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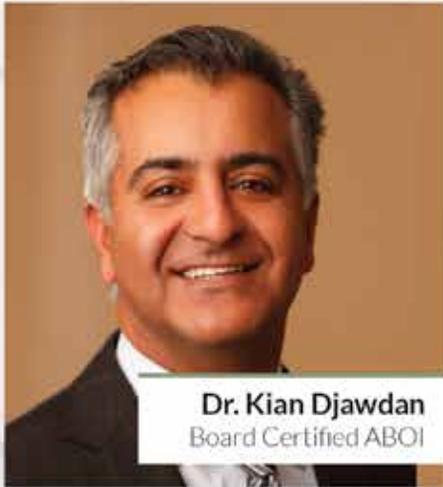
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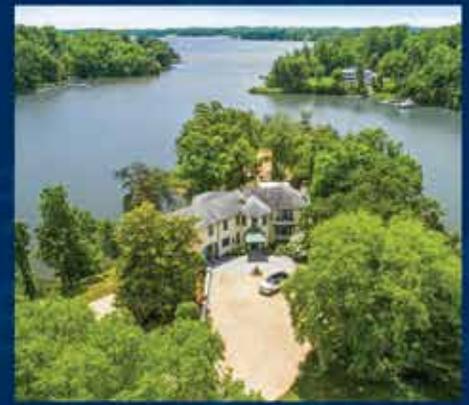
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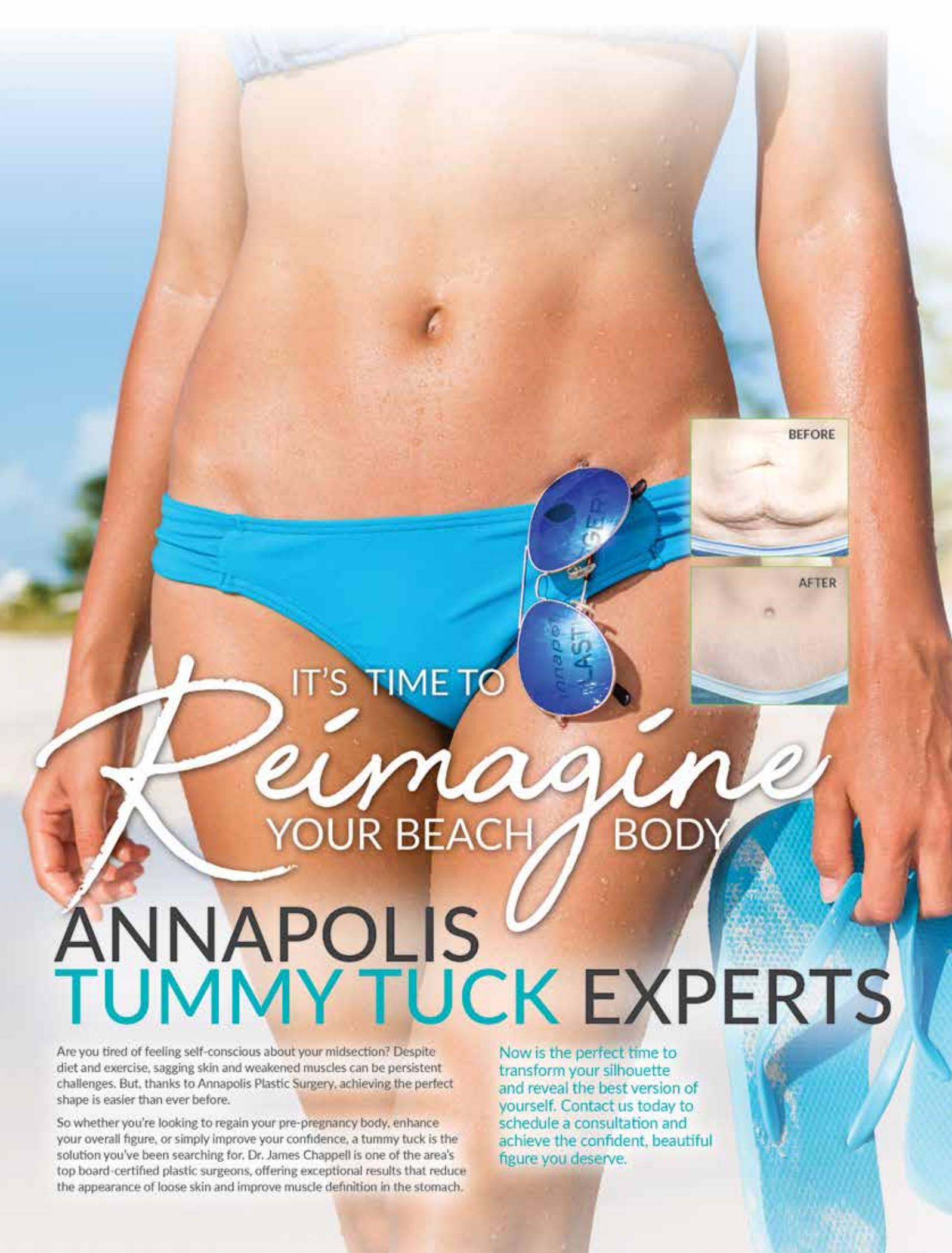
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Amy is a Registered Nurse who comes to us with 13 years of nursing experience, 10 of which were spent in Plastic Surgery, where she developed a passion for aesthetics. She specializes in Botox, Filler, Lasers, Kybella, Sclerotherapy, and CoolSculpting®. 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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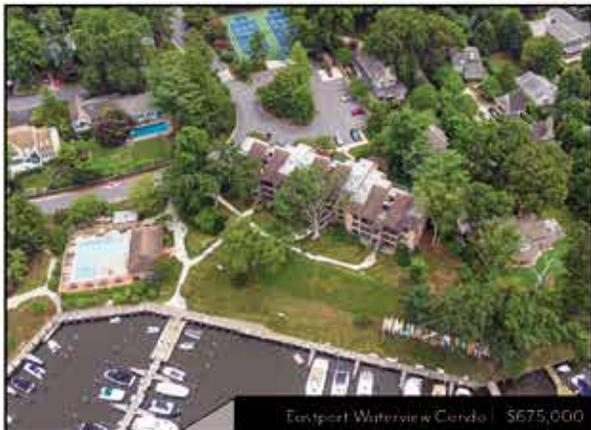
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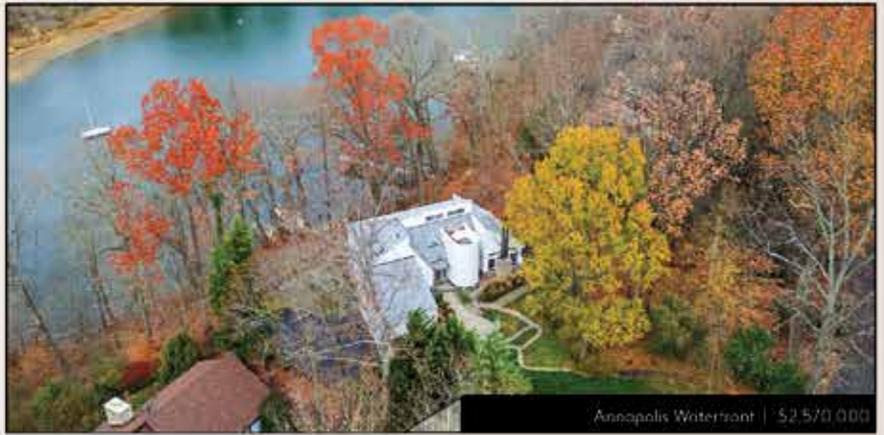
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Annapolis: Whitehall creek waterfront; up to \$3,000,000

Annapolis, Severna Park or Pasadena: waterfront, finished, big views, pool; up to \$4,000,000

Broadneck Peninsula: 55+ single family home; up to \$1,000,000

West Annapolis: nice backyard, walkable to Annapolis Street; up to \$1,000,000

Annapolis: condo 2-bedroom den if possible or smaller town home; up to \$650,000

Severna Park: 4 beds prefer Berrywood or Magothy; up to \$950,000

Annapolis, Severna Park or Crownsville: Waterfront with big Views; up to \$3,500,000

Severna Park: Waterfront with big views and completely updated; up to \$4,000,000

Arnold: Ulmstead neighborhood with at least 4 bedrooms; up to \$1,300,000

Severna Park: SP schools, 4 bedrooms minimum; up to \$1,200,000

Severna Park: Chartwell updated, 4 bedrooms, prefer 3 full bathrooms; up to \$1,200,000

Severna Park: Chartwell tear down or nicely done, must be on the golf course.

Severna Park or Wardour: Waterfront on the Severn River; up to \$6,000,000

Annapolis: Admiral Heights, possible East Port AirBnB opportunity; up to \$700,000

Annapolis: Water access, nice community; up to \$750,000

Severna Park: Berrywood single family; up to \$950,000

Severna Park: Round Bay community specifically; up to \$1,000,000

Severna Park: Water access community (Magothy or Severn); up to \$800,000

Severna Park or Broadneck Schools: willing to do updates, nice yard desired; up to \$750,000

Arnold: waterfront or water view; up to \$2,000,000

Shipley's Choice; up to \$1,300,000

Chartwell Rancher or 1st floor primary; up to \$1,250,000

Pasadena: Waterfront with a garage; up to \$1,00,000



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For the last 22 years, David Orso have served the real estate needs of over 1500 families in the Annapolis area. David is peerless as the top-selling agent in Anne Arundel County in total sales since 2013. An obsession with the client's needs have led to curated systems for maximum results with minimal stress. David's educational foundation in Psychology, an MBA in Strategic Marketing and negotiation training from Harvard University is tailor-made to give his clients a competitive advantage.

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Founder and Owner, Meg Fox is a Physician Assistant with over 20 years of clinical experience. As a graduate of George Washington University's Physician Assistant Program with a Master's Degree in Health Science, Meg was the first board approved PA in medical aesthetics in the state. She has spent the past 17 years working in medical aesthetics and plastic surgery. On the forefront of injectables when the products first came to market, Meg found her passion for medical aesthetics and grew a large following in the Baltimore area. She serves as a national trainer for Allergan and Galderma as well as a key opinion leader for several skin care companies. Meg is a trusted clinician, who has cultivated long lasting relationships with patients and grew her brand which became Meg Fox Aesthetics, paving the way for medical aesthetics in the state.

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Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

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Ashley Raymond (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice F. Booth, JoAnna Daemmrich,

Carol Denny, Lisa A. Lewis,

Tom Worgo

Staff Photographers

Tony Lewis, Jr.

Contributing Photographers

Stephen Buchanan,

Nima Mohammadi/RECreative Visual

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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Finance Manager

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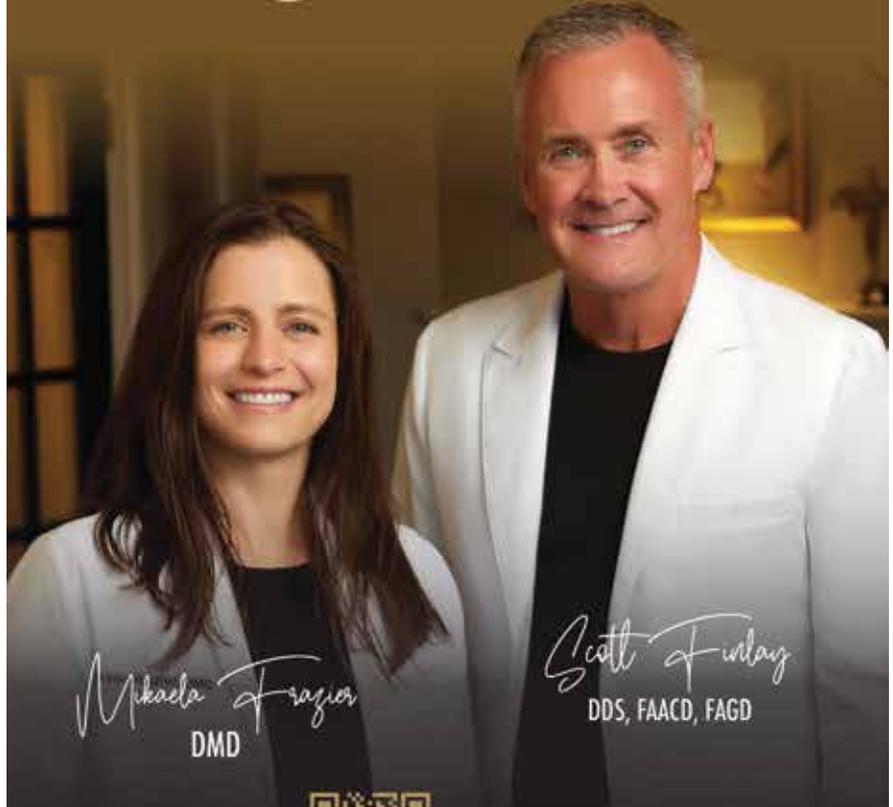
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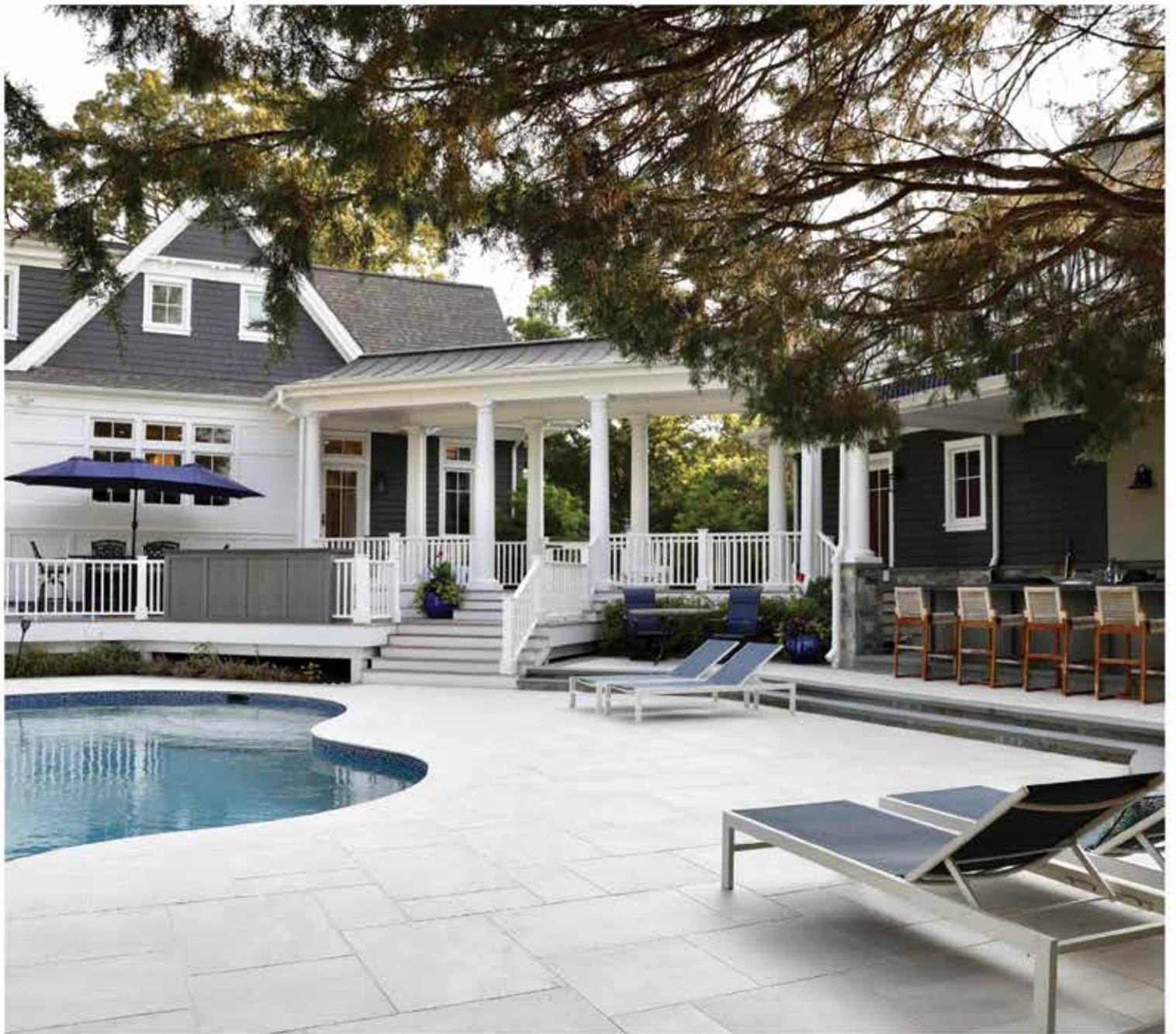
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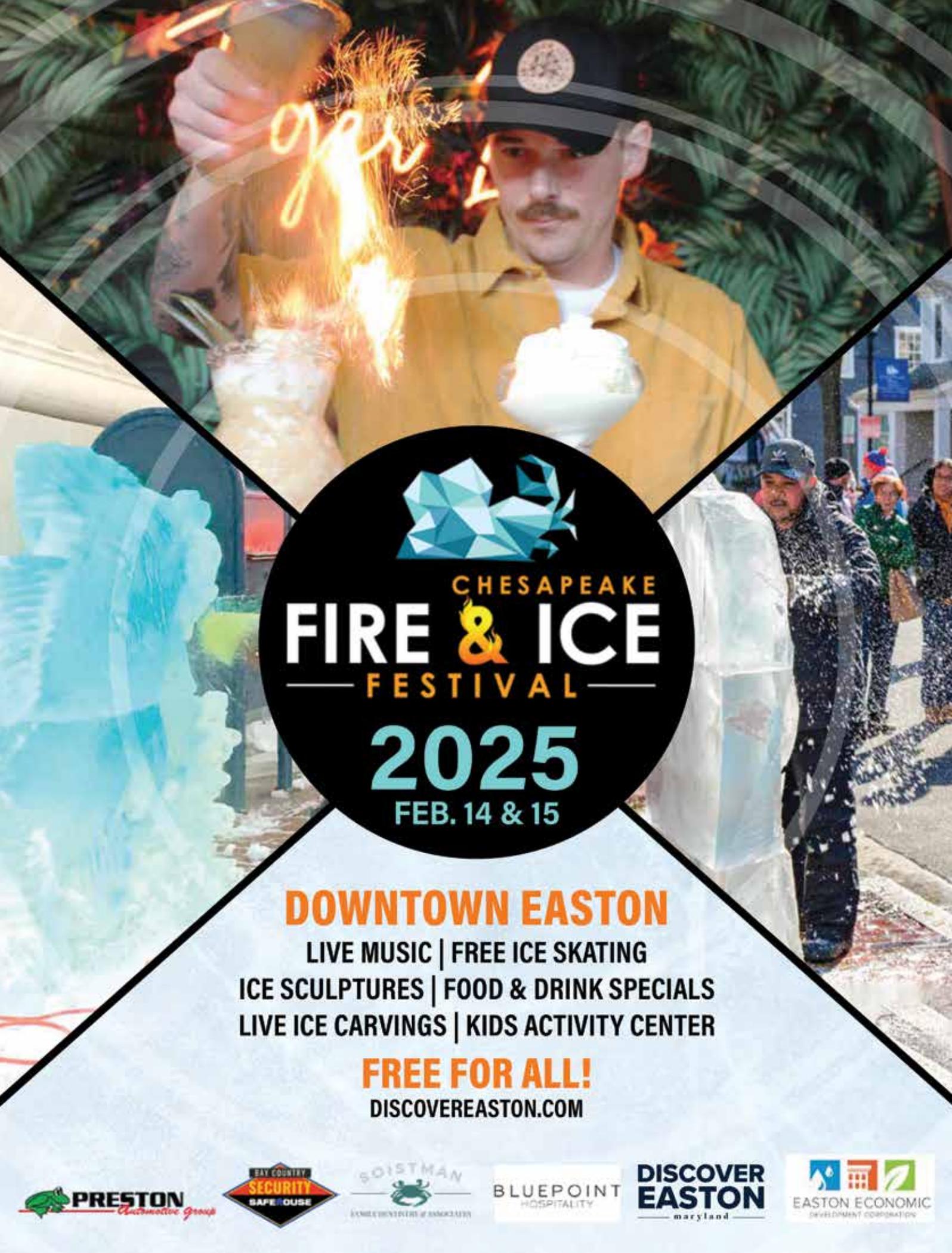
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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

Broadway Legends

PG. 24





BROADWAY LEGENDS

Naptown Philharmonic Orchestra is taking on the Broadway Legends at Maryland Hall in Annapolis on February 2nd at 3 p.m. Get ready to be swept off your feet as NPO performs show-stopping hits from *Candide*, *Phantom of the Opera*, *Hamilton*, *Mama Mia!*, and *Tick Tick Boom!* Conducted by Anna Binneweg, the concert will also feature the talent of violist Cameron Raecke in a performance of Hummel's *Potpourri for Viola and Orchestra*. Get tickets at naptownphil.org.

TIMONIUM INTERNATIONAL MOTORCYCLE SHOW

The largest bike show in the Mid-Atlantic is back at the Maryland State Fairgrounds in Timonium, February 9th through 11th. Join other motorcycle enthusiasts and see hundreds of new bikes from major brands, a vintage/custom/antique bike show, vendors, and more. Find more information and get tickets at motorcycleswapmeets.com.



Annapolis Restaurant Week

We love to support our town, and one of the most fun ways to do that is with Annapolis Restaurant Week! From February 22nd to March 2nd, get your friends and family together to enjoy great food in Annapolis. Participating restaurants will feature prix fixe menus, two- and three- course dinners, and other dining and drink specials. Find a full list of participating restaurants and their specials at downtownannapolispartnership.org.





What's Up? Media Wedding Expo

Get everything checked off your Wedding To-Do list at our one-stop shop Wedding Expo on February 16th from 1 to 4 p.m. at The Graduate Annapolis. From cake tastings to beauty makeovers and fun giveaways, we will have plenty of options for you to plan your perfect wedding. Admission is free but be sure to register for the event at whatsupmag.com



THE BERNIE HOUSE MARDI GRAS BENEFIT GALA

The Bernie House is hosting their Mardi Gras Benefit Gala on February 8th at The Graduate in Annapolis. The Bernie House prepares survivors of domestic violence and their families for the next step with stability and success in permanent housing. The Mardi Gras-themed night will include live music, dinner, tarot cards, and face painting. Get tickets at theberniehouse.org.

