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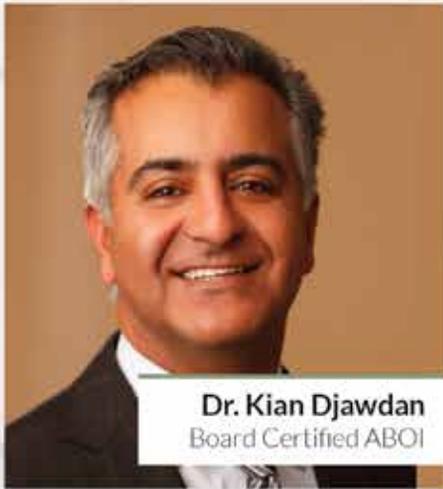
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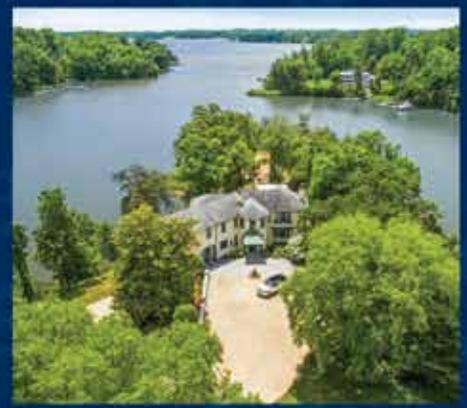
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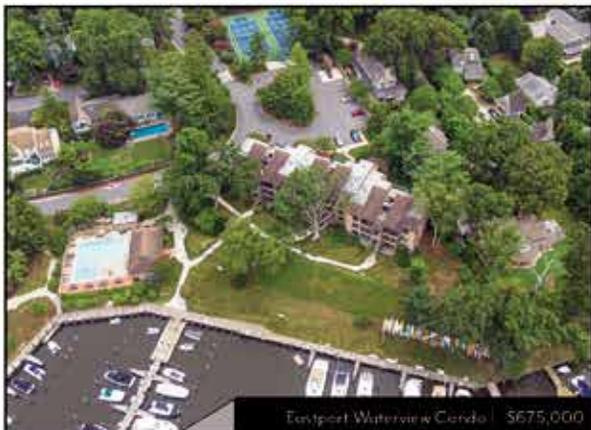
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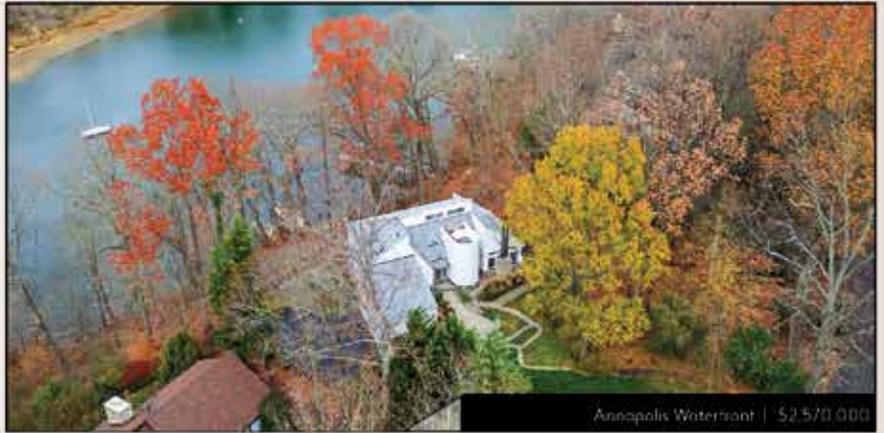
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- Severna Park: Linstead or Olde Severna Park communities; up to \$1,500,000
- Annapolis or Severna Park: Newer style home with nice lot and home office; up to \$1,100,000
- Annapolis, Severna Park or Arnold: Waterfront or water access with great kitchen; up to \$1,200,000
- 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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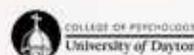
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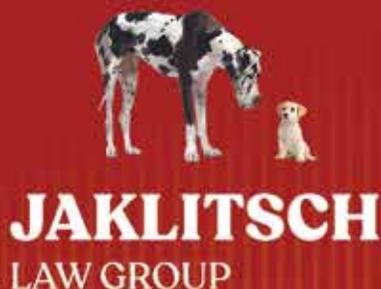
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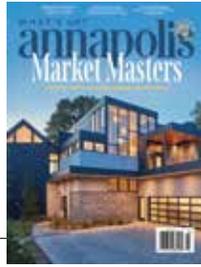
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Emerging Interior Design Trends, Home Resource Guide, Women in Agriculture, Sailing & Sustainability

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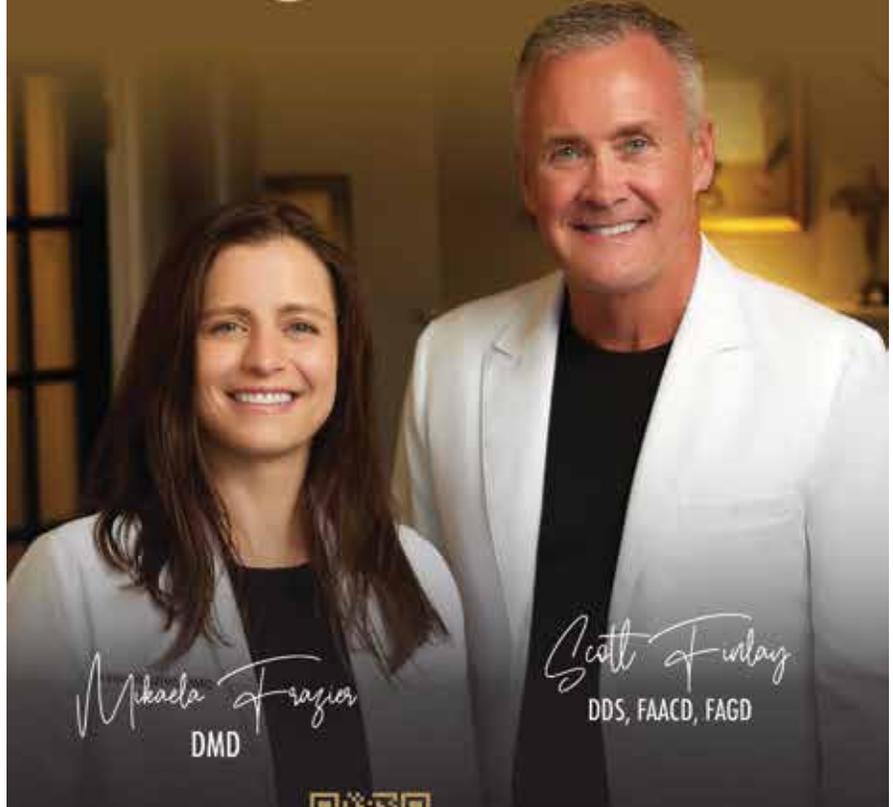
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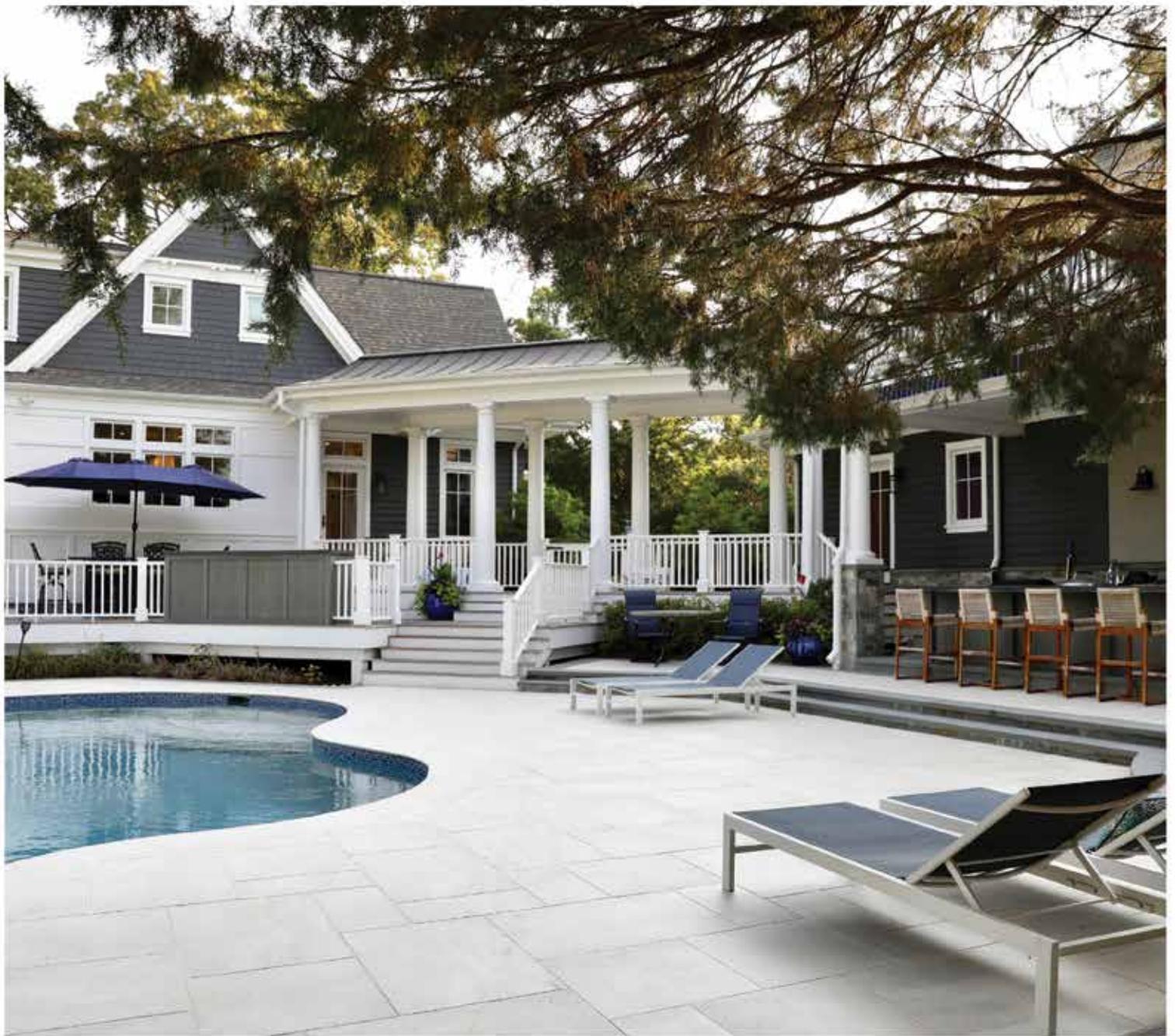


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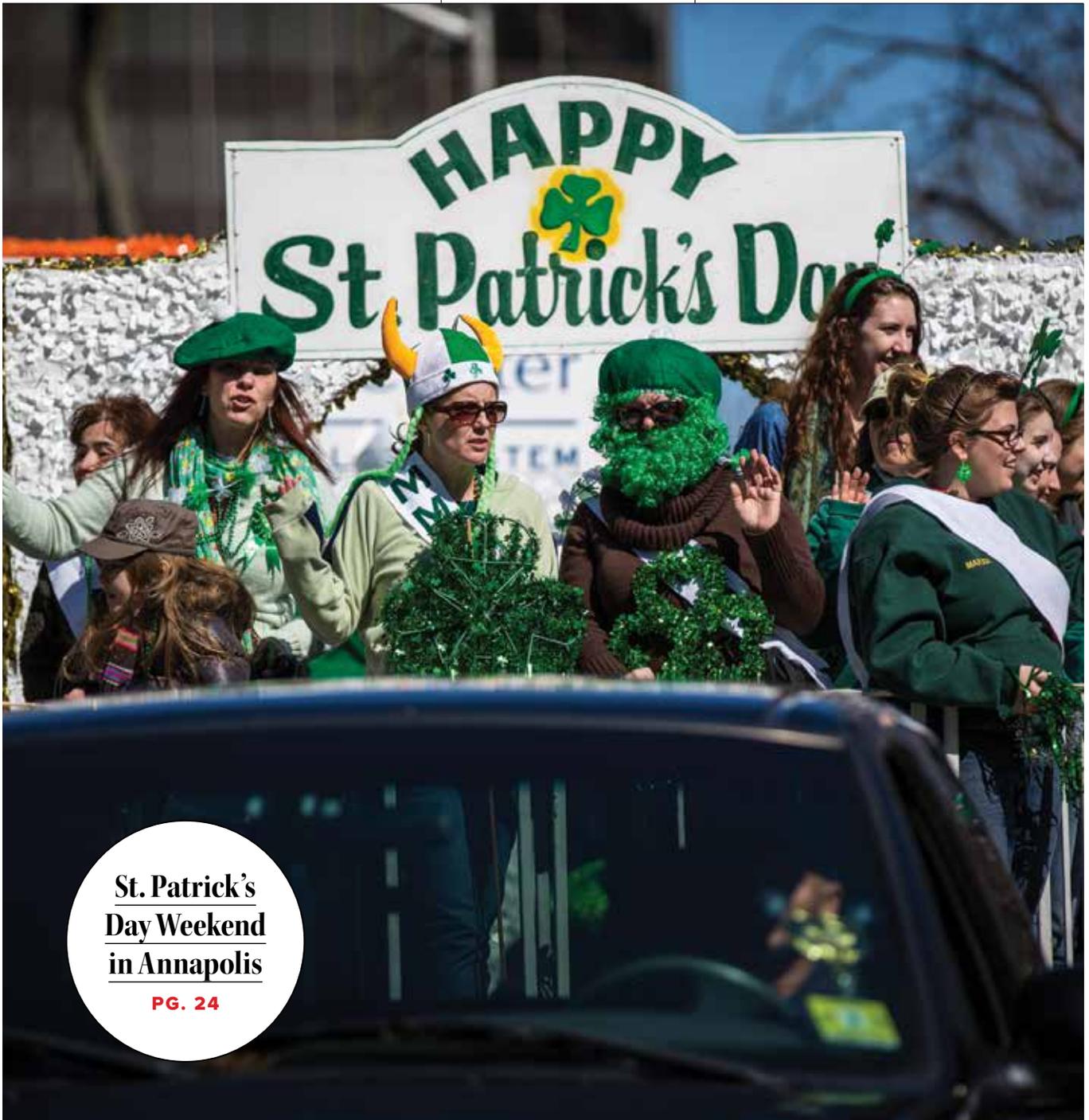
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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS



St. Patrick's
Day Weekend
in Annapolis

PG. 24



ST. PATRICK'S DAY WEEKEND IN ANNAPOLIS

Celebrate the luck of the Irish in the heart of historic Annapolis with a weekend full of events. The 10th Annual St. Patrick's Hooley will take place on Saturday, March 8th at 5 p.m. at the U.S. Naval Academy Alumni Foundation's Fluegel Hall. At the Hooley, enjoy live Irish music, traditional Irish fare, and more to honor the parade's Grand Marshals. The weekend continues with a jam-packed day on March 9th featuring Shamrock the Dock festival with performing bands We're Not Handsome, Galway Guild, and Dublin5 (pictured) at Susan Campbell Park from 12 to 6 p.m. The much-anticipated St. Patrick's Day Parade starts at 1 p.m. from West Street down to Main Street. Full details and tickets at stpatrickswweekend.com.

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ANNAPOLIS SOCK BURNING & OYSTER ROAST

Celebrate the spring equinox and the beginning of boating season each March by burning those nasty winter socks at the Annapolis Oyster Roast & Sock Burning. In a tradition dating back to the late-1970s, the festival will be held at Annapolis Maritime Museum on March 22nd from 12 to 4 p.m. Annapolitans relieve themselves of the necessities of winter as the “Burn Your Socks” is recited while enjoying raw and roasted oysters, live music, and cocktails. Get general admission tickets at amaritime.org.





Annapolis Running Festival

The Third Annual Annapolis Running Festival will be back in our capital city on March 22nd, starting and finishing at Navy-Marine Corps Memorial Stadium. The festival, organized by Corrigan Sports, will give runners the opportunity to compete in a half-marathon, 10K, 5K, and the Chessie Challenge, all raising money for the Annapolis Police Foundation. The Annapolis Police Foundation supports Annapolis police officers in need and outreach programs in the community. Sign up at runsignup.com/Race/MD/Annapolis/AnnapolisRunningFestival.



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**BUBBLES & BINGO:
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Hospice of the Chesapeake's Bubbles & Bingo fundraiser will be held at the Atreum at Soaring Timbers in Annapolis on March 29th. This new event is the dressiest, most delicious bingo you will ever experience. Enjoy cocktails, champagne, and a gourmet dining experience. After dinner, try your luck with five bingo games called by local celebrities. All proceeds will support the organization's hospice, supportive, and grief care programs and services provided to patients and families in the Anne Arundel, Calvert, Charles, and Prince George's counties. Get your tickets at hospicechesapeake.org.



Annapolis Film Festival

The Annapolis Film Festival will be taking over our town March 27th through 30th. The festival brings together a diverse cross-section of our community and beyond for a shared cinema experience that enlightens, entertains, and inspires, sparking conversation and connection within our community. Check the schedule at annapolisfilm-festival.com for a full list of films, venues, showtimes, and parties.



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Arts



Dancing in the Rain by Lana Frey

▲ Faces for Us

The Zebra Gallery, Easton; Through March 31st; Thezebragallery.com

During Black History Month, the Zebra Gallery opened, *Faces of Us*, a poignant exploration of humanity through the lens of human faces. Each piece in the show captures the subtle complexities of emotion, identity, and connection, inviting viewers to reflect on the shared experiences that unite us all. Artists included in the show include Bondu Deji, Tobi Adebisi, Lana Frey, April Claggett, Quadri Afis Enitan, Victor Popoola, Adam Himoff, Susan Fay Schauer, Gabriel Lehman, Jack Knight, Adam Henderson, Ula Buka, and Joanna Jago. These artists use diverse mediums and styles to depict faces that transcend individual boundaries, revealing universal expressions of love, longing, joy, and vulnerability. Whether abstract or realistic, these portraits remind us that behind every face is a story, and regardless of background or circumstance, all people are bound by the same fundamental humanity.

Nature's Readymades

Mitchell Art Museum at St. John's College, Annapolis; Through April 6th; Sjc.edu/mitchell/exhibitions

Nature's Readymades presents an extraordinary selection of gongshi (scholars' rocks or viewing stones) drawn from the National Bonsai & Penjing Museum in Washington, D.C. Carved by nature and relished by Chinese literati as early as the Tang dynasty (7th c.), these paradoxical objects are worlds in miniature, presenting the vital energy of the universe in a hardened, static form. Not sculpted in the conventional sense, they predate Marcel Duchamp's readymades by more than a millennium, and in many ways pose an even greater challenge to long-held definitions of art: they are unauthored and typically undated yet have long been understood and appreciated in artistic terms.

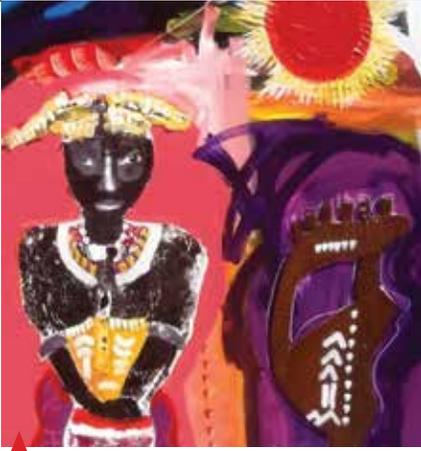
Government officials steeped in poetry, literature, and art displayed them prominently in their studios, alongside brush and ink paintings. In addition, the exhibition includes contributions from a range of scholars—a geologist, a novelist, an observational painter, two poets, a political scientist, a religious studies professor, and a sculptor—who each offer thoughts on a rock or stone in their personal possession. The participants include artist Ellen Altfest, who has spent the last eight months looking at and making a painting of a rock, and Ugo Rondinone, whose sculpture has been inspired, in part, by *gongshi*.



