH

Natural fibers and strips of fabric combine to create the bulkier characteristics of the **braided rug**. The fibers and fabrics, which can include wool, jute, cotton, and synthetic materials, provide a unique tactile beauty that transcends the traditional oval pattern that most often comes to mind when thinking about braided rugs. You will find the braiding technique used in area rugs of various shapes and designs for the contemporary homeowner, as well. Braided rugs do require a modicum of standard care and are best when regularly shaken or beaten to remove surface debris that can collect in its characteristic nooks. Care needs to be exercised when vacuuming and around pets that like to scratch, to protect this rug's trademark stitching.

Beauty, By-Hand

Hand-knotted rugs are among the pricier area rug options favored by homeowners, but for good reason. The process used to make them is an intricate one where every individual fiber is tied by hand onto the rug until a desired thickness in pile is achieved. While it is a time-intensive process, these rugs, which are generally made of natural wool or silk, reflect a wide range of creativity in its designs. A popular type of rug in this category is the Persian rug which is most often used as a statement-making feature in a living room or bedroom.



Photo by rejuvenation.com



Photo courtesy of medium

NEXT-LEVEL KNOTTING

The more modern process of **hand-tufting** uses updated tools and a specific pattern that is applied to a canvas or sheet comparable to the material of the rug. The rug's materials are then pulled through the backing along the pattern with a tufting tool. This method allows for a good deal of flexibility in design, durability, and a rug that is thicker than most handcrafted rugs.

NOSTALGIC & NOTEWORTHY

Just too good to be relegated to the annals of design history, **the shag rug** has once again regained favor among interiors experts. More often than not, shag area rugs are handwoven. Using a process of hand-knotting, hand-looping, or hand-tufting, the shag rug is a compilation of loop-like fibers. Popular fiber types include polyester and polypropylene, but other materials such as wool, faux and real fur, leather and acrylic, are helping boost the desirability of shag styles among contemporary consumers.



Photo courtesy of bobvila.com



Today's Floor-Top Trend

Anything that gets walked on as much as a rug does is bound to create a palpable amount of anxiety for any homeowner who stresses about cleanliness. In fact, the thought of tracking the outside world's dirt into the house is a bridge too far for some homeowners; the ones who make a rule of checking shoes at the door for all who enter. How relieved those homeowners must be now that we have entered the world of truly washable rugs that can be peeled from their surface backing and thrown into the washing machine and dryer. No more beating, spot-cleaning, or fretting about juice stains. Today's original washable rugs are stain-resistant, water-resistant, and designed specifically so they can be thrown into a standard home washing machine, even the 9- by 12-foot styles. How does it work? The first iterations of these rugs consisted of a primarily low pile, flatwoven cover or topper designed to work in conjunction with a non-slip rug pad that remains on the floor during the washing process. These options are especially nice for high traffic, beachy, vacation homes—sound familiar? The best news is the manufacturing process in this category continues to improve and now the machine-washable offerings have expanded to include tufted and more plush varieties including shag.

Photo courtesy of ruggable.com



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Take It Easy on Autumn Gardening Chores

4 SUGGESTIONS THAT CUT BACK ON SEPTEMBER'S TASKS IN THE GARDEN

By Janice F. Booth

“Autumn shows us how beautiful it is to let things go.” (Anon.)

Yes, radical as it may sound, I'm recommending we gardeners ease up this fall, do rather less than more work as our gardens begin to close down in preparation for winter. I'm calling this the **Leave It Alone** fall gardening plan.

To implement this approach to autumn gardening tasks, let me offer you 4 ways to lessen your chores and enjoy your garden even more. Less can, indeed, be more.

1. Rake less
2. Create more brush piles
3. Leave 'em high,
4. Drinks all around (water, of course)

If you have a gardening service, you may want to caution them to ease up on their over-zealous tidying of your garden. If you have a gardener, she/he may already understand the value of minimalist fall clean-up, and only need your approval. Of course, if the clean-up tasks in the fall are all yours, I'm confident you'll appreciate this revised plan.



1. FALLING LEAVES

First, step away from that rake.

Not completely, of course, but reconsider how you dispose of the leaves that tumble into your garden. Dead leaves can provide a pretty, warm layer of protection for the plants and shrubs that must ride out the long months of winter. Rake the leaves, preferably mulched, onto the flower beds, arrange them around the plants, and let those piles of leaves settle into place. When the rains come, the leaf blanket will hold the moisture around the roots and keep the soil from eroding. (More on this in the fourth part of the Lazy Gardener's Fall Clean-Up Plan.) As you prepare the leaves, try to break down or mulch them so they're a finer blanket and can more effectively serve their purposes.

2. Brush Piles

Pile 'em up!

As you know, fall is a perfect time for pruning shrubs and trimming trees. Add to those branches the detritus that falls from the trees during the winds and storms of September and October. Depending on the availability of open spaces in your garden, use those branches to create brush piles. Think of the work of American sculptor Patrick Dougherty. You may have seen his sculpture, “Old Home Place,” on the grounds of Maryland Hall in Annapolis. That sculpture may be larger than the brush piles you’ll fashion, but who knows, your creativity may lead you to build an imaginative brush sculpture. Once built, these brush piles will collect leaves and, eventually, snow among the branches—natural snow fences for those of us who have larger lawns and open spaces. More important will be the shelter these piles give to all kinds of creatures—lizards, frogs, chipmunks, rabbits, even bumble bees will find safety under these branches and twigs when winter winds blow cold. One final benefit alluded to when I mentioned Dougherty’s sculptures. These naturalist piles of twigs will add a certain mystery and natural artistry to your winter garden.



3. LEAVE 'EM HIGH

Instead of chopping off your asters, mums, and dahlias, let the dying plant stems stand tall. One advantage is the potential re-seeding that can occur as the last blossoms droop and seeds fall to the ground—soon covered by a warming, moist blanket of leaves. These tall, drying stems will also help weave the blanket of leaves and snow that protect the roots and dormant seed.

Additionally, as much as 25 percent of native bees hibernate in cavities in these friendly garden standing stems. Finally, as the earth settles into winter, these tall forms against the flattened garden will add a touch of elegance and artistry. If you’re wondering when *is* the right time to cut back these stems, most horticulturalists recommend patience until the spring soil temperatures are regularly around 50° F.