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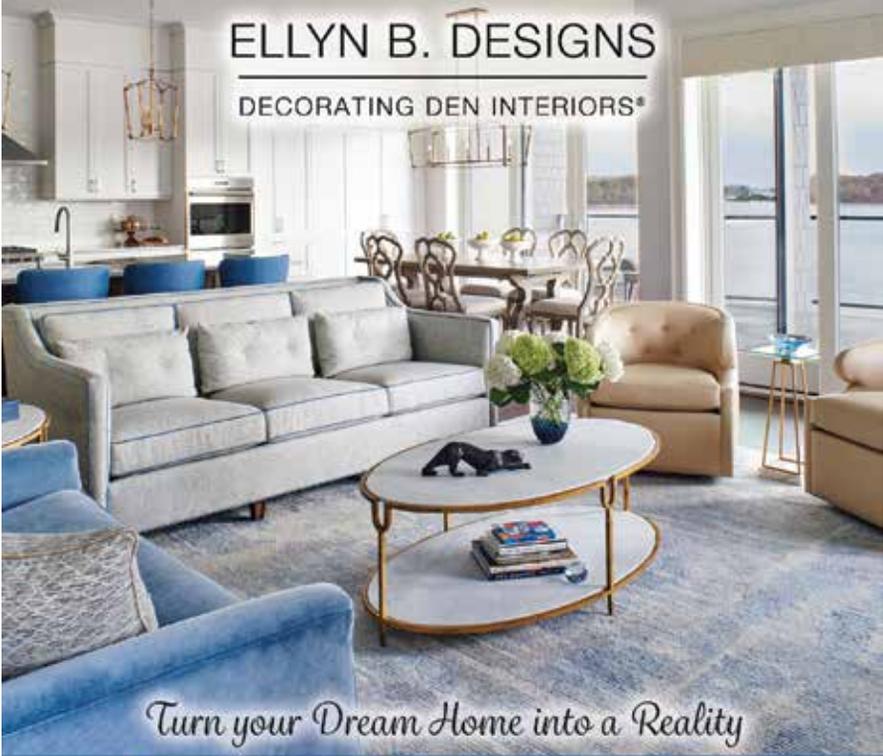
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Disney On Ice

Disney On Ice: Mickey's Search Party is taking the stage at CFG Bank Arena in Baltimore for multiple performances February 13th through 17th. In Mickey's Search Party, join Mickey Mouse and his friends as they follow Captain Hook's treasure map and collect clues to rescue Tinker Bell. The journey whisks audience members to several of Disney's most memorable places, like the *Frozen* kingdom of Arendelle and the Marigold Bridge from *Coco*, and includes appearances from beloved characters from *Moana*, *Aladdin*, *Beauty and the Beast*, *Toy Story*, and more. Get your tickets at disneyonice.com.



Photo by Paul Versluis, courtesy HGTV

THE HOME OWNERS EXPO

Find contractors, home services, and expert-led seminars at the Annapolis Home Owners Expo, held February 22nd and 23rd at the Byzantium Event Center in Annapolis. The weekend-long event will feature vendors to help you with everything at your house, from foundation to roof! Speakers include Tamara Day of Bargain Mansions on HGTV and Magnolia Network, Tyler Balderson of Bartlett Tree Experts, and a special seminar "What's Going on with Real Estate?" presented by Northrop Realty. Find more information at thehomeownersexpo.com.

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Alice in Wonderland

**Children's Theatre of Annapolis;
Childrenstheatreofannapolis.org;
February 7th through 23rd**

As the curtain rises, Alice slides into view at the end of her long fall down the rabbit-hole. It is a more delightful place for the audience than for Alice, who is trying desperately to get back home. She tries to get help from the Mad Hatter, the Rabbit, and from the very nice Cheshire Cat.

A Few Good Men

**Community Players of Salisbury;
Communityplayersof-salisbury.org; February 2nd,
7th, 8th, 9th**

Aaron Sorkin's groundbreaking debut tells the story of a group of military lawyers assigned to defend two Marines in Guantanamo Bay. During the course of the trial, they uncover a high-level conspiracy designed to eliminate weaker soldiers in the name of patriotism.

Noises Off

**The Garfield Center for the Arts at the Prince Theatre,
Chestertown; Garfieldcenter.org; February 21st through
March 9th**

A contemporary comedy classic by Michael Frayn, It takes a side-splitting look at the foibles of theatre folk and the inevitable on and offstage issues that can occur during a play, including out-of-control egos, passionate affairs, actor memory issues, personal props mishaps—all of the things that can turn a performance into a high-risk adventure.

Little Shop of Horrors

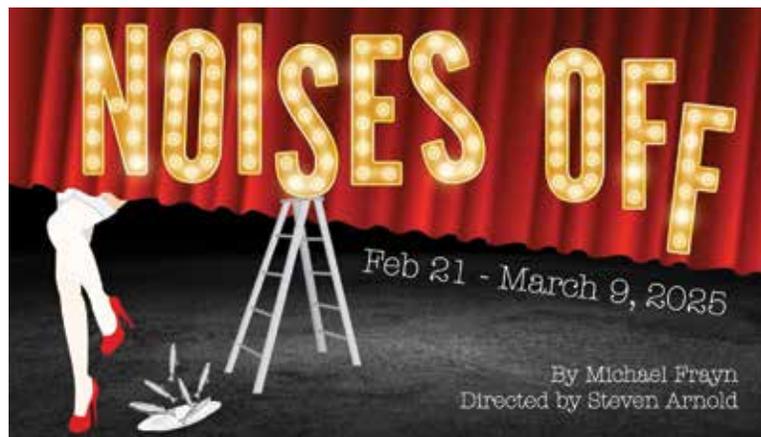
**Compass Rose Theater, Annapolis; Compassrosetheater.org; February 28th through
March 30th**

One of the longest-running Off-Broadway shows, this charmingly tongue-in-cheek musical comedy has captivated theatergoers for over 30 years. It's a must-see with a delectable sci-fi storyline and an electrifying 1960s pop/rock score! Follow Seymour Krelborn, a meek floral shop assistant, who discovers a peculiar plant he names "Audrey II" after his crush. Little does he know, this unusual plant will develop a soulful R&B voice, a smart mouth, and an insatiable hunger for humans.

A Brief History of Man

**Church Hill Theatre, Church Hill; churchhilltheatre.org;
February 6th to 9th**

Earl Lewin's comedy A Brief History of Man will have its world premiere. Lewin asks "What if humans are just one step in a long chain of intelligent life forms? After all, people aren't very durable, and we have many design faults." His answers are truly funny—but with thought provoking implications.





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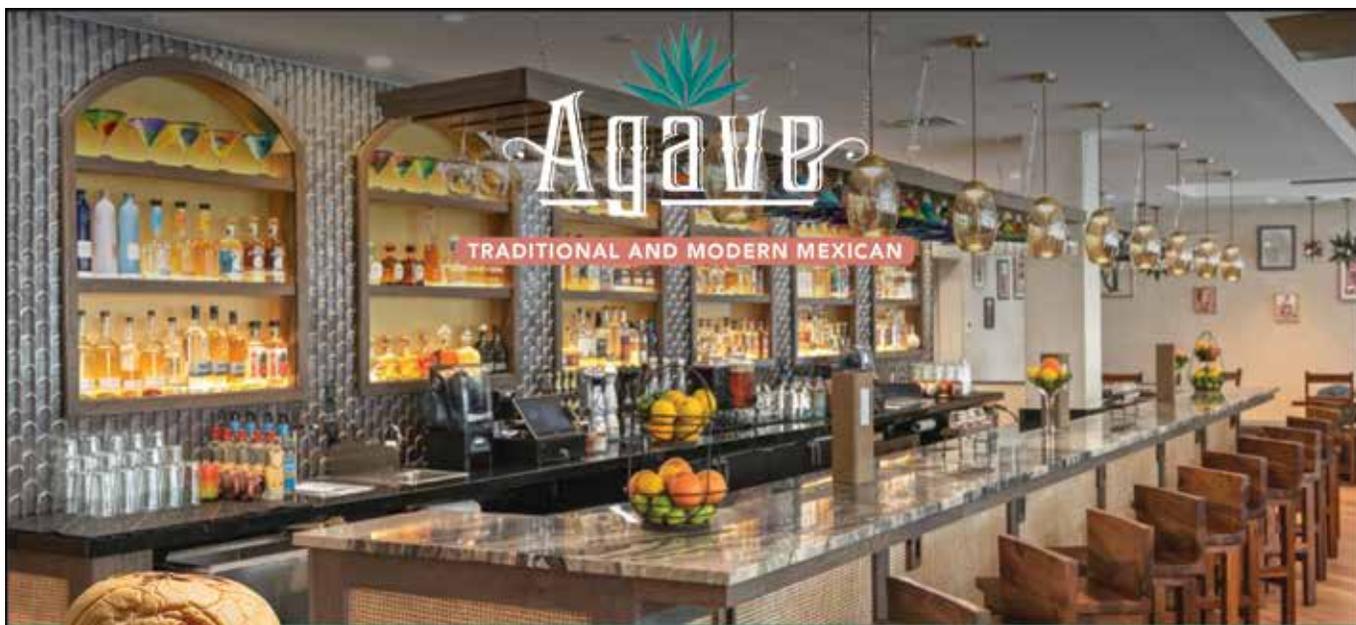
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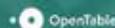
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Banneker-Douglass-Tubman Museum Shines

By Carol Denny

A shining star has joined the firmament at Maryland's leading African American museum. Harriet Tubman, the Union Army spy and nurse who led scores of enslaved people to freedom via the Underground Railroad, has taken her place beside Benjamin Banneker and Frederick Douglass at the newly renamed Banneker-Douglass-Tubman Museum in Annapolis.

Housed in a historic Franklin Street church saved from the wrecking ball by local activists, the museum displays its new identity proudly. The façade now features graphics of its namesake trio as well as a restored sculpture of Tubman clutching her rifle and *vevé*, a symbolic staff. The *vevé*, which had been stolen several years ago, was recovered and adorned with new beadwork for the occasion by the artist, Dr. Joyce J. Scott.

The long-awaited addition of Tubman embodies the museum's central theme, according to executive director Chanel C. Johnson. "The stories of these three Marylanders are united," she explained. "They're



Photo by Christian Smooth

freedom fighters, icons, and examples of how Black power is rooted in the history of Black resistance. We know that we stand on the shoulders of greats."

Banneker, born in 1731, earned fame as the first African American man of science and mathematics. Douglass, a social reformer, abolitionist, orator, and statesman, was the leading Black advocate for civil rights in the 19th century.

The museum, part of the National Park Service's African American Civil Rights Network, was founded in 1984. It welcomes 10,000 in-person visitors annually and tens of thousands more online. In addition to the permanent collection and changing exhibits, it explores contemporary issues through livestreams, virtual panel discussions, and educational posts. "Our goal is to deepen understanding of history in our own lives and connect to what Black leaders in Maryland were fighting for," Johnson says.

Part of that effort is providing a showcase for artistic works that speak to the African American experience. In a major exhibition for 2025 entitled "Sacred Spaces," Maryland artist Jabari Jefferson has created a dazzling large-scale collection of paintings, mixed-media pieces and tapestry that he describes as "shrines and altars."

"OUR GOAL IS TO DEEPEN UNDERSTANDING OF HISTORY IN OUR OWN LIVES AND CONNECT TO WHAT BLACK LEADERS IN MARYLAND WERE FIGHTING FOR."



Photo by Christian Smooth

“How do you adorn a space that’s already sacred?” he asks rhetorically. “This museum has always had a lot of energy, and I believe in the transfer of energy—the idea that the essence of a person can be conveyed through objects. My work uses found objects, recycled fabrics, disposables repurposed into art—even found dirt. I found it very humbling to be the artist to bring the museum into a new realm with Tubman and use her as a muse for this conversation.”

Jefferson even holds a staff in his hand for inspiration when he’s working, channeling Tubman in his creative process.

The installation covers two floors of the museum and will remain on display through January 2026. It’s a bold undertaking for BDT, and Jefferson salutes the museum’s board for supporting his vision: “They wanted art, and I wanted a spectacle. But they trusted in me, and the timing was right.”

Early on, the museum made sure the community was engaged in the making of “Sacred Spaces,” inviting residents to contribute to the found objects Jefferson would use. “We wanted to show people that they are connected to the work on the wall, that they are a part of this,” Johnson explains.



Photo by Executive Office of Governor



Photo by Julien Jacques

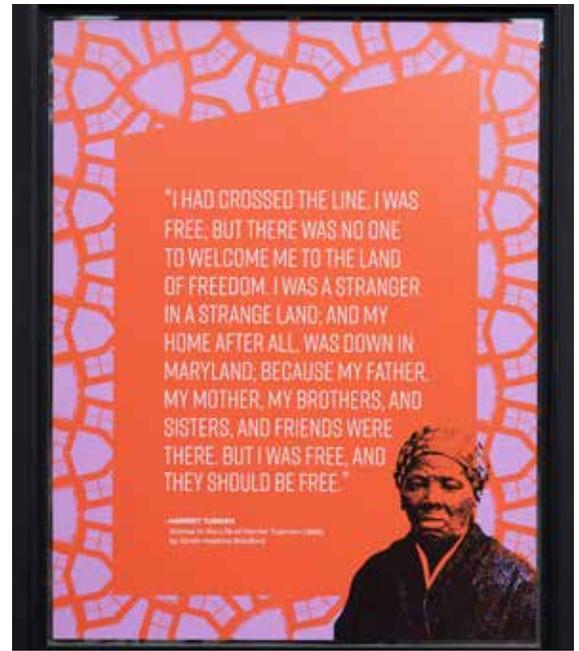


Photo by Christian Smooth

In the course of his creation, Jefferson made unexpected connections. A stained-glass window from the original Mt. Moriah Church, still a centerpiece of the building, prompted him to research the origins of stained glass. He learned that stained glass techniques had been brought to Europe by Arabic Moors—and then discovered that Benjamin Banneker was of Moorish descent. “His people had been doing this for generations,” Jefferson marvels. “What an inspiration! How do I communicate that to the viewer?”

His goal, he says, is to “create an opportunity for thinking to begin. I hope visitors will think new thoughts, or create new thoughts,” as they encounter his work.

Viewers will have their own reactions to “Sacred Spaces,” but are sure to be moved by Jefferson’s rich and thoughtful assemblage of individually charged pieces. The show not only evokes the spiritual dimension of the African American experience, but also elevates one of the core values of the Banneker-Douglass-Tubman Museum: “Using art or pen to speak out against injustice.”

The Banneker-Douglass-Tubman Museum is open Tuesdays through Saturdays from 10 a.m. to 4 p.m. at 84 Franklin Street, off Church Circle in Annapolis. Admission is free. Learn more at bdmuseum.maryland.gov.

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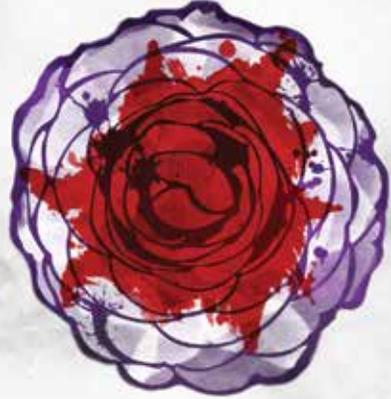
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On the heels of the successful launch of the 2024–2025 *Anne Arundel County Directory* for older adults, individuals with disabilities, veterans, caregivers, and their families, What’s Up? Media granted proceeds of the joint project totaling \$19,193 to the Anne Arundel County Senior Provider Group (SPG). The group is a nonprofit membership organization comprised of businesses and individuals who provide services to aging adults, their caregivers, and families. SPG board members were joined by What’s Up? Media’s Chief Operating Officer Ashley Raymond and Senior Account Executive Kathy Sauve for the check presentation. Together with the Anne Arundel County Department of Aging & Disabilities, SPG and What’s Up? Media produce the *Directory* annually, which is available for free throughout the county at senior centers, libraries, community events, and online. Learn more at each organization’s website: aaccounty.org/aging-and-disabilities; whatsupmag.com; and seniorprovidergroup.org.

5,100 COATS DONATED

Admiral Cleaners of Annapolis expresses sincere gratitude for the community’s support of the company’s “Call for Coats” program during the holiday season. In late fall, Admiral Cleaners collected, cleaned, and distributed more than 5,100 coats to those in need in our local communities. “We greatly appreciate the generosity of our clients and over 20 donation partners, which included numerous schools, businesses, and community organizations,” said Whitney Kerridge, third-generation owner of the business. Hope for All and the Neighborhood Service Center were integral to the coat distribution efforts. Admiral Cleaners, one of Maryland’s oldest and largest dry cleaners, has been coordinating its “Call for Coats” campaign for more than 30 years. Learn more at admiralcleaners.com.



Hillman, Brown & Darrow Celebrated 45th Anniversary

In October 1979, Richard Hillman, Samuel Brown, and Michael Darrow took a bold leap of faith, inspired by the legacy of Noah Hillman, to create a law firm built on integrity, dedication, and commitment to client-centered service. Recognizing its 45th anniversary this past fall, the firm Hillman, Brown & Darrow continues to stand as one of the oldest and largest law firms in Annapolis. “Our firm is distinguished by a proud history of accolades and achievements, recognized time and again for our excellence, integrity, and commitment to the people we serve,” the firm states. “This legacy is a testament not only to our founders but to the team members who have contributed their talents and dedication over the decades, and most importantly, to the clients who have allowed us to stand by their side.” Congratulations!



Corbin Cosmetics Opens

Corbin Cosmetics, a luxury medspa, is now open in Annapolis on Riva Road. Corbin Cosmetics describes itself as an elevated aesthetic practice dedicated to enhancing natural beauty and promoting self-confidence. “Our dream is to create a safe and elegant experience where we work with you to accomplish your aesthetic goals,” states Melissa Corbin, owner and founder (pictured). The practice offers medical grade skincare, injectables, lasers, spray tans, make-up, microblading, and more. Also, Corbin notes, “We love supporting our community and will offer specials throughout the year honoring military, police, healthcare workers, teachers, moms, and more.” Learn more at corbincosmetics.com.

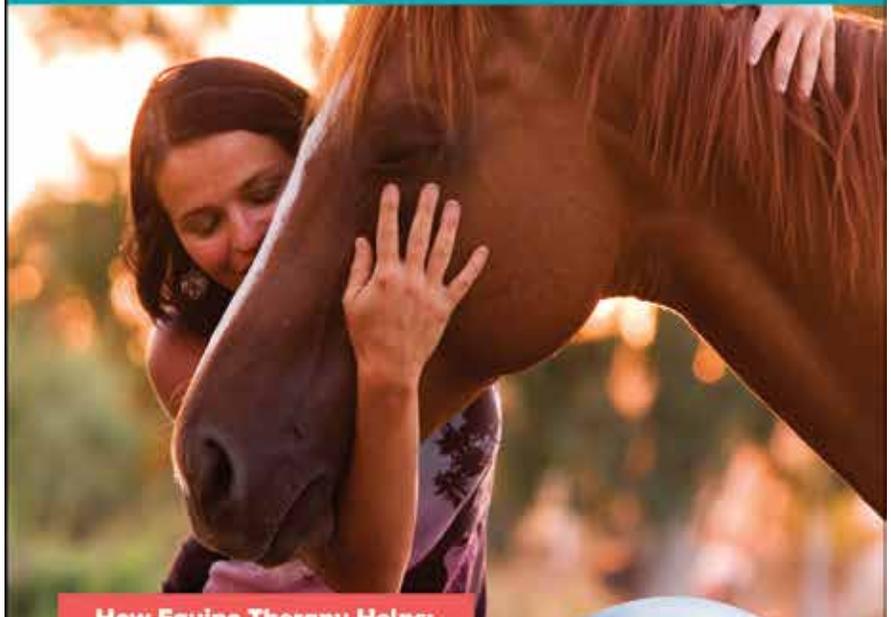


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Join us at Wellness House of Annapolis and discover how horses can help you heal, grow, and thrive. Stay tuned for more details on our upcoming Spring fundraiser that will spotlight the transformative power of our Equine Program. It will be an unforgettable event, held at The Chesapeake Dressage Institute in Annapolis. **You won't want to miss it!** For more information on how to become a sponsor for our upcoming event, contact our Development Officer, Marshall Kaputsos at marshall@annapoliswellnesshouse.org or call 410-990-0941.

Chesapeake Bay Trust

**EMPOWERING COMMUNITIES
TO RESTORE AND PROTECT
THE REGION'S NATURAL
RESOURCES**

By Lisa A. Lewis

When the Chesapeake Bay Trust, in partnership with the State of Maryland and BGE: An Exelon Company, awarded \$7.5 million to 28 community organizations to plant 17,694 trees in urban, underserved communities across Maryland, the nonprofit grant-making organization demonstrated its strong commitment to a green, healthy environment. The funding was announced just this past fall.

The restoration effort, which is part of the Urban Trees Grant Program, was created by the Maryland General Assembly's Tree Solutions Now Act of 2021. The Act established an ambitious goal: the planting of five million trees across Maryland by 2031 with emphasis placed on planting 500,000 of those trees in urban, underserved areas. Now in its third year, the Urban Trees Grant Program offers resources to local organizations to lead on-the-ground efforts to green their communities and enhance quality of life.



Studies show that planting trees in urban areas provides many benefits to the environment. Not only do trees absorb carbon dioxide—mitigating the effects of climate change—but they also reduce the urban heat island effect, which causes higher temperatures in urban areas than in rural areas. Trees also filter polluted stormwater runoff, prevent soil erosion, reduce flooding, improve air quality, and provide habitat for wildlife.

“For two years, I have seen the incredible impact of this program in bringing communities together and empowering local champions to lead this greening work for their neighbors, families, and friends,” says Jana Davis, Ph.D., president of the Chesapeake Bay Trust. “I’m thrilled that 28 new awardees will join these efforts, planting even more trees to ensure we all have access to a green and healthy environment.”

RESTORING NATURE THROUGH COMMUNITY ENGAGEMENT

For nearly 40 years, the Trust has been awarding grants to fund major community projects, such as the Urban Trees Grant Program—underscoring its commitment to its mission to “engage and empower diverse groups to take actions that enrich natural resources and local communities of the Chesapeake Bay region.”

Created in 1985 by the Maryland General Assembly, the Trust is dedicated to restoring the watersheds of the Chesapeake Bay, Maryland Coastal Bays (Newport Bay, Assawoman Bay, Chincoteague Bay, Isle of Wight Bay, and Sinepuxent Bay), and Youghiogheny River. The organization strives to increase stewardship through its grant programs, special initiatives, and partnerships. But the Trust is much more than a grant-making organization; it’s also a catalyst for community engagement.

“A big part of the Chesapeake Bay Trust’s success can be attributed to our involvement in so many different communities,” says Joe Farren, chair of the Trust’s Board of Trustees. “We take great pride in serving as the vehicle that empowers local groups and organizations to address and solve their specific Bay-related conservation challenges. We’re attached to the challenge on a community-by-community level, and that not only gives us great insight into the overall challenge but also the ability to build critical partnerships, gain trust, and, most of all, help our neighbors achieve success where they live, work, and play. In approaching our work this way, we truly believe we can make 2+2=5 and thus make real progress each and every day.”

“Raising awareness and getting members of the community involved is so important,” Davis adds. “Our on-the-ground projects help address critical issues and encourage people to work together to make an impact. It’s so rewarding to help people implement projects in their communities and see their level of engagement.”

GRANT OPPORTUNITIES

According to Davis, the Trust receives about 1,000 grant proposals each year, and about 450 grants are awarded. Grant proposals for programs greater than \$5,000 are reviewed by technical external peer review committees, which consist of experts in their fields. Committee members rank and score the proposals based on specific criteria, discuss their merits, and make recommendations to the board of trustees.



The Trust awards \$20–30 million in grants each year to organizations in the region, including schools, local governments, community groups, faith-based groups, watershed organizations, and other nonprofits to fund impactful restoration projects. The grants support environmental education, on-the-ground watershed restoration, and community engagement.

To learn about the Trust’s programs and grant opportunities, visit cbtrust.org/grants.

“Through our grants and technical assistance, we empower people to take action and participate in projects that have a measurable impact on the natural resources of our region—helping to restore and protect our forests, streams, rivers, bays, and wildlife,” Davis says. “It’s such a great feeling to see people step up and take ownership of the projects and become personally invested in them. Their enthusiasm inspires them to spread the word to others, which increases community engagement. And, hopefully, we are also able to pass on a love of the environment to the next generation.”

Special thanks to Celia Parker, Communications and Marketing Manager, Chesapeake Bay Trust



Support the Environment with a Bay Plate

Most Marylanders are probably familiar with the Bay license plate, which features a blue crab, seagrass, the Bay Bridge, and the text “Protect the Chesapeake.”

In July 2024, District 38 State Senator Mary Beth Carozza, in partnership with the Maryland Department of Transportation Motor Vehicle Administration, Maryland Coastal Bays Program, and the Chesapeake Bay Trust revealed an updated design.