Collection of the National Bonsai & Penjing Museum at the U.S. National Arboretum in Washington, D.C. Photo by Stephen Voss.



Scholar's Rock, Collection of the National Bonsai & Penjing Museum at the U.S. National Arboretum, Washington, DC. Photo by Stephen Voss.



Cuban Links: A Three-Artist Exploration of Cuban Culture

Dorchester Center for the Arts,
Cambridge; March 7th through
April 26th; Dorchesterarts.org

This exhibition explores Cuban history and culture through the lenses of three contemporary artists: Lázaro Batista, Ulysses Marshall, and Samuel “Sami” Miranda. The exhibition offers a nuanced and engaging understanding of Cuba’s rich heritage, ongoing social and political transformations, and the enduring spirit of its people.



50 Years on the Chesapeake

Annapolis Maritime Museum,
Annapolis; Through March 16th;
Annapoliswatercolorclub.org

The Annapolis Watercolor Club celebrates its 50th anniversary in 2025 with a series of exhibits and events, including a kick-off exhibit at the Annapolis Maritime Museum that showcases a variety of watercolor paintings that relate to the Bay, its tributaries, surroundings and activities.



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Annapolis Film Festival

By Carol Denny

When filmmakers Lee Anderson and Patti White decided to create the Annapolis Film Festival, they had a clear vision of what they wanted to achieve. Years of attending regional and international festivals from Palm Springs to Toronto had convinced them there was just one way to get there: “It was go big or go home,” Anderson recalls.

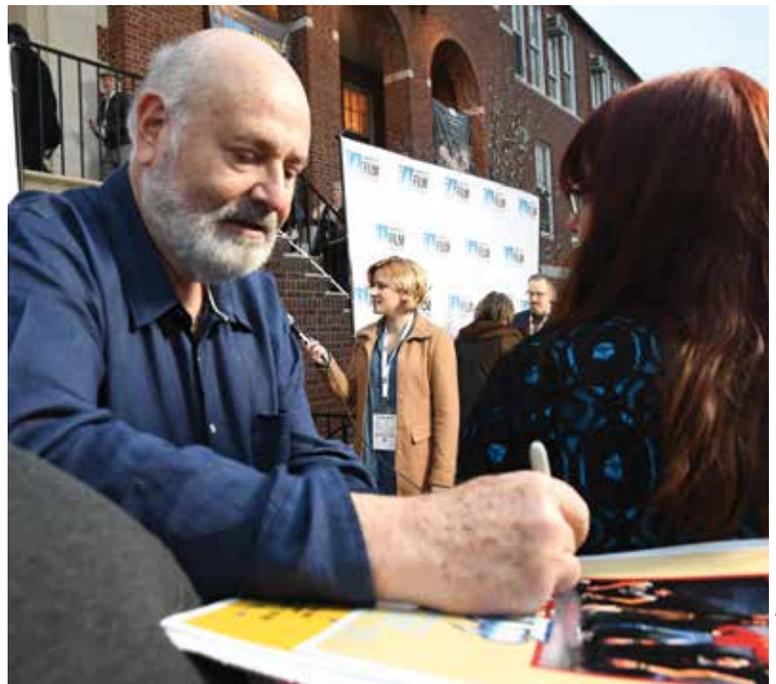
Now, 13 years later, their project is one of the most anticipated events on the spring arts calendar. The four-day festival, scheduled for March 27–30, is a cinematic smorgasbord, screening more than 70 new narrative, documentary, and short films at four Annapolis venues. The showings are surrounded by a full complement of panel discussions, Q&As, appearances by artists and industry reps, and plenty of parties. The buzz extends across the Annapolis Arts District, as hundreds of film lovers find a community of like-minded friends to share critiques and discuss their favorites.

“Wherever we went, we’d see how people were enlightened and educated by film,” White explains. “We knew we wanted to be inclusive in our programming and welcome all kinds of audiences—blended audiences—to build that sense of community.”

With that in mind, Anderson and White structured the Festival around six themes they felt were specific to the Annapolis region: Sailing, Environment, the Black Experience, the Latin Experience, the Faith Experience, and the Jewish Experience. Nearly all the films on the schedule touch on one of these categories, and most are new releases, screened here three to six months before they hit theaters.

“This year, one of our feature films is *Been Here, Stay Here*, which explores five generations of families trying to adapt to changing conditions on Tangier Island,” Anderson says. The struggling Chesapeake Bay hamlet is an example of the real-life effects of a changing climate, where watermen struggle to maintain their traditional ways of life. *Lilly*, starring Patricia Clarkson, tells the story of Lilly Ledbetter, an activist who challenged pay discrimination by the Goodyear Tire & Rubber Company. *Checkpoint Zoo* tracks the efforts of staff at the Feldman Ecopark in Kharkiv, Ukraine, to rescue thousands of animals lost or trapped amid the Russian invasion of the country. It won the audience prize at the Tribeca Film Festival.

A line-up this varied gives the Festival the chance to “push the envelope a little,” offering audiences new perspectives on contemporary issues. Anderson and White say that the most gratifying moments of their work come when a screening is over and people turn to share their impressions with each other, striking up conversations with strangers. “You can see the way that these films create a shared experience, actually moving the needle in peoples’ lives,” White notes.



Director Rob Reiner at a past AFF

Casey Baum directs *Bowling Alone*



Short films have always had pride of place at the Annapolis Festival, and have inspired one of its biggest annual crowd-pleasers: The Shorts Challenge. The Challenge invites filmmakers to submit their pitches for a short film and selects five finalists, each of whom gets the chance to present their idea to a panel of jurors and a live audience. The winner receives a \$30K package that includes state-of-the-art cameras, lighting, sound, and post-production services—and earns the right to screen the finished film at the following year’s Festival.

Casey Baum, a 25-year-old filmmaker who grew up in Annapolis, won the Festival Shorts Challenge in 2024. He began his career at Filmsters Academy, a summer school for young filmmakers run by Anderson and White, and earned a degree in film from Temple University before moving to LA. Baum pitched his concept for *Bowling, Alone*, which follows the unexpected journey of a grieving widower, and won the top prize.

“I knew I wanted to tell this story, and it was really important to me that people connected to it,” Baum says. “We did a nationwide casting search (led by casting director Aaron Schoonover, whom Baum met at the Annapolis Festival), and found Guy Boyd, an immensely talented, 82-year-old actor. In November, we shot the film in and around Annapolis.”

Festival audiences will enjoy spotting familiar locations in *Bowling, Alone*, many of them part of the fabric of Baum’s life. “It was like a homecoming,” he says, with settings that included the house of a childhood friend, St. Margaret’s Episcopal Church in Annapolis, Anne Arundel



Anderson and White. Photo by Studio Unknown

Community College, and the Mustang Bowling Alley in Baltimore. “The extras were a mix of LA friends and Annapolis friends.”

Now, Baum is looking forward to the hometown response. “It might not be the easiest watch, but I’m hopeful that by the end of the film, there’ll be a feeling of catharsis.”

Anderson, White, and their nine-person team are now working around the clock to put the final touches on the Festival schedule. When opening night arrives, their cadre of volunteers will swing into action. More than 200 strong, the group assists with operations, special events, hospitality, and more, ensuring that logistics for set-ups, screenings, Q&As, and coffee talks (popular early-morning discussions for casual film lovers and industry personnel) run on schedule.

Audiences have several options for admission to the Festival. There are three levels of passes, offering entrance to a wide range of events and screenings, as well as six-ticket packages and single tickets. Passes can be purchased online at annapolisfilmfestival.com. Check out the programs, choose your favorites, and prepare to share the magic of the film experience.



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National Air and Space Museum(s)

THE SMITHSONIAN DISPLAYS ICONIC PLANES, JETS, SATELLITES, AND MORE AT TWO MAJOR LOCATIONS

By Tyler Ingle

The Smithsonian's National Air and Space Museum is a world-renowned institution celebrating the history and achievements of aviation and space exploration. The impressive collection of historic planes, artifacts, immersive displays, and exhibits span two locations—the original museum on the National Mall in Washington, D.C., and the Steven F. Udvar-Hazy Center in Chantilly, Virginia. Together, these museums offer a comprehensive look at the innovation, science, and ambition that propelled humanity into the skies and beyond.

The National Mall location is an architectural marvel, famous for iconic exhibits like the Wright brothers' *1903 Flyer*, Charles Lindbergh's *Spirit of St. Louis*, the Apollo 11 Command Module *Columbia*, and a piece of moon rock that visitors can touch. This location emphasizes the evolution of flight



and space exploration through carefully curated galleries that tell stories of ingenuity, perseverance, and discovery.

Most notably, this museum is home to many Wright Brother's artifacts, the pioneers of modern flight and aviation. Additionally, this location hosts "Observe the Sun" every Friday and Saturday from 12–3 p.m., allowing visitors to view the sun through a filtered telescope.

Is your child a fan of Sesame Street? "One World, One Sky: Big Bird's Adventure" is the perfect way for your little one to explore the night sky through an interactive viewing filled with Sesame Street characters on Thursdays and Sundays at 10:30 a.m. Exploring the galaxy as if you are in the thick of it, the Planetarium Shows provide a multitude of ways to "tour the universe."

Traveling with a group of 10 or more? Reservations can be made! Daily planetarium shows are available at a ticketed price, while monthly virtual shows are offered for free on Zoom. "The Sky Tonight," taking place on the first and third Saturdays of each month (at 10:30 a.m.), gives an unrivaled tour of the world after sunset, all brought together by a guided facilitator.

Meanwhile, the Udvar-Hazy Center, with its massive hangar space, is home to massive artifact vehicles that could not be displayed in the main museum, such as the Space Shuttle *Discovery*, Lockheed SR-71 *Blackbird*, Concorde supersonic airliner, and the *Enola Gay*, the World War II aircraft that dropped the atomic bomb on Hiroshima. This location is home to large displays of fighter jets, helicopters, satellites, rockets, and revolutionary personal aviation vehicles. This facility also features a state-of-the-art Airbus IMAX Theatre, observation tower, and restoration hangar where visitors can observe ongoing conservation work.





The National Air and Space Museum is undergoing a multi-year renovation that began in 2018. Most recently, eight new galleries opened in 2022, with the remaining galleries opening in various phases throughout 2025 and 2026. Some of the most recent and upcoming exhibitions are:

At Home in Space: An interactive, fully immersive exhibition that takes visitors along a journey that spans over 40 years, delving into how humans can continue to live and work in space.

Climate Change: Features innovations that have contributed to better understanding and mitigating climate change.

Flights and the Arts Center: This exhibit explores the relationship between arts and flight through the display of permanent collections and new temporary installations.

Textron How Things Fly: Roughly 50 interactive pieces come together, showing the functions and cohesion of all working parts that make things fly.

Jay Y. Kislak World War II in the Air: Putting aviation at the center, this display will feature historic artifacts and prominent figures from World War II, focusing on the impactful conflicts that made America a superpower.

A free-timed entry pass, reserved online, is required to visit the National Air and Space Museum's D.C. location. At the Steven F. Udvar-Hazy Center, entry is free with no needed reservation, but parking on site costs \$15. Both locations are open daily, 10 a.m. to 5:30 p.m., except Christmas Day. For more information visit airandspace.si.edu.

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Creek Summer!



Scenic Rivers Land Trust 35th Anniversary Celebration

On October 24th, 2024, local stewards of conservation and the public celebrated Scenic Rivers Land Trust's 35th Anniversary at the Philip Merrill Environmental Center overlooking the Annapolis and Chesapeake Bay waterfront. Guests enjoyed catered cuisine, local libations, a silent auction, live music, and remarks by SRLT leadership and longstanding patrons. Learn more at srlt.org.

1. SRLT Board President Joan Renner (far right) with guests
2. SRLT's Erin Valentine (now acting director) and a guest peruse auction items
3. Alicia Berlin, Ashley Raymond, James and Kathy Houck
4. SRLT's outgoing Executive Director Sarah Knebel (center in floral) and guests
5. Elizabeth Rosborg and Debi McKibben



Expert of the Month



Paul Mueller, Jr.

Paul Mueller, Jr.
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Holly Jollywood Jingle & Mingle

On December 4th, 2024, the Anne Arundel County Chamber of Commerce hosted its annual Jingle & Mingle holiday party at The Atreum at Soaring Timbers in Annapolis. With a “Holly Jollywood” theme, the event featured holiday movie décor, special dance performances, hors d’oeuvres, cocktails, a silent auction, and a special appearance by...Santa Claus. Learn more about the chamber at annearundelchamber.org.

1. Chamber member and directors enjoy the evening 2. Jeremiah and Randi Barnett, Terry and Mark Egly, Andrea, and Rodney 3. Fayth Ribeiro, Ashley Raymond, and Delia Burl 4. Dancers perform 5. Santa Claus and friends



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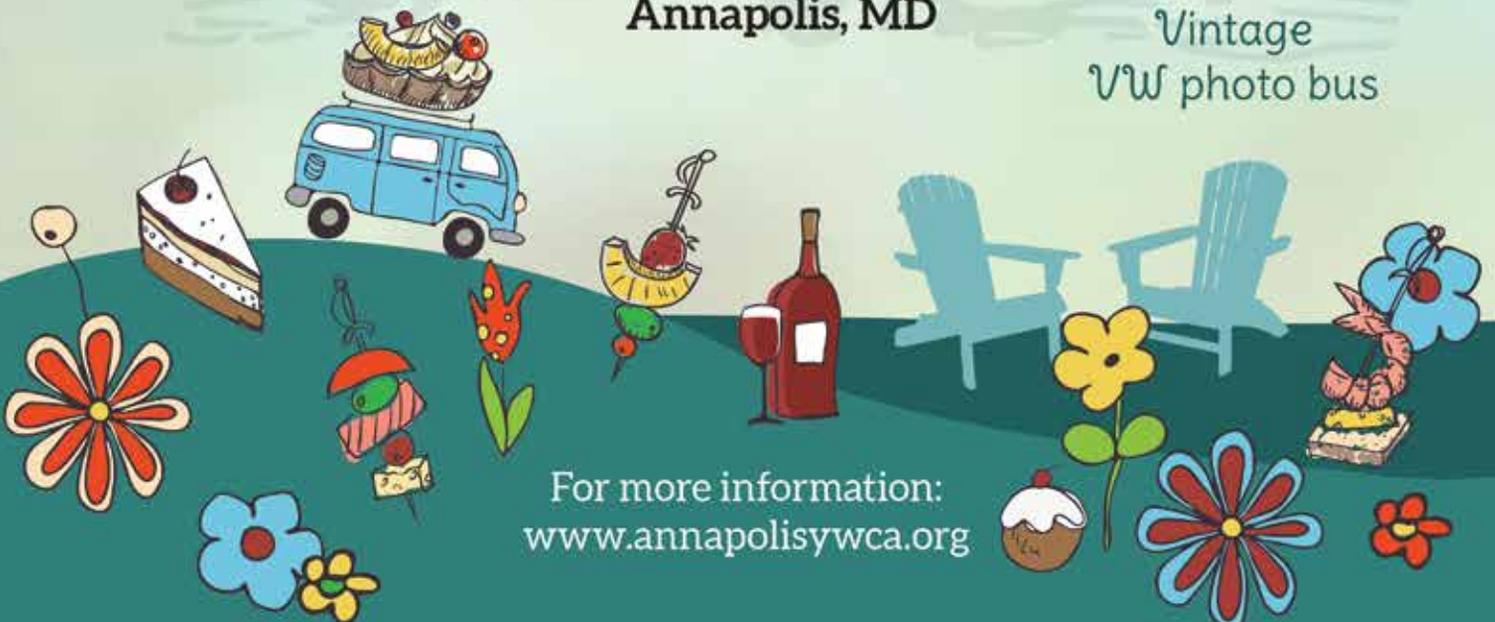
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Save Our Trees

By Janice F. Booth

“Once you see it, you can’t unsee it!”

Susan Wheatley is speaking of great cords of English ivy wrapped tightly around the trunks of trees in our yards, our neighborhoods, and our parks. English ivy is a wolf in sheep’s clothing. Instead of an innocent and lovely cascade of shiny green leaves, when you see a tree wrapped in ivy, you’re seeing a tree fighting to stay alive—a tree being suffocated by that English ivy.

The non-profit organization, **Save Our Trees** began almost three years ago as a small band of determined Annapolitans who decided to do something to rescue the County and City’s beautiful trees, both young and old, from invasive vines. The group began organizing volunteers to meet at local parks to simply *free the trees*—to cut away the murderous bands of English ivy vines.

Armed with shovels, sheers, and determination, Susan Wheatley, Ginger Woolridge (co-author of *Essential Native Trees and Shrubs for the Eastern United States: The Guide to Creating a Sustainable Landscape*), Terri McKenna, Nina Fisher, and Mary Ann Marbury gathered friends and neighbors in Truxtun Park where they began cutting ivy away from the boles (bases) of the park’s trees. Ivy grows rapidly, clings to a tree’s bark holding in moisture that rots a tree’s *skin* and allows ticks and other insects to take up residence—bad for the tree and for humans too. As the ivy climbs the tree, it chokes the branches, preventing leaves from growing or photosynthesis from taking place. Eventually, the tree starves or suffocates. The simple act of cutting away the ivy at a tree’s base kills all the ivy on that tree and gives the tree a chance to recover and grow.

**“IT’S EASY TO
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LEARN ALL YOU
NEED TO KNOW TO
HAVE AN IMPACT.”**



Save Our Trees helps protect Annapolis urban tree canopy

The initial gatherings of volunteers in the park led to more volunteers and more brigades of ivy-hunters! Save Our Trees (SOT) now has more than 400 volunteers. Almost every weekend there are gatherings in community parks where eager volunteers continue this simple and important work. Broadneck Peninsula resident, Brian Gugerty is the organization’s “super volunteer.” He has organized tree battalions of committed ivy-hunters that tackle English Ivy throughout the Peninsula. He’s turned the task into a series of popular family outings. “We can do something tangible, this one simple task, cutting invasive vines off trees, saves trees. ‘Tangible’ results encourage folks to help,” Brian observes. “It’s easy to volunteer and in 10 to 15 minutes learn all you need to know to have an impact.”

Annapolis’ Urban Forester, Brian Adams has worked closely with SOT to get the word out that our area’s wealth of trees need protection. Annapolis has a “Canopy Goal” of 50 percent by 2050; that means half the city’s streets, sidewalks, and residents will enjoy the

protection of native trees. SOT is determined to meet that goal by 2040. The canopy’s coverage now stands at 43 percent, and that’s moving up dramatically with trees being rescued and new trees planted every week. And since 2022, SOT has rescued over 6,000 trees. Their goal for the 2024–25 season of work is an additional 5,000 trees. (Volunteer teams gather most weekends for 9–10 months of the year. The group doesn’t work among the trees in the heat of summer when ticks are widespread,

and heat and humidity make it too dangerous to work outdoors.)

How are they planning to achieve such an ambitious goal? SOT’s motto is “Act, Educate, Advocate.” Think about whose future depends on clean, cool air—young people! SOT recognizes the importance of encouraging young people to see the tree canopy as theirs, a legacy they’ll pass along to the next generation. Anne Arundel County’s young men and women are joining the fight to rescue and restore the tree canopy. SOT works with students at two high

schools, Annapolis and Broadneck. They hope to add more County high schools. Students regularly volunteer to spend a day working in the parks. Recently, 42 students from Annapolis High School spent a day rescuing city trees.

To expand their outreach and provide an umbrella organization, SOT joined with Watershed Stewards Academy (WSA). The organization focuses on restoring the region's waterways. As part of that goal, WSA has planted over 254,000 native trees and plants since 2009, a good fit with SOT's goal of protecting and expanding the area's tree canopy.

Everyone involved with Save Our Trees is dedicated and energized by their work and their successes. Mary Ann Marbury points out: "What's so wonderful about what we do...this is so easy; it's do-able. Save one tree!"