4. DRINKS ALL AROUND

Perhaps, like me, you've noticed an increase in the dying conifers in our neighborhoods—those tall and once elegant pines, firs, and spruce. One likely cause is, no surprise, the rising temperatures. Conifers need sufficient water, particularly in the fall. Without well-watered roots they'll turn brown and die—it seems overnight! Once you've collected the blanket of leaves and left some of nature's standing foliage and brush piles, you're ready to give your garden and lawn a deep watering. Don't rush. There's lots of time. Rather than turning on your entire sprinkler system, you might simply arrange a hose in a particular flowerbed or under your small grove of trees. Set a timer, and let those roots enjoy a long, deep drink. (Sometimes I imagine I can hear the roots of my holly sigh with pleasure when I do this late-season watering.)



A Few Other September Suggestions

- ◆ If you have a pond, spread netting over the water. (I use the tall shepherd hooks to support the netting.) This will keep most of the leaves from falling into the water. But leave 3–4 inches of opening between the netting and the ground so birds and small critters can slip under the netting and get to the water.
- ◆ If you feed the birds, now's the time to clean the feeders and dump old nests out of your birdhouses. (Wear a mask and gloves. The dust can be nasty.)
- ◆ Re-examine the placement of your birdhouses. Consider whether there is sufficient shade in summer to keep the hatchlings cool. Is the opening away from prevailing winds and rain? You may want to move or replace some of your birdhouses in preparation for new nests in the spring.

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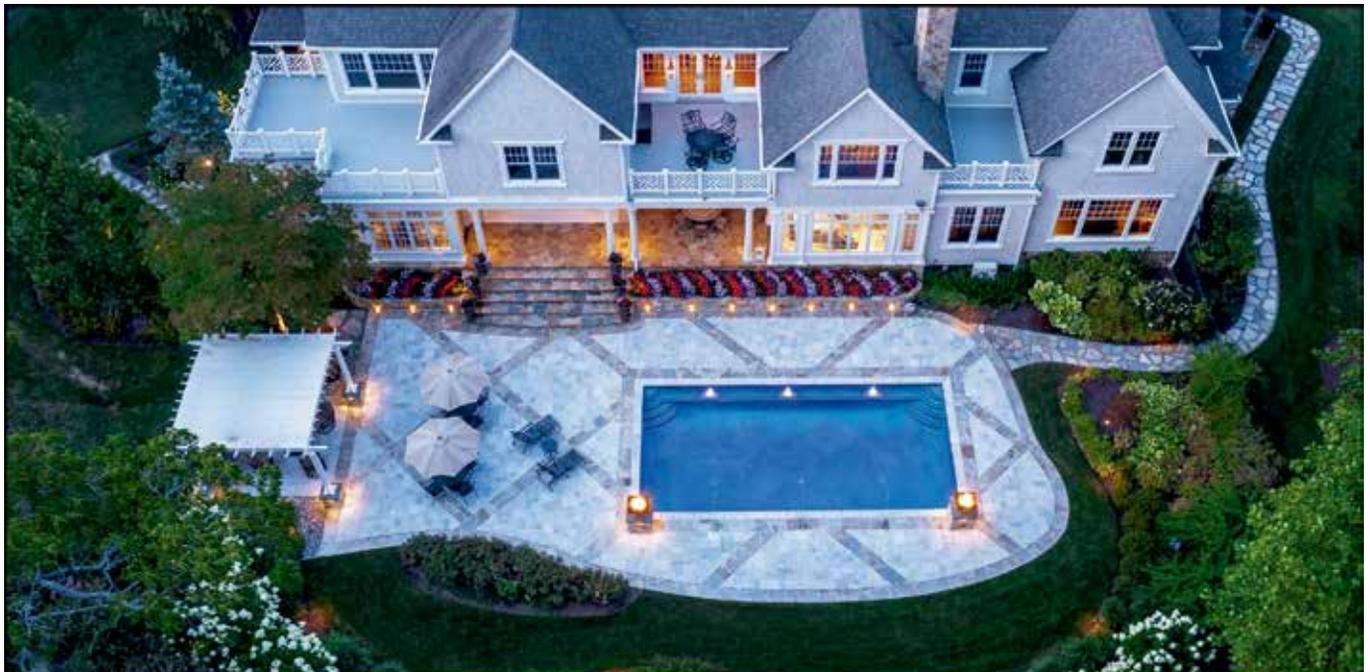
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The “Have-it-All” Character Home

By Lisa J. Gotto

Everything a classic home should be and so much more, this pre-war beauty was built in 1941 and has been meticulously maintained and architecturally updated to provide its owners with the best of two worlds: a seamless mix of classic charm and modern convenience.

Located in Murray Hill, this home offers tremendous curb appeal with its solid brick exterior, arch-style front door, sloped-roof entry detail, and extensive hardscaping.

Other details begin in the entry with its wall of built-ins and the beginnings of all the enhanced trim and molding treatments highlighted throughout the home. Warm-toned, classic hardwoods flow throughout the large living room just past the entry and one of two home offices on the left.

Primary Structure Built: 1941

Sold For: \$1,500,000

Original List Price: \$1,500,000

Bedrooms: 3

Baths: 1 Full, 2 Half

Living Space: 2,672 Sq. Ft.

Lot Size: .18 acres

The step-down living room features a gorgeous Federal-style fireplace and accent windows with crosshatch grills. This room flows under a large, curved arch to the formal dining room that features three, bow-style casement windows providing a wealth of natural light. A handsome set of pivot doors provide entry into this home’s custom kitchen and great room.

The kitchen is a great gathering spot with flow around its central island topped with dark granite and fitted with a cooktop and breakfast seating for two. Light wood cabinetry blends effortlessly with the room’s neutral tile floors, and an all-stainless-steel appliance package.

Hosts will have ample access to their guests in the adjoining great room. This engaging gathering space is highlighted with a curved wall of casement windows and offers access to the property’s beautifully envisioned hardscape and outdoor living area with courtyard, pond feature, and gardens.