Originally unveiled in 2018, the license plate now includes the text “Protect the Chesapeake & Coastal Bays,” emphasizing the importance of the Trust’s ongoing mission to restore and protect the Coastal Bays as well as the Chesapeake Bay.

The Bay Plate can be purchased at cbtrust.org/purchase-a-bay-plate. Sales support the Trust’s grant-making efforts.

Meet Student Musician Olivia Crane

THIS ROCKBRIDGE ACADEMY SENIOR IS ACCOMPLISHED IN MULTIPLE DISCIPLINES

M eet musician Olivia Crane, a senior from Rockbridge Academy, a classical Christian school just outside of Annapolis. As a high-achieving student, she carries a 4.0/4.0 in advanced honors-level courses, has earned gold medals on the National Latin Exams, earned AP exam credits through self-study, earned a fellowship at The Heritage Foundation, and presented at an academic conference.

Crane also has lettered in varsity cross-country and track and field and, recently, captained the girls track and field team to a second-place finish in their league. However, her real passion is playing violin. She has been trained in classical violin for more than 10 years and started her journey in the Rockbridge Academy Suzuki Strings program in 2nd grade. Crane is especially grateful for her two violin teachers—Ale Leupold of Animato Suzuki Studio and Dr. James Stern, professor of violin at the University of Maryland—and Rockbridge Camerata director, Irma Cripe.

With Rockbridge Academy offering a strings program for students starting in 1st grade through 12th, Olivia had the opportunity to play in school, opening the door for her to make the Maryland All-state Orchestra in Violin I four years in a row.



Outside of school, she was also the concertmaster of the Chesapeake Youth Symphony Orchestra in 9th and 10th grades, where she soloed the *Bruch Violin Concerto*. She has participated in summer music intensives at Interlochen (MI), the Philadelphia International Music Festival (PA), and was the concertmaster of the Peabody Chamber Program (MD). She is currently the concertmaster of the Rockbridge Camerata, the school's advanced ensemble.

We spoke to Crane about her pursuits and accomplishments.

What are some challenges you faced as you have pursued violin? Consistent daily practice is a challenge for me; it's hard to practice after a long day of school, sports, and homework. This challenge has trained me in discipline and routine; and though it is difficult, it is also deeply rewarding. When I was

in 10th grade, however, I faced a heavier challenge; I developed tendonitis in my left wrist, had to stop playing, and went through months of physical therapy to come back to my instrument. It was painful and discouraging, but I grew a lot through it; I had to learn to mentally practice, sufficiently stretch and warm up, and take mindful breaks.

“MUSIC CAN MAKE AN INDESCRIBABLE IMPACT; YOUR MUSIC MAY TOUCH SOULS IN WAYS NOTHING ELSE CAN. “

What role do you think violin will have in your future? I hope to grow in musicianship through college and beyond. While I do not plan on making violin performance my only career, I hope to double major, playing in symphonies and chamber music groups and taking lessons. Violin will be an important part of my life, be it playing in my church or through my free-lance ensemble, the Risata Quartet. I'm excited to have been invited for music scholarship auditions at Emory University, UMD School of Music, and Wake Forest.

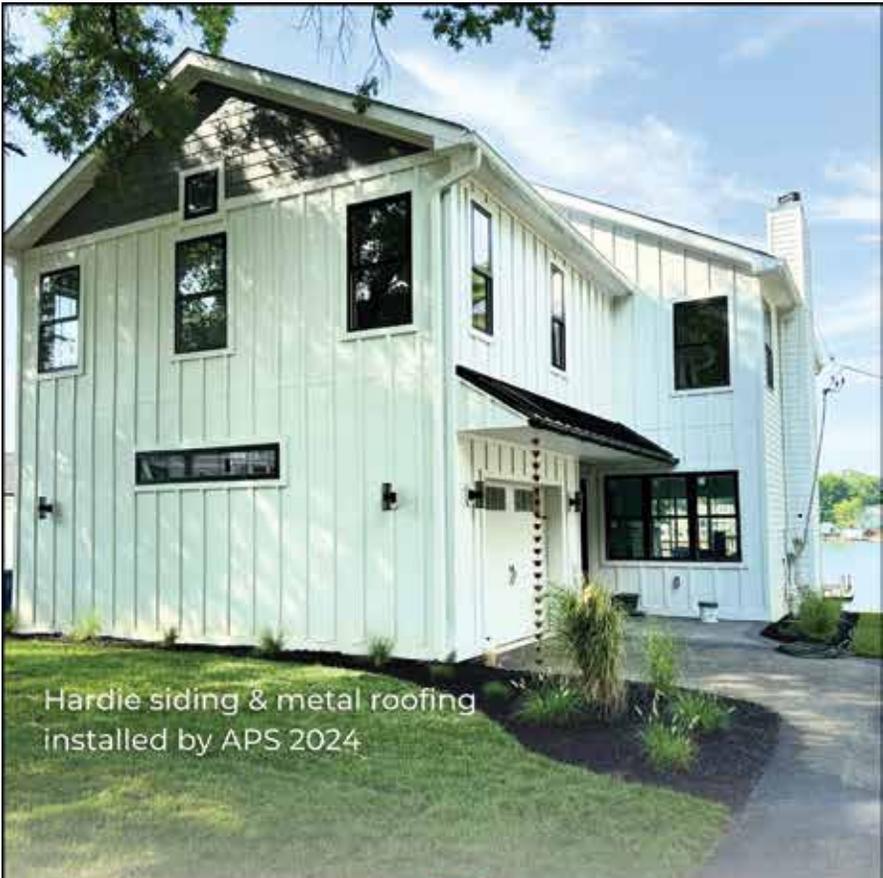
Do you have any advice for young students studying an instrument? My biggest word of advice is to remember your audience. Music can make an indescribable impact; your music may touch souls in ways nothing else can. I have played for 2-year-olds and 92-year-olds who have connected with my music with joy. Also, look for improvements and don't give up. I know it can be hard to see progress when practice seems endless. Studying an instrument takes time and dedication, but you *will* improve. Whenever you practice or perform, evaluate the ways you have grown, and take joy in how far you have come.

What were some of the most interesting places you played your violin? Besides orchestra and concert settings, I have played in the White House; at Dulles International Airport in my sweatpants for a stressed crowd of travelers; at the Harcourt Arms (a pub in England); busked on Cornmarket Street in the heart of Oxford, England; in the Naval Academy chapel; and flash mobbed out on West Street.

This article was contributed by Rockbridge Academy.



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Fluegel Alumni Center

**A BEACON OF
PHILANTHROPY
AND CAMARADERIE
FOR THE COMMUNITY**

By Lisa A. Lewis

When the U.S. Naval Academy Alumni Association and Foundation celebrated the grand opening and dedication of the Fluegel Alumni Center during a ribbon-cutting ceremony on September 8, 2023, the achievement represented the culmination of efforts a decade in the making. Located minutes from historic downtown Annapolis and the USNA, the 65,000-square-foot state-of-the-art facility serves as the new home for alumni—a single, dedicated space that boasts stunning views of College Creek and the Annapolis skyline.

Construction of the facility was fully funded by philanthropic gifts and made possible in large part thanks to an anchor gift from Donna and Rick Fluegel '61. More than 3,500 alumni,



“AN INSTITUTION OF THIS CALIBER IS A SOURCE OF PRIDE TO THE COMMUNITY, AND IT DESERVES A TOP-NOTCH FACILITY FOR ITS ALUMNI,



including 37 U.S. Naval Academy classes and more than 1,200 plan-knowers (original five-figure donors to the building) raised more than \$36 million in contributions to build, equip, and operate the facility.

“The development and fundraising involved in the construction of the Fluegel Alumni Center took a long time,” says Jeff Webb '95, president and CEO of the U.S. Naval Academy Alumni Association and Foundation. “But the generosity of the lead donors is a testament to the power of philanthropy and the commitment of our alumni and the friends of the Naval Academy.”

The Fluegels had contributed funds to the Naval Academy in the past for other projects, but they wanted to make an even more meaningful, impactful donation to fund this project. They believe it's important for the alumni to have a place to gather.

“An institution of this caliber is a source of pride to the community, and it deserves a top-notch facility for its alumni,” Rick Fluegel says. “Donna and I want to thank ADM Robert Natter [’67 USN (ret), special liaison to the building contractor] who was the driving force behind the project. He was involved in every detail, and he really put his heart into it. It wouldn't have been possible without him.”

“I met Rick on a blind date, and we fell in love,” adds Donna Fluegel, whose father served in the Navy. “Since that time, the Navy has been part of our lives, and the Academy makes my heart swell with pride. Rick and I wanted to give back in a big way. Helping provide funds for the construction of this facility was an opportunity for us to support the next generation. And it's one of the best things we've ever done.”

A NEW CHAPTER

The construction of the Fluegel Alumni Center enabled the U.S. Naval Academy Alumni Association and Foundation to fulfill its vision of consolidating its headquarters into one location. Not only does a home base allow the staff to serve a larger number of alumni and community partners, but it also offers opportunities to host more events and provides improved engagement and clearer lines of communication.

“In my first year as Chairman of the Naval Academy Alumni Association, I quickly realized that our three institutions, the Alumni Association, the Foundation, and the Athletic and Scholarship Programs, needed a home that would better represent all our alumni and facilitate the hard work of our employees,” ADM Natter says. “At the time, our approximately 100 staff were located in five buildings around Annapolis and on the Academy grounds. The largest number by far were located in the old Academy Hospital’s windowless morgue. The headquarters, Ogle Hall, was a historic home, which although quaint, was also inadequate for our needs.

“After meetings with the mayor and other local leaders, I knew that our idea of a new headquarters and staff home would benefit not only the Academy, our alumni, and our staff, but it would also greatly improve the appearance of one of the major approaches to the City of Annapolis, St. John’s College, and of course, the Naval Academy. Once all these groups were convinced, and our alumni were informed and energized to contribute the necessary dollars, the rest was easy.”

A PREMIER EVENT VENUE

Boasting modern décor, Wi-Fi, information technology equipment, and audiovisual systems, the Fluegel Alumni Center offers a wide range of spaces—perfect for any occasion—whether it’s a conference, dinner, wedding, class reunion, or corporate meeting. Pre-function areas and the support of professional caterers are also provided. In addition to year-round alumni engagement events, the facility is available to members of the community who would like to host events in one of the venues.

The well-appointed indoor spaces include the grand ballroom, two large conference rooms, the Blue & Gold Bar, and executive boardrooms as well as office space for the staff. Outdoor deck and entertainment spaces boast views of College Creek, the Naval Academy, and downtown Annapolis. Ample parking, including more than 100 on-site parking spaces, is available.

“The facility offers high-end, modern spaces in a wide range of sizes, making it an ideal event venue,” says Don Kennedy ’92, executive director of the Fluegel Alumni Center. “The response from our alumni and the community has been fantastic. We were booked in 2024, and we have events booked for 2025. Alumni reunions and weddings are popular. Although the majority of our events



are alumni engagement, we have also hosted private events for organizations and members of the community.” A fine example was the popular “Fashion for a Cause” fundraising event for Hospice of the Chesapeake, held in June.

A first-class facility, the Fluegel Alumni Center’s architectural design also pays tribute to the Naval Academy and the alumni community. The lobby features a grand staircase, which was modeled after the stairs leading to Memorial Hall on the Yard. Above the staircase, the words “Don’t Give Up The Ship” are emblazoned above tall windows that overlook College Creek—an architectural and emotional homage to Memorial Hall. Digital displays, including Digital Memorial Hall, highlight alumni achievements and historical events.

“The Fluegel Alumni Center’s ideal location on King George Street serves as a gateway to the city,” Webb says. “The facility is a nexus for Annapolis and all it has to offer. We hope that it is a steady presence in the community that not only encourages further philanthropy but also fills our alumni with a sense of pride and inspires the next generation of leaders.”

To learn more about the Fluegel Alumni Center, visit fluegelalumni.com.

Maryland Terrapins' Basketball Star Julian Reese

By Tom Worgo



When Julian Reese plays in a game for the University of Maryland men's basketball team, he says his mother's voice is the only one he can hear in the crowd. Since Angel Webb starred as a basketball player at UMBC, her cheers sometimes turn into critiques. Reese also gets advice from his aunt, who played at Coppin State, and his sister Angel on and off the court. Of the three, Angel, who played at Maryland and LSU before joining the WNBA, is the most vocal.

Julian and Angel were together at Maryland for the 2021/2022 season. "Angel definitely says a lot," Reese says. "She says you could have done this or that. It's typical big sister stuff."

Angel won a national championship and NCAA Tournament MVP honors after transferring from Maryland in 2022. She has appeared in a *Sports Illustrated* swimsuit issue and on the cover of the issue "The 50 Most Influential Figures in Sports." She now plays professionally for the Chicago Sky. "She handles the spotlight well," Reese says. "I am happy for her. The spotlight really doesn't matter to me."

WE HAVE TO LOOK TO THE FUTURE AND NOT THE PAST. THERE'S DEFINITELY A LOT OF PRESSURE THIS YEAR.

Like it or not, the 6-foot-9 Reese has already received more attention this season. He's improved his numbers every year in college and averages 13.5 points and 8.9 rebounds this season (as of press time). He bulked up to 252 pounds for this winter. The presence of 6-10 freshman center Derek Queen—one of the country's top-10 high school recruits—should benefit Reese as well.

"I would take Julian over any other big man in the country," Maryland Head Coach Kevin Willard says. "He was here every day at 7:30 a.m. getting his work in. He was in the gym working out and working on improving his shot and free throws."

One of the reasons Reese didn't leave Maryland to play professionally was because of his love for the Terrapins. The Randallstown native grew up a Maryland fan and attended St. Frances Academy in Baltimore.

We spoke with Reese about the team, his game, and more.

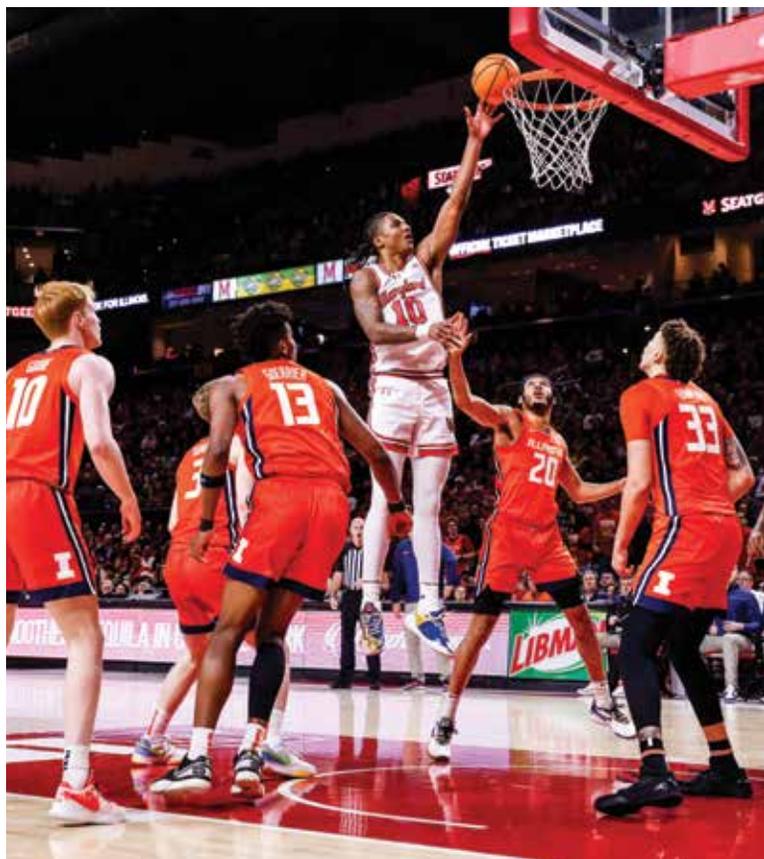
How good do you think the team could be? Just seeing all the weapons we picked up in the transfer portal was awesome. I feel we can be a team in the NCAA tournament that can play until late March. I feel like me, DeShawn, and all the other guys that stayed have gotten the new guys to buy into our culture—especially Derek. We are hanging out a lot off the court and really just coming together. We are building our chemistry to an all-time high. Everybody has really bought in and that's the most important thing.

Since you are the player who has the most years as a Terp on the roster, do you feel you have to be more of a leader this year?

Yes, definitely. I have learned from guys in the past I played with like Eric Ayala and Donta Scott. They helped build a tradition at Maryland and I have taken some things from them about being a leader. I feel like I am ready to step up. I am not really a very vocal guy. So, I lead by example more. But sometimes I have to lean on some teammates just to get them in the right headspace and make sure they are doing the right thing.

Have you gone out of your way to help out Derek Queen? I have known him since high school. We played for one year together. It's kind of a recurring thing now in college. I feel he is handling things well. He is a down to earth guy. On the court, he just makes all the right plays. He is everything I thought he would be on and off the court. He has a great attitude. He is like a sponge. He is ready to learn all day, every day, including from me.

How would you describe your relationship with coach Willard? I feel we have grown closer over the years. Our personalities are kind of different. But he knows how to talk to me. We just have gelled really well. It's definitely refreshing playing for the same coach for three years after having so much change in the first two years. It's a great thing building the program with him and understanding him.



Talk about the relationship you have with your sister. Did basketball bring you closer?

We have played together a lot over the years. We played on the same team in elementary school and in rec league. We played really good in those leagues. We were always close because of basketball. We bonded that way.

Why did you come back to Maryland for your senior year? I saw all the pieces we had coming in—all the great players. We had a dominating freshman [Queen] coming in. It seemed like the best place to be for me. It's one of the reasons I came back for my senior year. I probably would have gone pro if I didn't come back.

Do you use last year's 16-17 record as motivation for this year personally and for the team? Yes. You have to think about the disrespect we got last year and how the season unfolded. We don't want to go back to having that type of season. You don't want those things to wear on you. We have to look to the future and not the past. There's definitely a lot of pressure this year. I get a lot of motivation from it.

OUR MONEY IN 2025

A rolled-up \$100 bill is the central focus, with a small green plant growing out of it. The bill is partially unrolled, showing the portrait of Benjamin Franklin and the words "RESERVE NOTE" and "FRANKLIN". The background is a gradient of green, and the bottom of the image shows dark, rich soil with several other small green plants growing from it.

**ANSWERING ECONOMIC,
FINANCIAL, AND TAX
QUESTIONS FOR THE
YEAR AHEAD**

BY STAFF

W

Whether you're a seasoned investor or just starting to set money aside in a savings account, there's always going to be that element of *what if?* What if the market takes

a downward turn, or zooms upward? How will a new presidential administration affect the market? Are consumer prices going to improve or worsen? Is real estate still a safe investment? We face these questions frequently, along with how federal and state tax codes may change, which affect our financial choices and decisions.

Coming up with a savings and investing plan isn't a one-size-fits-all practice—instead, you need to create one that's uniquely suited to your resources and goals. But there are certain parameters you should keep in mind if you're resolving to make the year ahead your most lucrative yet.

NEW YEAR, NEW HABITS

If you're committed to making a money-related new year's resolution, let it be a combination of setting aside savings, paying down your debt, and then investing. These three actions are crucial to good financial well-being, but far too few individuals adhere to them.

Saving is a critical first step. The average American can't meet an unexpected \$400 expense, so having savings on hand is both offense and defense. When life happens, your savings keep things running. But savings are about more than simply having money on hand to handle unexpected problems. Having a little bit extra set aside will mean you have discretionary money you can put into financial opportunities that arise.

The other important move is to pay down your debt, particularly credit card debt. Because debt incurs interest, you are losing more money over the time you take to pay it off. Credit card debt is especially bad because, unlike assets that appreciate over time, such as your home, this kind of debt doesn't actually hold any value to you.

Once you've tackled saving money and paying off debt, you can develop a financial plan with short- and long-term investment goals; preferably in consultation with a financial advisor. Review the plan periodically and do not lose sight of your goals.

INVESTMENT STRATEGY

If you're thinking of investing, you're probably well-versed about the differences between bull and bear markets. The challenging part about watching the market is that it fluctuates over a short period of time; instead of paying attention to these frequent changes, you should evaluate long-term patterns. And a professional fiduciary can guide you in this regard.

"Markets can become volatile very quickly," explains Bankrate, a consumer financial services company based in New York City...Concerns surrounding the presidential election year may also [drive] markets to be more volatile." In fact, we did see a highly-fluctuating market on and after the November presidential election, with the Dow Jones Industrial Average ultimately soaring to just above 45,000 points (Dec. 4th) as the holiday season began—the highest it's ever been. The S&P 500 and NASDAQ paced along similarly.

So, does this imply market gains will continue throughout 2025? It's hard to say. Those who are looking to invest will want to exercise a certain amount of caution. Many fiduciaries recommend creating a mix of assets that are appropriate for a client's unique needs. These will be determined by factors like age, risk tolerance, time frame, and liquidity needs.

WHAT TO EXPECT IN 2025

You wouldn't be wrong to be cautious about the market in 2025. After all, effects from a recession-like economy and inflation continue to linger in nearly every industry. Recovery has been slow, but it has been steady. Experts see reason for optimism, even if it's impossible to say with certainty. Some economists are predicting a positive year for the market—a bit of a surprise given the concerns of inflation and prices.

Sage Policy Group—an authoritative economic and policy consulting firm in Baltimore led by Anirban Basu and Zachary Fritz—evaluate industry and government indicators of our domestic economy with inputs from the global market.

**“MARKETS CAN
BECOME VOLATILE
VERY QUICKLY”**



Their overall analysis frames market trends in a consumer-friendly context. According to their 2025 Economic Outlook, inflation is reaching the 2 percent target annual rate. “We’ve achieved that since May, but inflation has accelerated over the past two months, and we need it to slow down during the first quarter of [2025]. Big picture: we’ve made a lot of progress on inflation, but there’s work left to do in 2025.”

**“BIG PICTURE:
WE’VE MADE A LOT
OF PROGRESS ON
INFLATION, BUT
THERE’S WORK LEFT
TO DO IN 2025.”**

Despite the modest improvement made with inflation, consumer prices remain high. “Inflation—the rate of price increases—has slowed, but the *price level*—how much things cost—is still much higher than it was before the pandemic,” Sage says in their report. “On average, something that cost \$100 at the start of 2016 now costs more than \$133. If prices had kept increasing at the pre-pandemic rate, that purchase would cost about \$120 today. Unfortunately, the price level is not going back down. So, prices will rise at a slower pace in 2025, but they’ll still feel really high throughout the year.”

More importantly, consider what you can afford to invest long term. If you invest in assets you can hold onto long enough for them to appreciate, you’ll come out on top whether any one year is a bull market or bear.

In this regard, you might be thinking about investing in real estate—generally considered a safe investment. In Maryland, the average resi-

dential sales price rose 5.5 percent to \$489,996 (in November 2024, compared to November 2023), while the median sales price grew 6.3 percent to \$425,000. Overall home sales grew 1.4 percent according to Maryland REALTORS November 2024 Housing Statistics (the latest numbers available at the time of this writing).

But mortgage rates are not dipping. Despite the recent Fed interest rate cuts beginning in September, mortgage rates actually *climbed* from an average of 6.1 percent to near 7 percent by the end of December. There is good news, however; The Federal Housing Finance Agency announced in early January that the conforming loan limit for the year is up to \$806,500, which opens more opportunities for homeowners and buyers. The means borrowers can qualify for larger loan amounts with the perks of conventional loans, including competitive interest rates and flexible terms. Basically, this increases buying *and* refinancing power.

These factors should encourage prospective home buyers/investors (and sellers) to consult expert real estate agents and lenders when considering their housing investment goals.