Save Our Trees is eager to meet with more groups to explain the simple and safe activity of rescuing trees. The group's co-founders are always looking for opportunities to speak at Community Association meetings, at the public libraries, and before Homeowners Associations. They'll speak to any organization concerned about protecting trees; SOT members want to explain to potential volunteers what is needed and how the work is done, and if they're invited to speak to *your* group, they'll help organize and host the first Ivy-Hunt event.

Contact Save Our Trees via their web site saveourtreesogether.org.



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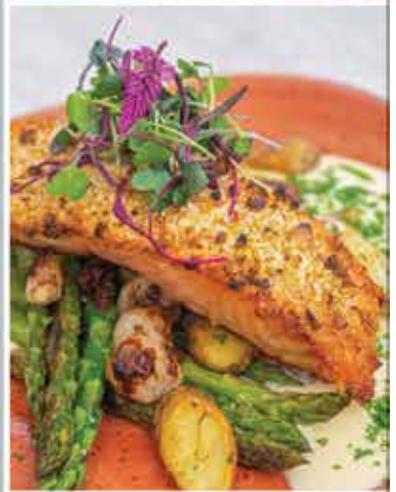
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Charting Careers

EMPOWERING SCHOLARS AS THEY NAVIGATE THEIR ACADEMIC JOURNEY

By Lisa A. Lewis

When Kalen Watts enrolled in Charting Careers, a nonprofit organization that serves youth and families in the Annapolis area, she embarked on a transformative path that would shape the trajectory of her life. Not only does the organization help participants (or scholars) set and achieve their academic goals, but it also lays a solid foundation for personal growth and success.

“I became involved with Charting Careers during my senior year of high school,” says Watts, a freshman communications major at McDaniel College. “Before Charting Careers, I didn’t think college was



Charting Careers May 2024 Scholarship and Awards Night (some scholarship recipients with CC staff and some of our scholarship donors). Charting Careers Executive Director Dr. Erin Snell, College Scholars Latajha Courtney, Imran Okedeyi, Joshua Tucker, Yasmin Lopez Escobar, Kalen Watts, Scholar and Program Assistant at local nonprofit Sarah “Saffi Ramallosa, Parole Rotarian Mike Roblyer, Parole Rotarian Gene Deems, Inner West Street Association Events Manager Audrey Lee, and Charting Careers Board President Richard Van Dyke.



Left: Latajha Courtney, UMBC sophomore; pictured in fall of her freshman year. Right: Charting Careers elementary scholars at the after-school program.



an option for me. I grew up in poverty, so college was just another opportunity that I thought I would never have. Those within the organization helped me realize that college was always an option for me and taught me how to navigate the financial aspects of higher education, so I can thrive in my new environment. Without them, I would not be where I am right now.”

Originally a program of Box of Rain (amaritime.org/education-programs/box-of-rain), Charting Careers became its own nonprofit in 2018 and focuses on mentoring, education, family partnerships, and issues of equity. Currently, 72 scholars from second grade through college age are enrolled in the organization’s programs. By referring to participants with the empowering word “scholars,” Charting Careers demonstrates its belief in them and their capabilities.

“The founding of Charting Careers was a call to action sparked by awareness of the number of families in Annapolis impacted by poverty, the need for more social and emotional resources within our schools and community, and the lack of organizations to provide the depth of programming necessary for youth to overcome systemic challenges on their path to college and/or their career,” says Erin Snell, Ph.D., executive director of Charting Careers. “We wanted to ensure a brighter future for all of our scholars.”

INSPIRING PROGRAMS

Individual mentoring is one of the most important components of Charting Careers’ instructional programs. Mentors guide scholars and provide support, such as helping them establish goals, improve their schoolwork, and identify solutions to problems. These positive interactions boost scholars’ confidence and self-esteem.

Education programs are differentiated by grade level and designed to meet scholars’ developmental needs. These programs

focus on life skills, tutoring, college and career readiness, relationship building, mental health, and other life-enriching experiences.

Charting Careers also provides family partnership programming to all scholars' families/caregivers to provide personalized support and encouragement. Staff members conduct monthly check-ins to address their needs, provide resources, and overcome obstacles.

"Charting Careers is special because we work with our scholars in a holistic manner, focusing on the educational, emotional, and aspirational dimensions of the child," says Richard Van Dyke, president of Charting Careers' Board of Directors. "Our programs inspire youth and motivate them to succeed at each grade level, through graduation, and during college or trade school."

SUCCESS STORIES

Like Watts, Latajha Courtney attributes her academic success to Charting Careers. She became involved in the organization when she was a sophomore in high school and is currently a sophomore at the University of Maryland, Baltimore County (UMBC), where she is majoring in biology and minoring in entrepreneurship.

"Summer and fall of 2023 were full of challenges that significantly impacted my academic performance," Courtney explains. "My family experienced homelessness, and the lack of stable housing and the burden of knowing my mom and siblings at times didn't know where they were going to eat or sleep made it incredibly difficult to focus on my academic studies. Charting Careers encouraged me to keep going and stay on top of my grades. Spring 2024 marked a turning point as my family secured stable housing. With this newfound stability, I began to implement strategies to improve my academic performance. I am very grateful to be a scholar in Charting Careers."

Snell says several other scholars are also achieving their dream of attending college. Armani Queen, who received her associate degree from Anne Arundel Community College (AACC) last spring, started her own business, Sugar N Spice Pastries. Joniece Pitts and D'Asia Jones are in their senior year of college. (Pitts attends Towson Uni-



Latajha Courtney speaks at the 2024 Scholarship and Awards Night.

versity; Jones attends Elmira College in NY.) These three scholars, who were part of Charting Careers' original cohort, grew up in low-income communities in Annapolis and are the first members of their families to attend college.

In addition, fifteen scholars currently attend various colleges, including AACC, McDaniel College, Lycoming College in PA, UMBC, Arcadia University in PA, and the University of Maryland Eastern Shore.

"Charting Careers truly changes lives," Snell says. "In 2024, we awarded more than \$20,000 in scholarships to 15 scholars, and 100 percent of our high school seniors graduated with a post-high school plan in place. It brings me such joy to see our scholars set off on a transformative path and achieve their dreams."

For more information about Charting Careers, visit chartingcareers.org.

Save The Date

Annapolis Middle School Career Day

Charting Careers, Annapolis Middle School (AMS), and Anne Arundel Workforce Development Corporation will host Career Day on March 13, 2025, from 8:30 a.m. to 12:00 p.m. Members of the community from various professions are encouraged to register as volunteer guest speakers to share their personal career journeys with Annapolis youth—allowing them to explore potential career paths.

Speakers will have the opportunity to visit approximately three different classrooms and address the students for 10 minutes. To register, e-mail Terresa Brown, mentor and volunteer coordinator, at terresa@chartingcareers.org.



**WANT TO NOMINATE
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Maryland Lady Terrapins Basketball Star Shyanne Sellers

By Tom Worgo

Shyanne Sellers gets a lot of inspiration from her parents not only in basketball, but also in life. That inspiration has been particularly crucial because Sellers, a University of Maryland shooting guard, has developed into one of the country's best women's basketball players.

Her father, Brad, a 7-foot forward who played professional basketball for 10 seasons—six in the NBA—and her mother, Kymberly, give her on-and-off the court advice.

"It's been the perfect mix," Maryland Women's Basketball Coach Brenda Frese says. "You get the high-level basketball I.Q. from dad. You get the free spirit she plays on the court from mom. That's why you see this blend of a ferocious competitor and winner who has a great love and passion for the game."

Sellers goes out of her way to say her mother, who suffers from muscular dystrophy, has had as much of an impact on basketball as her father. "He sets the standard for me," Sellers explains. "Though, the same goes with my mom. My mom is a main part of my basketball career."

"SHE IS IN THE LONG LINE OF GREATS WHO HAVE COME THROUGH HERE."



Sellers comes from a basketball family. Both of her sisters, Shayla (Purdue University Fort Wayne) and Syrra (Kentucky's Thomas More University) played Division I college basketball.

The Terrapin leads her sisters in achievements and it's likely Sellers will play professionally. The Aurora, Ohio, native earned Big Ten First-Team All-Conference honors during both her sophomore and junior years. She led Maryland in points (15.6 average), assists (5.5), and free throw percentage (84.9), while ranking second in rebounds (84.9).

Sellers' growth from year to year has been impressive, and she's proven to be a vital player since her freshman year. The Big Ten named the 6-foot-2 Sellers, a combo guard, the Sixth Player of the Year that season and she nearly doubled her scoring average as a sophomore (7.7 to 13.9).

"She's a versatile, dynamic guard and has found a way every to make an impact for our program," Frese says. "She is in the long line of greats who have come through here."

Sellers also made some news off the court, going public with her sexuality and support for the LGBTQ community in June. We caught up with Sellers just as the 2024–2025 season began.

What do you want to do after your Maryland career is over? Play professional basketball. Hopefully, I am blessed to do that, and my goal is to really play in the WNBA (Women's National Basketball Association). I would say it's my dream, but I am not really focused on it right now. I am focused on this season. After my basketball career is over, I want to stay involved in sports. I am a communications major.

The hook shot is rare in men's or women's college basketball. How did you learn it to make it a quality shot? You do see it a lot less nowadays. I learned it here at Maryland. I have worked closely with assistant coach Jess Imhof. She put that in my arsenal a couple of years ago. I have also watched some YouTube videos of Kareem Abdul-Jabbar [considered to have the all-time best hook shot] to improve my mechanics.

Describe your relationship with Coach Frese? It is really great. She does a good job of being my family away from family. We have our moments, but at the end of the day it's really love. We have been together for four years and it's one of the best relationships I will ever have. She has taught me how to be resilient and battle adversity. She is big on family and making family time. She understands there is more to life than just basketball. She prepares you for the real world.

What did it mean to you to play against your sister Shayla in a game in December of 2022, when she competed for Purdue University Fort Wayne? It was phenomenal. You don't see things like that too often in college sports. It's just uncommon. It's easily one of the best moments in my basketball career. It was just a blessing to experience it, and it made great conversation for Christmas dinner.



How important has your father been during basketball career? He is a great role model. My father and my mom are great people to have by my side during this process. He critiques my game here and there. He does a good job of not being overbearing. He says some really good things about mentality versus critiquing my game. He wants to mix it up and play up my ability. I do my best in those areas. With my play, I think I have shown that I can do that.

I've read that your mom told you to play with no fear. Is that true? Yes. She battles multiple sclerosis. She hasn't gone a day in her life without knowing fear. She is a very beautiful woman. One of the things with this game is that you can't play scared. That's what she has instilled in me from a young age.

What are your pre-game rituals? Are you superstitious? I always do the same thing. If it's breakfast, I eat an omelet and oatmeal. If it's an afternoon game, I will eat pasta and some vegetables. And I am a left shoe kind of girl. I always put my left shoe on first. You can say I am superstitious.

You must have put a lot of thought into the decision to discuss your LGBTQ experience and orientation publicly. Was this difficult for you or not? It really wasn't that tough a decision. I have a very supportive family. I got a lot of positive feedback. I really didn't get negative feedback. It really didn't matter to me, though. What I like is the support out there. Some (pro and college) teams will have charity games and they donate a lot of the money to children or people who don't have a supportive system. It's great.

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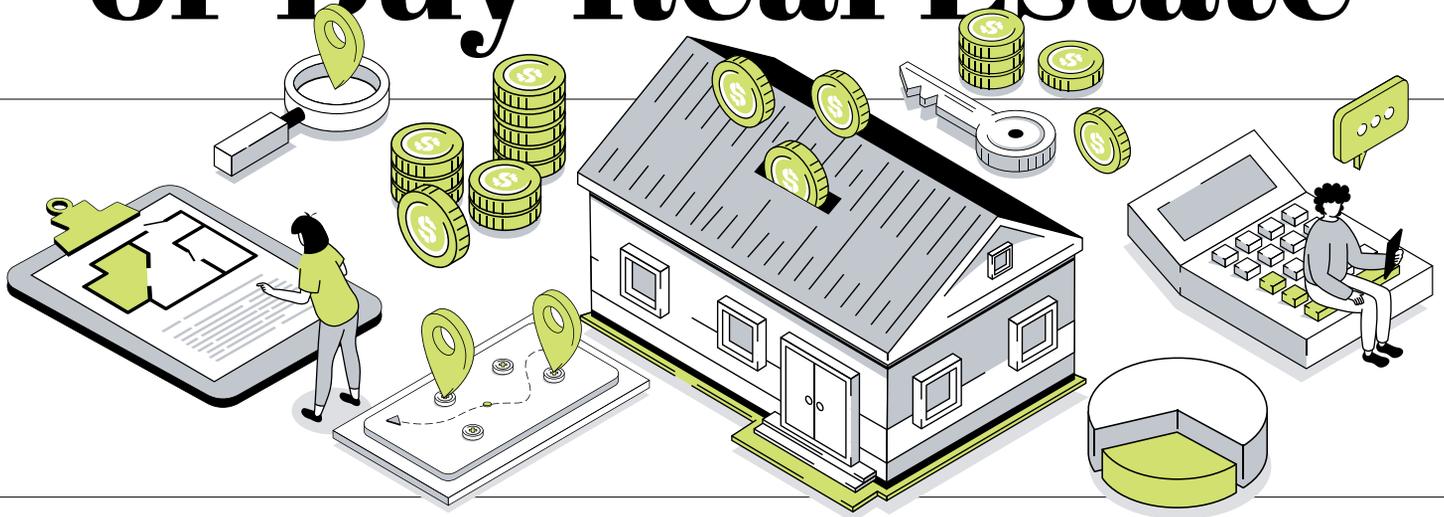


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BY JAMES HOUCK

Planning to Sell or Buy Real Estate



WHAT YOU SHOULD KNOW ABOUT NEW LEGISLATION, THE MARKET, AND HOW TO MAXIMIZE YOUR SIDE OF THE DEAL

Like flowers peeking through the remaining winter frost and inching upward to spring skies, so too do we see more property listings pop up in the local real estate market. As the seasons shift, sellers and buyers seemingly become more active. With a busy real estate market forthcoming, we offer insights into what to expect, some statistics to keep in mind, new legislation, and tips for those on both sides of the deal. We recently discussed the state of the market with Maryland REALTORS® President Cheryl Abrams Davis and the association's Director of Advocacy and Public Policy, Lisa May, to gain expert perspective and advice.

LEGISLATIVE UPDATES

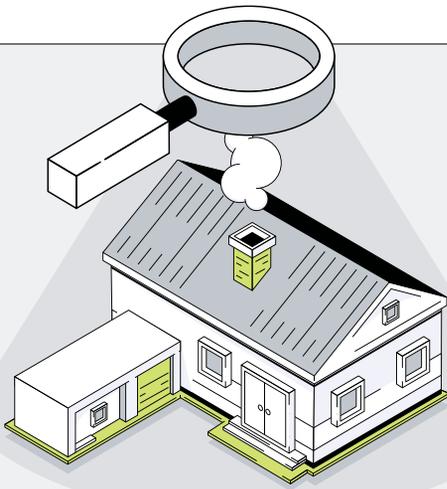
You may have heard about the recent National Association of REALTORS® (NAR) class-action settlement (originally filed by a group of Missouri homeowners in 2019) that resets how realtor com-

mission fees are agreed upon and paid. NAR settled the lawsuit last year and agreed to the following nationwide rule changes: (1) Agents can no longer include the buyer agent's compensation on multiple listing services (MLS); (2) Buyers can negotiate their own agents' pay and formalize it in a signed contract; and (3) MLS participants working with buyers must enter into written agreements with their buyers.

If you haven't sold or bought a property in Maryland within the past decade, then these changes will be brand new to you. But interestingly, prior to this settlement Maryland was one of 17 states that already had similar rules in place. Though Maryland established its buyer-broker agreement laws in 2016, the 2024 General Assembly and MD REALTORS® solidified clarification to the brokerage act with Senate Bill 542.

Under this bill, both buyer and seller brokerage agreements must clearly state the amount of compensation owed as a percentage, dollar amount, or both. In addition, buyers' agreements must state who is obligated for payment, whether compensation can be sought from someone other than the client, and what actions entitle the broker to that compensation.

"But the big bill," Lisa May says, "and the one Maryland REALTORS® supported as vital to addressing our state's housing crisis, was House Bill 538, the Housing Expansion and Affordability Act."



This bill establishes the following:

- Local zoning ordinances cannot prohibit manufactured or modular dwellings in areas designated for single-family residential uses.
- “Middle Housing” and “Cottage Cluster” are defined in state law for the first time.
- Former state properties and federal government military reservations can receive bonus density of 30 percent above the current maximum in exchange for dedicating as affordable 25 percent of the new units.
- Transit-oriented developments within 0.75 mi of a rail station can receive bonus density of 30 percent in exchange for dedicating 15 percent of new units as affordable.
- Lands owned by nonprofits may receive a 30 percent density bonus in exchange for dedicating 25 percent of the units as affordable.
- Local governments may not impose unreasonable restrictions or excessive public hearing requirements on the above projects.

According to May, “That bill alone accomplished more on housing than many previous sessions combined.”

Big picture-wise, what does this mean for the market? Cheryl Abrams Davis says, “We’re encouraged by the General Assembly’s willingness to tackle our housing crisis on a statewide basis. We’re beginning to see the awareness on the state level and in the Governor’s Office about the im-

portant role that housing plays in our economy and the ability to attract and retain our workforce.”

For this 2025 General Assembly, Davis is focusing on state-wide legislation that addresses “missing middle housing” as a stopgap to the housing inventory shortage. A well-known means to boost such inventory is Accessory Dwelling Units (ADUs).

“Accessory dwelling units are near and dear to me because, right now, we don’t have enough housing inventory in Maryland,” Davis says. “Missing middle housing is that housing, such as ADUs, that fill the gap until people are able to buy or to move or to rent. An ADU is either part of an existing property, such as a basement apartment, or it could be a room over a garage or a garage that was turned into a living space.

“Even though ADUs are in law in some counties in Maryland, there are several counties where it’s not allowed. We’re trying to get the ADU bill through on a state level.”

MARKET ACTIVITY

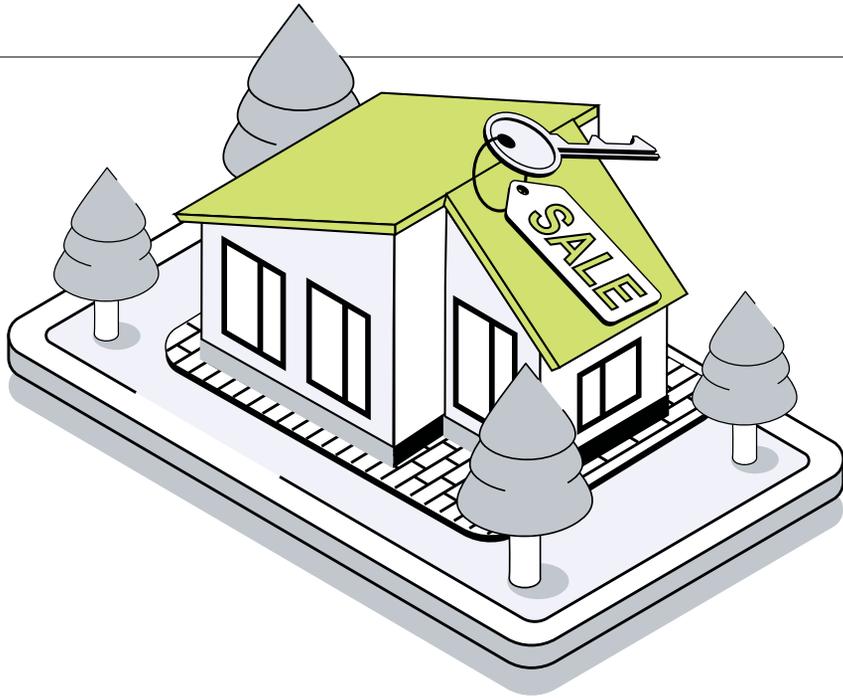
“One thing for sure is that the market is consistently changing,” Davis says. “Just when we get [last month’s] statistics, we’ve moved on to a whole other market.