The main level of the home also offers a lovely family room with custom built-ins.

Upstairs, the home’s primary suite is large, light, and bright. Warm hardwood floors continue here and lead into an exquisite owner’s bath with rustic, Tuscan appeal. Amber tile and granite vanity tops are balanced by all white cabinetry and the abundant natural light from a series of large windows lining the tub wall. A deep, jetted garden tub and a large, glass shower complete the relaxing spa-like experience.





This floor also features an additional bedroom for guests and an amazing home office with French doors opening to private, second floor deck overlooking the backyard and the property's beautiful hardscaping.

A lower-level gym and an additional powder room complete the package for this "has-it-all" character home.

"My clients had been looking in Murray Hill and when I saw this come on the market, I thought it would be perfect for them," said Buyers' Agent, Reid Buckley. "They appreciate the care the owners have taken and are delighted to be within walking distance of downtown."

Listing Agent: Alex Tower Sears, TTR | Sotheby's International Realty, 209 Main St., Annapolis, m. 443-254-5661, o. 410-280-5600, alextowersears@gmail.com, ttrsir.com
Buyers' Agent: Reid Buckley, The Mr. Waterfront Team of Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org

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Eastport with Ease

By Lisa J. Gotto

The perfect jumping off point for all there is to see and do in the historic community of downtown Annapolis is found in this pristine townhome located just minutes from fine dining, and various cultural and recreational pursuits.

Walking into the foyer of this enviable address you find three floors above and one below. The main level of the home offers incredible Severn River views extending out to the Bay. Those great views come from the strategic placement of large picture windows and floor-to-ceiling sliders providing an abundance of natural light enhancing this level's beautiful, amber-colored hardwood floors.

The main level floorplan features open-plan living and dining space highlighted by an attractive modern, two-sided fireplace. Sliders off the living room lead to a wraparound south-facing balcony where the new owners will be able to enjoy front row seats to the Blue Angels fly-over every spring.

Nice sightlines have been designed from the light and airy living and dining space to the contemporary, all-white kitchen. This room offers an attractive center island with dark granite countertops and breakfast seating for three. A gas cooktop and stainless-steel appliances, including a double oven and wine fridge, make meal-making and entertaining in and around the space, a breeze. An adjacent family room with a gas fireplace and mantle completes the gathering spaces on the main level.

This home offers a lovely primary suite on its third level that is roomy and offers amazing water views with access to another wraparound balcony looking right out to the water. The *en suite* bath is large and spa-like with a huge soaking tub, glass shower with beautiful tile treatment, and a large, granite-topped vanity with dual sinks. It also offers all-white cabinetry and a generous, sunny window that provides refreshing natural light.

Primary Structure Built: 1979

Sold For: \$1,550,000

Original List Price: \$1,595,000

Bedrooms: 4

Baths: 3 Full, 1 Half

Living Space: 2,866 Sq. Ft.

Lot Size: 0.0 acres





There is an additional bedroom with an *en suite* bath and laundry on this level, and a spiral staircase that ascends to the top floor which offers a third bedroom and a bonus room.

Perfect for guests, this home features a bedroom suite with full bath and café kitchen with living space located on the lower level. A set of convenient sliding glass doors provide lots of light and access to the property's patio and outdoor space.

Due to its advantageous positioning in the development, this unit provides unique outdoor living spaces and opportunities. In addition to the balconies, the property boasts easy access to adjacent community-maintained grassy areas via the home's ground-level patio space.



Listing Agent: Sandra Libby, Long & Foster Fine Homes, 145 Main St., Annapolis, m. 410-647-8305, o. 410-263-3400, sandra.libby@longandfoster.com, longandfoster.com **Buyers' Agent:** Justin Disborough, m. 410-349-7871, o. 410-263-3400, justin@meetthishouse.com, meetthishouse.com

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**What Does
a Color
Analysis
Look At?**

PG. 123





Debunking Berberine, the So-Called “Natural Ozempic”

By Dylan Roche

The hope for an easy weight loss solution continues, and this time, the focus is on a supplement called berberine, hailed by social media influencers as a natural alternative to Ozempic. While some research shows that supplemental berberine could offer positive benefits, health experts are emphasizing that the title “nature’s Ozempic” isn’t accurate.

Berberine is a compound found in plants that has medicinal uses tracing back millennia to traditional Chinese medicine and the Indian practice Ayurveda, which used it to treat digestive discomfort. Today, people have started using berberine based on claims it can stabilize blood sugar, suppress appetite, and promote weight loss.

But Harvard Medical School points to this as an example of why we shouldn’t look to social media for “so-called health advice”—because although these claims

sound great, there’s no science to back them up.

Of course, much of the hype around berberine has encouraged researchers to take a closer look at it. The Mayo Clinic notes that studies are currently exploring how berberine could be used to treat diabetes, high cholesterol, and obesity, and Memorial Sloan Kettering Cancer Center points to preliminary data showing it could help with IBS and PCOS.

If you’re taking berberine and find it helps keep your appetite in check or it soothes indigestion, you may be safe to continue taking it—emphasis, of course, on *may*. Just because a supplement is natural doesn’t mean it’s without risk factors. Health experts note that it can still interfere with other medications, so anyone who is supplementing their health routine with berberine should check with their doctor to determine whether it’s safe and, if so, in what amounts.

And until the scientific research says otherwise, don’t expect berberine to be a miracle cure for anything.

**HEALTH EXPERTS
ARE EMPHASIZING
THAT THE TITLE
“NATURE’S OZEMPIC”
ISN’T ACCURATE.**



WHAT DOES A COLOR ANALYSIS LOOK AT?

Our natural coloring isn't as simple as beige or brown skin, or even blond or brunette hair. Our natural coloring includes:

Undertones: These are subtle colors under the surface of your skin. Your undertones might be cool (hints of blues or pinks) or they might be warm (hints of peach or gold). Cool colors like blue and purple tend to complement cool undertones, whereas warm colors like yellow and orange look good on people with warm undertones.

Intensity: Some coloring can be saturated, meaning they are bright and vibrant, or they can be more muted. This is especially the case in people who have high contrast between hair, skin, and eye colors—for example, a dark complexion with light eyes.