Overall, Sage Policy Group expects an improved economy in the year ahead. “2025 is shaping up to be a decent year for growth in America,” Basu predicts. “Recession is no longer part of the baseline forecast, though I’m still a bit nervous given the ongoing destabilization of geopolitics and stretched asset values. Overall, I expect the economy to expand at about 2.3 percent in 2025.”

CHANGES YOU SHOULD KNOW ABOUT

There is a significant fiscal change that will be felt by more Americans across all financial spectrums in the year ahead. It's not the price of gasoline. Nor those of milk and eggs. It's the end of the Tax Cuts & Jobs Act of 2017 (TCJA), set to expire on December 31st, 2025. It was the largest tax code overhaul in three decades and is most known for cutting the corporate tax rate to 21 percent, capping deductions for state and local taxes (SALT) at \$10,000, doubling standard deductions, and expanding the child tax credit.

Unless Congress acts, upon expiration of the Act marginal tax rates for individuals will revert to pre-TCJA levels, including a maximum rate of 39.6 percent from 37 percent. The standard deduction, for single or joint filers, will return to pre-TCJA levels, with an adjustment for inflation. But single and joint filers will be able to claim a mortgage interest deduction (MID) on properties up to \$1 million in value. Itemized deductions will become more important with the lower standard deductions.

There are many, many tax code adjustments at play that will need to be addressed with the TCJA expiration looming. What does this all mean? Likely, your financial position will change. But every person's situation is different and, perhaps, the best way to educate, understand, and plan ahead for these changes is to consult a certified professional accountant or financial planner.



MAKE YOUR CHECKLIST

HERE ARE A FEW IMPORTANT ITEMS YOU SHOULD CONSIDER:

REVIEW YOUR 2024 BANK STATEMENTS: This will help you assess where you're losing money unnecessarily, such as overdraft charges, withdrawal fees, late payment charges, or interest. Evaluate how you can avoid certain fees—some charges might even be able to be waived by your bank.

REVIEW YOUR 2024 EXPENDITURES: This can help you assess how much useless spending you're engaging in and how you can apply that toward savings or investing so it can help you reach your financial goals in the long term.

PLAN YOUR 2025 EXPENDITURES: Saving is easier when you have a budget, and the first step to creating an annual budget is to figure out exactly what big spending you have to do.

ANALYZE YOUR SAVINGS OPPORTUNITIES: Planning your expenditures will help you realize if you have excess money to set aside. Figure out which options are best for your needs. Some of it can go into a savings account, but you might want to put other dollars toward stocks, bonds, mutual funds, or other investment vehicles.

CONSIDER FUND DIVERSIFICATION: When you have a diverse portfolio of investments, you minimize your risk of loss. If one investment weakens, you still have money in other investments (and you can afford to wait patiently to see whether the depreciated investment improves).

CONSULT THE RIGHT PROFESSIONALS: Not all financial professionals do the same thing, and you should seek one that best fits your needs. A CPA, or certified personal accountant, works to help you minimize your tax liability. They are not the same as a financial planner, who help provide guidance and advice on investment strategy.

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As retirement approaches, many individuals may find themselves looking for ways to maximize their income and secure their financial future. For annuity owners specifically, today's higher rates translate into higher participation rates, bonuses, and guaranteed income levels.

An annuity is a financial product that provides a guaranteed stream of income for a specified period of time. When interest rates are low, the returns of an annuity may not be as high as desired. However, when interest rates rise, it may be possible to refinance an existing annuity at a higher rate, potentially increasing the amount of income that the annuity provides.

There are several reasons someone may choose to refinance their annuity at higher interest rates. One of the main ones is to increase their income during retirement. By refinancing at a higher rate, retirees can potentially receive a larger monthly payment, providing them with more financial security in their golden years.

Declining rates drove mortgage refinancing

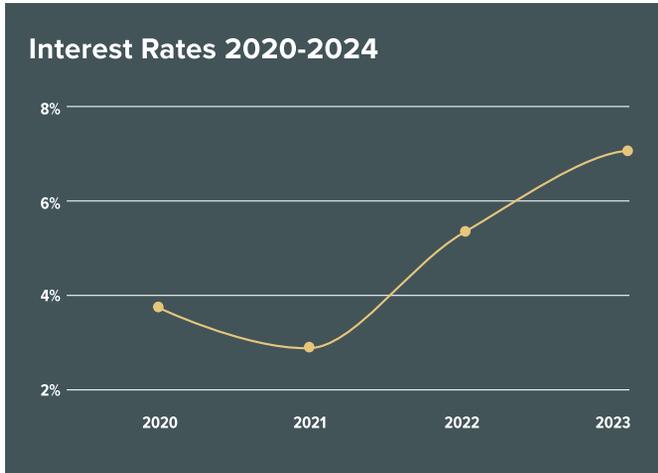
Interest rates dropped steadily from 2000 to 2021, causing homeowners to rush to refinance their mortgages and save on monthly payments.

Source: Freddie Mac PMMS Archives



Interest Rates 2000-2021





Since 2020, interest rates have risen over 400%

Over the last four years, interest rates have risen substantially, creating a unique opportunity for retirees seeking to optimize their retirement plans.

Source: Freddie Mac PMMS Archives



Additionally, refinancing an annuity at higher interest rates can also help to offset inflation. As the cost of living continues to rise, it is important for retirees to ensure that their income keeps pace with inflation. By refinancing at a higher rate, retirees can potentially increase their income to help cover the rising costs of living.

It's important to note that refinancing an annuity at higher interest rates may not be the right choice for everyone. Before making any decisions, it's important to carefully consider the terms of the annuity contract and consult with a financial advisor to determine if refinancing is a good option.

While today's high interest rates aren't ideal for mortgage refinancing, annuity policy holders can take advantage of the higher rates to refinance their retirement plans for the better. Refinancing an annuity at higher interest rates can be a way to increase income and offset inflation during retirement. If you're interested in exploring this unique opportunity further, you're invited to schedule a complimentary consultation with Brion Harris by calling 443-837-2520.

Brion Harris

CEO, Founder and Financial Advisor

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Their team approach and expertise at working with people in or near retirement makes the decision to work with Premier Planning Group an easy one!

In the heart of Annapolis, Maryland, a city steeped in history and tradition, lies the story of Premier Planning Group and one family's unwavering commitment to be the most trusted for financial advice. As the torch bearer of a legacy that spans over 50 years, the aspirations to become a **third-generation financial services** firm in this vibrant community is both a challenge and an opportunity. This article delves into the journey of the Harris family, their dedication to serving their clients, and their vision for the future.

The foundation of any successful business lies in its roots, and for Premier Planning Group (PPG), it all began with a vision. The founders (Dan Harris and his 3 sons, Chris, Brion and Greg), driven by a passion for helping others achieve financial confidence, established a firm that would become a trusted name in Annapolis. Their dedication to personalized service, integrity, and a client-centric approach laid the groundwork for future generations to build upon.

As Chris, Brion and Greg took the reins from their father, they faced the challenge of adapting to a rapidly evolving financial landscape. Technological advancements, changing regulations and shifting client expectations demanded a forward-thinking approach. With a commitment to staying ahead of the curve, the three brothers embraced innovation, expanded their service offerings, and fostered a culture of continuous learning. This adaptability allowed them to not only survive but thrive in an ever-changing industry.

Now the time has come to begin to lay the groundwork to carry the torch forward. Armed with the wisdom and experience of their predecessors, PPG is poised to build upon the strong foundation laid before them. As CEO of PPG, Brion felt that owning his own building was of immense importance and serves as a strategic decision that will shape the long-term success and sustainability of PPG. Owning our own building will allow us to customize the space to align with our brand identity and create

a welcoming environment for our clients. From designing a layout that enhances productivity and allows us to do educational workshops in house to incorporating branding elements that reflect the firm's values, owning a building provides the freedom to create a unique and memorable client experience. "The

By putting our clients' needs first, we aim to create a lasting impact on their lives.

journey to becoming a third-generation financial services firm in Annapolis is not just about continuing the family legacy, it is about embracing the responsibility of guiding clients toward financial success in an increasingly complex world," says Chris Harris who is a Registered Representative and CFO for the firm.

At the core of the Harris family's aspiration lies an unwavering commitment to their clients. They understand that financial planning is not just about the numbers and investments; it is about building relationships, understanding individual goals, and providing tailored solutions. "By putting our clients' needs first, we aim to create a **lasting impact on their lives**, helping them navigate the financial challenges they face and achieve their dreams," says Greg Harris, Registered Representative and COO for the firm.

Annapolis, with its rich history and close knit community, holds a special place in the hearts of the Harris family. "They recognize the importance of giving back and actively engaging with the community they serve," says Talia Grover, Brion's Executive Assistant and Head of Marketing for the firm.

Whether it is through the 24 educational workshops that Brion hosts at local restaurants every year or the philanthropic initiative through Gradient Gives Back Foundation (started in 2009), which finds a local family/or families that are on the verge of losing their home and we pay their mortgages for a year (to provide a hand up not a hand out), we strive to be an integral part of the fabric that makes Annapolis thrive.

As Premier Planning Group looks toward the future, they envision a legacy that extends far beyond their own family. They aim to create a lasting impact on the lives of their clients empowering them to achieve financial freedom and confidence. "By embracing innovation, fostering a culture of excellence, and staying true to their core values, PPG is ensuring its place as the go-to financial services firm in Annapolis, trusted by generations to come," says Office Manager, Julie Harris.

"Becoming a third-generation financial services firm in Annapolis, Maryland is not just a dream, it is a testament to the

unwavering commitment of the Harris family to their clients and community," says Charlie Gunn, Administrative and Marketing Assistant to Brion Harris. With a rich history, a client-centric approach, and a vision for the future, the Harris family and PPG are poised to build upon the legacy established by their predecessors.



The move to own our own building is not just a practical decision, it is a strategic investment in our future. Owning our own building becomes an integral part of our legacy and succession planning. "As the firm passes from one generation to the next, the building serves as a tangible symbol of our family's commitment to our clients and community. It provides a solid foundation for future generations to build upon, ensuring the continuity of the firm's mission and values," says Dan Harris, Founder and former Senior Managing Partner for Premier Planning Group.

"As we navigate the ever changing financial landscape we remain steadfast in our dedication to helping individuals and families achieve their financial goals," says Jennifer Posdziech, Head of New Business. This is about more than a mission. It's a movement; and its bigger than any one of us. In an increasingly complex world where people are starving for someone they can trust, we stand for something simple; **always put the client first**. We do well by doing good for those we serve. It's the ultimate measure. We believe in providing **value beyond a doubt** and in the notion that time will either expose you or promote you, based on your willingness to **embrace change**. The building is expected to be finished by August of 2025. Please join us for our Open House to celebrate this exciting endeavor!



Brion Harris
CEO, Founder and Financial Advisor
Premier Planning Group
175 Admiral Cochrane Drive
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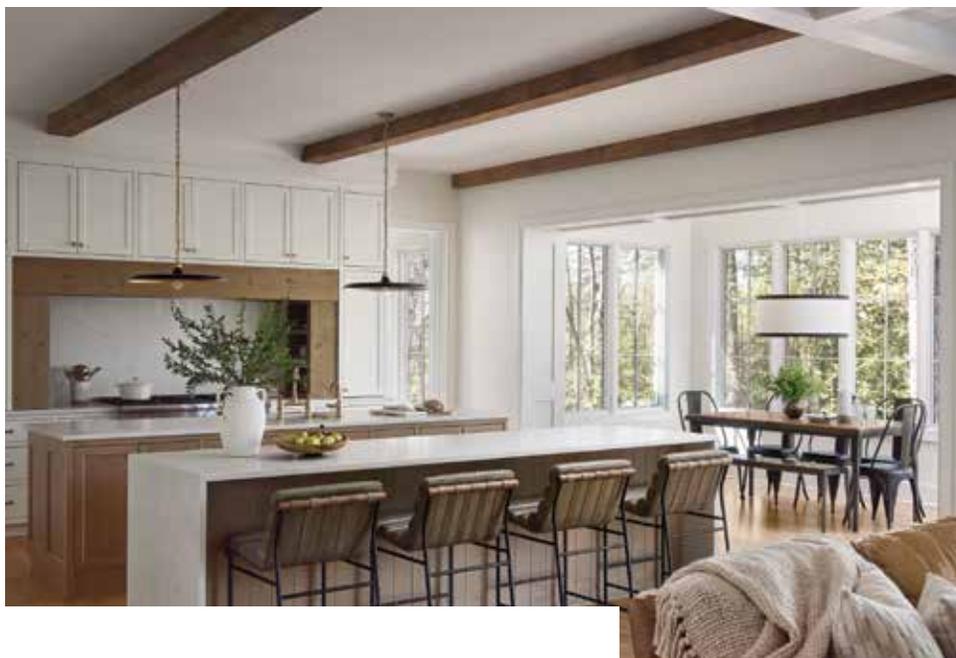
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Home Excellence Awards

**The year's most exquisite and compelling
projects in residential design and construction**

Welcome to What's Up? Media's annual showcase of elite home projects! The Home Excellence Awards program honors exemplary home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. During September and October, we solicited and vetted project entries in award categories such as architecture, interior design, renovation, property addition, and more. Entries consisted of photographs and a written description introducing the project, including structural/aesthetic intent, design/build concepts, materials used, special features, permitting, and overall thoughts. Note that a few categories had many entries and, thus, feature more winners by category than others. Some categories may have only one winner (or a couple). We offer descriptions of each project. All courtesy photographs submitted by each company represented. Congratulations to the following companies and their award-winning projects!



Symmetry, Serenity, Sophistication

Entered by: Speight Cook Studio Architects of Annapolis (speightstudio.com)

Project highlights: A contemporary house with a traditional aesthetic located in the Fishing Creek Farm neighborhood. White weathered brick and nickel-gap siding, symmetry and arches, natural wood and black accents, downspouts recessed into the front facade, brick corbeling, and a round-nosed brick water table. Inside, the 5,000-square-foot home boasts a sunlit morning room, well-appointed scullery and pantry, and a richly moody lounge. There are 4 bedrooms, 3 full baths, and 2 half baths spread across two floors, with an additional 2,500 square feet of unfinished basement to grow into.





Oak Creek Renovation

Entered by: Wiedemann Architects of Easton and Bethesda (wiedemannarchitects.com)

Project highlights: This project in Royal Oak Maryland is a renovation/addition to a 1914 waterfront home and the conversion of an existing garage/barn to a pool house. The new addition on the private north side contains the master suite on the first floor and a sitting room above, linked by a new curved stair. The front door was shifted from the hidden west side to the south on axis with the long tree-lined approach drive. The deck was replaced with a wrap-around porch, with a screened portion facing the pool. On the east side, facing Oak Creek, the first floor was restored with two symmetrical bays facing the restored waterside porch. New antique heart pine floors and period appropriate details complement the original details.



Bayfront Getaway

Entered by: Purple Cherry Architects of Annapolis (purplecherry.com)

Project highlights: Located on the bayfront of Rehoboth Beach, Delaware, this new shingle-style residence boasts a classic wraparound porch and a rooftop deck with sweeping views of the bay. A large covered porch and screened porch, as well as multiple balconies, create outdoor entertainment areas. The interior introduces vibrant coastal-inspired furnishings, patterns, and décor while embracing the panoramic waterfront views. Bold wallpaper prints and patterns create a playful environment, crafting a distinct character and personality in each room.



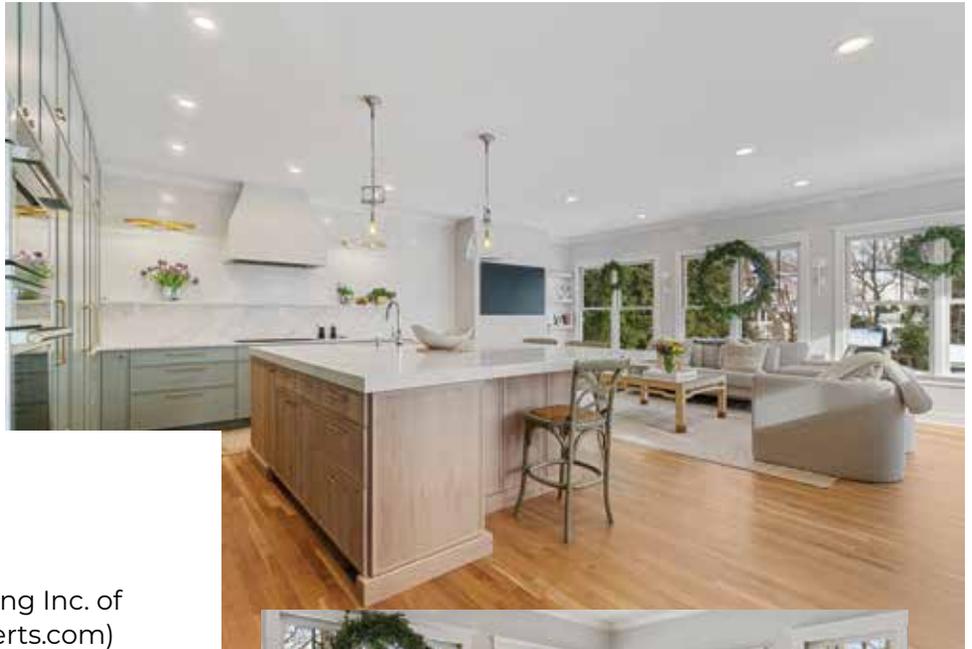


Easton Waterfront

Entered by: Lauren Hurlbrink Interiors of Lutherville (laurenhurlbrink.com)

Additional project acknowledgments: Focus Construction, Pam Gardner Architects, and J.E. Shram Architects

Project highlights: Expansive kitchen centered around a stained oak island with custom stools; white Borghini gold quartz countertops; pendant lights from Visual Comfort; custom cabinetry by Quirky Woods Cabinetry; integrated bar in the family room with Vanguard Furniture custom bar stools; leathered quartz countertops and cordless lamps; laundry room adorned with York Wallpaper's floral pattern with hints of gold; pantry with oak paneling and Thibaut wallpaper; primary suite with soft textiles and muted colors, upholstered bed by Vanguard Furniture, and linens from Matouk with nightstands and bench from Woodbridge Furniture.



West Annapolis

Entered by: Aspect Contracting Inc. of Annapolis (aspectkitchenexperts.com)

Additional project acknowledgments: Simplicity By Elina

Project highlights: Expansive kitchen project within an open floor plan features honey colored flooring matched to soft white and blue tones for cabinetry, marble tops and backsplash; massive center island with built-in sink; recessed, sconce, and pendant lighting; gold hardware.



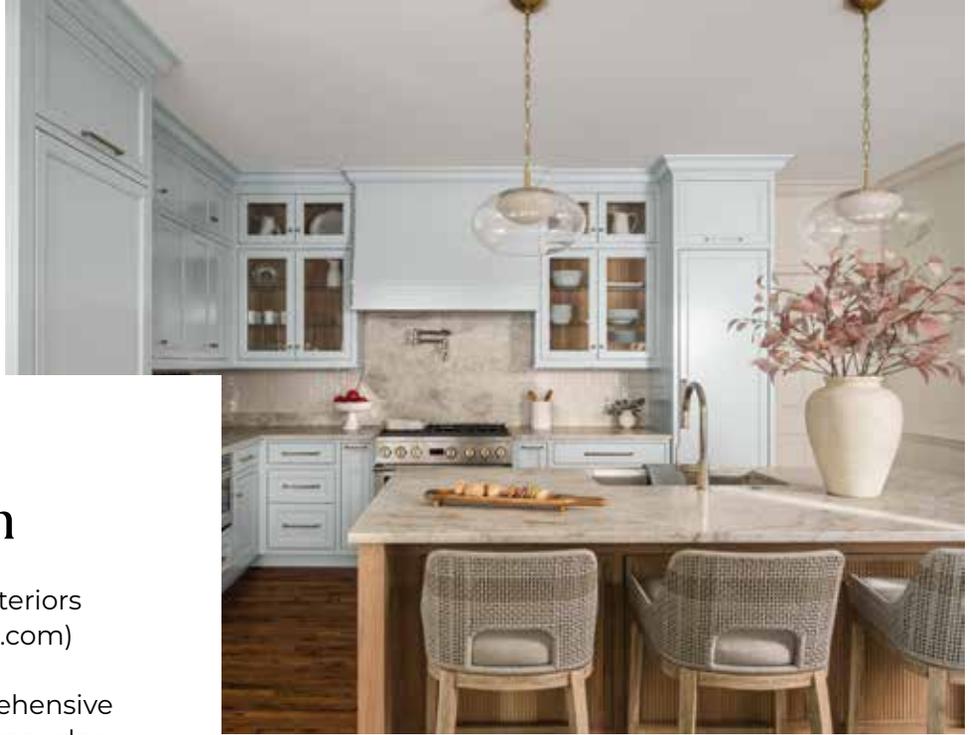


Oceanfront Retreat

Entered by: Purple Cherry Architects of Annapolis (purplecherry.com)

Project highlights: Located in Bethany Beach, Delaware, the interior design selections of this coastal-inspired home were intentionally kept light, airy, and neutral—but in a wide variety of textures, patterns, and shapes—to enhance the panoramic water views. In the sunroom, a light blue paneled ceiling is reminiscent of the traditional painted porch ceilings seen throughout the South, while a vibrant blue fireplace surround catches the eye. Throughout the home, colorful tiles, natural textures, and coastal-inspired furnishings combine to make each space inviting and unique.





Stunning First Floor Renovation

Entered by: Tonya Maggio Interiors of Annapolis (maggiointeriors.com)

Project highlights: A comprehensive overhaul of key spaces; in the powder room, bold wallpaper, statement lighting, and polished hardware are standout features; the dining room was reimagined to create an elegant setting by integrating custom millwork, a sophisticated color palette, and a show-stopping light fixture; the kitchen was a complete transformation with soft blue cabinetry, warm wood accents, a spacious island, glass shelving, custom tile backsplash, and thoughtful lighting; and the primary bath features a freestanding soaking tub, walk-in glass shower with luxurious fixtures, and custom double vanities for ample storage, all with soft, calming tones, along with natural textures and carefully selected finishes.





Environmental Masterpiece

Entered by: Bayview Builders of Annapolis (bayviewbuildersmd.com)

Project highlights: This modern home on the Magothy River is primarily a robust steel and concrete structure designed to withstand the elements. It features expansive floor-to-ceiling glass windows and doors that offer views of the water and allow plenty of natural light to enter. Inside, the home has engineered European white oak flooring, a wrap-around fireplace, and a distinct cupola-style skylight. The construction process prioritized energy efficiency and other eco-friendly elements. With a HERS (Home Energy Rating System) Index score of 13, the home is estimated to save \$8,100 compared to the average U.S. home. Also, the home earned a LEED Platinum certification.



Crawl Space Encapsulation

Entered by: Maryland Mold and Waterproofing of Crofton (maryland-moldandwaterproofing.com)

Project highlights: Crawlspace project in Stevensville. The space exhibited excessive humidity, which was causing the insulation to fall and joists to rot. All the insulation was removed, and structural repairs were made. New insulation was installed and the space encapsulated, making it a safe, healthy space for the home. The entire home is now more energy efficient and healthier.





Wye Town Farm

Entered by: Robert Gearhart/Focus Construction of Easton (focus-construction.net)

Additional project acknowledgments: Architect Pam Gardner, Butler Interior Design

Project highlights: Exceptional craftsmanship and finely appointed details, both interior and exterior; situated on Woodland Creek, just off Eastern Bay, the design/build was made to critical area code/specifications.