“Back in October, things slowed down a little bit,” she explains. “Then toward the end of the year, sales picked up, which is very atypical for December or Q4. They picked up significantly. So, we were very excited to see that there was some momentum. Then, it seems we had a dry January in real estate.”

Overall, the state market saw the number of units sold in December increase 1.5 percent versus the year before. The average price of a house increased 5.8 percent over the prior year. The local median price is consistent with NAR statistics, which show that houses appreciate approximately 5 percent annually.

The pricing increase can also be attributed to the lack of inventory statewide. Despite homes selling, the actual inventory has been down; for example, 9,194 units were active in December ’24 compared to 10,543 in December ’23. And many homeowners who locked in the Pre-Covid low-interest mortgage rates in the 3–4 percent range have been less likely to re-enter the market with rates hovering between 6 and 7 percent.

But...“The reason why people buy and sell houses will never change,” Davis says. “At some point, everybody who has that 4 percent or less rate...they’re going to have to move. You have people who are moving up or down, getting a bigger house or a smaller house. First time homebuyers are always coming to the market. People are getting married, people are getting divorced, people are passing away, people will become widows, people are having families. Sometimes seniors can’t live alone, and they have to sell the house. So, because of all of those reasons that will never go away, at some point, those houses will come back on the market.”



SELLERS' PREPARATION

Preparing your home for sale can feel overwhelming. But there are more than a few best practices to consider when putting up the “For Sale” sign. We recommend consulting with a real estate agent well-versed in the local market, who knows the historic values, seasonal pricing fluctuations, local inventory and comparables, most-desired amenities, buyer demographics, and has contactor contacts in many home specialties that can help prepare a home for sale. Preparation can include minor-to-major home repairs, cosmetic enhancements, decluttering, interior staging, landscaping, and property inspections.

It can take quite a while to prepare a property for the market and any homeowner who doesn't take the time to prepare is making a mistake. “Most buyers in our busy world don't have time and/or vision to work on serious structural updates to their new purchase (kitchen, master bath, etc.),” states one local realtor. “The ‘options’ that help to sell a home are for the seller to offer clean, de-cluttered rooms in a setting that looks well-maintained.”

All the timing, preparation, and organization ultimately comes down to one thing...pricing. “The single most important factor in selling any home is to price it properly,” states another local realtor. “Introducing a home at an inflated price is almost always going to slow down your sale and result in settling for a price lower than you would have received if the house had been listed at the appropriate price going in.” This is a sentiment shared by every realtor we have surveyed for more than a decade.

Homeowners must take the emotion out of selling their home and realize the minute the house goes on the market, they are in a business transaction and should pay attention to the expert they have hired to help them sell. It is critically important to work with an agent who can assess the activity accurately for a home like yours or yours-to-be.

BUYERS' PREPARATION

If you're entering the real estate market, you have a checklist of to-dos to accomplish, preferably before you begin searching for actual listings. First on the agenda. A meaningful discussion with those involved in the potential move/purchase—your spouse/significant other, children, parents, or even, just yourself. What type of home do you envision? What amenities are important to you? What does life look like five years down the road?

You'll also need to evaluate your buying power and financing options. Shop the mortgage market for best rates and deals. Consult banks, lenders, and research homebuying programs at the Federal, State, and local levels.

“A lot of people are focused on the interest rate when they really should focus on what the payment is and if they really have to move,” Davis opines. “What is the purpose for the move? Everybody keeps talking about the ‘high’ interest rate. The interest rate is not high. The average interest rate since being tracked is 7.5 percent. We are still below the average. Buyers need to consult with professionals before they're ready to go. Consult with the real estate professional in addition to the financial advisor and a lender.”

Once you have some numbers locked in and a pre-approval for a mortgage, the fun begins with reviewing listings and researching communities. You'll also want to pay attention to a neighborhood's infrastructure/connectivity (water/well, sewer/septic, electrical/gas, phone/cable/satellite) and physical property conditions (landscape, natural features/grade slope, proximity to water).

And while buying a home that is well maintained is always the gold standard, it is especially important and highly advisable to choose a home that already has the upgrades you may want. “People buy houses and then they're house-poor because the house keeps nickel and diming them to death,” one realtor says with caution.

Our advice. Develop a relationship with a local real estate agent who knows the market and shows equal care and consideration in learning *your* wants and needs. Having the right team behind your purchase—from agent to lender to home contractors—can go a long way toward your *forever home* happiness. Ditto, for those on the other side of the deal, selling the dream.

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Director, Commercial Division

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Barry DesRoches
Director, Builder Services

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Annapolis, MD 21401

8 Evergreen Road
Severna Park, MD 21146

davidorso.com



RECENTLY SOLD PROPERTIES



389 South Drive | Severna Park, MD
SOLD | \$2,000,000



210 Old County Road | Severna Park, MD
SOLD | \$1,950,000



950 Indian Landing | Millersville, MD
SOLD | \$1,795,000 | Buyer Represented



1303 Windsor Ridge | Annapolis, MD
SOLD | \$1,780,000



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EXECUTIVE VICE PRESIDENT
BRAD KAPPEL TEAM

TTR SOTHEBY'S INTERNATIONAL REALTY

As the principal agent of Maryland's #1 Waterfront Real Estate Team, Brad Kappel has dedicated over sixteen years to serving the residents of Anne Arundel County and the Eastern Shore. With a background in real estate, home construction, and renovation, Brad and his team bring a comprehensive understanding of waterfront properties, offering unparalleled insight into each home's condition, value, and potential.

In 2024, Brad's expertise and commitment to excellence resulted in over \$193+ million in sales, a testament to the trust and support of his clients, colleagues, friends, and family. He remains steadfast in his belief that "clients deserve nothing short of excellence." From the initial consultation to navigating key decisions and finalizing transactions, Brad and his team work tirelessly to ensure exceptional client experiences and successful outcomes.

Brad doesn't just sell the waterfront lifestyle—he lives it. A third-generation Annapolitan, he and his family call the Severn River home, where they embrace life on the water. When he's not assisting clients, you'll find him exploring the Chesapeake Bay by boat or spending time with his wife, two children, and their golden retriever, Tica.

Brad Kappel

410-279-9476 (c)

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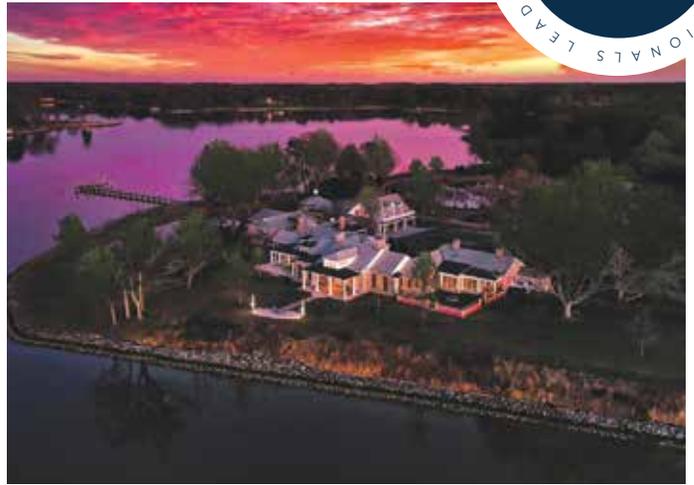
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209 Main Street Annapolis, MD



PROPERTIES RECENTLY SOLD



27189 Island Creek Road
SOLD \$12,000,000



5808 Widgeon Point Lane
SOLD \$7,200,000



2025 Homewood Road
SOLD \$6,500,000



3054 Rundelac Road
SOLD \$4,600,000



380 Wye Narrows Drive
SOLD \$4,600,000



168 W Lake Drive
SOLD \$4,125,000



ERICA BAKER

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Her background in home remodeling provides clients with invaluable insights, allowing them to make informed decisions and maximize their investments. Backed by the global presence and esteemed reputation of TTR Sotheby's International Realty, Erica ensures every transaction is executed with precision, discretion, and a commitment to excellence.

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PROPERTIES RECENTLY SOLD & FOR SALE



1011 Skiff Cove Rd
Edgewater, MD - Waterfront
For Sale
\$1,299,999
Representing Seller



136 Collington Ct
Arnold, MD
SOLD
\$775,000 (Buyer)
Won out of multiple offers



3251 Holland Cliffs Rd
Huntingtown, MD
SOLD
\$700,000 (Seller)



1221 Tailwind Ct
Crownsville, MD
SOLD
\$910,000 (Buyer)
Won out of multiple offers



3241 Old Jones Rd
Dunkirk, MD
SOLD
\$755,000 (Buyer)
Won out of multiple offers



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405 Fair Hill Court
Annapolis, MD
Sold \$731,000



308 Pychley Run Road
Annapolis, MD
Under Contract



2703 Post Oak Court
Annapolis, MD
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Acknowledging the profound responsibility that comes with negotiating her clients' most significant assets, Christy underscores the importance of trust and integrity in her practice. As the daughter of 2 United States Marines and Naval Academy graduates (Mike Morgan USNA '67 & John Bishop USNA '65), her faith and honesty is unparalleled. Christy's commitment to representing her clients' best interests has earned her accolades with many expressing gratitude for securing an optimal sale price and terms for their home sale.

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

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

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



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BY LISA HILLMAN PHOTOGRAPHY BY LAURA WIEGMANN

A Greyhound Love Story



Greyhound experts and enthusiasts share their concerns for this rare breed, the joy of owning one, and the impact of foreign countries on its future

“If gratitude were a thing you could see, you would see it in the eyes of a retired racing Greyhound.”

—John Parker, Greyhound advocate



“Eliza Hamilton” is a beloved greyhound adopted by Eastport couple Marcie Taylor-Thoma and husband Lee.

Meet Eliza

Marcie Taylor-Thoma is in love. Ask her about Eliza, and she gushes with adoration. “She’s so caring and affectionate. It took her a couple of months to be sure we were “safe humans,” but now she’s friends with everyone.”

Marcie and husband Lee share their Eastport home with 7-year-old “Eliza Hamilton.” The pale gray Greyhound with brindle spots raced in West Palm Beach Florida until age 3, when a local Greyhound adoption group connected the couple with the retiring racer.

After raising beagles for years, Marcie observed a pair of Greyhounds walking with neighbors. She admired their calm and unique style. The breed had all the traits she was looking for: easy to train, crate-comfortable, and “needing far less attention than any dog we’ve had.”

As for exercise, three or four short walks a day, plus a run in the yard with other dogs a few times a week, does it. “I thought she would need more,” says Marcie, who was equally surprised at “how much she sleeps—like 20 hours a day. But when she gets playful—and the zoomies—she’s a real goofball!”

And...Bruno

Jeff and Lori Bortner also are smitten. Within their bucolic Millersville home, attention focuses on Bruno. The stunning seven-year-old, 70-pound black Greyhound with a white throat and white tips on his tail and toes is their second Grey. The couple met their first, Cooper, some 20 years ago at a nearby “Meet’n Greet” for Greyhounds.

“They did that lean thing that they do,” Jeff says, “and then they look up at you with those eyes.”

Allergic to cats, Jeff read about how smart Greyhounds were. “Coming from the track they’re mostly house trained, and lazy. They sleep all day. They’re very clean, very easy to take care of, too.”

Bruno, adopted last year, settled in quickly. Says Jeff, “You can be really energetic with him for about half an hour. Then he sleeps the rest of the day.”

When the Bortners began looking for their dog—and a pet for ten-year-old son Jack—a dramatic shift had occurred in the Greyhound racing world, one that would begin a new chapter in the breed’s long history.



The Bortner family of Millersville enjoys playing with their adopted greyhound, Bruno.



“You look into the eyes of a Greyhound and you look back into the centuries.” —John Parker

A Perfect Storm

Joanne Bast calls it “a perfect storm.” A placement coordinator for Greyhound Pet Adoptions of Maryland, Bast helps prospective adopters in central and southern Maryland and the Eastern Shore. It’s a volunteer position she’s held for 16 years. Working from her Edgewater home she has placed more than 80 dogs and has adopted seven herself.

But today, Greyhound adoptions are down across the U.S. Advocates like Bast are asking why. Greyhound racing has been on the decline since the 1990s. Just as commercial casino gambling began cutting into the tracks’ revenue, animal welfare groups were stepping up measures to close tracks. Gradually tracks across states like Alabama, Arkansas, Wisconsin, Texas, Connecticut, and Massachusetts all shut down. So did their adoption groups. The final death knell was Florida’s closing all of its tracks at the end of December 31, 2020.

“Covid hit in the spring of 2020, just before the Florida tracks had to close,” Bast says. “All outreach activities stopped. Volunteers moved on to other endeavors. Four years later, we are still feeling the effects.”

Anne-Marie Cariotis, Vice President of Greyhound Adoption League of Texas (GALT), blames Covid and the tracks closing for the sharp drop in adoptions. “We’ve been down 55 dogs each year since 2021. This is the lowest number of active applications for dogs we’ve had in quite a while. We’ve never had to look for adopters. We’ve always had a waiting list. This is new territory for us.”

Greyhounds are not alone. National data affirms that canine adoptions are down for all breeds. A database established in 2012 by several leading animal welfare groups cites higher “intakes” in the last year. On the flip side, “outtakes” have slowed.

Claudia Roll, Administrator at Anne Arundel County Animal Care and Control, has seen canine adoptions drop 5 percent from last year, especially among larger dogs. She gives several reasons: (1) the cost of dog ownership, (2) the pandemic

A Biblical Beginning

Historians once traced the Greyhound’s origin to the Pharaohs, but later research points to the Celtic peoples of Western Europe. One of the oldest purebred domesticated dogs, the Greyhound is the only breed named in the Bible. Once revered as gods, Greyhounds were protected by priests from extinction during the Dark Ages. No breed is more celebrated in art and history.

Until the 1700s only nobility owned Greyhounds. But it wasn’t until the 20th century that the Greyhound became popularized in America—all thanks to the breed’s extraordinary athleticism. The fastest in the world, Greyhounds can sprint at speeds exceeding 40 mph.

In the 1980s, Greyhound racing exploded in America with more than 50 tracks across 19 states. Their popularity, and concern for their post-racing careers, spawned more than 300 adoption groups located at or near racetracks.

But all that changed when the tracks closed.

“adoption boom” when intake was down, and (3) restrictions in some urban areas about pets, especially large dogs.

While knowing they are not alone may be comforting to Greyhound advocates, healthy dogs who have finished their racing careers are waiting for homes. Although two tracks remain open in West Virginia, there is another source for these elegant animals—one that heralds fresh hope for the Greyhound’s future.

Taking Flight

Joanne Bast with her adopted greyhounds, Milo (the black and white cow dog) and Phoebe (black with the sugar frosted face.) Photo by Ashley Meade

Among Greyhound advocates there are few more accomplished or controversial than John Parker. A self-described “Greyhound enthusiast since 1994” John and wife Laura live on a small farm in Coweta County, Georgia, with a dozen Greyhounds, a Whippet, and three horses. A breeder, Parker encourages responsible breeding, primarily motivated to preserve important bloodlines.



“People believe the tracks are closed so they can’t get a Greyhound. There is widespread misinformation. But the majority of dogs today are not coming from inside the USA,” he says.

Instead, thanks to the generosity and determination of Greyhound advocates—and a carefully coordinated program involving nearly all manner of transportation—retired racers are coming to America from Ireland, Australia, New Zealand, and England. Racing in these countries under government control remains very popular. More dogs are retiring than there are adoptive homes to take them. The closing of American tracks is an opening for these retiring athletes.

Parker, who has served in several leadership positions with Greyhound Pets of America (GPA), is the Coordinator of the GPA Irish Greyhounds to America program. The program was formalized in 2019 with the Irish Retired Greyhound Trust (IRGT), a charity founded to rehome retiring Greyhounds and promote them as pets. Unlike American groups, the IRGT is funded partially by the government as well as private donations. According to Parker, 1,315 Greyhounds have been rehomed in North America since the program began.

Debra Hardman, president of GALT- Arizona, writes extensively about the Irish Greyhounds who “begin their North American travels by being ferried in a van from Ireland to Heathrow Airport. They travel in handcrafted, roomy crates, complete with a comfy bed and access to water.” After they arrive in the U.S., volunteers ensure each dog is bathed and examined according to USDA requirements before placing the dogs in their “forever” homes.



Costs to cover transportation, care, and associated fees can average upwards of \$2,700 per dog. Adoption groups and the IRGT assume much of the costs, requiring about a third from the adopter. As Hardman notes, “That’s a lot less expensive than most purebreds—or going to Ireland to adopt the dog yourself!”

For the Love of the Breed

Since adopting his first Greyhound 30 years ago, Parker remains a fierce champion for the breed. “They’re such wonderful companion dogs,” he says. “So laid back and sweet. And yet they have this dual dimension. They are amazing athletes.”

But, like many who love the Greyhound, he worries about their future. He’s concerned that the tracks closing could hurt the breed.

“This sport brought them to us...racing is what gives the greyhound its temperament, health, genetic diversity and its athletic build. If we lose professional racing, then we lose many of these attributes that make Greyhounds so unique and special.”

Parker wants American racing “reformed, not banned.” And that takes money. He admires how the racing industry in other countries supports the dogs once they finish racing. They do not rely on volunteers alone.

“Anybody who does anything with animals in a business, they have to have a social license. That means the animals are well treated and once they finish in the business, they have another life.”



The author’s six-year-old red brindle greyhound, Charley, was adopted at age two.

Others, like Denise Schumitz, an officer with GPA, are optimistic about the foreign dog program. She also cites the breed’s inherent pluses: “It’s such a versatile breed. They can live in all different situations, in an apartment in the city or with small children in a home or with other pets. They are very adaptable.”

As is Bruno. The handsome, laid back, leggy, Greyhound in the Bortner household—Irish born and bred—is now among the lucky hounds fortunate to find his forever family which includes young Jack, who adores him: “I like that he doesn’t lick as much as other dogs, or jump on me. He just taps his nose on my chin.”

Like any athlete, for Eliza and Bruno—and the hundreds of Greyhounds awaiting adoption—once the race is won, it’s time to kick back and savor life.

After all, they’ve earned it.

What Greyhound owners say

- ◆ They say they’re like potato chips. If you have one, you want more.
- ◆ He’s a 40/mph couch potato.
- ◆ It’s like having a big cat in a dog’s body.
- ◆ If you want a lab to go running with, this isn’t your dog. But if you like chilling round the house, the Greyhound is for you.
- ◆ She just seems so grateful, like she knows her days at the track are done.
- ◆ They’re show-stoppers. You can’t walk down the street without someone stopping you. But that’s ok, because once you have one, you become an advocate.
- ◆ I never knew they slept so much.