Color Me Curious

WHAT YOU CAN LEARN FROM A COLOR ANALYSIS

By Dylan Roche

Maybe green just isn't your color. Or yellow makes you look washed out. But how are you supposed to know? Figuring out the colors that look best on you isn't always obvious, even when a friend consistently compliments the way you look in blue or somebody tells you that gold jewelry pairs well with your complexion. Sometimes you just need an expert's opinion.

That's why many people rely on a color analysis, and the Internet age makes it easier than ever to get one done online or find a professional near you who can help. A color analysis determines what colors look best with your skin tone, eye color, hair color, and even your natural lip color. Then you can create a wardrobe that works for you.

WHAT CAN I EXPECT FROM A COLOR ANALYSIS?

Every color analysis will look different depending on your analyst, but in general, you'll have a chance to:

- ◆ Discuss your personal preferences and goals. If you want to wear pink but it doesn't match your natural coloring, an expert can help you find shades of it or ways to wear it that it will look good on you.

- ◆ Relax and present your natural appearance. Sometimes stress can make our faces flushed, or makeup can affect the way your coloring looks. Going to an analysis as natural and as baseline as possible will render the most accurate results.

- ◆ Sit in natural lighting and wear neutral clothing that won't reflect other colors. This allows an analyst to see your skin, hair, eyes, and lips as they really are, without the interference of other factors.



WHAT CAN I DO WITH MY COLOR ANALYSIS?

Start to build wardrobe confidence with colors you know work for you. If you have fair skin with cool undertones and muted ash blonde hair, your color analyst will likely recommend soft pastel colors and silver or platinum jewelry. On the other hand, if you have brown skin with warm undertones and dark hair, your analyst may encourage vibrant colors and earth tones with bronze or rose gold jewelry.

10 Moves to Include in Your EMOM Workout

By Dylan Roche

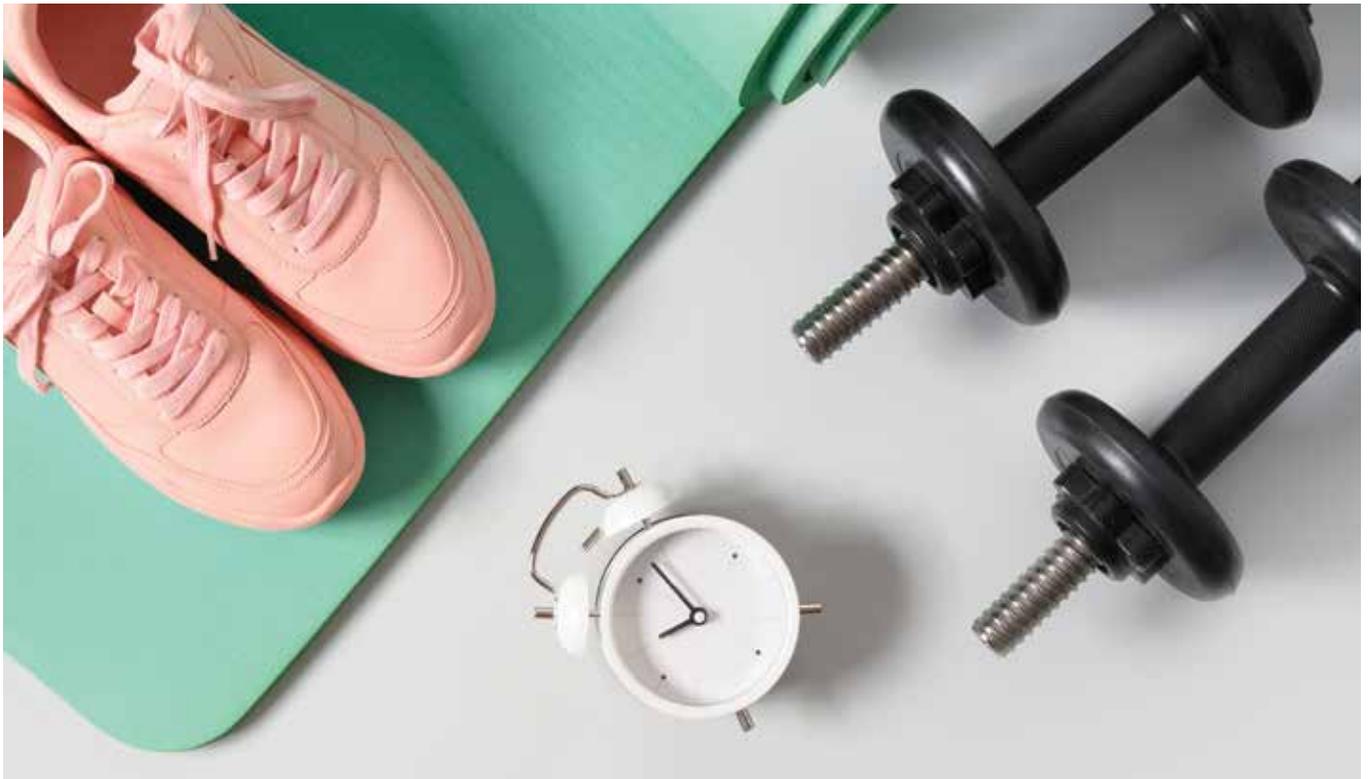
There are a few common reasons people give up on workout routines. They're boring. There's not enough time in the day. They get too challenging too quickly. If you've ever felt this way, you're not alone.

The reality is that the majority of people who set a fitness goal abandon it within the first month—depending on which survey you look at, anywhere between 50 to 90 percent of people!

But EMOM workouts could be the solution to your workout woes and the motivating option that keeps you sticking with your routine.

EMOM might remind you of some other acronym-named workout options, such as HIIT (high-intensity interval training) or AMRAP (as many reps as possible). But where EMOM, short for “every minute, on the minute,” differs is that it doesn't require you to push yourself to the point of exhaustion. Measuring your heart rate in the case of HIIT or repeating a move until fatigue stops you from doing any more in the case of AMRAP are excellent options if you have big goals. But if you just want to stay healthy? EMOM could be more approachable and, therefore, easier to embrace.