San Domingo Cove

Entered by: Paquin Design Build of Grasonville (paquindesignbuild.com)

Project highlights: A custom waterfront home located in the neighborhood of San Domingo Cove in St. Michaels. This property was the featured home in our November 2024 issues; scan QR code to read the full story.



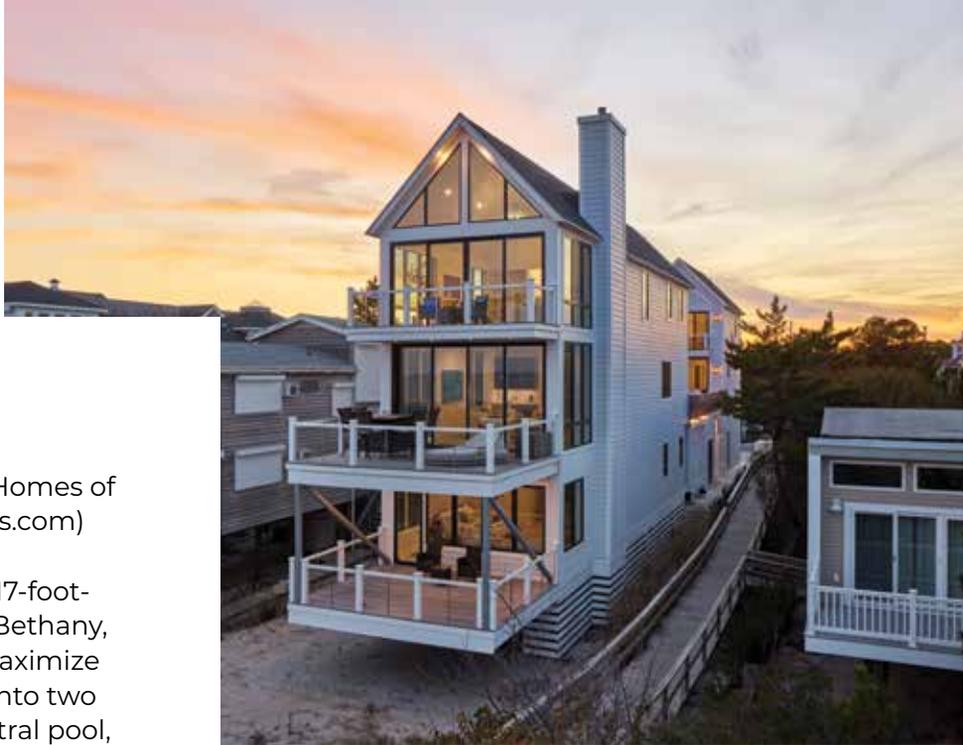


St. Michaels Waterfront

Entered by: Mueller Homes of Annapolis (muellerhomes.com)

Project highlights: Impervious surface area, drainage calculations, bioretention areas, and environmental site design all went into the planning of this home. The builder, architect, and engineer collaborated to address every critical area challenge, which included stormwater management, runoff prevention, specific plantings, and an escrow to ensure the sustainability of trees and plants in the wetlands. The architectural design also featured unique elements, like the incorporation of turrets, which offered a touch of elegance to the coastal farmhouse aesthetic. Nautical clapboard is showcased throughout the home.





Narrow Escape

Entered by: Marnie Custom Homes of Bethany Beach (marniehomes.com)

Project highlights: Set on a 17-foot-wide beachfront lot in North Bethany, this home was designed to maximize space and ocean views. Split into two buildings connected by a central pool, each structure enjoys ocean sightlines, with the pool cutout opening oceanfront views for the entire home. Wall-to-wall glass doors face the ocean, while tall cathedral windows in the primary suite and windows along the north and south sides allow sunlight to flood the space. The build meets or exceeds Energy Star standards and can withstand Hurricane Zone 3 with 130mph wind speeds, surpassing traditional building requirements and in compliance with FEMA and DNREC guidelines. Sustainable materials, sourced nationally and locally, were chosen to respect the natural surroundings.



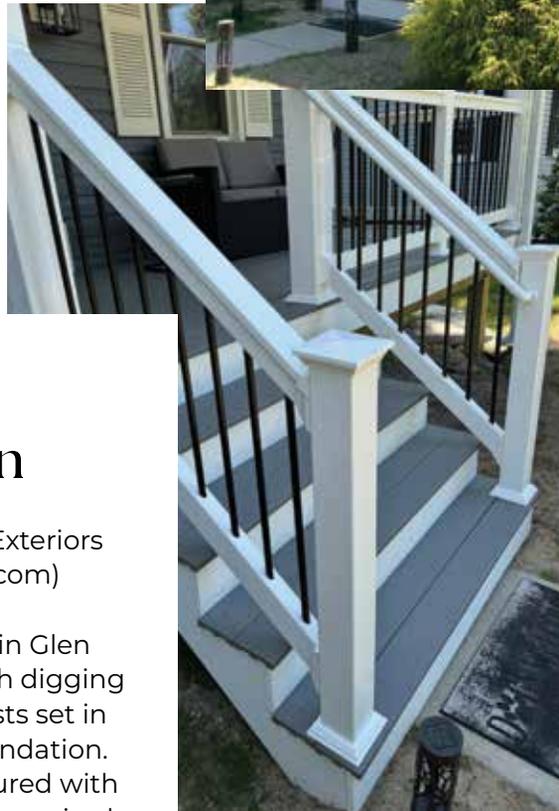
EXTERIOR RENOVATION



Acton Hall

Entered by: ABS Architects of Annapolis (absarchitects.com)

Project highlights: A meticulous renovation of the only 18th-century residence in Annapolis on its original waterfront. Acton Hall, with its stately and iconic prominence, enjoys a distinguished lineage dating back to the founding of Maryland. Exterior repointing, restoration of all widows, new MEP systems, modest rear addition, refurbishment of pool and landscaping; total replacement of property perimeter brick wall—all with State and local historic agency approvals.



Stunning Front Porch Installation

Entered by: Fichtner Home Exteriors of Odenton (fichtnerservices.com)

Project highlights: Located in Glen Burnie, the project began with digging footers and installing 6x6" posts set in concrete to ensure a solid foundation. TimberTech deck boards, secured with coated screws for longevity, are paired with a white vinyl railing. For the roofing, Tamko Titan shingles were used on both the main and porch roofs. Seamless aluminum gutters enhance water management and keep maintenance minimal for the homeowner. A set of 6-foot wide steps lead off the porch, and double-five, dutch-lap vinyl siding on the home's two gable ends add durability and curb appeal.

EXTERIOR RENOVATION



Eastern Shore Farmhouse

Entered by: Fichtner Home Exteriors of Odenton (fichtnerservices.com)

Project highlights: This project in Ridge-ly began with the expansion and enclosure of an existing front porch. James Hardie fiber cement siding was installed, known for its resilience and low maintenance. To improve functionality and access, a Simonton patio slider was installed, and the front entry was replaced with a ProVia door. K-style aluminum gutters were added to manage water flow efficiently and reduce the need for upkeep.



Layered Luxury

Entered by: Bayview Builders of Annapolis (bayviewbuildersmd.com)

Project highlights: The upstairs ensuite of an Annapolis' Wardour neighborhood home has been completely transformed. A structural challenge from the start, this area of the home was comprised mostly of terracotta, which was part of an addition from 1904. The master bath renovation is layered with textures like Calypso ceramic tile that mimics natural wood grain, accented with Casablanca Tusk Zellige tile, and Agglo Mafi marble shower floors. These surfaces are accented with brushed bronze metal hardware and a subtly colored marble shower bench. The entire space is capped with a bold-patterned porcelain sink vanity and Astek Silt wallcovering, a woven finish.





European Modern Classic Beauty

Entered by: Design Solutions, Inc. of Annapolis (dsikitchens.com)

Project highlights: A full house interior redesign was created by opening walls on the first floor and relocating the kitchen. The result was a open view and open flow pattern. Originally, the kitchen, living room, center hallway and family room were all separated by walls. A congested rear entry from the garage was redesigned for an inviting mudroom and powder room. The second-floor primary bathroom was originally chopped into rooms and now flows as one bathroom. Interesting features include the black metal railings, central to the house, against the bleached floor. The working fireplaces were considered in the design to feel integrated.





Master Bed & Bath

Entered by: Aspect Contracting Inc. of Annapolis (aspectkitchenexperts.com)

Additional project acknowledgments: Andrea Wheeler of Design Solutions, Inc.

Project highlights: A master bed and bath, with a bathroom that did not previously exist; several bold tile patterns; gold hardware and trim in the shower space; white/black color scheme is clean and complementary.





Residence On Maxmore Creek

Entered by: Charles Paul Goebel, Architect, Ltd. of Easton (cpgoebel.com)

Additional project acknowledgments: Julia Longchamps Design of Stevensville, West & Callahan of Easton, and Keyanna Bowen, East & Lane of Salisbury

Project highlights: Extensive renovation of a circa-1969 home. The kitchen was enlarged and repositioned affording it much greater space and light, with the breakfast nook and spacious sitting area linked by a wall of French doors to a vaulted screened porch with fireplace. The primary bedroom/bath suite was also enlarged and reimagined. Expansive windows throughout the home invite light and views. New electrical and mechanical systems, energy efficiency upgrades, and solar power generation were all discretely integrated into the design.



Little Aberdeen Post and Beam

Entered by: Taylor Hart Design of Edgewater (taylorhartdesign.com)

Project highlights: Nestled on Little Aberdeen Creek, located in the Ferry Point waterfront neighborhood in Annapolis, the posts and beams of this home frame water views through southern yellow pine vaults. This year, interior renovations included an expanded eat-in kitchen, reading nook, outdoor sunporch, and furnishings. Luxury and performance finishes were carefully chosen to reflect the clients' New England roots.



INTERIOR RENOVATION



Kitchen Makeover

Entered by: Paquin Design Build of Grasonville (paquindesignbuild.com)

Additional project acknowledgments: Shelly Chavez

Project highlights: Kitchen makeover features a two-tone design with Shiloh Inset Cabinetry in Soft White for the base and Rift Oak with a natural finish for the island and upper cabinets. The Hanover Shaker door style and slab drawer fronts provide a modern, clean look, complemented by Ljen Blue granite countertops and brass pulls from Top Knobs. Functional features include roll trays, spice organizers, and pull-out waste bins.



Sunroom

Entered by: Werrlein Companies of Annapolis (werrleincompanies.com)

Project highlights: This outdoor living space addition to an Edgewater, Maryland, home features retractable screens, fireplace, television install, complete outdoor kitchen, and tall ceilings.



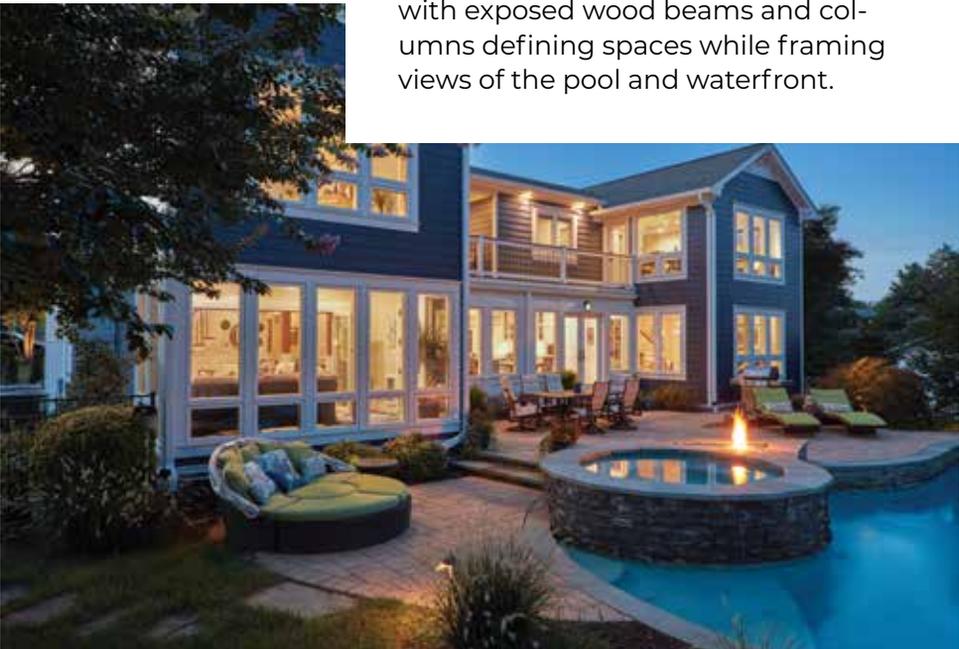
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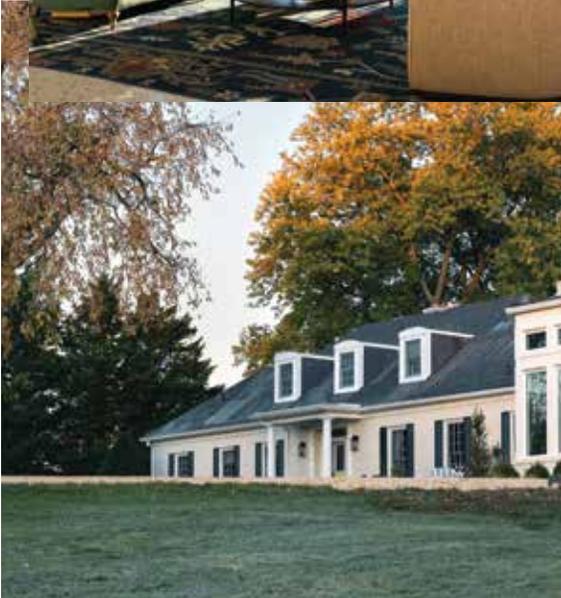


Crafted Beauty Naturally Sustainable

Entered by: HD Squared Architects of Edgewater (hd2architects.com)

Project highlights: This addition to a circa 1949 Edgewater waterfront home features a private entry that leads into a thoughtfully organized hallway, flowing into the main level's open-plan design. Living, kitchen, dining, and sunroom areas now enjoy a seamless connection, with exposed wood beams and columns defining spaces while framing views of the pool and waterfront.





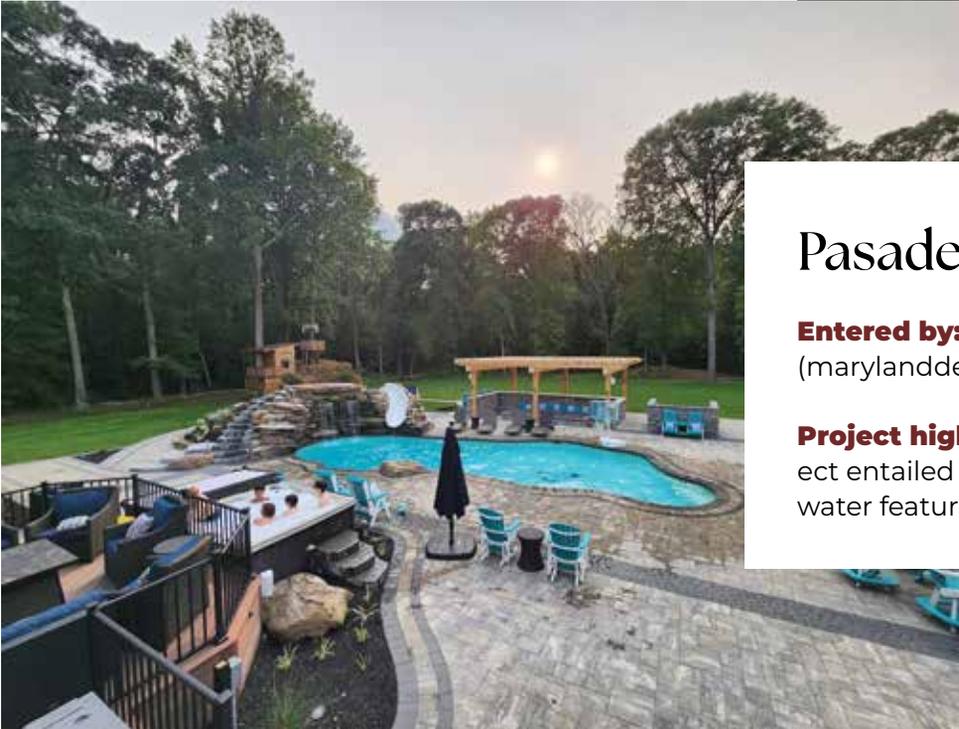
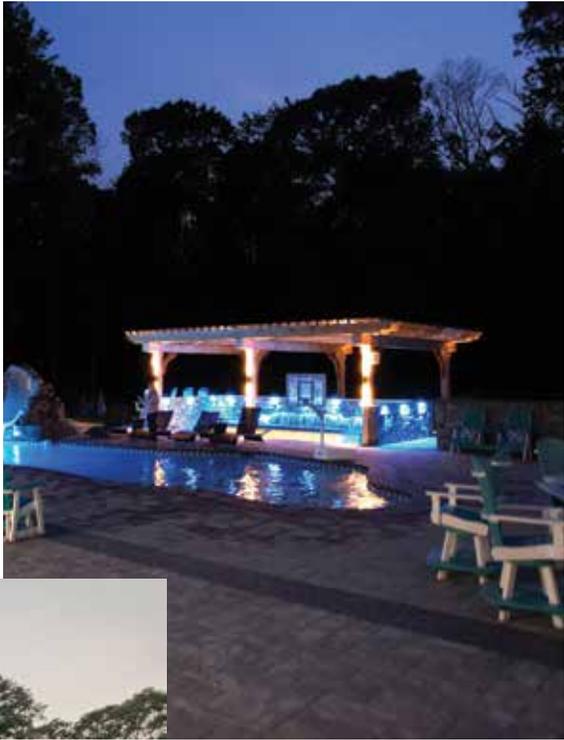
Morning Room

Entered by: Framed to Finish of Annapolis (framedtofinish.com)

Project highlights: This addition incorporates the use of old-world materials such as marble mosaic tile and a stucco finish exterior. An entryway and dedicated laundry area were included with the addition and separated by custom black walnut pocket doors. The finished product captures timeless European details, while staying true to the original architecture.



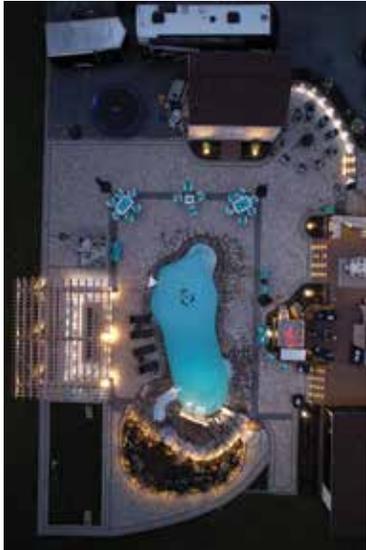
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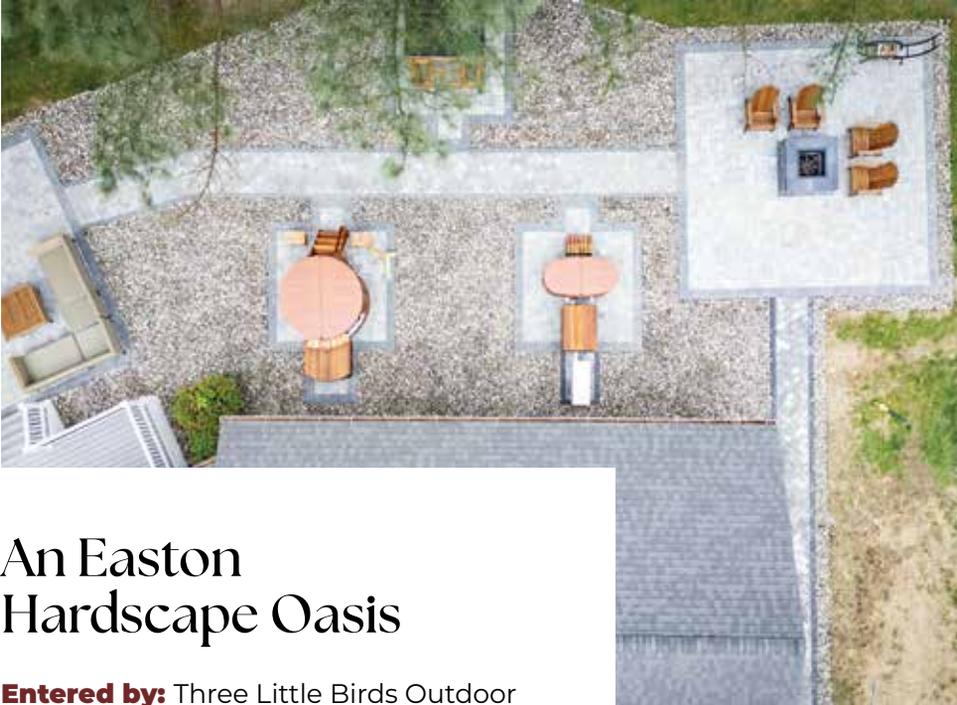
Pasadena Hardscape

Entered by: Maryland Decking
(marylanddecking.com)

Project highlights: This hardscape project entailed installing a large patio and water features around an inground pool.



HARDSCAPING

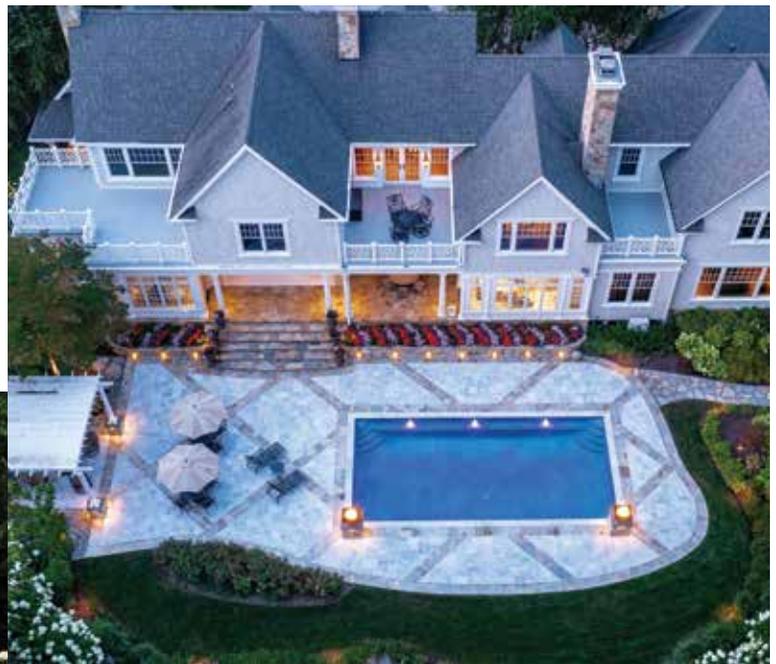


An Easton Hardscape Oasis

Entered by: Three Little Birds Outdoor Living of Stevensville (threelittlebirdslawn-care.com)

Project highlights: This project includes landscaping, ambient lighting, fire pit, cedar sauna, jacuzzi, and cold plunge. Matching front and rear composite decks along with a new driveway completed the install.





Entire Outdoor Living Area

Entered by: Wade Pools & Landscape Design of Cape St. Claire (wadelandscapes.com)

Project highlights: An entire outdoor living area takes center stage in this install, complete with pool, landscape design, hardscapes, fire bowls, pergola, and outdoor kitchen.

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Vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services.

Results will be published in our June 2025 issues of What's Up? Annapolis and What's Up? Eastern Shore and our July issue of What's Up? Central Maryland. What's Up? Media reserves the right to eliminate the least-voted categories, as needed, in the final published results.