To learn more about greyhound adoption contact: Greyhound Pet Adoptions of Maryland www.gpa-md.com



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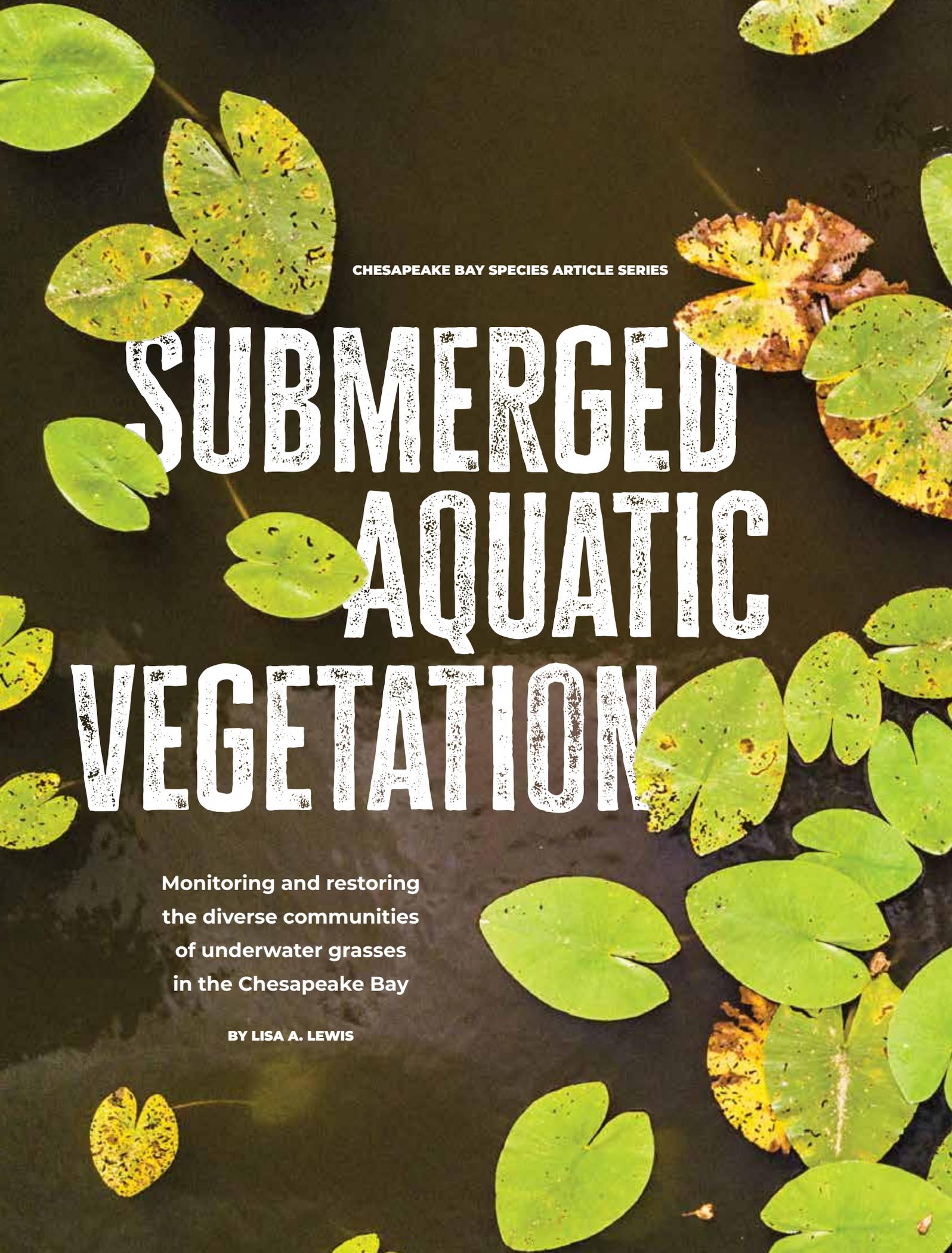


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CHESAPEAKE BAY SPECIES ARTICLE SERIES

SUBMERGED AQUATIC VEGETATION

Monitoring and restoring
the diverse communities
of underwater grasses
in the Chesapeake Bay

BY LISA A. LEWIS



B

eneath the shallow waters of the Chesapeake Bay, underwater grasses sway in the current. Although different species vary in appearance, underwater grasses, also known as submerged aquatic vegetation (SAV), are all critical to the Chesapeake Bay ecosystem.

Indeed, SAV is closely monitored by scientists because its health is dependent on good water quality, and, therefore, its abundance is an excellent barometer of the overall health of the Bay.

Each year, thanks to the funding support of its partners, the Virginia Institute of Marine Science (VIMS) maps the SAV beds of the entire Chesapeake Bay using aerial photography and satellite imagery. The surveys, which are typically conducted between May and October, estimate the annual acreage of SAV. VIMS began monitoring SAV annually in 1984.

According to data released on July 31, 2024, by the Chesapeake Bay Program and Maryland's Department of Natural Resources (DNR), an estimated 82,937 acres of underwater grasses were distributed throughout the Chesapeake Bay and its tidal tributaries in 2023—a 7 percent increase over 2022 acreage. The bay-wide gains observed in 2023 can largely be attributed to increases in three species: widgeon grass, sago pondweed, and eelgrass.

SAV abundance remained fairly steady in Maryland's portion of the Bay in 2023, reaching 37,770

acres. Scientists mapped 37,297 acres of underwater grasses in Maryland during the annual survey in 2022.

Signed in 2014, the Chesapeake Bay Watershed Agreement established interim goals for SAV restoration. The ultimate goal seeks to restore 185,000 acres of underwater grasses with a target of 130,000 acres by 2025. The 2023 data indicates a 45 percent attainment of the ultimate goal and a 61 percent achievement of the 2025 target.

"A 7 percent bay-wide increase is really good," says Brooke Landry, program chief of living resource assessment for the DNR and chair of the Chesapeake Bay Program SAV Workgroup. "When things are trending up, we typically see about a 3 percent increase, so we're very happy. We still haven't recovered from the significant losses in 2019—about one-third of the acreage—when underwater grasses experienced a rapid decline following two years of above-average rainfall, heavy river flows, and stormwater runoff. But I'm confident that we will continue to make progress. I'm especially excited to see the expansion in recent years of species like Horned pondweed and sago pondweed in the mid-Bay."





According to the DNR, there are 15 commonly occurring species of underwater grasses in the Chesapeake Bay. Like terrestrial vascular plants, SAV has leaves, roots, conducting tissues, flowers, and seeds, and it makes its own food through photosynthesis. Since underwater grasses would dry out and overheat on land, they must be submerged by water at all times. And they can only grow in shallow water, so sufficient sunlight can reach them. Underwater grasses evolved to lose structural compounds that terrestrial plants have because they don't need them, but they do have air pockets in their tissue that keep them vertical/upright, and they will float if they break loose.

SAV plays a critical role in the Chesapeake Bay ecosystem. It serves as food for waterfowl, fish, shellfish, and invertebrates, provides habitat and nursery sites, and offers shelter from predators. In addition, SAV absorbs nutrients, produces oxygen during photosynthesis, improves water clarity, settles suspended sediments, stabilizes bottom sediments, absorbs wave energy, and reduces shoreline erosion.

THREATS TO SAV

Although underwater grasses provide several benefits to the ecosystem, they also face threats that impact their survival and abundance. Monitoring the distribution, density, and diversity of underwater grasses helps scientists determine factors that adversely affect SAV—enabling them to forecast emerging issues and implement management strategies.

“Although it's difficult to identify a primary threat to SAV—since many of the challenges are interconnected—poor water quality is an immediate threat,” says Emmett Duffy, chief scientist and director of Tennenbaum Marine Observatories Network at the Smithsonian Environmental Research Center (SERC), located in Edgewater. “Pollutants, such as sediment from runoff, cloud the water, and nutrients, including nitrogen and phosphorus, fuel algae growth in the water column and on the plants. This prevents sunlight from reaching the plants, causing SAV beds to die.”

Healthy grass beds absorb some nutrient pollutants, which improves water clarity. But it's a delicate balance. Since too much pollution is detrimental, the ultimate goal is to reduce the amount of pollution that enters the Bay.

According to the Chesapeake Bay Program, pollution reduction efforts, such as the Chesapeake Bay Total Maximum Daily Load (TMDL), aim to slow the flow of nutrients and sediment into the Bay. A “pollution diet,” which was developed by the U.S. Environmental Protection Agency, the TMDL sets limits on nitrogen, phosphorus, and sediment pollution to meet water quality standards in the Bay and its tidal rivers.

Weather conditions can also affect underwater grasses. For example, experts attribute the losses in 2019 largely to a decline in widgeon grass. Known as a “boom-or-bust” species, the abundance of widgeon grass can fluctuate significantly from year to year, and it's highly sensitive to changes in the light environment. Scientists at VIMS identified the extremely wet spring of 2019, which brought a high volume of sediment-laden water into the Chesapeake Bay, as the most likely cause of the major crash in widgeon grass that year.

In addition, heavy rains can alter salinity levels in the water. Salinity is one of the primary factors that determines where underwater grass species live in the Bay, which is divided into four salinity zones. Landry says there is a freshwater SAV community that prefers the tidal fresh and oligohaline (slightly salty) zones, a mesohaline community that thrives in the moderately salty zone, and a polyhaline community that is found in the very salty zone of the lower Bay. Changes in salinity due to heavy rains can impact SAV's ability to survive, depending on the salinity zone in which it lives.

And, of course, climate change is a major threat to underwater grasses. Warmer temperatures, an increase in severe storms and hurricanes, and rising sea levels can have serious consequences for SAV.

“The Bay is a temperate system, and some species, such as eelgrass, don't do well when it's too warm,” says Christopher J. Patrick, director of the SAV Monitoring and Restoration Program at VIMS and a member of the SAV Workgroup. “After high summer temperatures in 2005 and 2010 caused large meadows of eelgrass in the lower Chesapeake Bay to die, we saw an explosion of widgeon grass, which can tolerate heat better, in the following decade. As temperatures continue to get warmer, especially the frequency of extreme heat wave events, the concern is that these eelgrass losses will happen more frequently, which could lead to catastrophic losses of eelgrass.”



Top: Michael Norman of AACC planting seed on South River. Bottom: Harvested seed ready for processing.

SAV MONITORING PROGRAM

The Chesapeake Bay Program began its annual SAV monitoring efforts in 1984 to estimate SAV acreage and density across the Bay. Since then, its work has evolved to include collecting detailed habitat and water quality data and providing educational volunteer opportunities to communities across the watershed. Today, the program utilizes a three-tiered approach, including aerial surveys, volunteer monitoring, and sentinel sites.

The first tier involves working with VIMS to conduct the annual bay-wide aerial SAV surveys. The data collected from the surveys are used not only to report the acreage and density of SAV but also to track progress and identify trends over time.

“There were bay-wide mapping efforts in the late 1970s and regional efforts at various points over the last century,” Patrick says. “But the annual survey marked the start of a continued, sustained monitoring effort that allows us to keep close track of SAV throughout the Chesapeake Bay on a year-to-year basis.”

To restore and maintain the health of underwater grasses, the Chesapeake Bay Program and its partners focus on improving water clarity, planting underwater grasses, protecting existing grass beds, and promoting SAV-related education and outreach. The Chesapeake Bay SAV Watchers program, which is the second tier of the SAV Monitoring Program, is an integral part of these efforts.

Created in 2019 by the Chesapeake Bay Program and coordinated by the SAV Workgroup, SAV Watchers offers volunteer scientists an opportunity to engage in an educational experience that also provides useful data for Bay scientists and resource managers. Participants collect data on underwater grass diversity and habitat characteristics at sites throughout the Bay and submit photos of their observations. SAV Watchers is the Chesapeake Bay Program’s first official SAV monitoring program for volunteers.

“SAV Watchers is a great opportunity for members of the community to become involved in SAV monitoring and restoration efforts and help make a difference,” says Landry, who is the coordinator of the program. “In addition to volunteer engagement, some of our larger Riverkeeper organizations have expanded their interest from SAV monitoring to restoration. They now work in partnership with the SAV restoration team at the DNR to locate donor SAV beds, harvest and process seeds, choose restoration sites, and conduct the planting. So, we’re getting more people involved in Chesapeake Bay stewardship.”



Top: Arundel Rivers new seed turbulator. Left: Riley Kuehn of Arundel Rivers at turbulator. Right: Sago Pondweed seed harvest.

In accordance with procedures established by the Chesapeake Bay Program, environmental organizations, including ShoreRivers and Arundel Rivers Federation, have created and coordinated volunteer SAV monitoring and restoration programs within their communities.

ShoreRivers has been involved with SAV restoration efforts for more than eight years and works closely with the DNR and Anne Arundel Community College (AACC). In 2020, thanks to funding from the Chesapeake Bay Trust, the organization built a turbulator to increase its capacity to restore underwater grass beds. A turbulator is a tank that agitates harvested SAV to separate the seeds from the plant stems. After separation, the seeds are mixed with sand and planted in shallow waters, where sunlight can reach the bottom.

“The turbulator has allowed us to process the seeds ourselves and effectively doubled the state’s capacity for SAV restoration,” says Captain Zack Kelleher, Sassafras Riverkeeper, ShoreRivers. “Over the past four seasons, we have harvested, processed, and planted more than 15 million seeds in our local Eastern Shore waterways, covering more than 75 acres of river bottom. Through this work, we have also engaged hundreds of volunteers and community members. More than 50 volunteers are involved with our SAV Watchers program, and they go out each summer to scout for and collect data about the grass beds in our local rivers and creeks.”

In the spring of 2024, Arundel Rivers Federation launched the Arundel Rivers SAV Restoration and Outreach Program, which was made possible through funding provided by the Chesapeake Bay Trust and a partnership with the DNR, AACC’s Environmental Center, and Anne Arundel County’s Department of Recreation and Parks.

“In its first year of operation, Arundel Rivers and its partners processed more than two million native grass seeds, which could restore up to 17 acres of grass beds,” says Elle Bassett, the South, West, and Rhode Riverkeeper, Arundel Rivers Federation. “The South, West, and Rhode waterways haven’t seen substantial grass growth for many years, so this project will contribute to meeting our SAV restoration goals for these rivers. The program is also a great hands-on volunteer



ShoreRivers volunteers seed harvesting.



ShoreRivers seed turbulator.

opportunity that raises awareness about the importance of SAV. Volunteers help scout for grass beds, monitor restoration sites, and process the seeds.”

To learn more about SAV Watchers, visit chesapeakebaysavwatchers.com. For more information about the programs at ShoreRivers and Arundel Rivers Federation, visit shorerivers.org and arundelrivers.org.

Created in 2022, the third tier of the SAV Monitoring Program is the Chesapeake Bay SAV Sentinel Site Program. Sentinel sites are located in each of the Bay’s four salinity zones and are monitored using a standardized, in-depth data collection protocol in which scientists track changes in SAV habitat. The program is coordinated by the SAV Workgroup.

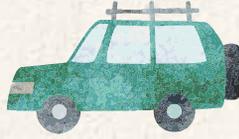
FUTURE OUTLOOK

Although progress has been made in SAV restoration, the gains in recent years do not offset the losses in 2019. So, unfortunately, the interim goal for 2025 will not be met. The goal is not out of reach, but the timeline may have been too ambitious. However, restoration partners are optimistic about the future. They know that there is still a lot of work to be done, but they are committed to SAV restoration and will do everything possible to advance this critical effort.

“Perhaps we need to re-evaluate our interim goals,” Patrick says. “The timeline of current goals may be unrealistic. But although we won’t meet our interim goal for 2025, we are going in the right direction. With time, we will achieve our bay-wide goal—and perhaps even surpass it.”

“Humans have done a lot of harm to the planet, and we owe it to Mother Nature to pay back,” Duffy adds. “Our dedicated partners and our numerous, enthusiastic volunteers are all working together to restore SAV and ensure a healthier Bay for future generations.”

SEASONAL



WEEKEND EXCURSIONS



BY KAT SPITZER



EXPLORING THE REGION VIA SHORT ESCAPES TO RECHARGE

In our busy lives, it's often hard to find the time to get away for long vacations. Luckily, we live in a region filled with amazing sites, diverse natural beauty, and a myriad of culinary delights. You can reach the beach or the mountains in a couple of hours and feel like you are in a completely different world. Here are some spots—some perhaps, lesser known to most—to explore for a short break if you just need a fun, interesting escape.





FREDERICK, MARYLAND

For history, shopping, and delicious dining options, Frederick is a perfect day trip or weekend getaway less than an hour and a half away from our state capital Annapolis. Start your excursion at the National Museum of Civil War Medicine. This interactive museum gives you a glimpse into the techniques used during a brutal period in history while highlighting the courage of the participants. The methods used during this period laid the foundation for modern medical care. It's a fascinating experience that you will remember forever. Once you've had your fill of the museum, take a leisurely stroll around downtown and enjoy all of the adorable boutiques, antique stores, bookshops, and restaurants. Walk along Carroll Creek Park and appreciate the beautiful views of the creek that winds through the heart of downtown. Make sure to visit the Claire McCardell Statue, commemorating her important legacy in the fashion industry. The town is filled with quaint breweries and distilleries, and you won't want to miss sampling Idiom Brewing Co., Attaboy Beer, and Steinhardt Brewing Company. Frederick has turned outdoor dining into an art form and some great options include The Orchard, Truth and Beauty, and the Wine Kitchen. If you want to stay overnight, you can enjoy gorgeous B&Bs such as 10 Clarke Bed and Breakfast or the Hollerstown Hill Bed & Breakfast, both a short walk to the shops and restaurants. After a weekend in town, you will feel relaxed and rejuvenated.



BOONSBORO, MARYLAND



For outdoor enthusiasts and book lovers, consider a getaway to Boonsboro. Located about an hour and a half to the northwest of Annapolis, the Appalachian Trail winds right through town. You can tour the Crystal Grottoes Cavern, which has been wowing tourists for over 100 years, or spend a day at Greenbrier State Park, walking and biking the trails, or swimming in the freshwater lake. In nearby Devil's Backbone Park, you can fish or rent a canoe or tube for the creek, along with investigating more gorgeous trails through the beautiful forests. Back in town, take an afternoon to browse Turn the Page Bookstore, owned and operated by Bruce Wilder, husband of bestselling author, Nora Roberts (additionally writing as J.D. Robb). The store often holds literary events and features a wide array of signed copies by Roberts. Nearby, you can stay at the Inn Boonsboro on the Square, also owned by Wilder and Roberts. Each adorable room is themed after famous literary couples like Elizabeth and Darcy from *Pride and Prejudice*, or Jane and Rochester from *Jane Eyre*. Enjoy dining at The Branded Chophouse or The Yellow House for casual food and great cocktails.



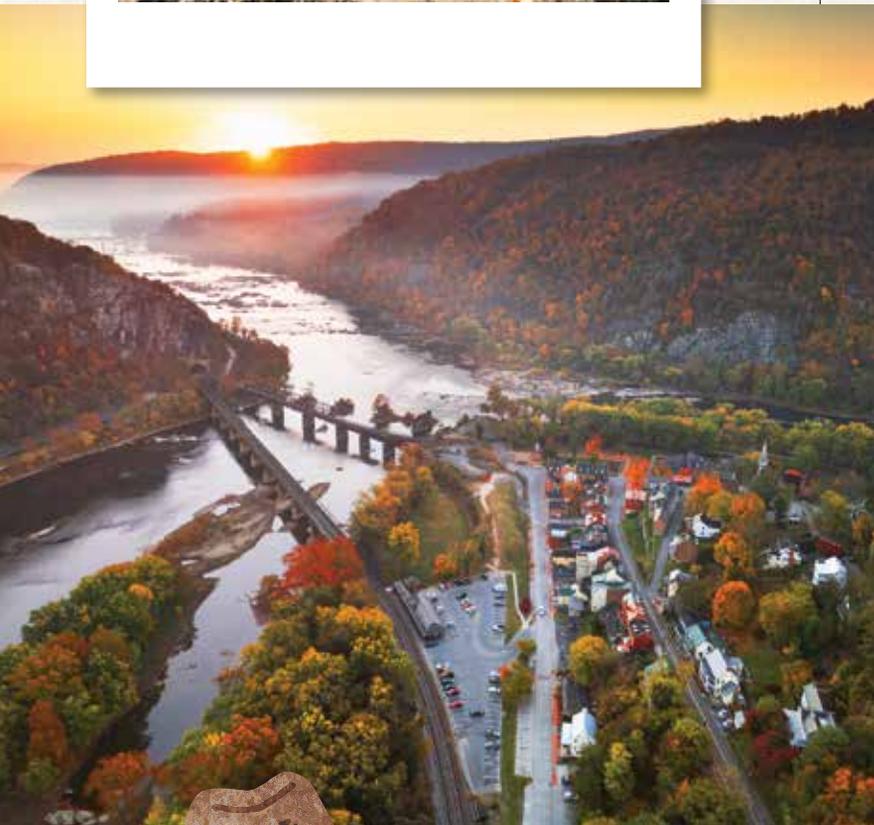
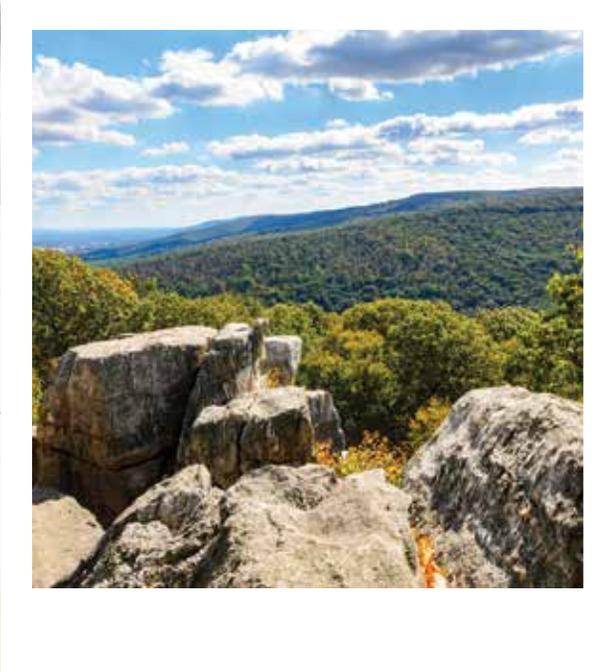
THURMONT, MARYLAND



For gorgeous wineries and stunning orchards, look no further than a jaunt to Thurmont. In under two hours from Annapolis, you will be surrounded by breathtaking scenery. You can hike and camp in Cunningham Falls State Park or the adjacent Catoctin Park and enjoy epic, sweeping views of the surrounding landscape. Visit the Catoctin Wildlife Preserve and get up close and personal with hundreds of exotic animals in a lush, 50-acre park. You can even take a one-hour safari ride showcasing animals from six continents. Come fall, visit Catoctin Mountain Orchard to pick your own fruit, enjoy homemade baked goods, and purchase jams, produce, and gifts.