Here's how it works: As the name suggests, you begin an exercise at the start of a minute, and as soon as you finish, you have time to rest until the next minute starts. So, you could start a timer for 10 minutes, and every minute you have to do 10 squats or 10 pushups. By the end of 10 minutes, you've done 10 sets of these exercises. You could do a set of the same exercise over and over again for 10 minutes, or you could mix it up and work a different muscle group every minute.





Sounds simple enough, right? The thing you have to remember is that there's no guaranteed rest time between your sets. You have to move quickly, which can up the intensity of the workout. If you finish the set in 30 seconds, you have 30 seconds to rest. Finishing the set of moves in 20 seconds could be a little more challenging, but the tradeoff is you get an extra 10 seconds of rest.

SOME OF THE BENEFITS OF EMOM WORKOUTS ARE:

- ◆ **They're efficient.** Because you're working under a time constraint, you're not going to procrastinate or goof off. This is especially good if you've been putting off a workout because you're busy—you'll be amazed at what you can get done in 10 minutes.
- ◆ **They're adaptable.** You can combine whatever exercises you want to, and you can aim to do as many of each move per minute as you want to aim for. You could do an upper-, lower-, or full-body workout. You could take it easy or go hard.
- ◆ **They're interesting.** No two workout sessions are going to be the same because you're constantly mixing it up.
- ◆ **They're great for measuring progress.** You might notice that it gets easier to do 10 of a certain move in 30 seconds and feel ready to push it up to 15 or 20 of that move.

So, what sort of moves work well in a EMOM workout? Start with this plan below—do an exercise every minute, on the minute, for 10 minutes. Then adapt to your own goals. To build overall strength, add more weight and use fewer reps, or to build endurance, focus on doing more reps faster:

- ◆ 10 dumbbell squats
- ◆ 10 pushups
- ◆ 10 squats
- ◆ 10 bicycle crunches
- ◆ 10 burpees
- ◆ 10 hip thrusts
- ◆ 10 kettlebell swings
- ◆ 10 lunges
- ◆ 20 jumping jacks
- ◆ 20 mountain climbers





Sub-Par Sunscreen?

By Dylan Roche

There's been a lot of heat this summer about the quality of sunscreen in the United States compared with the rest of the world. Most notably, it's Europe and Asia that are blazing the trail against the sun's UV rays.

But sunscreen ingredients legal in the European Union still don't have approval by the Food and Drug Administration for use in the United States. So, why is that?

THE SHORT ANSWER: REGULATION.

In the United States, sunscreen is regulated as a drug, like any over-the-counter medicine you might buy at the grocery store or pharmacy. The Food and Drug Administration regulates sunscreen for safety and efficacy, making sure that it 1) doesn't do more harm than good, and 2) does what it says it's going to do.

This is in contrast to Europe, where sunscreen is considered a cosmetic, like lotion or makeup. It's not as highly regulated as a drug would be. That means it has more flexibility in the ingredients it's able to use, and those ingredients don't have to undergo the same kind of testing.

STRICT REGULATIONS: FOR BETTER OR WORSE

All of this makes it sound as if sunscreen in the United States should technically be safer, right? According to the FDA, it is. But sunscreen ingredients are developing faster than the FDA can keep up with them.

Sunscreen ingredients come in two forms: There are chemical blocks, which absorb the sun's ultraviolet rays before they can reach to the skin; then there are mineral blocks, which create a physical barrier the UV rays can't get through. (If you've ever seen someone with chalky white sunblock on, that's because it's a sunscreen made with a mineral, such as zinc oxide.)

But whether we're talking chemical filters or mineral filters, the FDA hasn't approved a new UV filter for use in sunscreens in 20 years. As of summer 2024, the European Union has about twice the UV filters approved for use in sunscreen as the United States does. These European ingredients tend to have a less oily feel to them and a less chalky appearance, plus they provide longer lasting protection.

A primary reason the FDA hasn't approved UV filters in so long goes back to a 1938 law that says sunscreens must be tested on animals, whereas the European Union bans animal testing for sunscreen.

FOR EXAMPLE: BEMOTRIZINOL

Take a look at an example of a common ingredient in European and Asian sunscreens—Bemotrizinol, an oil-soluble organic compound that has been deemed an effective UV absorber in countries abroad, blocking even more harmful rays than the ingredients approved for U.S. sunscreens.

The FDA has its reservations. Before it approves a new UV filter, it wants to ensure these ingredients would not enter the bloodstream through the skin, which could cause long-term toxicity and even disrupt the endocrine system, which regulates our hormones.



So, Where Do We Go From Here?

It looks as if summer 2024 was another season come and gone without the latest sunscreen ingredients available for use in the United States. Until the FDA can deem these ingredients safe and effective, continue to practice safe skin protection with what's available on the U.S. market. Apply sunscreen liberally and regularly and keep out of the sun during the middle part of the day when the rays are the strongest.

One last note: Though it might be tempting to try to buy European or Asian sunscreens online, health experts strongly discourage this. Without regulations, you may be buying a counterfeit product, which could end up being unsafe, ineffective, and unhealthy.

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Find Your Focus and Stress Less

5 WAYS TO INCREASE OUR ATTENTION SPANS

By Dylan Roche

How many notifications do you get in a single hour? How many times do you get sidetracked when simply trying to complete a task?

No need to get specific with your answer—but if you're like most people, the answer is “a lot.”

Probably more often than you would like. And the sad reality is that the ubiquity of digital was supposed to make our lives easier and more efficient. Instead, it's making our lives more stressful. And our ability to focus is weaker!

It's important to note that although there's a pervasive idea being plugged in all the time re-wires our brain (if you'll pardon the pun), there's little scientific research to support this notion. Your brain isn't permanently damaged by using your phone or tablet all the time.

But you have *trained* it in certain ways. You're now more inclined to skim through text instead of reading it in depth. You crave instant gratification from gaining information immediately or hearing a response from someone right away, and you no longer have the patience for sustained effort or simply waiting for something to play out.

The problem with this lack of focus is that we're less likely to retain information, more likely to make errors, and because we let our minds wander so easily, it takes much longer to complete tasks. Over time, this can increase our stress levels, and greater amounts of stress take a toll on our mental and physical health.