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Wade Pools & Landscape Design transforms ordinary backyards into extraordinary outdoor living spaces! Specializing in custom pool installations, they blend luxury with functionality, using high-quality materials and innovative designs to create pools that are not only refreshing but also a focal point of beauty. Their landscape design/build services are tailored to enhance the natural beauty of your property, incorporating lush gardens, strategic lighting, and native plants that thrive in the Maryland climate. For those seeking structure and style, their hardscape projects include elegant patios, pergolas, fire features, and stone pathways that provide both aesthetic appeal and practical outdoor living solutions.

As a recent award winner of What's Up! Annapolis Home & Design Awards program, you can see the plethora of services provided with these stunning project photos featuring pool design, fire bowls, complete landscape planning and design/build, annual plantings for color, a custom pergola, hardscaping and pavers, and outdoor kitchens.

For over 20 years, this locally owned family business has been serving clients in central Maryland and the Eastern Shore. With an eye for detail and a commitment to craftsmanship, the team at Wade Pools & Landscape Design ensures every project reflects the unique personality and lifestyle of their clients, making them a trusted name in creating bespoke outdoor environments. Schedule a free consultation today and get ready to enjoy your outdoor area this year!



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FICHTNER HOME EXTERIORS

At Fichtner Home Exteriors, the company's success is driven by the exceptional teamwork, dedication, and talent of its employees. Each team member plays a critical role in delivering outstanding results, from the initial consultation to the final touches of a project. The crew works together seamlessly, ensuring that every task is completed with precision and care. Their dedication is evident in the long hours and attention to detail they invest in every job, regardless of its scale. What sets this team apart is their unique blend of craftsmanship and commitment. They are not only highly skilled but also passionate about helping homeowners bring their vision to life. With clear communication and a collaborative approach, they ensure projects run smoothly and efficiently, with each member contributing their strengths. Whether it is tackling one project at a time, such as a new roof, windows, doors, or siding, or fully transforming the entire exterior of the home, the team's focus is on exceeding expectations at every step. Fichtner Home Exteriors is proud of the hard work and determination their employees bring to every project, consistently delivering high-quality results. It is their collective talent and dedication that allow the company to provide workmanship that homeowners can rely on.



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Our goal is to provide our customers with quality Hardscape construction and Landscaping installation, as well as friendly and responsive customer service. From the planning stage to completion of your project, we want to exceed your expectations by enhancing and beautifying your home, plus solving any existing landscape problems. We specialize in Hardscape and Landscape renovation with attention to detail and craftsmanship.

Ciminelli's Landscape Services has over 30 years of experience and will work with you to create a landscape that is beautiful, creative, functional, and within your budget. We operate our business with integrity in all areas while designing and installing hardscape and landscape projects that meet your needs.

From our customers:

"Your crew was conscientious and professional. Everything looks spectacular."

"We are so happy with our new front yard! The fresh design makes it so different from the 'usual' front yard design; so many people in the neighborhood (many of whom we don't even know) have remarked on how nice it looks."

"Your team, as always, was wonderful. The attention to detail and genuine care given to the project is clear in the end-result. The work site was meticulously cleaned up at the end of each day and the team was a pleasure to work with. Thank you to everyone at Ciminelli's!"

"The walkway is beautiful. I really love it. Overall, I have nothing but good things to say about the entire process. The crew did great work and left the job site in great shape each day. I would definitely recommend Ciminelli's Landscape to family and friends."



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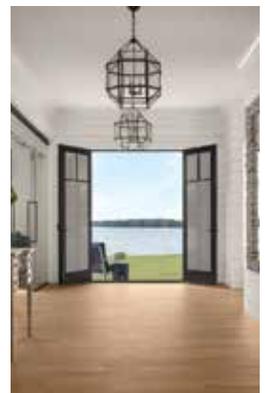
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By assembling the perfect team and collaborating with your architectural design team, we foster seamless communication and streamlined efficiencies, ensuring every detail is thoughtfully executed. Sally and Scott, proud Mueller homeowners, shared: "While we heard horror stories about building a custom home, our experience with Mueller couldn't have been any better! Everyone at Mueller Homes dealt with us in an honest, flexible, and friendly manner and went above and beyond."

Mueller Homes has been recognized locally and nationally for award-winning design and an innovative approach to luxury custom home building. Visit MuellerHomes.com



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SUMMER CAMPS

20
25

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Our region is rich with diverse summer camp options, but also a vast number of families, children, and teens to fill them up! So, parents must plan ahead and start the enrollment process now. Each February we put together our summer camp guide, which offers a sampling of options for education and athletic camps in our area. Check out more than a few of our favorites to help plan your summer!



Archbishop Spalding High School Athletic and Academic Camps

Location: 8080 New Cut Road Severn
Contact: archbishopspalding.org/campus-life/summer-camps **Ages:** Various Ages **Dates/Times:** Various Times **Cost:** Depending on Camp

Join Archbishop Spalding for an exciting summer of athletics and academics! From June through August, the school offers a variety of engaging camps. Visit the website to explore the full list and find the perfect camp for you.

Ballet Theatre of Maryland Summer Intensive 2025

Location: BTM Annex Studios – 1981 Moreland Parkway, Building 4, Bay 4-5, Annapolis **Contact:** Emily Carey, ecarey@balletmaryland.org; balletmaryland.org/summer-intensive **Ages:** Session 1 and 2- By Audition placement, Session 3 – Ages 8-12 **Dates/Times:** Session 1 - June 23-July 25, 9 a.m.-4 p.m., Session 2 - July 7-25, 9 a.m.-4 p.m., Session 3 – July 28-August 1, 9 a.m.-3 p.m. **Cost:** Session 1 - \$2,500, Session 2 - \$1,350, Session 3 - \$450

A summer dance intensive is an excellent opportunity to not only keep active during the summer but to learn new skills and grow both technically and artistically as dancers. Led by Artistic Director Nicole Kelsch, Conservatory Principal Emily Carey, and the BTM Conservatory faculty, students will be taught, rehearsed, and mentored by current or previous professional dancers. During both the 1-week and the 3/5-week intensives, students will take dance classes in ballet technique, pointe or pre/demi-pointe (as applicable), variations, partnering (as applicable), jazz, contemporary/modern, conditioning, and acting or musical theatre, as well as rehearsals for the Summer Showcase Performance.

Naval Academy Athletic Summer Camps

Location: U.S. Naval Academy, Annapolis **Contact:** 410-293-5845; navysports.com, click 'Camps' tab **Ages:** Varies by Camp **Dates/Times:** June through August **Cost:** Varies by Camp

Please visit website for information.

Summer at the Creek

Location: Indian Creek School, Crownsville
Contact: Bob Laffey, Director of Summer Programming, summer@indiancreekschool.org **Ages:** 3-16 **Dates/Times:** 6 weeks: June 16-July 25, 9 a.m. -3 p.m.; Before and after care available **Cost:** \$400-900

Indian Creek's Summer Program provides immersive adventures and memorable experiences for students ages 3-16. Offerings include sports, performing arts, and traditional day camps, academic courses, and more. Summer at Indian Creek is more than just fun. With intentional and deliberate conversations and celebrations of character, summer programming at ICS hopes to not only make smiles but build great people. The program takes place on Indian Creek's beautiful 114-acre wooded campus just minutes north of Annapolis, where campers have access to the School's wooded trails, performing arts spaces, classrooms, labs, and the Eagles Athletics Complex, including turf fields, the dome, courts, gym, and fitness center. Spend your summer at the Creek!

Summer at Key

Location: Key School, Annapolis **Contact:** keyschool.org/community/summeratkey **Ages:** 3.5 years to grade 12 **Dates/Times:** Varies by Camp **Cost:** Varies by Camp

Summer at Key offers over 150 camps for families to choose from. Some hands-on camps feature culinary arts, velocity adventures, handwork studios, and more.

Peak Solutions Academy Summer Tutoring

Location: Online **Contact:** Jennifer Birdsell, Director of Student & Academic Services; peakacademicsolutions.com **Ages:** K-12 to College **Dates/Times:** Flexible, Online **Cost:** Varies

Camp Description: Students stay sharp, catch up, and get ahead while enjoying your planned summer activities and receiving personalized, flexible support from our expert online tutors and coaches. Travelers, practice and learn conversational Spanish and French with expert online language coaches.

Discover Summer at Rockbridge Academy

Location: Rockbridge Academy, 680 Evergreen Road, Crownsville **Contact:** Tim Steward, tstewart@rockbridge.org **Ages:** 5-12 **Dates/Times:** June 2-August 1, 7:30 a.m. to 5 p.m. **Cost:** Half Day - \$160, Full Day - \$320

This summer has amazing things in store for our campers! The mission is to guide them toward Christ, build meaningful relationships, and create an environment where learning, fun, and outdoor play come together in exciting ways. Discover Summer Day Camp offers 6 weeks of full-day camp for students entering 1st through 6th grade. Each week is packed with themed activities, outdoor exploration, and playtime! Our camp is staffed by passionate teachers and members of the Rockbridge community who are dedicated to making this a summer to remember.

Summer Explorers at St. Anne's School of Annapolis

Location: 3112 Arundel on the Bay Road, Annapolis **Contact:** Tracy Edlich, Camp Director **Ages:** 3.5 to rising Kindergarten **Dates/Times:** 8 weeks - June 16 through August 8, 9 a.m. to 3 p.m., extended hours offered 8-9 a.m. and 3-5 p.m. **Cost:** \$385

The camp is for adventurers aged 3.5 to 5 years old and includes eight separate weeks of fun, themed explorations. Special "Expert Explorers" join us each week to help us dive further into the week's theme. We break out our water toys on Fun in the Sun Fridays for some extra splashin' around. Summer Explorers camp runs Monday through Friday with optional before and after care add-ons. Camp is \$385 per week and multi-week discounts are available. Please note that campers must be fully potty-trained to attend Summer Explorers camp with us, and while we provide a healthy, daily snack, we ask that campers bring their own water bottle and nut-free lunch.

Club SciKidz

Location: St. Martin's-in-the-Field: 375-A Benfield Road, Severna Park **Contact:** Andrea, 267-250-0172 and Matt, 443-561-400; sciencecamps@clubscikidzmd.com

Ages: Pre-K-7th Grade (4-13) **Dates/Times:** June 16-August 1 (Weekly Offerings) **Cost:** \$369-394

Full-day, week-long science and technology camps for children in grades Pre-K-7th grade. Each week campers participate in twenty different hands-on activities and experiments related to the theme of their camp topic. Besides the four themed activities and experiments each day, campers have two 30-minute outdoor periods where they can play on the playground and join friends in playing a game. Club SciKidz believes that all children are scientists, and throughout the week, campers become even better scientists.

St. Mary's Summer Camps

Location: St. Mary's School in Downtown Annapolis **Contact:** Mr. Monte Jones: mjones@stmarysannapolis.org; stmarysannapolis.org/school/student-life/elementary-school/summer-camps **Ages:** Varies by Camp **Dates/Times:** Varies by Camp **Cost:** Varies by Camp

Visit the website in the coming weeks for more information. You do not have to be a student at St. Mary's School to join our summer camps. All are welcome!

Camp Summit

Location: The Summit School, 664 E Central Avenue, Edgewater **Contact:** Mary Anton; camp@thesummitschool.org **Ages:** Grades 1-8 **Dates/Times:** June 30 through July 25, 8:25 a.m. to 3:00 p.m. **Cost:** \$2,000-2,400

Students are grouped into small classes based on skill level to address their learning profile. Trained teachers use research-based methods and multisensory strategies to reinforce learning. Campers avoid learning loss while having fun and making new friends. Afternoon recreation offers a wide variety of fun activities for all campers.



The poster features a blue sky with a green eagle silhouette and white clouds at the top. The Indian Creek School logo is in the top right. The main title 'SUMMER AT THE CREEK' is on a wooden plank background with the year '1973' in a circular logo. Below the title is a green banner with 'SIX WEEKS OF CREEK FUN!'. The dates 'June 16 - July 25' and 'Ages 4-14' are in a white cloud. The text 'TRADITIONAL DAY CAMPS,' is followed by four photos: a boy on a slide, three girls in yellow costumes, a boy on a bicycle, and a girl with a paint palette. Below these is 'PERFORMING ARTS CAMPS, SPORTS CAMPS, & MUCH MORE!' and 'Spend your summer at Indian Creek School! Summer at the Creek offers fun, enriching adventures for campers ages 4-14.' A list of 2025 camp offerings includes Robotics, Pickleball, Drones, Graphic Novels, Mountain Biking, Ceramics, Dance, Nerf Battles, Lego Sports, Skateboarding, Photography, Dungeons & Dragons, Sewing, Cooking, Journalism, and Smithsonian camps. The program location is described as a 114-acre wooded campus north of Annapolis. A QR code is provided for enrollment, with the text 'Enroll today and get ready for a summer to remember!' and 'Creek Summer!' next to it. The bottom of the poster has a silhouette of evergreen trees and the website 'WWW.INDIANCREEKSCHOOL.ORG/SUMMER'.

INDIAN CREEK SCHOOL

SUMMER AT THE CREEK

1973

SIX WEEKS OF CREEK FUN!

June 16 - July 25
Ages 4-14

TRADITIONAL DAY CAMPS,



PERFORMING ARTS CAMPS, SPORTS CAMPS, & MUCH MORE!

Spend your summer at Indian Creek School!
Summer at the Creek offers fun, enriching adventures for campers ages 4-14.

2025 camp offerings include Robotics, Pickleball, Drones, Graphic Novels, Mountain Biking, Ceramics, Dance, Nerf Battles, Lego Sports, Skateboarding, Photography, Dungeons & Dragons, Sewing, Cooking, Journalism, Smithsonian camps, and many more options!

The program takes place on Indian Creek's beautiful 114-acre wooded campus just minutes north of Annapolis, where campers have access to the School's wooded trails, performing arts spaces, classrooms, labs, and the Eagles Athletics Complex, including turf fields, dome, courts, gym, and fitness center.

Summer at the Creek is fun...but also so much more!
Daily camp meetings and character-themed conversations will ensure that campers of all ages feel connected as they learn and grow, and "Water Wednesdays" will provide tons of splashy fun.

Before and after camp care and daily lunch options are also available.

Enroll today and get ready for a summer to remember!



Creek Summer!

WWW.INDIANCREEKSCHOOL.ORG/SUMMER



Summer at Summit - Specialty Camps: EmPOWER Writing & Executive Functions

Location: The Summit School, 664 E Central Avenue, Edgewater **Contact:** Mary Anton; camp@thesummitschool.org **Ages:** Grades 6-9 **Dates/Times:** July 14 through 18 and 21 through 25 **Cost:** \$480/class

These week-long classes dive into writing and executive functions for students grades 6-9. For more information, please visit the-summitschool.org

Cherry Tree Young Writers' Conference

Location: Washington College, Chestertown **Contact:** washcoll.edu/admissions/visit/upcoming-events/summer-conferences.php#CTYWC **Ages:** High School Students **Dates/Times:** July 15 through 18 **Cost:** \$849

At the Cherry Tree Young Writers' Conference, students take intensive creative writing workshops with nationally renowned authors in one of three genres (poetry, fiction, or journalism), discuss literature with English faculty, and attend professional readings and craft panels. They explore the world of literary internships and grants in publishing, writing, and editing. Additionally, they learn what it's like to work at college publications such as Cherry Tree, Washington College's national literary journal. We offer a number of merit, regional, and/or genre scholarships that cover the full cost of the conference.

Weekly Camps at St. Margaret's Day School

Location: St. Margaret's Day School, Annapolis **Contact:** Aleshia Marshall; smds-director@outlook.com **Ages:** 3-6 **Dates/Times:** Week 1 - June 23rd-27th; Week 2 - July 7th-11th; Week 3 - July 14th - 18th; Week 4 - July 21st - July 25th; Week 5: July 28th - August 1st; Week 6: August 4th - 8th ; All camps 9 a.m. - 3 p.m. **Cost:** \$300

Week 1 - Disney Week; Week 2 - Dinosaur Week; Week 3 - Science Week; Week 4 - Animal Week; Week 5: Olympic Week; Week 6: Pirate Week

Holy Trinity Summer Camp

Location: 11902 Daisy Lane Glenn Dale, MD 20769 **Contact:** Ms. Becky Williams (301)464-3215 ext. 216 summercamp@htrinity.org **Ages:** Pre/K 4- 9th grade **Dates/Times:** Mon- Fri 9am-3pm daily: June 23- July 25 Pre/K4- Kindergarten; June 23- Aug 8 (2nd - 9th grade); June 23- Aug 1 (1st grade); Closed July 3-4 (Holiday) **Cost:** \$275- \$400

We're a full day camp. That offers both academic and recreational camps, ranging from Stem to outdoor adventures. We offer our current students the opportunity to engage in our Band program ahead of the school year. Come join us to see what we have to offer your Camper.

Pallotti Summer Camps 2025

Location: St. Vincent Pallotti High School | 113 St. Mary's Place, Laurel, MD 20707 **Contact:** Aneisha Felton, Summer Camp Coordinator | afelton@pallottihs.org **Ages:** 6-17 **Dates/Times:** 4 Weeks of Camps - Run from July 7th – August 1st; Week 1: July 7 – July 11; Week 2: July 14 – 18; Week 3: July 21 – July 25; Week 4: July 28 – August 1; Each week has Day Camps 9:00 AM – 3:00 PM, Evening Camps 2:00 PM – 5:00 PM & 5:00 PM – 8:00 PM **Cost:** \$225 per week for Day Camps, \$125 per week for Evening Camps

At Pallotti Summer Camps, we encourage personal growth in a caring and family-like atmosphere. We strive to empower children to discover new interests while making friends and lasting memories. There are 4 weeks of camps for various ages, skill levels, sports and interests.

Musical Theatre Summer Camp

Location: Mercy High School (Baltimore); Key School (Annapolis) **Contact:** musicalstages.org **Ages:** 6-15 **Cost:** \$550 **Dates:** Baltimore - July 7th - July 18th; Annapolis - July 21st - August 1st

The camp is taught by musical theater professionals. The campers are assigned to small groups by age, and take classes in singing, dancing, acting, costumes, and stagecraft. Learning age-appropriate songs from great Broadway shows, the campers are taught healthy vocal technique, develop poise and coordination through dance, explore acting skills and improvisational games, rehearse scenes, make their costumes, design and paint the backdrop.

Naptown Sings Music Camps

Location: 141 Gibraltar Ave, Annapolis **Contact:** naptownsings.com **Ages:** 3-11 **Cost:** \$355 per week **Dates:** June 16-20; June 23-27; June 30-July 4; July 7-11; July 14-18; July 21-25; July 28- August 1; August 4-8; August 11-15; August 18-22

Enjoy playing and learning ukulele and piano, world drumming, pop glee clubs, music exploration and more fun activities. Before and after care is available for campers.

Chesapeake Bay Foundation Eco-Camp

Location: Chesapeake Bay Foundation's Port Isobel Island Environmental Education Center, adjacent to the historic island community of Tangier, Virginia; Drop-off/pick-up at Somers Cove Marina, Crisfield **Contact:** cbf.org/ecocamp; 800-445-5572 **Ages:** Rising 6th, 7th, and 8th grade students **Cost:** \$1,000 per student **Dates:** July 14th-18th; August 11th-15th

Adventure into the heart of the Chesapeake during a five-day environmental education summer camp designed for middle school students and hosted at a CBF island education center. Join us this summer for Middle School Bay Eco-Camp, a weeklong learning adventure designed for students interested in the outdoors and the Bay's natural ecosystems. Eco-campers will create lasting memories with new friends, explore the outside world, and engage in physical, social, and educational activities.

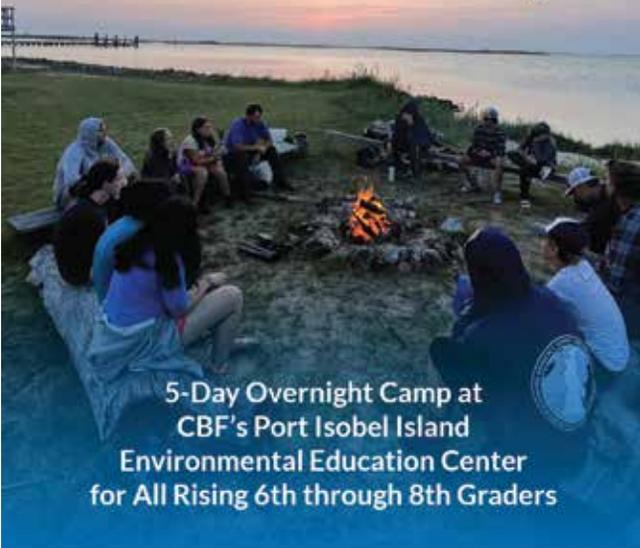
Summer 2025 at Maryland Hall

Location: Maryland Hall, Annapolis **Contact:** marylandhall.org **Ages:** Varies by class **Cost:** Varies by class **Dates:** Varies by class

Maryland Hall has over 50 camps, classes, and workshops to choose from in art, dance, music, and theatre to fill your summer! Get your kids and teens involved in the arts with offerings in pottery, painting, dance and more.

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Students in grades 6-9 learn a process to connect oral language, organization of thoughts, and writing.

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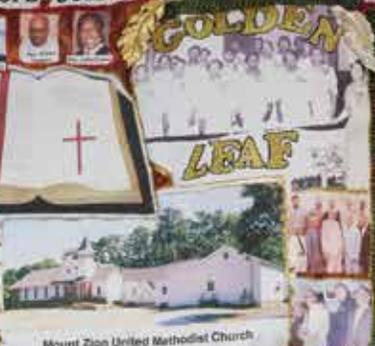
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Lothian Rosenwald School



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RANDALL THOMAS



STITCHED IN TIME

Leaning over a folding table, heads close, Marva Gaither and Betty Brown Turner sifted through stacks of photos: Homecoming crowds. Majorettes in midspin. The Little Giants raising a trophy.

“Do you remember him?” Turner asked, tapping a serious-faced teen in horn-rimmed glasses. Gaither giggled, “I wish I did.”

They arranged and rearranged as if laying out their senior yearbook. But the Class of '58 friends were instead back at the old Wiley H. Bates High School library, no shelves of books anymore, just memories they were piecing together like the quilt before them.

Bates was the first—and once only—high school for Black students in Anne Arundel County. “Dear Bates,” as students sang in their alma mater, remained a source of pride from 1933 to 1966, when the county finished desegregating, 12 years after *Brown v. Board of Education*.

Now senior housing and a cultural center, the school has long been a cornerstone of Annapolis' Black community. Bates drew students from the Baltimore line, southern farms, and Annapolis itself, creating bonds that outlasted the classroom. In recent months, backed by \$19,000 in state heritage grants, alumni have reunited to create quilts, videos, and reflections that will be published soon.

❖ **Stories of school segregation, integration, and the legacy of the Wiley H. Bates High School are the focus of new, immersive alumni projects** By JoAnna Daemmrich

“Rich as it is, we have a couple of generations who don't really understand that experience,” says Leslie Mobray, 75, who attended Bates before being transferred to Annapolis High in his junior year. The retired county schools administrator is contributing an essay on the abrupt transition.

St. Louis, Baltimore, and Washington, D.C., ended segregation soon after the Supreme Court's 1954 decision. Anne Arundel County moved so slowly, starting with lower grades, that it took the threat of losing federal funding for officials to act. Bates students gasped, and many cried, when the principal announced the Class of '66 would be its last.

“Earth-shattering” is how Mobray describes the upheaval as they were scattered to unfamiliar schools. Mobray walked to his hometown's previously all-white high school; other friends had only glimpsed their new schools from the bus. Many felt disoriented, surrounded by new teachers and classmates, some openly hostile.

“It wasn't so much physical violence but emotional,” Mobray explains, “the slurs, the derogatory terms, the refusal to work in small groups, the refusal to sit with you in the cafeteria.”