When you are ready for a glass of wine, stop in the Catoctin Breeze Vineyard & Winery, where you can savor tastings while you admire the sunset. You could spend a day driving around to an assortment of other orchards and wineries, as well. As you head to dinner, be on the lookout for one of the delightful, covered bridges around town. For dining, don't miss out on Thurmont Kountry Kitchen, Bollinger's Restaurant and Uncle Dirty's Brew Works, or 10Tavern. Stay nearby at Antrim 1844 in Taneytown, a 24-acre estate renowned for its upscale accommodations.





HARPER'S FERRY, WEST VIRGINIA

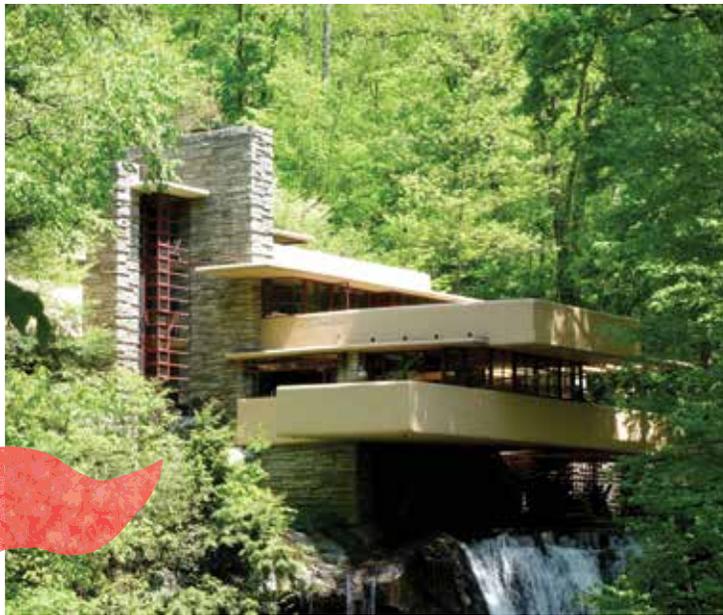
Hikers and nature buffs will definitely want to make the trek to Harper's Ferry. You will drive less than two hours from Annapolis and feel like you are in another world. The Appalachian Trail Conservancy Headquarters resides in town and is one of the most famous landmarks of the 2,190-mile trail. It is often considered the psychological halfway point for hikers who traverse the whole trail. For those of you who might not have the six months to hike the whole Appalachian Trail, spend time exploring the Harper's Ferry National Historic Park. You have nearly unlimited trails to discover, along with major historic sites and cute shops to browse. For a scenic overlook that will take your breath away, hike up to Jefferson Rock. For kids, and kids at heart, stop at the Joy Line Railroad and Toy Train Museum. For dining, try the Rabbit Hole Gastropub or Kelley Farm Kitchen and enjoy some libations at The Barn. There are plenty of B&Bs for overnight accommodation. Check out The Town's Inn, Light Horse Inn, or the Angler's Inn. When spring blooms there are few places more beautiful than Harper's Ferry.



MIDDLEBURG, VIRGINIA

If horses and wineries pique your interest, head to Middleburg, less than two hours away from Annapolis. Middleburg is known as America's horse and hunt country capital. Learn all about this accolade at the National Sporting Library & Museum, featuring artifacts and fine art illustrating the rich history of sporting life, including steeplechasing, foxhunting, polo, horsemanship, wildlife, and more. Once you have finished at the museum, start your wine tour. You will enjoy visits to Boxwood Estate Winery, Greenhill Winery and Vineyards, and 50 West Vineyards. There are many more if

you want to make a full weekend out of wine tasting. If wine isn't your thing, but you still want to enjoy the views, the family-owned Lost Barrel Brewing might be just the ticket. Stay and eat at the Red Fox Inn and Tavern, or the Salamander Middleburg. Both have been around a long time and are quite famous in the area, offering fantastic guest experiences and rooms. Other great dining options include Tremolo Bar, Red Horse Tavern, and the King Street Oyster Bar. Middleburg offers so many opportunities to sit outside, sip on something delicious, appreciate farm-to-table treats, and take in the serene views.



CONFLUENCE, PENNSYLVANIA

About three and a half hours away, Confluence is the perfect spot for anglers and architecture enthusiasts. In Ohiopyle State Park, enjoy a day of fishing in well-stocked rivers and streams, or wander through almost 80 miles of trails. For adventurers, Mount Davis is nearby, beckoning hikers to summit the highest peak in Pennsylvania. For those ready to experience legendary architecture, take a tour of Frank Lloyd Wright's *Fallingwater* (pictured). Prepare to be amazed by this timeless structure that marries nature and architecture in a stunning setting. You can walk the grounds, as well as peruse the inside of the house. For dining, visitors and locals love the Lucky Dog Café, Mitch's Fuel & Food Restaurant, and the River's Edge Café. Accommodations run from rustic charm to relaxed B&Bs. Two standouts are the Paddler's Lane Retreat and the Smith House Inn. There is also an array of cabins to rent in the area. For a more upscale stay, check into the Nemaocolin Woodlands Resort for a 5-star stay and access to sporting clays, fly fishing, and other year-round onsite recreation.





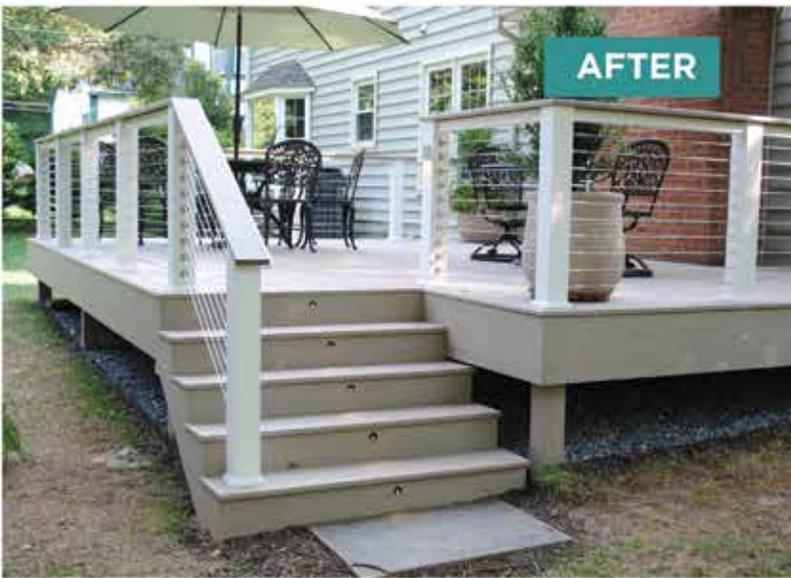
CAPE MAY, NEW JERSEY



Before beach season ramps up, visiting the shore has a different, and arguably, magical vibe with fewer crowds and just as much opportunity. If you enjoy lighthouses, birding, and peaceful moments at the beach, consider a jaunt to Cape May. You can have a truly relaxing getaway in around three and a half hours from Annapolis. In addition to resting on Cape May Beach, pay a visit to the Naval Air Station Wildwood Aviation Museum and marvel at the vintage aircraft collection. You may prefer to mingle with Alpacas at Jersey Shore Alpacas. Or perhaps you would like to take a nice stroll down the Washington Street Mall, the historic shopping district for pedestrians. For birdwatchers, the Cape May Bird Observatory is a spectacular location to spot them. National Geographic has listed Cape May as a “World’s Best Destination” for birding. Cap off a visit to Cape May with a tour of the Cape May Lighthouse. For fine dining try Grana BYOB or the Washington Inn. For more casual fare, give Mario’s Pizza & Italian Eatery a shot. You have a lot of options for accommodations, but a couple of standouts are Angel of the Sea, the Bedford Inn, or the Carroll Villa Hotel. You don’t have to go too far to have a short, but sweet, getaway. A visit to any one of these spots will create lasting memories. They all deserve a spot on your bucket list.



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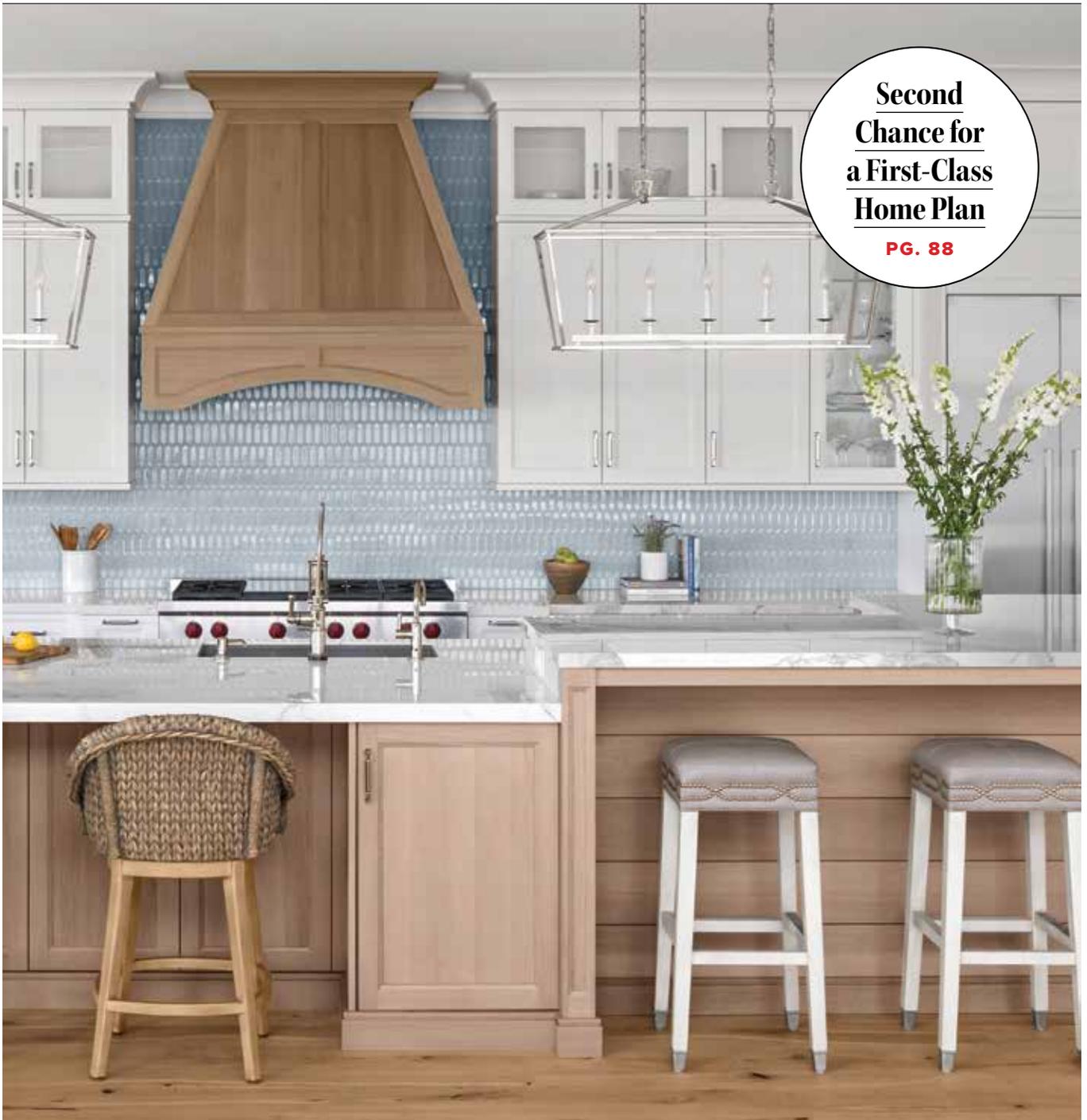
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**Second
Chance for
a First-Class
Home Plan**

PG. 88



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Second Chance for a First-Class Home Plan

By Lisa J. Gotto

In life we are always told to trust our instincts. The owners of this month's feature residence fortunately took that particular piece of advice to heart when they realized the plans they initially had drawn up for their dream waterfront home were somehow off the mark, uninspiring, and not in sync with the wish list they had envisioned.

"They had me look at their [original] plans...and those plans just didn't reflect what they were telling me they wanted," says Jonathan Rivera, owner of East Coast-based Jonathan Rivera Architecture. "So, we had a meeting; we kind of reset. I interviewed them and asked them a ton of questions, and then I came up with a plan that was entirely different—because the previous plans, the previous design, it had a garage facing the best view on the property, and so we were going to change all that."

Changing all that would not be easy, however, but Rivera felt the lot with its nearly 300-degree views of the waterfront had exceptional potential with a properly engineered and well executed design.

"My biggest concern was that the property had major setback issues from the water and a little bit of wetlands, but the buildable area was a very odd-shaped area," Rivera explains. "And so, my concern immediately was knowing what they had planned and what they wanted to do and how was I going to make this work inside of a buildable footprint? That was the driving factor...we were going back and forth trying to make something work inside of a very difficult footprint."

The first order of business, Rivera explains, was making sure that the four-car garage that they requested was placed in a spot that was the least advantageous in relation to the views, which would enable the rest of the plan to focus on view maximization.

"It was all about the sunrise and the sunset and trying to get the views as soon as you walk in the house to the water, as well," Rivera says. The owner wished to retain the open-plan concept that her former home had, with views to the east and the west. The plan he ultimately devised gave the family sunrise and sunset vistas from the kitchen.

It also checked the boxes for a guest suite with a separate entrance over the garage, two home offices, four bedrooms in the main section of the residence, a huge, first floor gym, and a massive open-plan kitchen and great room with an incredible soaring ceiling.

THE PROJECT: Taking a less-than-optimal, whole-home design back to the drawing board, so a 7,800-square-foot, five-bedroom residence could be constructed with a new concept that would utilize every square inch of possible space to its best advantage and hit the mark for fine design.



EXECUTING THE PLAN: A serendipitous trip the owners would make to the home of a friend on Kent Island prior to securing a builder, would provide an eye-opening experience as to what ultimate home design could look like. Newly motivated, the couple queried their friends to find out who their architect was.

THE PLACE: This family, a professional couple and their teenage daughter chose a three-acre waterfront lot located on a picturesque peninsula in St. Michaels. The site made for a very challenging build and design due to its exacting 100-foot buffer at the back and on both sides of the property.

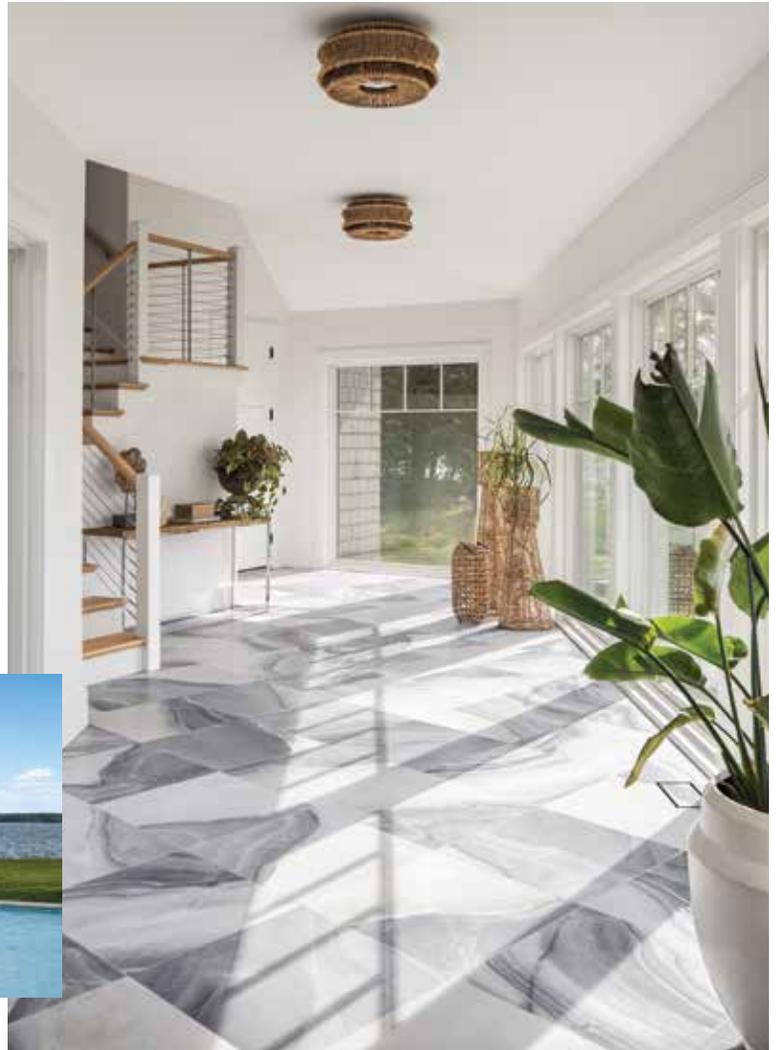


NOTES FROM THE BUILDER

Once the enhanced coastal farmhouse plan was perfected, the couple interviewed a short-list of potential builders and ultimately chose Mueller Homes of Annapolis.

“Jonathan had suggested us as a builder and introduced us to the homeowners. They ended up choosing us just as a result of our process, our transparency, and our team,” says P.J. Mueller, President of Mueller Homes in Annapolis.

“They liked on the front end how we estimated and went through everything with them in detail—and that we’ve also worked with Jonathan on several other projects. So, it was pretty cohesive from that aspect, as well.”



Up there with the most important aspects associated with the construction of any home, is its curb appeal, and Mueller says the location of this property in particular denoted bringing the highest level of attention to the exterior.

“The curb appeal obviously was very important from a material standpoint,” adds Mueller, who explained that his team employed a thin-cut natural stone sourced from Pennsylvania to complement the classic, Federal blue Hardie-plank shingle exterior. A solid collection of Anderson A-Series windows would provide its views and a wealth of natural light.

Architecturally, the home’s profile is striking with its multiple-pitch roof line and the implementation of two, round towers that were employed in the design to enhance the views with a radius of windows in each one, while adding character to the entire expanded footprint.

INSIDE THE DREAM

And what a footprint it is! Rivera provided the ultimate flow throughout the home starting with a glorious entry with sightlines leading straight from an expanded foyer back through a gleaming gallery space to a pretty back patio.