SO, WHAT DO WE DO ABOUT IT?

Being digitally disconnected is highly impractical in today's world. But there are ways you can improve your focus and lessen the impacts of digital dependence on your mind. **Here's five approaches you can take:**

◆ BE MINDFUL ABOUT BREAKS:

The problem with always being connected is we prioritize whatever comes up as soon as it comes up—an email, a text message, a social media notification. Some of these are less important, but many of them are, in some way, a priority. You can learn to balance your task at hand with any new tasks that come up by creating specific times to check your devices for updates. Set a timer to focus on a project for 20 minutes; then give yourself 10 minutes to catch up on any notifications that came in since your last break. Once those 10 minutes are up, set your timer for another 20 minutes and start the cycle again.

◆ CREATE A BETTER WORK

ENVIRONMENT: When you sit down to work, be committed to working. Create an atmosphere with minimal auditory and visual distractions, both including digital distractions and real-world distractions. Although you might find some degree of background commotion helps you focus (for example, if you like to work in a coffeeshop), a relaxed environment gives you permission to not be focused on your task at hand. Do your best to minimize distractions and create a to-do list so you know exactly what you need to accomplish.

◆ ENGAGE IN ANALOGUE

ACTIVITIES: Finding ways to engage your brain can help improve concentration and memory, but these activities are often best done if they are not on a screen. Make a point of reading print books, especially books that are longer and more complex. Work on a puzzle (either a word puzzle like crossword, or a jigsaw puzzle) or play a game. These will force you to focus on one mental challenge and one alone.

◆ DON'T NEGLECT OTHER

HEALTHY HABITS: Your mind depends on a healthy body. Getting plenty of exercise will improve your blood flow to boost cognitive function, and adequate sleep will ensure you aren't in a haze half the day—or worse, dependent on caffeine, which can wreck your focus when consumed in large amounts.

◆ FOCUS ON...WELL, FOCUSING:

A big part of focusing is about your ability to block out distractions. When you take time to focus on little things in a low-stakes environment, you feel better when you have to focus on the important stuff. Take five minutes out of your day to meditate or do deep breathing exercises while blocking out unpleasant sensory overload or intrusive thoughts.

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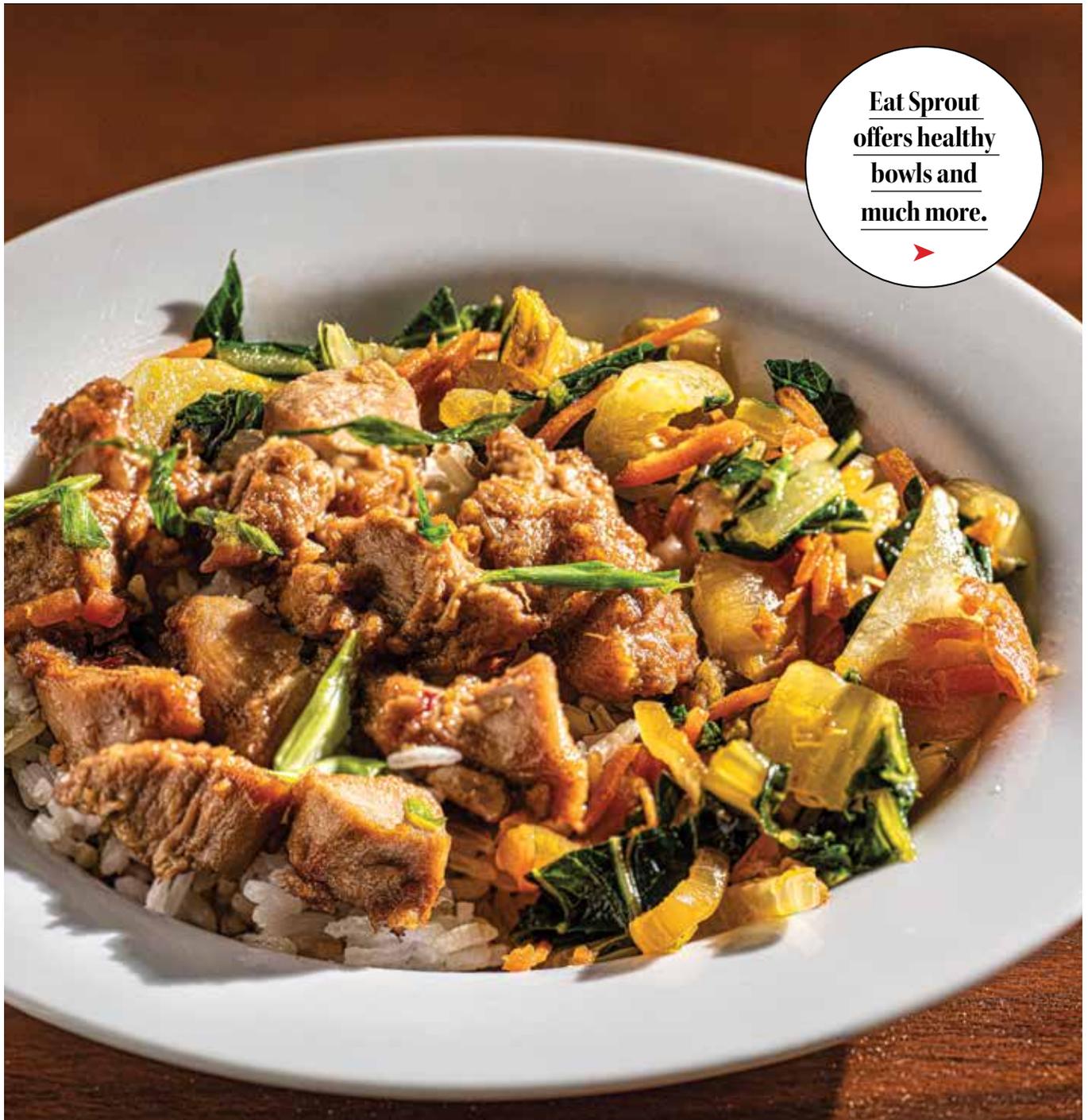
Food & Dining

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Farm Fresh, Creative Cuisine

By Tom Worgo

Ryan Groll admits he and his wife Emily started their business at a very challenging time in 2015. The Grolls had just bought a house near Easton, their first child was born, and both were at career transition points.