Lyndra Marshall, a documentary quiltmaker who is directing the project.

“There’s a real power to seeing stuff from back in the day. They get it.”

Though barely 60 years ago, he fears those who have only known integrated schools find it hard to relate: “Some will say, ‘We don’t need to hear that.’ It’s a grave mistake. As an educator, it’s important to me that they see and hear our history.”

That history is now being stitched, square by square, in Bates purple and gold. Documentary quiltmaker Lyndra Marshall, whose work has been displayed at the State House, is guiding volunteers in designing five large panels. Young people connect with quilts’ visual storytelling, she says: “There’s a real power to seeing stuff from back in the day. They get it.”

One quilt honors the school’s founder, Wiley H. Bates. Born enslaved, Bates became a successful grocer and alderman in Annapolis. At the time, Black children were mostly taught in crowded schoolhouses that combined all grades. Bates used \$500 of his own money to buy land on Smithville Street for the high school, which opened in 1933, shortly before his death.

Meanwhile, Annapolis filmmaker Eric Elston has recorded 18 alumni (many in their late 70s, with a few nearing 100) in a “love letter to Bates.” The interviews, which Elston says “pulled on my heartstrings,” will be featured on YouTube and the Bates Legacy Center website. Many focus on what defined Bates: a school at once shortchanged yet rich in tradition—and ambition.

Despite underpaid teachers, broken fountains, and used books, Bates rivaled white schools in spirit, if not resources. It boasted science labs, clubs, bands, an auto shop, a 399-seat theater—and the fearless Little Giants teams. Teachers took a personal interest in their students, and the school steadily added classrooms as enrollment climbed from a few hundred to 2,000 in the 1960s.

“We had a sense of brotherhood and sisterhood, all of us taking pride in our academics, our sports, even our debate team,” says George Trotter, Class of ’64 and also a retired county educator. “Everyone couldn’t wait for our marching band to come down West Street.”

Trotter and others also recall how Bates supported civil rights activism. Black Power leader Stokely Carmichael spoke at the school (though the principal insisted he wear a tie.) Students attended nonviolence training at churches, marched in demonstrations, and staged sit-ins at restaurants, including Antoinette’s on West Street and the local Howard Johnson’s.

At Antoinette’s, Linda Hicks Boyd, Class of ’64, ordered a Coke but left as tensions escalated. She recalled a man walking in with a dog, followed shortly by the police. “My father warned me, ‘You better not get arrested,’” she says with a laugh.

Over the years, Bates graduates became leaders in law, medicine, education, and public service. Among them were John Chambers, Annapolis’ first Black mayor; John S. Chase, an acclaimed architect; MLB player George Spriggs, and New York Supreme Court Justice Joseph Williams.



Linda Hicks Boyd (in red), a retired county schools administrator who participated in sit-ins, and Joseph Butler, quilt project chair, select historic photographs.



(Left to right) Lyndra Marshall, documentary quilter who is leading the project, Linda Hicks Boyd (Class of '64), Carolyn Freeman (Class of '62), and Joseph Butler (Class of '64, and the quilt project chair).

Some have continued their activism, like Elizamae Robinson, Class of '48, who led Maryland's longest rent strike. At 94, she sells Bates buttons at meetings and recently published her poetry, including a verse that asks: "Black Americans love America, but does America love us?"

For many alumni, the emotional fight that dragged on the longest was saving their school. Bates reopened after segregation as Annapolis Junior High, after white parents voted against keeping its name. (Eventually, another middle school was named Bates.) In 1981, the district closed the original two-story building, which collapsed over a quarter-century, its windows broken and bricks crumbling. Loyal graduates rallied, their efforts finally paying off in 2006 with a \$27 million transformation of the campus into apartments, ballfields, and a community center.

Elston, who filmed a documentary on a court-ordered merger of a Black Mississippi high school in 2017, has noticed a similar pattern across the country. Black school names usually disappear in desegregation, he said, and communities "lose their rituals and culture."

Through their latest projects, Bates alumni want to celebrate their school's history—and the connections that made it feel like family—but also ensure their stories aren't forgotten.

Trotter experienced this firsthand when he returned to teach art at the newly integrated school. He found new microscopes, textbooks and music booths—but also fights in the halls. Black teens no longer had teachers and staff watching over

them. They missed Bates football and the cheers their parents had taught them. "Black kids felt a real sense of loss," he says.

Twice a month, Marshall gathers with her quilting volunteers, who reminisce as they sort through old snapshots and mementos to find the right ones. Each will be fabric-printed and sewn onto decade-themed quilts, like the '30s "First in Our Hearts." Though not a Bates graduate, Marshall's ties to the school run deep, and her quilts hang on the legacy center walls.

"All things led to Bates," she says, "hairdressers, barbershops, music we listened to—all of it."

Now in their early 80s, Gaither and Turner laugh like sisters over dances, the gossip column, and charging boys to do their homework on the bus. Both became teachers and stayed friends. Quilting in the former school library, they're reminded their responsibility has shifted with time.

"I don't have many people older than me I can still call on," Gaither says. "We are the resources now."



Lef: Bates school before construction, pictured in 2005. Courtesy of Office of Economic Development City of Annapolis. Right: The newly constructed Wiley H. Bates Heritage Park, home to a Boys & Girls Club and Anne Arundel County's Department of Aging's Senior Center. Photo by Kimi Raspa.





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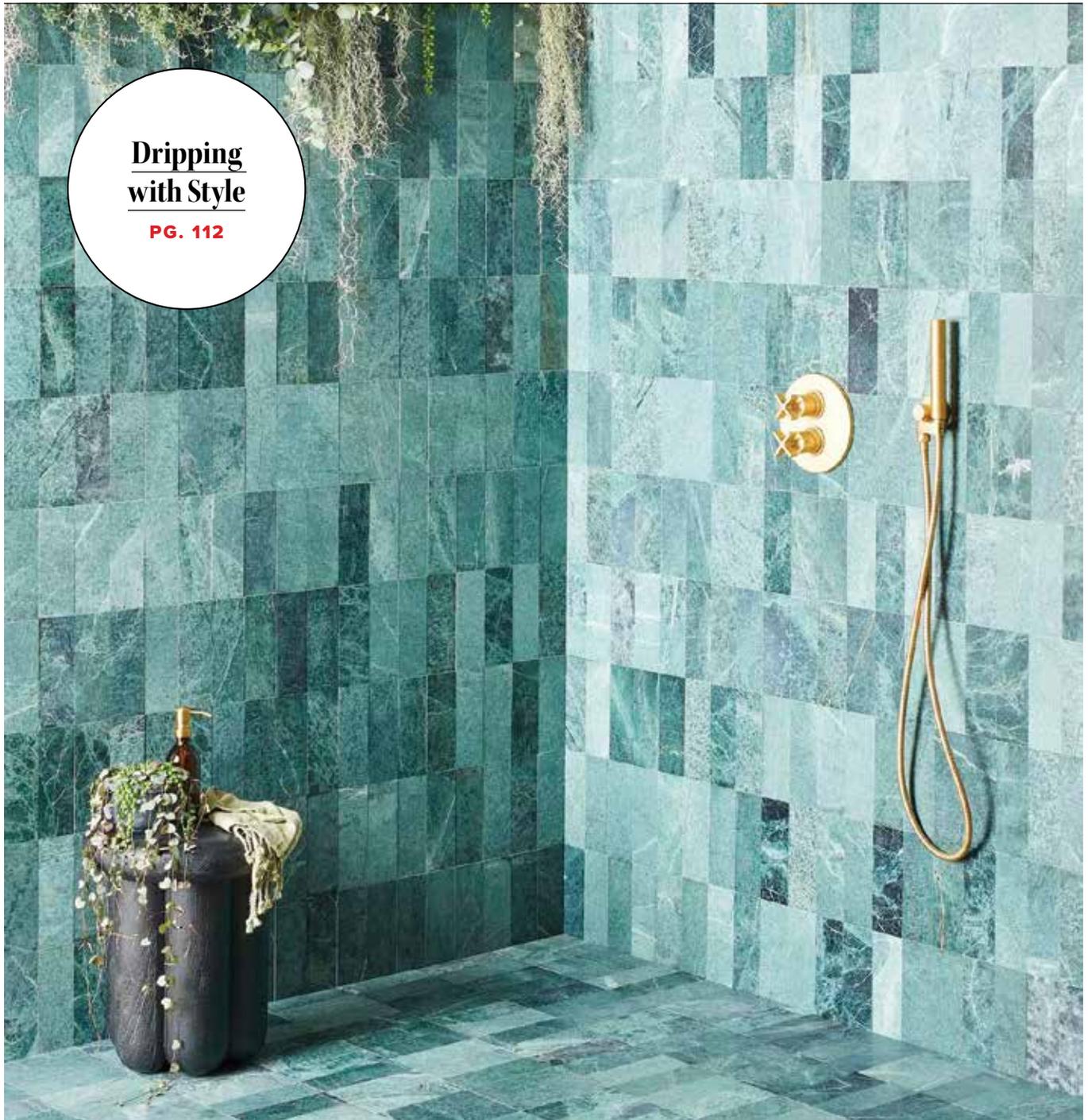


Photo courtesy of by Kitchen & Bath Design News



Handmade Tiles

How luxe does this look? For enhanced texture and eye-popping appeal, handmade tile is a character-rich cut above. These *Zellige* style tiles are made in Morocco and because they are hand-molded, glazed, and cut, like snowflakes, no two are exactly alike. These beauties come in glazed and unglazed styles and are now available in a variety of shapes. For sculpted texture, nothing beats handmade.



Photo courtesy of tileshop.com

Dripping with Style

YOUR GUIDE TO HIGH-END TILE DESIGN

By Lisa J. Gotto

While the bathroom may be the most utilitarian of the rooms we frequent in our homes, it clearly need not look that way. From spa vibes to high-end vintage modern, fine bathroom design has been refined over the last couple of decades inspiring with a wealth of rich details and top-of-line materials.

There's not a better way to define the character of a bath or powder room than using tile, and there are seemingly as many varieties as there as stars in the sky. Let's explore by breaking down the latest trends.

SOMETHING NEW TAKING SHAPE

Thinking outside the box, or square, as it were, has never been so dramatic! From every side and angle this bathroom makes an enduring artistic statement with its *hexagon-shaped* tiles displayed to engage and invigorate the senses. There's no rule that says you have to cover the entire room, as hexagons allow for a more creative permission structure. Trending now, are hexagonal designs in rich jewel tones and soothing shades of gray. These are from the HexArt Collection by Tile Bar.



Photo courtesy of Verona



Photo courtesy of tilishop.com

MARBLE ON MARBLE

For some homeowners, there is no more luxe a material than marble, and it remains popular despite the special care it requires to keep it in tip-top shape. The trend has this variety going dramatic and bold in its veining. This *Macchia Vecchia* slab of classic Italian tile is known for its soft and velvety bolt-like designs breaking through the cream stone with its accents of mellow ochre.



Photo courtesy of tilishop.com

Beauty in the Third Dimension

3-D tiles are quite the stand-out and another luxe option if you're a lover of texture. This vibe comes across as artistic with raised floral options creating an appealing take on the natural world. Fluted 3-D styles can be installed in various ways to convey elegance and charm through movement. You may need to exercise increased care when cleaning these styles by using a hand vacuum, duster, or broom to keep particles and dust from settling into its subtle surfaces.

Go Boldly Biophilic

The *biophilic* tile trend is one of the most popular out there right now. This design movement incorporates natural materials, colors, and textures to create a connection with nature inside your space. The popular palette here is fennel green and garden-centric which is sometimes accented with subtle aquatic shades.



Photo courtesy of Bert and May

THE MERMAID MAKES HER MARK

These iridescent *scallop-shaped tiles* channel the sensibility of a colorful mermaid at play. This scallop tile style has roots in the 1920s Art Deco era, which first popularized this pattern in interior design and its popularity continues to be appreciated on a global scale. These examples reflect light beautifully, creating a shimmering, jewel-toned effect and designing an accent wall with them can turn an underwhelming powder room into a conversation starter at your next dinner party.



Photo courtesy of Original Style

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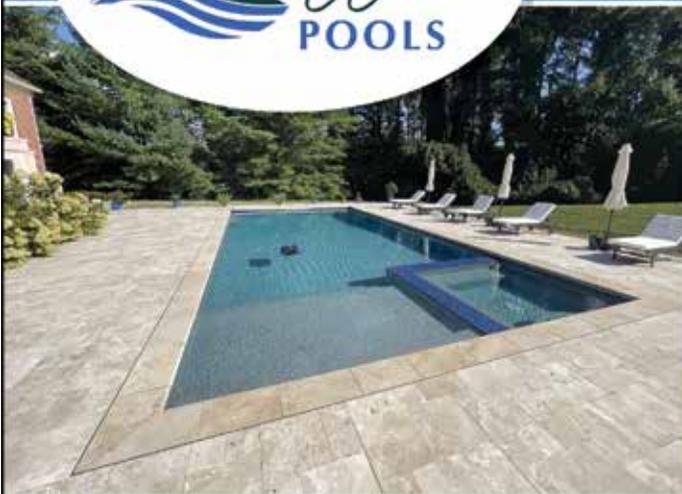
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A Fresh Take In Your Garden

5 THEME GARDENS THAT MIGHT BE FUN TO TRY

By Janice F. Booth

February is a great time for gardeners to re-examine our gardens and consider any changes or improvements we want to make. There are always plants to be replaced, pruning to be done, but it might also be fun to think about something new, for example, devising a *theme* for all or part of your garden.

We're all familiar with the lovely, traditional theme gardens: Herb, Cottage, and Butterfly, but let me briefly introduce five Theme Gardens that you might consider trying.

All five Theme Gardens can and should follow the principles of Xeriscaping—that is, requiring little water or nourishment beyond what nature provides and flourishing naturally in the environment (Regions 7–8 in our case.)

**THE 5 THEME GARDENS ARE:
ZEN, SEASIDE, APOTHECARY,
ALPHABET, AND DYES GARDENS.**



1. Creating a Zen Garden aligns easily with the principles of Xeriscaping by following the Japanese tradition of less-is-more. The Zen Garden relies on:

- ◆ Pebbles and stones
- ◆ A few well-chosen and elegant shrubs and/or trees
- ◆ A bench or other unobtrusive seating option
- ◆ A water-feature
- ◆ Optional: a stone or plaster garden statue, such as St. Francis of Assisi or a Buddha. Also, you may want some thin wood slats for marking borders and paths.

The Zen Garden is perfect for small areas, such as condo and townhouse patios. You may want to choose a small portion of a large garden – perhaps that troublesome area where nothing seems to grow happily. Clear the area of plants and weeds. (You can put down gardener's cloth to keep out weeds.) Decide on a curving shape for the garden, such as an oval or circle. Set up the visual feature, such as a small fountain or large water bowl and/or a garden statue. Plant the shrubs and perhaps a small, ornamental tree along the garden's border. Use large stones as borders and cover the garden with sand, pebbles or gravel. Gently rake the area until nearly smooth. Allow your eyes and heart to rest on the quiet beauty of the scene you have composed.

2. A Seaside Garden shares the advantage of requiring little water or maintenance. You're recreating the experience of being at a sandy beach by the sea. You'll need:

- ◆ A sunny area in your garden
- ◆ Border retainers: wood, metal, or plastic pieces that can keep sand in and grass out.
- ◆ Sand or shell mulch. (Gravel will work in a pinch.)
- ◆ A few well-chosen pieces of driftwood or old furniture, preferably bleached white or painted light gray.
- ◆ Attractive pots planted with succulents and a few decorative grass clumps. (They need little water and flourish in the sun.)
- ◆ Adirondack or beach chairs.
- ◆ Optional: a few palms in large, movable pots. (You'll need to move the palms into protected areas in late autumn.)

Remove plants and weeds, clearing the "beach." Border your Seaside Garden with edgings of wood, steel, or plastic. Be sure the edging is high enough to retain the sand or shell mulch. Place your pots, palms, visual features, and chairs. Spread the sand, shell mulch, or gravel evenly around the garden. Build up the areas under the pots to help secure them in place. Finally, set out that old bike you painted and the mirror framed with seashells. Slip on your straw hat and relax.



3. An Apothecary Garden is similar to a traditional herb garden. The focus here is on plants that have healing or medicinal qualities. The two caveats to creating a flourishing Apothecary Garden are that your garden area has sunlight much of the day and can be watered as needed. You'll plant in pots or in the soil, as you think appropriate. Here are some of the old-fashioned healing plants to use:

- ◆ Lavender: for relaxation and as a topical ointment for cuts and rashes
- ◆ Thyme: eases cough and helps fight infections
- ◆ Sage: enhances memory and helps with clarity of thought
- ◆ Lemon Balm: eases insect bites
- ◆ Echinacea: an antibiotic that is used to treat allergy symptoms
- ◆ Horehound: treats a cough and inflammation.
- ◆ Yarrow: made into a poultice it stops bleeding, provides relief for colds and fever

Cautions: Never rely on home remedies when serious symptoms or conditions arise. Consult your physician.

4. An **Alphabet Garden is an amusing challenge if gardening is getting a bit too predictable. The idea is to plant or place in your garden something for each letter of the alphabet. That's 26 plants and garden features. Now, no cheating by simply adding a little sign using the letter. I'll offer a few suggestions to get you started. Children can be set to find all 26 letters; they'll be engaged for hours and learn a bit about gardening.**

- ◆ “Q” Queen Anne’s Lace, of the wild carrot family, in white or pink.
- ◆ “S” could be a St. Francis statue.
- ◆ “Z” Zinnia, our tough and brightly colored dears that flourish in almost all conditions.

You get the idea.



5. Finally, an interesting option is the **Dyes Garden. Certain common plants provide natural dyes in interesting colors. Growing some of these plants is a great idea if you knit or weave with raw yarn or know a knitter or weaver who would enjoy creating dyes for her yarns. Like the Apothecary Garden, you'll want an area with good sun and access to water. Since the plants are so varied, you might want to group the plants by color, with small signs identifying the dye colors that will be made from the group of plants.**

The following list is exemplary, not exhaustive. So, have fun finding plants that will produce dyes in colors you like.

- ◆ Bloodroot: yellow-orange, red
- ◆ Coreopsis: pink
- ◆ Hollyhocks: red, orange, pink, blue, green, teal (not every color from every plant)
- ◆ Onion (skins, specifically): green, orange, yellow
- ◆ Red cabbage: shades of rose and red
- ◆ Roses: yellow, gray
- ◆ Sunflowers: yellow, green

Caution: Of course, you'll do a test dye before immersing an entire skein of yarn into a vat of bloodroot. I can imagine some dazzling creations from each of these Theme Gardens.





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Pleasant Living on the Creek

By Lisa J. Gotto

The location of this stellar property provides an excellent example of what homeowners in our area want to surround themselves with: the wonders of our scenic waterways with the bucolic nature of our rich landscape.

This spacious, three-story home located in the prime community of Fishing Creek Farm in Annapolis, offers a nod to traditional interiors and gracious living with its fresh, neutral palette, quality finishes, and its many amenities.

Primary Structure Built: 1998

Sold For: \$2,150,000

Original List Price: \$2,300,000

Bedrooms: 4

Baths: 4 Full, 1 Half

Living Space: 4,982 Sq. Ft.

Lot Size: .48 acres



A majestic, regal façade and circular drive greets visitors to this four-bed, four-and-a-half-bath home with nearly 5,000 square-feet of living space.

A traditional floorplan opens with a two-story foyer that provides access to the residence's formal dining room on the left, and a gorgeous, light-filled home office on the right. Just beyond the entry the floorplan opens to an expansive central living room, kitchen, and sunroom layout. These three rooms along the back of the home are designed with generous picture windows for lovely views out to the creek.

An upper deck that runs the length of the living room and kitchen, provides unobstructed water views and can be accessed from all rooms. The sunken living room features a gorgeous limestone fireplace with step up access to a beautiful chef's kitchen with custom wood cabinetry, dual ovens, and an integrated refrigerator. There's plenty of counter and prep space with the room's large center island with gas cooktop, prep sink, and breakfast seating. All the counters are dressed in sleek, neutral-toned granite.

On the opposite side of the living room, the new owners will enjoy a spacious sunroom that offers a quiet retreat for reading or meditation, and convenient access to the dwelling's handsome upper deck.

This home's four bedrooms are located on the upper level, including the enormous primary suite that boasts a vaulted ceiling, another limestone fireplace, and a balcony that overlooks the creek. This suite offers a spa-like bathroom retreat with dual vanities, a huge, glass shower, and a garden tub with water views. One of this level's three roomy bedrooms offers an *en suite* bath, and two bedrooms share a full bath.

Being part of greater Fishing Creek Farm affords access to its community marina, pool, clubhouse, launch ramp, and its popular pickleball and tennis court.



Listing Agent: Lori Gough, Long & Foster Real Estate, 711 Bestgate Rd., Annapolis, m. 410-320-0852, o. 410-224-0624, lori.gough@longandfoster.com, longandfoster.com **Buyers' Agent:** Shane Hall, Compass Real Estate, 1 Park Place, Annapolis, m. 410-991-1382, o. 410-429-7425, shanehall@compass.com, compass.com



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Tranquil & Palatial South River Retreat

By Lisa J. Gotto

This architectural work of art and design has everything the Annapolitan homeowner could possibly want and more. With its exquisite location along the banks of the South River, this home is what Chesapeake living is all about.

With more than 6,000 square feet of living space, this home presents as a tranquil and palatial retreat for the senses. The approach to the home, which sits on just about an acre and a quarter, is

Primary Structure Built: 2019

Sold For: \$8,200,000

Original List Price: \$7,950,000

Bedrooms: 5

Baths: 5 Full, 1 Half

Living Space: 6,246 Sq. Ft.

Lot Size: 1.24 acres

classically hardscaped with a handsome circular driveway and a sleek, farmhouse modern exterior.

Clean, classic, and tasteful, the front double doors are made of glass with dark-painted inserts that instantly reveal the home's advantageous proximity to the South River. A forward-looking center hall pulls the eye to the series of sliding glass doors at the back of the home creating a wall of windows that overlook the water.

This great room features a two-story vaulted ceiling concept with skylights providing abundant natural light throughout. Attractive mahogany beams and a feature fireplace wall of stacked stone provide warmth balancing the super chic and modern open plan living and dining space. Blonde hardwoods underfoot flow throughout the space.

The kitchen is a modern marvel of efficiency and fine design with its sleek, integrated cabinetry that helps contain clutter. Almond-shaded uppers and lowers are offset with the room's large, white center island topped with a rich, veiny quartz. All the appliances are professional grade but were designed to blend seamlessly with the counters and cabinets.

This level of the home boasts a spacious primary suite with a similar floor-to-ceiling window treatment and easy access to the property's stunning outdoor pool and patio area. The views from this room out to the luxurious, resort-style pool and South River are absolutely incredible. The primary bath features separate his and hers vanities topped with rich, thick quartz and are positioned on opposite sides of the room from one another with an incredible soaking tub anchored in the middle.





There are four additional roomy bedrooms on the upper level; each has an *en suite* bath and some of the rooms have water views.

Back outside, there is much to see and do, as the home has an attractive outdoor kitchen and living room, which opens on all sides. A lovely water's edge yard with pleasing sightlines to the property's private pier featuring multiple slips, two boat lifts, and two jet ski lifts complete a perfect property picture.

Listing Agent: Brad Kappel, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 410-279-9476, o. 410-280-5600, brad.kappel@sothebysrealty.com, trsir.com **Buyers' Agent:** Tonia Falkowski, Engel & Völkers Real Estate, 138 West St., Annapolis, m. 443-510-0383, o. 443-292-6767, tonia.falkowski@evrealestate.com, evrealestate.com

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130 THE SCIENCE BEHIND RED LIGHT THERAPY

Why Foam
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Color Me Concerned?