The entry foyer and gallery spill into the right side of the floorplan and into the kitchen and great room, respectively. This incredible space is the beating heart of the home with its stone fireplace wall and a dramatic, soaring ceiling enhanced with decorative trusses and two stories of windows that overlook the waterfront and the understated sophistication of the property's pool and patio area.

Again, Mueller says, the choice of materials was pivotal to the overall aesthetic.

"The materials were a huge, huge deal in the overall space because of the vast areas and keeping them very neutral. [The feel] is super light and airy with the trim details that you see with the shiplap and it being white. The trim is the same color as the walls, so you don't get that variation of depth, but you do get that light and airiness [despite] all of the heavy trim, as a result of that color choice."



The “heavy trim” being all the board and baton wall treatment that feels much smaller because of the color chosen. That airy feeling was replicated in the choice of floors, which are all white oak and carry through into the incredible kitchen.

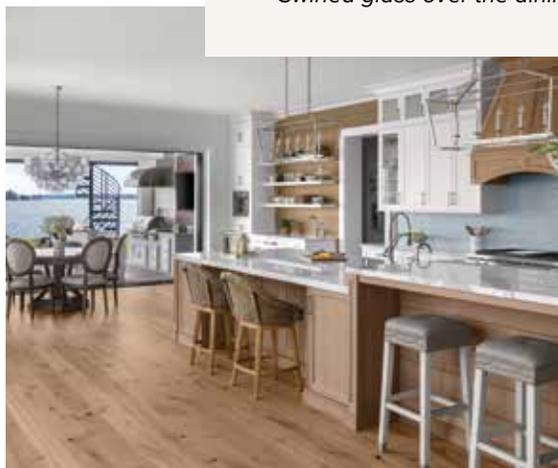
It is in this space where the observer can see how re-thinking that original design really paid off, as the water views are just as impressive from the kitchen as they are from the great room. An enormous two-level center island marries the two large spaces exquisitely with its positioning and its style. The flow continues past a large, eat-in area (this home was designed without a formal dining room, which Rivera remarks is a growing trend he is seeing throughout his client base) and out to the outdoor kitchen and patio area.



KITCHEN: INSIDE DISH

Mueller Home’s Design Concierge played a pivotal role in guiding the homeowners through the interior design selection process and kept the project on budget and on time. The Design Concierge also brought in Wesley Pehlke of Simply Wesley and Tracy Farasy of Plain2Pop for specific rooms and finishes.

A refined beauty was created in the kitchen with a Glazzio-Decko Collection mosaic backsplash in Sweet Erte, countertops of 12mm Mediterraneo Stataurio Extra Polished porcelain with a mitered profile on all exposed edges, and a statement-making Talia Large Chandelier in Burnished Silver Leaf and Clear Swirled glass over the dining area.



Once outside the kitchen, the observer will also notice one of several conveyances to the home's second level, a custom, spiral staircase to the upper deck off the primary suite. A stellar spot for stargazing and fresh-air consumption, this area puts the cherry on the sundae of the homeowners' private quarters, which is located in the larger of the two towers conceived in the design.

Much more than just a bedroom-in-the-round, the room offers that aforementioned radius of windows overlooking the water and is just one part of an entire wing of the home that includes a luxurious primary bath, two walk-in closets, and a separate sitting room.

One of the home's signature elements is the gorgeous staircase that transports the family to and from all four bedrooms on the second floor. This element is indicative of the attention to detail and engineered design that exemplifies the entire home.

"That is the only staircase to the second-floor bedrooms and primary suite," Mueller explains. "That was again, important to the theme of the home, and a really special focal point. The ceiling's got a beam detail that's lower profile but mimics and almost correlates to the star light fixture in there. And the cable railing again, keeps the coastal [vibe] light and airy, and it just really complements and ties together the second floor to the first floor."

Among this home's additional first floor highlights are its second room-in-the-round that houses an impressive in-home gym overlooking the water and the wife's to-die-for home office. This room faces the waterfront and was designed with a sliding glass (instead of wood) barn-style door that opens to the interior gallery—a next-level use of material for a now very popular interior feature.

Clearly, from second thoughts to second chances, this project was all about what can happen when one steps back and takes time for a gut check and a second look.



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Spring Color Forecast

OUR PICKS FROM 2025'S PALETTE

By Lisa J. Gotto

W

e will soon begin experiencing the sights and scents of spring once again! A welcome end to the winter and an anticipatory lean-in to what's fresh and new.

And newly opened windows will provide us with the opportunity to finally address the projects we dreamed of but dared not endeavor doing during the colder months. That said, design industry pros, such as the color experts at the Pantone Color Institute, have already released the seminal color they deemed to be trending this year, along with collections of the sub-palettes that optimally coordinate with that color to take your fresh new look to the next level.

A common characteristic of color forecasting includes a rationale or basis for why the colors were chosen, which is primarily to address a need, mood, or to capture a specific vibe, or aspiration.



INSPIRED BY OUR CONTINUED DESIRE FOR COMFORT

The surprising color front-runner that emerged under the given name, “Mocha Mousse,” or PANTONE 17-1230, is described as a...“Warming, brown hue imbued with richness. It nurtures us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort.”

Personally, we feel there isn't a better way to upsell a shade of brown than to seed the consumer's conscious with thoughts and images of coffee and chocolate-enhanced confections.

The last time a sable-based hue was popular and was reflected culturally in what we were wearing and how we were dressing our interiors, was the early to mid-1990s. Think grunge, rebellion, and flannel—lots and lots of brown flannels and corduroys.

THIS YEAR'S SUB-PALETTES

This iteration has a smoother quality to it, an almost effortless subtlety. This is also expressed in the way the Color of the Year complements the chosen hues in this year's five color sub-palettes. This multi-palette approach enables just about anyone to envision how they can integrate Mocha Mousse into their personal style and design scheme. ▶



Photo courtesy of Houseofcolorville



Their first palette for your consideration, known as **Uniquely Balanced**, is described as somewhat exotic and multi-colored with a range that embraces both warm and cool tones. From the dense and saturated Catterlya Orchid to the mellow Desert Flower, this palette definitely gives off SXSU vibes.



While the Uniquely Balanced palette may clearly need tweaking to work within our mid-Atlantic interior sensibilities, Pantone's second palette, **Floral Pathways** gets us closer to total immersion especially with the more modern homes that regional builders have noted their clients are requesting. Subtle green hues like Tendril and Willow, blend the Color of the Year with neutral shades of Cobblestone and Gardenia capturing a clean and calm modern aesthetic so popular now with younger families. A modern home anywhere can easily adopt this color scheme and dwell comfortably within it for many years.



Another 2025 palette, **Deliciousness**, leans into decadent and delectable hues inspired by life's mouth-watering confections. Like the cherry on the proverbial sundae, this palette's shades of a berry-rich Party Punch and cotton-candy evoking Bonbon give off true escapist vibes and may be the answer to dressing special spaces in the home such as a child's room, and even a walk-in closet/dressing room experience.



Among the palettes that we could easily see ourselves adopting and integrating right here and right now are the **Relaxed Indulgence** and **Subtle Contrasts** palettes. Relaxed Indulgence is aptly named for the effect it has on the psyche, where shades of Baltic Amber and Cannoli Cream evoke the visual and aesthetic impact of stirring cream into coffee. It's all about conjuring the comforting feeling you get from a sweet treat or a simple walk in nature. Our favorite of the five palettes is Subtle Contrasts for its solid core of versatile neutral tones like the ever so slightly mossy taupe called Laurel Oak and an intense aquamarine called Tapestry. These shades are ready for their 2025 debut in a room near you because they most likely can be integrated and layered in with whatever you may already have going on. The Subtle Contrasts palette can alternately provide the complete refresh you were contemplating over the winter months as its range is rich with naturals and neutrals that can only elevate our cherished waterfront aesthetic.

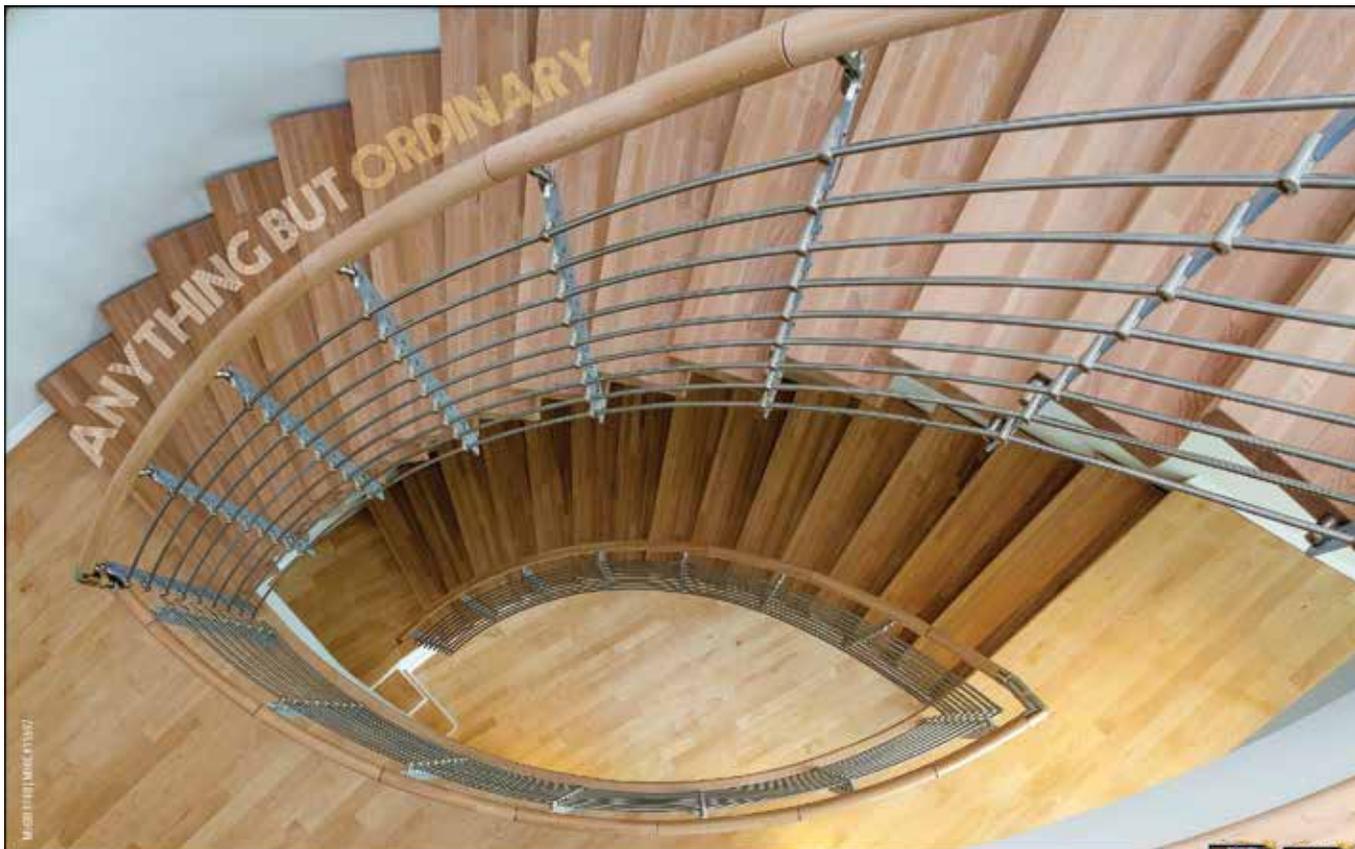


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Planning for a Year-Round Garden

By Janice F. Booth

Of course, the gardening year never really starts or ends. It is one continuous, entwining circle. A succession of tasks and pleasures; where one plant dies and another grows up to take its place. A balance of planning for tomorrow and next month and five years hence, whilst living for today. —Mahatma Gandhi

Like me, you're probably nodding and smiling as you reflect on Gandhi's observations on gardening. Spring is in the air, and we who garden are sharpening our trowels and buying new gardening gloves. Maybe you've looked over last year's garden diary and photos, and you're thinking about a few changes in your garden. One project to consider is extending your garden's year-round beauty.

A garden that offers beautiful lines and colors 12 months of the year is a bit of a challenge. If you're ready to take on that challenge, here are a few things to consider: (A) plants that add color in the winter and (B) review your mature plants for expanding seasonal color.

A. Coloring your winter garden. While your garden's winter appearance is still fresh in your mind, consider how to add color next winter.

Pause here: Success for any garden project depends on 4 things: watering, mulching, fertilizing, and pruning. We're doing a lot of that now that Spring is here, but don't forget to continue these essential activities into autumn in preparation for the winter garden you're planting now. Now is the time to expand your garden's seasons. So, let's get started:

1. Consider the heights and widths of your garden when all the lovely foliage has wilted and the neighbor's cement block garage or doghouse are peaking at you through the fence. Where do you need height? Where breadth of growth?
2. Three types of plantings can enhance the color and architecture of next winter's garden – *trees* (conifers and deciduous), *shrubs and bushes*, and *perennial plants*.
3. Starting with trees and shrubs, here are some wonderful choices to plant now for beautiful colors next November:

Witch Hazel—a small tree or large shrub, its elegant branches are festooned with feathery blossoms; yellow, orange, or red, depending on the variety, from January to March. Witch Hazel is valued for its medicinal uses too. ➤

Dogwood, red or yellow twigged—a familiar small tree in our region, its renowned for white or pink spring show. But the red or yellow winter bark is a showstopper! Dogwood's easy to plant and maintain. (Whether you're doing it yourself or using those wonderful, strong gardeners.)

Copper crape myrtle—you may already have one of these beauties in your garden. The copper crape myrtle's bark may be cinnamon, red, beige, or yellow. The smoothness of the tree's trunk enhances the elegance of the trunk.



Winterberry, Serviceberry, & Beauty Berry shrubs—these guys are a chorus of winter delight. Each has clusters of berries in reds or purple. They fill in nicely in areas where the flowers of summer are no longer on display.

4. Don't forget to include in your plans those sturdy plants that bloom in summer and into the early winter. They include:

Camelias—glossy, green leaves and showy blossoms in shades of pink and red. Stunning in February, if they're planted in a protected area they can become bushes.

Hellebore—if they love where you've planted them, they'll give you blossoms from November through to March! Pink, white, and green.

Winter jasmine—that lovely vine, flowers now and even in February. Keep an eye on that vine. It may get out of hand.

Kale and Ornamental Cabbage—to avoid legginess, plant or pot them in autumn; they add color and texture to winter's blandness. ➤



B. Year-round color. Coordinating the colors of our flowering plants is a familiar challenge for all of us who garden. Changing conditions in the garden may require some revisions in the planting. Consider these:

1. Sun-to-shade ratios: The sunny garden has its problems with watering and fertilizer, but the shade garden has those problems plus the problem of encouraging color in the shade. Are those lovely trees casting shadows further over the flowerbeds? Will the neighbor's new addition block the morning sun? Here are a few suggestions for the *shady* parts of your garden

Actaea or Fairy Candles—pink with dark maroon foliage

Blue Mistflower—tiny purple flowers bloom in early autumn ➤

Bottle Gentian—blue flowers bloom in early autumn

Coral Bells—bright autumn flowers

Windflowers—pink and purple autumn flowers

Korean Angelica—beautiful red to purple clusters, but... biennial.

Turtlehead—clustered pink blossoms on a tall-ish stalk.

2. Space: crowding & expanding: March gives us some idea about which plants we know and love have survived winter and where sturdy plants have grown too large for their places in the garden.

Wander among the flowerbeds checking for emerging green on mature plants or telltale grayish-brown where green shoots should appear.

Observe the "footprints" of favorite plants. Can the too-large plants be divided, or must they be moved to a different location in the garden?

Where space has opened up, reconsider sunlight and moisture, and which new plants might settle in nicely. (Don't forget this may be the perfect opportunity to add the winter-color plants.)



As Ghandi so wisely observed, in our gardens the planning and work are never done. But it is fun to try some new plants for the dazzling surprises they'll provide all through the year.



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Living Craftsman-Style in Crofton

By Lisa J. Gotto

Impeccable curb appeal and a refreshed traditional aesthetic throughout are the hallmarks of this craftsman-style, split-level home in Crofton.

The new homeowners will not need to do anything but unpack their personalities and favorite furnishings because this 2,000-square-foot residence is turn-key with all its major elements recently updated or upgraded.

A lush and lovely front yard welcomes guests to the foyer that starts with a gorgeous, craftsman-style door with side-light panels, leading to

Primary Structure Built: 1970

Sold For: \$780,000

Original List Price: \$739,975

Bedrooms: 4

Baths: 2
Full, 1 Half

Living Space: 2,004 Sq. Ft.

Lot Size: .33 acres

an entry level bedroom. This room boasts large front-facing windows and would make the perfect private home office, as well.

Located just a short staircase away is the home's main-level open-plan living area with its rich, walnut floors and large windows throughout, for the exchange of tons of natural light. This space is large and exceptionally well-suited for entertaining. An all-white kitchen offers beautiful cabinetry with attractive farmhouse pull hardware that is complemented by darker wood tone island which houses the sink and dishwasher and offers breakfast bar seating for four.

All the working surfaces are topped with gleaming, light-stoned granite, and the white subway tile backsplash is paired with a stainless-steel appliance package, including a gas range. A multi-functional workspace is featured on one side of the room and offers attractive glass cabinetry above, a wine fridge, and integrated desk.

This room is framed with a wide bow window with a charming built-in upholstered seating area below, as well as a large, informal dining space.

Descend a level and you'll find the home's formal living room designed with a gorgeous stone feature wall fireplace and a wall of windows overlooking the property's meticulous landscape and two-tiered pool area.

A set of attractive sliding glass doors in that wall provide easy access to the large concrete patio and exceptionally well-designed hardscape planted with attractive perennials. The lush grounds and six-foot fencing encompassing the property make this an impeccable outdoor oasis.

Back inside, the home boasts a roomy primary suite with en-suite bath, and two additional bedrooms that share a bath on the upper level.

Add in a large, two-car garage and a lovely neighborhood aesthetic, and you have an attractive home in the highly desirable, family-oriented community of Crofton.