The idea of building their own business began humbly, cooking food out of their house “for people that were very busy” and delivering meals to customers. They found themselves cooking so much that Ryan sold his car to buy and fabricate a food truck in 2016 to grow the business.

Two years later, the Trappe residents opened the first of four cafes, Eat Sprout, in Easton. Locations in St. Michaels and Annapolis followed, including one within the State House that opened earlier this year.



EAT SPROUT

Locations in Annapolis, Easton, and St. Michaels | eatsprout.com

“We saw that people want good, sustainable, nutritious meals while supporting local farmers,” Ryan says. “So, we formed a relationship with local farmers to create healthy meals. I have a background in nutrition. My wife is a fantastic chef. We combined it all, making it affordable and convenient for people. It’s not just food. It’s a lifestyle.”

The cafes offer about 65 different entrees throughout the year with a rotating monthly menu. At the time of this writing, the July menu featured items such as honey pot chicken, herb crusted salmon, roasted squash burger, and falafel mezze bowl.

Eat Sprout also features full-service kitchen and bakery, highlighted by the cafe’s scratch-

made, artisanal breads, signature smash bars, granola, sweet treats, soups, oat bowls, and chef-crafted, hand-bottled drinks.

Eat Sprout’s success and devotion to the community hasn’t gone unnoticed. Talbot County’s Chamber of Commerce named the cafe Best Small Business of the Year for 2024. The county also gave the business a Community Impact Award.

“For the Community Impact Award, we started a program Farm to Friends,” Ryan explains. “It allowed us to raise \$30,000 from the community to purchase food from farmers that were struggling during covid. We gave meals to kids and the elderly who needed the food most.”

We learned more about Eat Sprout during our talk with Ryan.

Tell us about your background before opening the café. My background has always been in health and fitness. I used to work at different types of health clubs for about 10 years. My wife was in the Air Force for 10 years. She was part of 99th airlift squadron out of Andrews Air Force Base. She started her career as a communications specialist and was in the government for another four years (Department of Homeland Security). We quit our jobs to help develop a fitness club in Easton, and we moved from Annapolis to the Eastern Shore. I saw it as my way to be an entrepreneur. I was their fitness director. She worked there as a member service specialist.

Why did you decide to open Eat Sprout? We lost our jobs, so we started Sprout. At the end of 2015, I had odds and ends jobs, and one was cooking food for people that were very busy. I was cooking healthy meals and putting them in Tupperware containers and taking them to customer's homes. They paid me cash. It was enough money to at least pay my bills. I was working from the house until early 2016. We realized we were cooking so much food for so many people that it wasn't legal from a health department standpoint. It wasn't sustainable. Then, I sold my car and used that money to buy and build a food truck.

Are places like Eat Sprout common? No. Every state I visit, I ask, "Where can I go to get good, local healthy food that is prepared and ready to eat?" Everybody says there isn't a place. I haven't found



something similar to us. It's a specific model of restaurant that can't be replicated very well. I would say we are at the beginning of something new. I think we will see a trend of more people valuing their health, time, and transparency of supporting local farms. They are not going to go to a restaurant three times a day but might come to Eat Sprout and stock up. Customers are buying eight, nine entrees to get themselves through the week.





How would you describe the menu? It's along the lines of providing a variety of everything you would need every day. We are a market, not a restaurant and do not specialize in a specific cuisine like Italian or French. Our menu has everything from breakfast, lunch, dinner, soups, salads, snacks, wraps, granola, breads, and drinks. We make it all from scratch, including all the sauces, condiments, and drinks.

You have imaginative recipes. How do you come up with them? Our menu changes every month, and the recipes are a combination of brain power from our executive chef and our culinary team down to our customers. We get feedback from our customers on what they want to see and love. We get creative. Every month we rehab our menu to make it better, to make it different, and keep it in season.

What is your top selling item? I would say it's Vitality—a drink that has local honey, organic ginger, and lemon. It's very refreshing and versatile. You can drink it as hot tea or cold juice. You mix

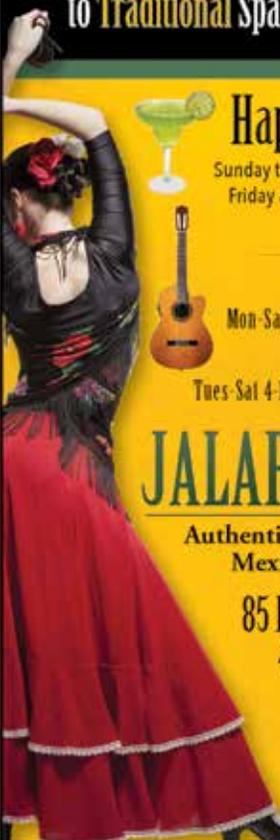
it with other drinks to make it a “vitality latte.” It's a very simple but powerful drink that is very good for you from a metabolism and health standpoint. It's very refreshing and spicy.

What other dishes are popular? Peruvian jerk chicken sells very well. It's a special entrée we make using pasture-raised, local chicken and our own jerk seasoning. We make organic rice that goes on the side along with green cilantro and mojo sauces. It also comes with a scratch-made bean salad with a little cilantro and jalapeno mixed in.

Tell me what the bakery offers. The most popular items, by far, are our organic, artisanal bread varieties and, of course, Buzz Bites. The bites are little energy squares, with a tad of caffeine from organic espresso mixed with local honey, organic oats, peanut butter and chocolate. Our baker is fantastic and talented in the creation of gluten-free products. The Rustic Gluten-free boule we produce won us Best Gluten Free for 2024. It is just all really good stuff. The bakery also produces items like babka, coffee cake, and lemon brownies.

Where do you source your food? We always go local first. If we can't get something local, then we go organic. Our goal is to know our farmers and where our food comes from. All of our meat, eggs, milk, yogurt, and honey are sourced from Maryland farms along with many other products.