ANSWERS TO YOUR QUESTIONS ABOUT ARTIFICIAL FOOD DYES

By Dylan Roche

Think of some of the more brightly colored foods you have in your pantry or your fridge, whether it's a fruit-flavored kid-favorite breakfast cereal or a condiment that's a few shades too bold to be natural. It's likely many of these processed foods get their bright colors from one of many artificial dyes. Although deemed safe by the Food & Drug Administration, artificial food dyes have become the target of state-level legislation and received renewed scrutiny based on research that links them to a range of health problems, from ADHD to cancer. But with all the buzz, it can be difficult to break it all down and look at the facts.

HERE'S A STRAIGHTFORWARD LOOK AT SOME OF THE BIG QUESTIONS YOU MIGHT HAVE ABOUT ARTIFICIAL FOOD DYES AND THEIR FATE IN FOOD PRODUCTION.

WHERE ARE THESE FOOD DYES BANNED? In fall 2024, California became the first state to pass a law saying any foods containing any of a specific list of food dyes—specifically Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, and Green 3—from being served in school cafeterias, effective 2028.

BUT THAT'S CALIFORNIA. WHAT ABOUT HERE IN MARYLAND? Maryland is one of several states following California's lead, with a bill currently in the state senate to ban Red 3, also known as Erythrosine. This petroleum-derived additive gives foods a cherry color and is found in more than 2,700 foods on the U.S. market. If Senate Bill 1136 were to pass the Maryland Senate, these foods could not be sold in Maryland as of October 2027 unless those manufacturers changed their recipes.

ARE FOOD DYES ACTUALLY THAT HARMFUL? The answer is complicated. These dyes have been approved by the Food & Drug Administration. Some consumer advocacy groups, such as the Center for Science in the Public Interest, say the research the FDA bases its approval on is outdated. Red 3, the artificial dye under scrutiny in Maryland, has been linked to neurobehavioral problems in some children. "Even the FDA in the 1990s recognized Red 3 as a thyroid carcinogen in animals and banned it from being used externally (for example, in makeup). And on January 15th, the FDA finally banned its use in food, effective for manufacturers beginning in 2027.

COULD THESE FOODS ACTUALLY BE BANNED? It's worth noting these state laws don't ban any foods—instead, they require the foods to be made without artificial dyes, just as they would be sold on most European markets. Natural dyes, such as carrot juice or beet juice, are frequently used as an alternative.

HOW HAS THE FDA RESPONDED? The FDA regularly reviews food additives. In response to consumer advocacy groups and state-level legislation, the FDA said it will conduct a post-market assessment of artificial dyes to determine whether data would support a decision to revoke their use. Only time will tell if other dyes will be retired from foods.



Why Foam Rolling Works

(AND HOW TO DO IT PROPERLY)

By Dylan Roche

Spend a little bit of time in a gym or a physical therapy office and you'll see plenty of people rolling a piece of dense foam along their muscles to help stretch or massage away any soreness. The idea of foam rolling almost might sound a little too simple to actually be believable, but there's a good reason so many people engage in foam rolling—it works.

Foam rolling is what's known as a **self-myofascial release** (SMR) technique. Yes, you can think of it as a self-applied massage. As with other forms of myofascial release, you can release tension by applying pressure to tight or sore spots on your muscles, which helps your muscles relax and (ultimately) function more efficiently.

Many people do foam rolling before workouts to warm up their muscles, after their workouts to improve blood flow and aid in recovery, or as

part of physical therapy to ease any discomfort in their muscles. It can also be helpful for people who have to deal with sedentari-ness, such as a desk job where they are sitting for prolonged periods of time.

Want to give foam rolling a try? If you're curious to experience this growing trend within the fitness and rehab circles, you can teach yourself a few basic massages. Make sure you start by choosing the roller that's right for you: If you're a beginner, you may want something that is slightly softer with a smooth surface; on the other hand, something denser with a textured surface could help you get a deeper-tissue massage and feel more intense relief.

As you roll, spend about a minute or two on each muscle group, allowing yourself to gradually build up tolerance for the amount of pressure you can withstand from the foam roller. As you can tolerate more, you can perform the massage for longer, use a denser foam, or find a roll with texture.

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HAMSTRINGS,
AND GLUTES:**

CALVES: Start on the floor with your legs extended and the foam roller placed under your calves. Lift your hips off the floor and let yourself move backward so the foam rolls from below your knee down to your ankle. Roll back to your starting position and repeat. If you want to increase the intensity, try crossing one of your legs over the other so you can roll one calf at a time.

HAMSTRINGS: Start on the floor with your legs extended and the foam roller under your thigh just above your knee. As with a calf massage, lift your hips and roll along the foam, allowing it to move from your knees to just below your glutes. Roll back to your starting position. By adjusting the angle of your leg, you can target different parts of your hamstring.

GLUTES: Begin by sitting on the foam roller on the floor. Cross one ankle over the opposite knee. Lean slightly to the side of whichever ankle you have crossed, allowing the foam to roll along your hip to your upper glute. Roll back to your starting position and repeat. Change crossed ankles and roll along the other side.



Fad Diets

WE KEEP FALLING FOR THEM

By Dylan Roche

The Atkins diet, the grapefruit diet, keto, paleo, Whole 30—do any of these sound familiar? They're all trendy diets that have come and gone over the years, often promising quick results for anyone willing to follow a restrictive (and often unsustainable) eating plan. While losing a lot of weight quickly sounds appealing, these diets often leave people less healthy than they were before and gaining the weight back as soon as they go back to their normal eating.

It raises an important question: If trendy diets (sometimes referred to as fad diets) don't make us healthier, why do they have so much appeal?

TRENDY DIETS—LIKE ALL TRENDS—COME AND GO

The big problem with losing weight through good nutrition is that it can be a slow process, as Debbie Petitpain, MBA, RDN, spokesperson for the Academy of Nutrition and Dietetics, explains. Making gradual changes to incorporate more vegetables, fruits, and whole grains, while reducing calories by just enough to keep you going steady, could help you lose about 1 or 2 pounds per week. That kind of weight loss is healthy and sustainable, but it's not as appealing as the thought of a trendy diet that promises dramatic results very quickly.

Plus, trendy diets are like other trends—they're exciting! "People are naturally drawn to new and novel ideas," Petitpain explains. "Diet trends often come packaged with fresh, catchy names, unique rules, or celebrity endorsements, making them seem more exciting than traditional, evidence-based dietary advice. It's human nature to get bored with the same advice to 'eat more vegetables and exercise regularly,' so trendy diets seem like a new, intriguing option."

Petitpain offers a great rule of thumb for determining what kinds of eating habits are best to adopt: "If you wouldn't want to follow it for life it's probably not the best approach for long-term health," she says. In other words, a diet that excludes your favorite foods *could* help you lose weight, but if you can't eat that way forever, you won't maintain those results forever either.

Dr. Taylor Wallace, CEO of Think Healthy Group and a member of the American Society for Nutrition, echoes this idea by pointing out that anything promising an easy solution is usually too good to be true. Some fad diets might make practical sense (as an example, he points to paleo, which encourages people to "eat like our ancestors") but they lack scientific research to support their promises.

"Most of these diets are unhealthy because they typically eliminate or restrict certain food groups that provide a unique set of nutrients that are important for long-term health," he says. "We also know that generally people can't maintain most diets in the long term—especially the restrictive ones."

"IF YOU WOULDN'T WANT TO FOLLOW IT FOR LIFE, IT'S PROBABLY NOT THE BEST APPROACH FOR LONG-TERM HEALTH"



DON'T FALL FOR IT

The biggest risk of a fad diet is that it's too restrictive to provide everything we need for a healthy lifestyle. For example, keto might make it easy to eat fewer calories, but because keto does not allow any whole grains or many fruits and vegetables, you could end up deficient for many vitamins and minerals. When you're malnourished like this, you're likely to feel fatigued or tired, or you could be at increased risk of getting sick.

There are also long-term risks to nutrient deficiencies. Wallace explains that a diet low in dairy could mean someone is missing out on enough calcium, which leads to suboptimal bone health and osteoporosis over time. "I think the long-term issues are increased weight gain and inadequate nutrient intakes that could promote suboptimal health and, in some cases, chronic disease," he says.

And for the many people who are turning to fad diets to lose weight, these restrictive eating patterns could ultimately have the opposite effect in the long term. "Repeatedly trying restrictive diets can slow down your metabolism, making it harder to maintain

a healthy weight over time," Petitpain says. "It can also lead to disordered eating patterns and an unhealthy relationship with food, as well as increase the risk for chronic diseases like heart disease and osteoporosis due to poor nutrition."

IS THERE ANY GOOD WITH THE BAD?

Just because a way of eating is trendy doesn't mean that it's necessarily unhealthy. If you enjoy eating a certain way and can get all the nutrients you need, you can find a way to make it work. "I'm sure some diets work for some people," Wallace says. "I think as long as you're eating a variety of foods and food groups and not doing anything crazy, like people addicted to eating couch foam on TV, then I think it's OK to play around and figure out what works best for you."

Trendy diets are often about taking healthy concepts and applying them to the extreme. For example, a low-carb diet could encourage you to cut back on sugar or refined white flour—but if you cut out too many whole grains and starchy vegetables, you might not be getting enough fiber.

It's important not to take it to an extreme. "The key is to look for evidence-based advice that aligns with long-standing nutritional guidelines, like eating more whole foods and prioritizing balance," Petitpain says. "If the diet feels overly complicated, too restrictive, or sounds too good to be true, that's when it's time to be skeptical."



HOW TO SPOT A FAD DIET

The next time a friend tells you about the great new way of eating they're trying out, you might want to pause and assess. Not all trendy diets have names, but most of them have similar qualities that should be red flags. Signs of a fad diet include:

- ◆ If it promises rapid results, be wary. Remember that it's better to be slow and sustainable. Weight that is lost quickly can be gained back quickly, especially if you go back to your normal eating habits.
- ◆ If it cuts out entire food groups or sets rigid rules, it's probably too strict to be practical. "If you hear, 'No carbs allowed!' or 'Only eat between certain hours,' that's a warning sign," Petitpain says. "Healthy eating should be about balance and flexibility, not restriction and deprivation."
- ◆ Look at who is promoting it. Petitpain encourages taking nutrition advice from health experts whose guidance is backed by scientific research—not from influencers or celebrities making bold claims.

The Science Behind Red Light Therapy

By Dylan Roche

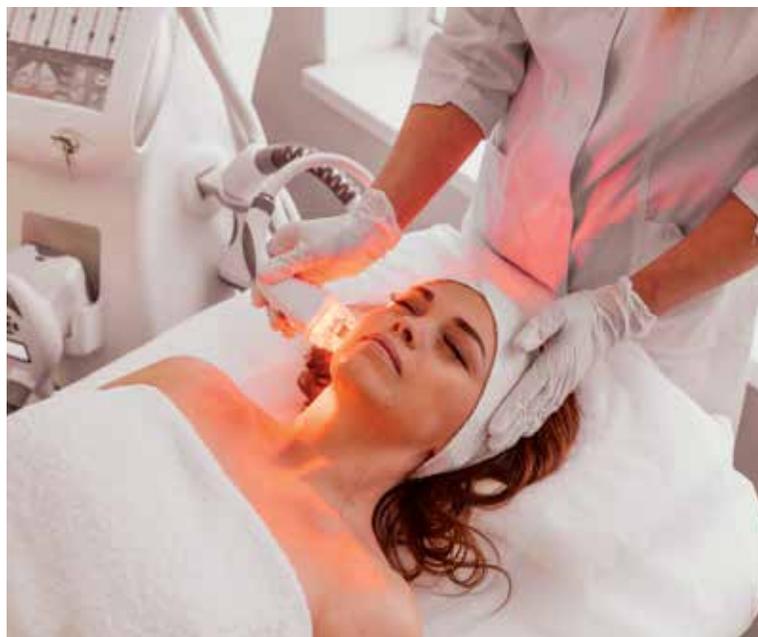
In most situations, our bodies can handle repairing or recovering from the usual wear and tear we go through in daily life. But sometimes our body's natural healing processes just aren't enough. In those situations, some health experts are hoping red light therapy can make up the difference.

Although research on the efficiency of red-light therapy is still limited, the idea is that this noninvasive treatment option can stimulate our body's cells to heal and repair. That means healthier skin with less redness, inflammation, acne, wrinkles, or other dermatological issues.

IN FACT, AS RED-LIGHT THERAPY BECOMES MORE MAINSTREAM, YOU MAY HEAR MORE ABOUT IT FROM DERMATOLOGISTS. HERE ARE FOUR FACTS ABOUT RED-LIGHT THERAPY YOU SHOULD KNOW:

1. THERE'S A SCIENTIFIC EXPLANATION BEHIND IT.

The Cleveland Clinic actually gives credit to NASA—yes, as in the National Aeronautics and Space Administration—for having started using red light therapy to grow plants in space. The idea is to use low-energy red or infrared light waves to stimulate our cells. When about 630–700 nanometers of light penetrate the skin, they stimulate the cells to start producing more energy. When cells produce this kind of energy more effectively, they can naturally repair skin and reduce inflammation.



2. IT COULD POTENTIALLY TREAT A VARIETY OF DERMATOLOGICAL ISSUES.

One of the most prominent ways these stimulated skin cells can change skin appearance is through collagen production. As skin cells start to produce more collagen, this boosts the skin's elasticity, which smooths out the appearance of the skin and reduces wrinkles. Plus, there's faster healing time, meaning that skin conditions like acne, eczema, psoriasis, and sun damage are less severe, and you're less likely to see scarring or stretch marks.

3. SOME EARLY RESEARCH SUPPORTS IT AS A TREATMENT OPTION.

Nothing is conclusive yet, but small-scale studies have shown promise. The next step for researchers is to conduct larger studies with placebo controls. Right now, health experts see potential for red light treatment as an option, but acknowledge that it's still emerging and needs conclusive support.

4. AT-HOME OPTIONS EXIST, BUT PROFESSIONAL APPLICATION MAY BE MOST EFFECTIVE.

There are red-light wands and similar devices on the market you can buy for home use, but the American Academy of Dermatology Association emphasizes that red-light treatment performed by a dermatologist is going to have better results. Expect your dermatologist to use red-light therapy as a complementary treatment in tandem with other options like microneedling or chemical peels.



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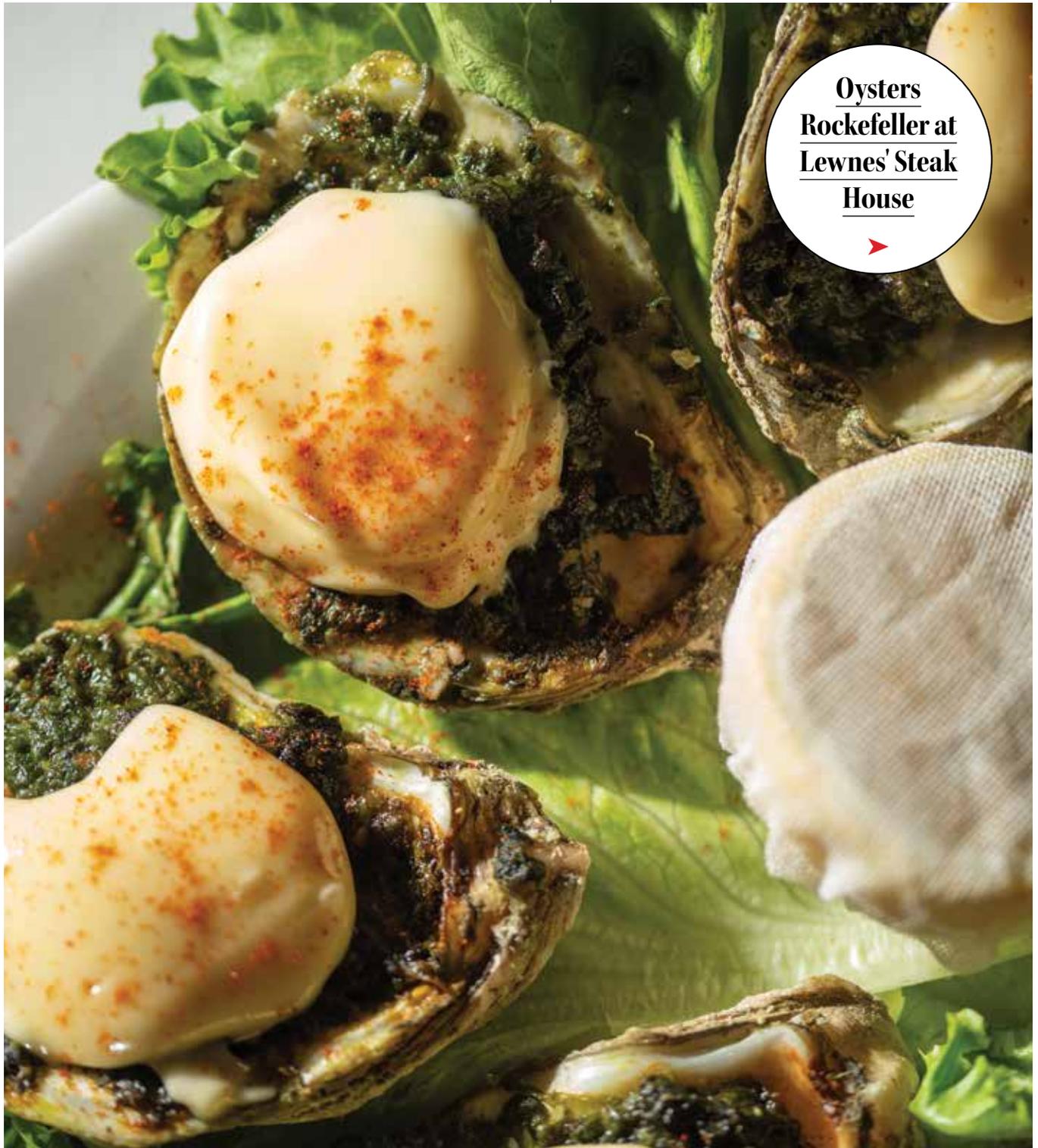
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Oysters
Rockefeller at
Lewnes' Steak
House



An Elite Dining Experience

By James Houck

Lewnes' Steak House in the maritime community of Eastport is the epitome of an Annapolis story. A story of immigration to a town fixed in Colonial roots, yet embracing of determination and always forward thinking. Over centuries, those who've visited or wholly moved to Annapolis with ideals and values greater than their own egos have succeeded in inspiring the townspeople, leading them, and honoring the legacies born before their own. If you think I'm shilling hyperbole, please read on.

Revered as one of our town's most historic restaurants, Lewnes' origins date back to 1906 when 14-year-old Sam Lewnes migrated from Greece to New York, where he worked for several years, and then, in 1913, moved to Annapolis to marry Cecilia Mandris, sister of his friend Nick. This created a harmonious union of two Greek families that owned and operated confectionaries and restaurants in Annapolis for several decades. The rest is history, eventually leading to the establishment of Lewnes' Steak House (née Sam's Corner) by grandson Charlie in 1989, in honor of that boy who arrived at Ellis Island so long ago.

Over the years, its present location has stuck to a formula that began with offering the first prime-aged steaks served in the area and evolved into a very special place. The restaurant's extraordinary wine cellar, personalized service with an owner-presence, and a quiet luxurious ambiance resembles a private club that harks back to the days of Sinatra, epitomizing the New York steakhouse experience, a

**STEP INSIDE AND
YOU IMMEDIATELY
FEEL IMPORTANT.**



LEWNES' STEAK HOUSE

401 Fourth Street, Annapolis; 410-263-1617; lewnessteakhouse.com

la Peter Luger's. Today, the fourth generation of the Lewnes family, brothers Sam and Mack, manage this fine establishment.

Step inside and you immediately feel important. We've dined here many times over many years, and a dinner at Lewnes' never ceases to impress. It's classy. It's upscale. Fine, black leather booths with high backs offer privacy for intimate dinners. Larger parties are accommodated at white tablecloth tables. Auburn wall paneling and moody, onyx colored flooring below foot and on the ceiling above create a snazzy atmosphere. The lighting is dim. The entire space is smart and attractive.

Service is impeccable, as one should expect when fine dining. To start the evening, I recommend a classic cocktail from the full bar, perhaps a vodka martini taken dirty and made with Grey Goose. Paired to a plate of plump oysters on the half shell or Rockefeller-style, the aperitif makes a fine introduction to an evening of epicurean delights. Sipping your drink and plucking the bivalves also affords time to peruse the wine menu, which you'll most certainly want to do, especially if you're into oenology (the study of wine). The stand-alone wine menu travels the world, offers no less than 150 carefully

curated bottles, and boasts rare vintages. Indeed, Lewnes' wine cellar is deep and has earned *Wine Spectator's* Award of Excellence 12 years running.

Thus, choices are plenty at Lewnes' and decisions difficult. Everything is undoubtedly delicious. Other starters that we've fallen in love with include the Jumbo Lump Crab Balls, Clams Casino, and an impressive Shrimp Cocktail. Often, I select a glass of cabernet to accompany the main frame of the evening—steak dinner. On a recent visit, a full-bodied 2019 Worthy "Sophia's Cuvee" from Napa Valley was quite fine. My entrée selection was the 13-ounce Filet Mignon, perfectly seared with copper-brown crust and glistening with melted butter atop. You can downsize or upsize your appetite; the range of U.S. Prime steaks is between the 8-ounce Filet Mignon Petite and a behemoth 40-ounce Tomahawk Ribeye, with other cuts including Porterhouse and New York.

Because my wife and I share bites, she chose the Chilean Sea Bass, cooked to flaky perfection and a tasty, light counterbalance to the denser steak. Non-bovine mains also include Double Breast of Chicken, Yellowfin Tuna, Aegean-style shrimp, crabcakes, Atlantic Salmon, and Jumbo Maine Lobster (market permitting).



Side dishes are ordered separately with a collection of vegetable offerings (Creamed Spinach is a can't-miss) and potatoes several ways (mashed, hashed, baked, Lyonnaise, or French). If lighter fare is all there's room for, the salads satisfy. Simple, but elegant, the Spiro's Famous Greek Salad is a throwback to the restaurant's roots with the family's secretive dressing recipe.

Sweet endings should be enjoyed at Lewnes'. Several hallmark desserts are expertly crafted. Their Brownie a la Mode is a heavenly marriage of chocolate to vanilla and perfect for sharing. Two spoons please! Carrot Cake, Cheesecake, Key Lime Pie, and Baklava (yes, yes, yes!) round out the menu.

With more than a century behind its family name, Lewnes' is a steakhouse you can trust for an elite dining experience in the heart of Annapolis.

Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email mkotelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

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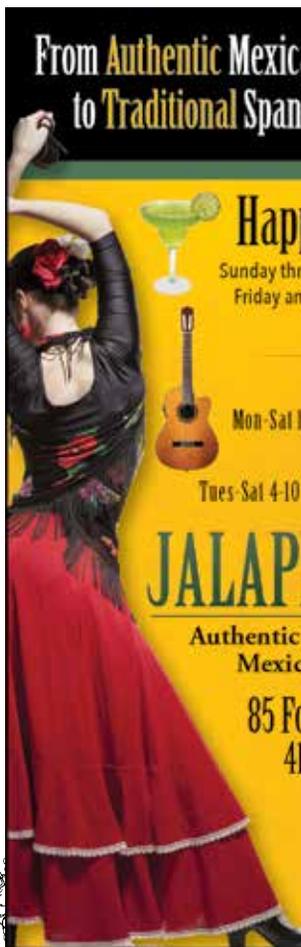
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