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Savor the Chesapeake

RESTAURANT NEWS AND CULINARY TRENDS THROUGHOUT THE CHESAPEAKE BAY REGION

By Megan Kotelchuck

Our region continues to see new restaurants, bakeries, and more open. And the perfect way to show our support is to eat locally! I have a few new ways for you to do that now!

ON THE DINING SCENE...

Annapolis Town Center recently introduced another eatery. **Tatte Bakery & Cafe** will be taking over the spot formerly home to Brio Tuscan Grille. Tatte is known in Washington, D.C., and Massachusetts for their artisan pastries, breakfast items, and unique cafe atmosphere. In addition to breakfast, Tatte has a quiche menu, salads, shakshuka, bowls, sandwiches, and more. Find a full menu at tattebakery.com.

Broadneck Grill and Cantina ▲ recently celebrated 30 years in the Cape St. Claire community with a party! On July 27th, Broadneck Grill and Cantina's loyal patrons enjoyed live music by 24 Karat, food, drink, and dessert specials all to celebrate one of their community's favorite restaurants. Continue enjoying and supporting the Cantina with dinner tonight! You can also order takeout online at broadneckgrill.com.



STAR INGREDIENT: **Coconut**

Thanks to its prosperous cultivation in tropical cultures, coconut is one of those foods you just can't help associating with warm weather, poolside retreats, and beach vacations. Hey, it's even an indulgence you can feel good about. Coconut has been hailed as good for your heart and, as an alternative to butter, it's said to potentially be able to help you lose weight. Ready to find healthy ways of incorporating coconut into your diet during the last of our warmer weather days? Here are a few suggestions:



Six years ago, owners of ◀ **Roberto's Pizza and Italian Restaurant** announced that they would be retiring from the restaurant business after 15 years in Easton. The family has been running an auto repair shop since closing the restaurant, but announced on Facebook at the end of June that they have signed a lease and Roberto's Pizza is coming back! Keep an eye on their Facebook page, facebook.com/robertospizza2, for updates about their new location at 8168 Elliott Road, Easton.

Rhonda and Glenn Rogers, the owners of **Nothing Bundt Cake** in Annapolis, have opened their second location. Now we can enjoy the unique flavors of bundt cakes and bundtinis at the Waugh Chapel Towne Centre in Gambrills. Grab a cake for any occasion at nothingbundtcakes.com.

Moby Dick House of Kabob recently opened a new location in Annapolis at 2496 Riva Road. Be sure to stop in and enjoy their salads, sandwiches, and, of course, kabobs. The Annapolis location is Moby Dick's 31st with in Maryland, Virginia, and Washington, D.C. Find a full menu, hours, and even more locations at mobykabob.com.

At the beginning of August, **Melting Pot** in Annapolis launched a brand-new Fondue Happy Hour. This happy hour features half-priced cheese and chocolate fondue favorites from 5 to 7 p.m. Monday through Friday at the bar. It's fondue o'clock somewhere, right? Find more information at meltingpot.com/annapolis-md.

At the end of June, **Lasang Pinoy** celebrated their first year of business! Lasang Pinoy offers Philippine cuisine in Annapolis with dishes such as pancit, whole red snapper, turon, smoothies, and so much more. You can support Lasang Pinoy at the Annapolis Mall! Find a full menu at lasangpinoyllc.com.



COCONUT PINEAPPLE SMOOTHIE

Ingredients

2 cups frozen pineapple chunks
1 banana, peeled and chopped
1/4 cup cucumber, peeled and chopped
1 cup coconut milk
1/4 cup shredded coconut
1 teaspoon vanilla extract
1 scoop protein powder of choice (optional)

Combine ingredients in a high-power blender and process until smooth. Serve garnished with shredded coconut flakes if desired.

TROPICAL COCONUT RICE

Ingredients

2 cups brown rice
2 cups pineapple chunks
1 can (13.5 ounces) unsweetened coconut milk
1/4 cup sweetened coconut flakes
1 tablespoon curry powder
2 teaspoons garlic
1 teaspoon ground ginger
1 lime
1 cup cashews (roasted and salted)

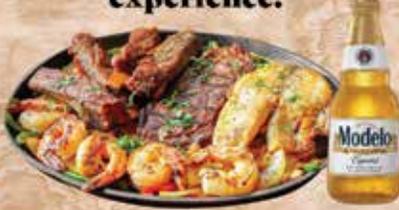
Crush the pineapple with a fork or potato masher. Whisk in the coconut milk, then transfer to a saucepan and add 2 cups of water. Bring to a boil. Add the brown rice and reduce the heat to low. Cover the saucepan, allowing the rice to cook for approximately 45 minutes. Check occasionally and add more water if necessary. When the rice is cooked, stir in the garlic, ginger, curry powder, and coconut flakes. Fluff with a fork. Finish with a squeeze of lime and cashews on top.

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Joss Café & Sushi Bar
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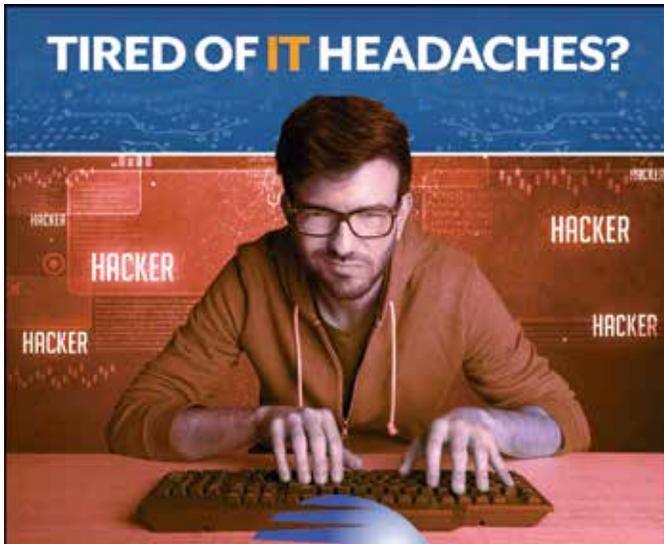
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September has arrived and with it, the beginning of autumn. Our favorite flyer, Wilma, is happily visiting towns across the Bay region to enjoy local football games, boutique shopping, and seasonal fare at quaint restaurants. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

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