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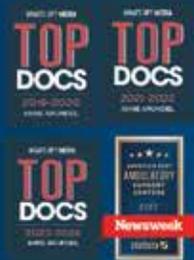
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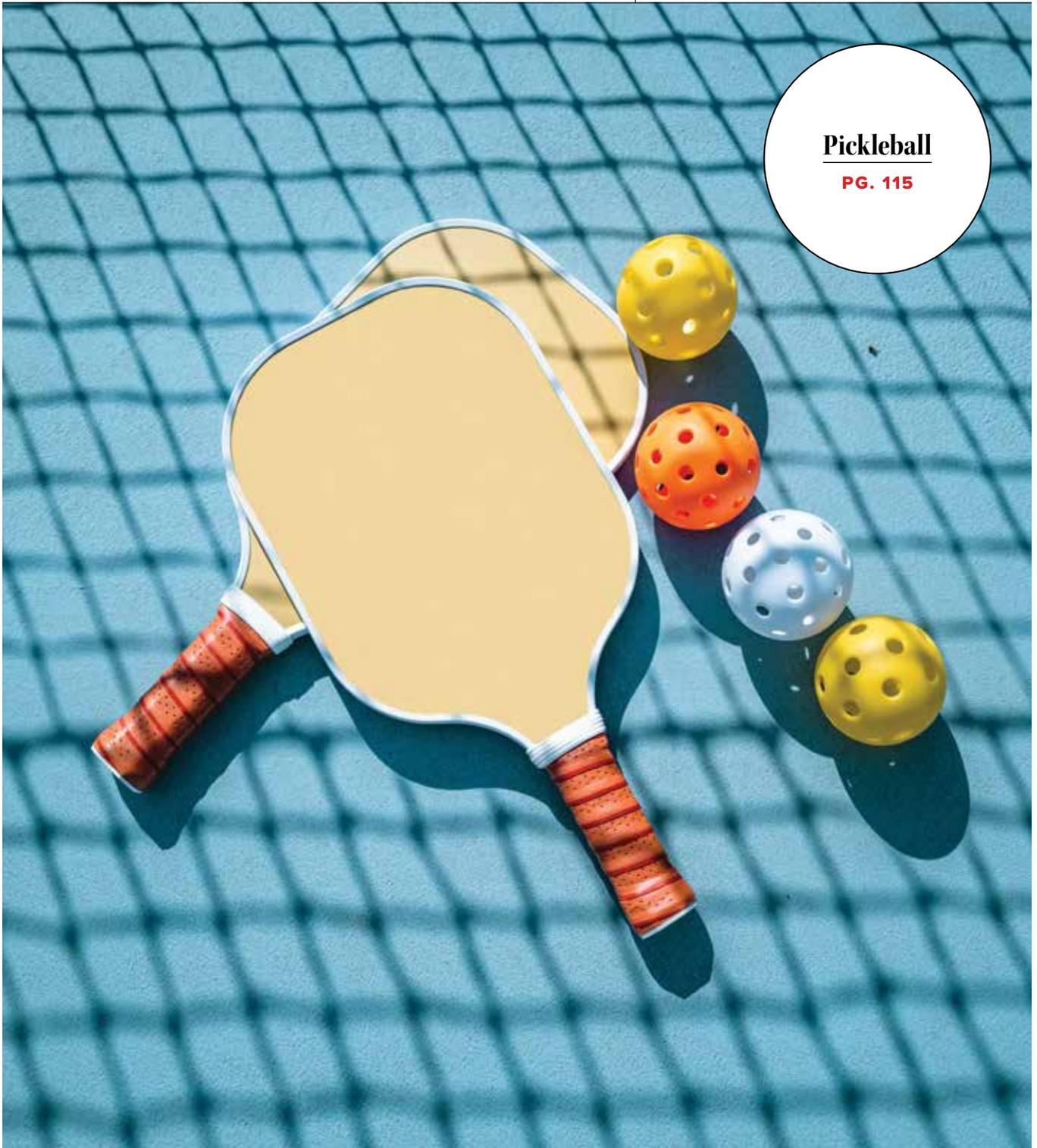
Health & Beauty

112 STRONG TEETH, HAPPY SMILES

116 GET SALTY

Pickleball

PG. 115





Strong Teeth, Happy Smiles

FLUORIDATED WATER KEEPS DECAY AT BAY

By Dylan Roche

Strong, healthy teeth are more than just the makings of a beautiful, confident smile—good oral health is a key component to good overall health. This might explain why adding fluoride to tap water is considered by the Centers for Disease Control and Prevention to be one of the greatest public health achievements of the 20th century.

Fluoride is a naturally occurring mineral found in food that strengthens teeth and reduces risk of decay and cavities by 25 percent, according to the Cleveland Clinic. In fact, fluoride is a “powerhouse for oral health,” in the words of Dr. Scott Finlay of Annapolis Smiles. “It strengthens tooth enamel, making it more resistant to

“FOR BOTH CHILDREN AND ADULTS, FLUORIDE SERVES AS AN ESSENTIAL DEFENSE AGAINST TOOTH DECAY.”

decay caused by acids produced by bacteria. Additionally, fluoride can reverse early stages of tooth decay by re-mineralizing weakened enamel. It also helps reduce harmful bacterial activity in the mouth, creating an environment less conducive to cavities. For both children and adults, fluoride serves as an essential defense against tooth decay.”

WHY FLUORIDATE WATER?

The movement to fluoridate tap water really gained momentum in 1962 with a U.S. Public Health Service recommendation following decades of research. But even before this recommendation from a public agency, many municipalities had been adding fluoride to tap water and seeing a sharp decrease in the number of children with cavities.

The concept: When small amounts of fluoride are added to public water, anyone who consumes that water from the tap throughout the day gets exposure to fluoride, which coats the teeth and strengthens them. Most water contains natural amounts of fluoride, but not in levels high enough to prevent tooth decay.

Over the decades that followed the U.S. Public Health Service recommendation, more state and local governments chose to implement water fluoridation into their public water supply based on the agency’s guidance. Since then, oral health across populations have drastically improved. In a 2015 statement, Dr. Vivek H. Murthy, then the U.S. Public Health Service Surgeon General, noted that it wasn’t uncommon for young teenagers to have lost one or more of their adult teeth to tooth decay prior to the 1960s, and half of Americans age 65 or older had lost all their natural teeth, which had to be replaced with dentures.

“Patients who regularly use fluoride, whether through water or other sources, typically experience fewer cavities and less severe decay,” Finlay says. “Their teeth are generally more resilient against the acids that cause decay. In contrast, individuals without regular fluoride exposure are more likely to develop cavities and may face more frequent dental treatments. Over time, the difference can significantly impact both oral health and dental expenses.”

PROTECTING THOSE PEARLY WHITES

Although most of us would agree we want a vibrant smile with strong teeth, the benefits of good oral health go far beyond aesthetics. Harmful bacteria breeding in the mouth can cause inflammation and instigate problems all over the body. Studies have found correlation between gum disease and heart disease, likely because oral bacteria can enter the bloodstream and worsen the

buildup of plaque that causes heart attacks and strokes. Oral bacteria entering the bloodstream can also cause an infection of the heart lining known as endocarditis.

Despite these benefits, the process of public water fluoridation has been the subject of criticism from people who call it “mass medication” (though it’s worth noting that fluoride is a natural mineral, not a type of medicine). Fluoride, like many other minerals, can be harmful in excessive amounts—hence why we’re not supposed to swallow toothpaste—but extensive research on the part of the CDC and the World Health Organization have found water fluoridation to be both safe and effective.

WHY WATER IS SUCH A WINNER

Are there other sources of fluoride that can benefit teeth? Of course. Many brands of toothpaste and mouthwash have fluoride, as do foods like fish, shellfish, spinach, and potatoes. The American Dental Association considers fluoridated tap water to be better than these other sources because it provides consistent, low-level exposure on an ongoing basis—pretty much every time you take a sip of tap water.

Finlay agrees with this. “To benefit fully from fluoride in tap water, regular consumption is essential. The small amounts in water work cumulatively to strengthen teeth over time,” he says. “While fluoride toothpaste does provide some protection, it doesn’t replicate the consistent exposure from drinking fluoridated water.”

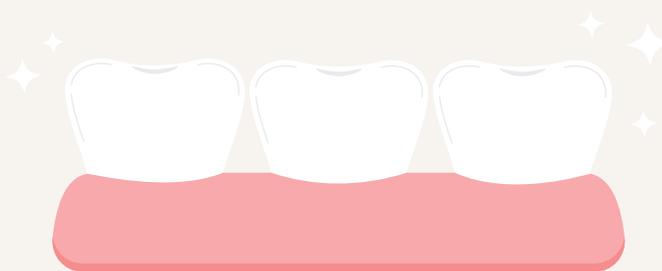
So, if you’re looking for strong, beautiful teeth that will last you a lifetime, brushing and flossing are important—but drinking tap water throughout the day could be the unsung hero of your oral health routine.



OTHER SOURCES OF FLUORIDE

Fluoridated water is not the only source of fluoride. If you’re looking to increase your consumption of fluoride, you can look for fluoridated toothpaste or mouthwash, or you could include more of the following foods in your diet:

- ◆ Black tea
- ◆ Spinach
- ◆ Potatoes
- ◆ Shellfish, especially shrimp and crab
- ◆ Okra
- ◆ Chard
- ◆ Grapes and raisins
- ◆ Oats



TIPS FOR STRONG TEETH

Fluoride isn’t your only safeguard against tooth decay. Remember to practice good tooth care by:

- ◆ Brushing your teeth twice a day with a soft-bristle toothbrush—and don’t forget to floss
- ◆ Watching your consumption of sugary and acidic foods, which can break down tooth enamel.
- ◆ Not smoking or chewing tobacco, which will not only discolor your teeth but also cause gum disease.
- ◆ Getting plenty of calcium, which is important for strengthening your teeth the same way it strengthens your bones.
- ◆ Visiting your dentist every six months for a cleaning and checkup.



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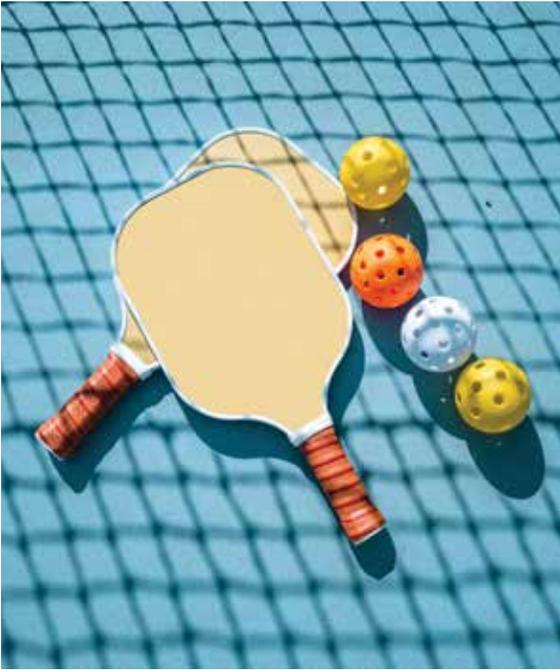
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Pickleball

AN ALL-AGES FITNESS TREND

By Dylan Roche

Most of us know exercise is good for us—the problem is just all the things that prevent us from getting the exercise we need. The time commitment. The boredom factor. The way exercise just seems harder and harder as our bodies age. In fact, the Cleveland Clinic reports that after age 50, more than 70 percent of people fail to get enough exercise.

Maybe this is why pickleball has exploded in popularity over the past few years. It's an all-ages sport offering physical *and* social benefits that are especially important for seniors. Pickleball is similar to tennis, but it's played on a slightly smaller court with a paddle and lightweight plastic ball instead of a racquet and heavy rubber ball. A round of pickleball is often slower paced and less physically demanding, so it's easier for beginners or casual players to participate.

BUT JUST BECAUSE PICKLEBALL IS NOT AS INTENSE DOESN'T MEAN IT'S NOT PHYSICALLY FULFILLING. HERE ARE FOUR REASONS TO PICK UP A PADDLE:

1. IT'S GOOD CARDIO. An aerobic workout doesn't have to have you wheezing to be good for you. Just 150 minutes of moderate-intense activity—that is, enough to raise your heart rate and break a light sweat—is sufficient. So, if you play for an hour just three days a week, you'll exceed your cardio needs! Aerobic activity improves circulation, staves off heart disease and stroke, and aids in weight management.

2. YOU'LL RETAIN MUSCLE AND BONE STRENGTH. We naturally lose muscle and bone strength as we get older, setting our bodies up for easy injuries. But pickleball gets you moving around on your feet, bearing your own weight as you move from side to side, forward, and backward. You'll be running, leaping, squatting, and swinging your arms. These movements are good for strengthening your legs, core, and even your arms. This will also help with your coordination and balance, which are crucial for staying injury-free in old age.

3. YOU GIVE YOUR BRAIN A WORKOUT. A lot of pickleball is strategy. You always have to think about what your opponent is going to do next and prepare to respond to it quickly. You'll find the strategic part of pickleball keeps your mind sharp and your instincts responsive. Practicing your shots can also improve your hand-eye coordination. Many seniors who engage in mental challenges on a regular basis find that it delays cognitive decline.

4. IT'S SOCIAL. Finally, pickleball is the type of workout that you do with other people—it's a great excuse to get out of the house and engage with others. This boosts your mood, reduces feelings of isolation, and improves your overall wellbeing.

Get Salty

MAKING A DIY BODY SCRUB WITH SALT

By Dylan Roche

When it comes to soothing and improving your skin, one of the most reliable ingredients is probably already sitting right in one of your kitchen cabinets: salt. Yes, the same go-to mineral you add to food can also help remove dead skin cells and other debris for healthier skin. A DIY homemade body scrub is a great choice for *exfoliating*, when fine particles (such as salt grains) slough away debris to freshen up your skin and prime it for absorbing products like moisturizer. This leaves your skin, both body and face, smooth and soft, with reduced redness and inflammation, as well as smaller pores and less visible fine lines. Exfoliating can also increase the flow of blood to the surface of your skin, so it can not only give you a vibrant glow but also improve the healing of blemishes or pimples.



THE BEST PART IS THAT A HOMEMADE BODY SCRUB IS EASY—AND IT CAN BE TAILORED TO YOUR SPECIFIC NEEDS AND WANTS. HERE'S HOW TO DO IT:



1 cup salt: Start with selecting a salt of your choice. Fine-grain salt is gentler and better for sensitive skins, but a coarser sea salt will give you a more intense exfoliation. Sea salt is also richer in trace minerals like magnesium, calcium, and potassium, which are nourishing for your skin, especially in dry weather. (You can even replace the salt with sugar if your skin is especially sensitive and you need only a mild exfoliant, as sugar granules are much smaller and less abrasive.)

1/4 cup oil: Oil will serve as a moisturizer to soften your skin once the salt has stripped off dead skin and other debris. Cooking oils, such as olive or coconut, are rich in antioxidants that your skin can absorb topically. If you're using coconut oil, you'll need to melt it in the microwave before combining with other ingredients in your scrub.



10 drops of essential oil: Essential oils smell great, which adds a boost of spa-like luxury, but they do much more than that—certain essential oils have unique benefits that are specific to your skin's needs. If you have acne-prone or inflamed skin, try tea tree oil, which has antimicrobial and antifungal properties. A citrus oil like orange or grapefruit can cut through excess sebum, the waxy substance your skin naturally produces as a barrier against the elements. Rose oil is hydrating, so it's great for dry skin.

1 tablespoon of honey (optional): Honey is hydrating for your skin, delivering much-needed moisture when you've been exposed to too much dry air.



1 tablespoon vitamin E oil (optional): You can buy vitamin E oil over the counter at most pharmacies, and it's good for repairing and nourishing dull skin.

Combine the ingredients well and store in an air-tight container, such as a glass jar. Store in a cool, dry place and use twice a week. The scrub will keep for up to two months.

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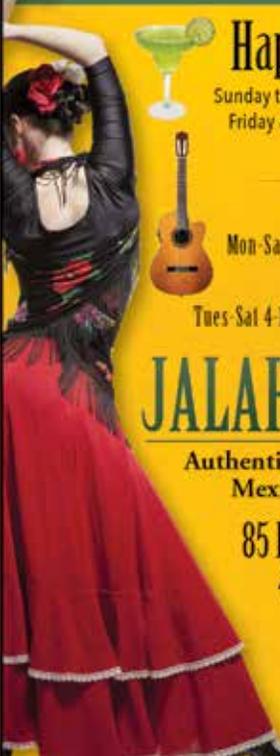
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Food & Dining

120 BEAUTIFUL & HEALTHY CULINARY CREATIONS

122 READERS' DINING GUIDE

Avocado Smash
gourmet toast
at Toastique



Beautiful & Healthy Culinary Creations

By Tom Worgo

When she moved to Annapolis a few years ago, Allyson Jishi felt the community needed healthier dining options. “We were lacking in [healthy] culinary selections here,” Jishi suggests. “I would say it was a 10-to-one ratio.”

So, the 39-year-old decided to open her own place with her brother Chris Deli, a long-time chef, in May of last year in the Annapolis Town Center, Toastique.

Toastique, a national franchise, is a contemporary café that specializes in gourmet toasts, smoothies, cold-pressed juices, coffee, espresso, and other selections using fresh ingredients.

Today, customers crowd the café (open 7 a.m. to 5 p.m. weekdays and 7 a.m. to 7 p.m. weekends). As a result, the siblings plan to open a second location in the Annapolis area.

Allyson, why did you decide to open a café? I felt as though we needed more casual, healthy food options. Not a bunch of fried foods. [When I lived] in Baltimore, there was a casual place that I just loved. It was a healthy café, bakery-style. Not a bar, or a restaurant.

How did you pick the Town Center as your location? I knew that needed to be the location. For a couple of reasons. There is free parking. And other tenants are aligned with health and wellness. The more support the better, to bring like-minded people together.

What makes Toastique special or different from other cafes? We are committed to making sure things are fresh. We get our bread and pro-



TOASTIQUE

214 Harker Place, Annapolis; 443-430-0085; toastique.com/annapolis

duce delivered daily. We make our own peanut butter, berry jam, and prepare all the fruits and vegetables as they're being served. You taste the difference in how fresh everything is.

Chris, how would you describe the menu? Unique. It's hard to compare other restaurant menus to ours. Freshness is the key, which is good for nourishing not only the body, but your hunger, and soul. We have smoothies and they have health benefits. Our bowls are fun for kids and adults. Our toast is unique, it will fill you up and give you some warmth.

What is your No. 1 seller? Avocado Smash. It's toast on multigrain bread with mashed avocados, chili seasoning, lime, and marinated heirloom tomatoes. We also use house seasonings with a little oil and vinegar.

It tastes like a summer salad and is surprisingly filling.

Allyson, what has been the biggest challenge in opening a new cafe? Team member retention. We are a small business, and everybody needs to wear multiple hats. People need to believe in our product. It is important to find people that are passionate about health and wellness. And food that tastes good and looks good. So, it always needs to look beautiful. Presentation is important.

How will your cafe sustain success? Once people experience our cafe, they keep coming back. There are not that many healthy food options around. Kids love our bowls, smoothies, and PB crunch toasts. Moms want their kids to eat healthy food. That's another big draw. I understand that. I am one of those moms.

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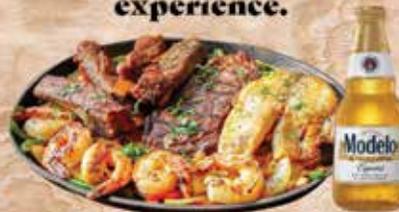
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Readers' Dining Guide



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.

Advertisers Listed in Red

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 49 West Street, Annapolis; 410-626-9796; 49westcoffeehouse.com \$ ●

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 163 Main Street, Annapolis; 410-280-6486; acmegrill.com \$\$ ●

Acqua Al 2
 236 Main Street, Annapolis; 410-304-3424; acquaal2.com \$\$\$ ●●

Annapolis Ice Cream
 196 Main Street, Annapolis; 443-714-8674; annapolisicecream.com \$ ●●

Annapolis Market House
 25 Market Space, Annapolis; 443-949-0024; annapolis-markethouse.com \$\$ ●●

Armadillo's Bar and Grill
 132 Dock Street, Annapolis; 410-280-0028 \$\$ ●

The Big Cheese
 47 Randall Street, Annapolis; 410-263-6915; tbcsannapolis.com \$ ●

Buddy's Crabs & Ribs
 100 Main Street, Annapolis; 410-626-1100; buddysonline.com \$\$ ●●

Café Normandie
 185 Main Street, Annapolis; 410-263-3382; cafenormandie.com \$\$\$ ●●

Carpaccio Tuscan Kitchen & Wine Bar
 1 Park Place Suite 10, Annapolis; 410-268-6569; carpacciotuscankitchen.com \$\$ ●●●

Castle Bay Irish Pub
 913A Main Street, Annapolis; 410-626-0165; castlebayirishpub.com \$\$ ●●●

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 193B Main Street, Annapolis; 443-214-5171; dry85.com \$\$ ●●

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 100 State Circle, Annapolis; eatsprout.com \$ ●

Federal House
 24 Market Space, Annapolis; 410-268-2576; federalhouse.com \$\$ ●●

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 179B Main Street, Annapolis; 443-808-8991; foxsden.com \$\$ ●

Galway Bay Irish Restaurant and Pub
 63 Maryland Avenue, Annapolis; 410-263-8333; galwaybaymd.com \$\$ ●●

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114 West Street, Annapolis; 410-885-4589; gameonbararcade.com \$ ●

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137 Prince George Street; thegoatanapolis.com \$\$ ●●●

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236 Main Street, Annapolis; 410-304-3353; haroldblack.com \$\$ Light Fare, ●●

Harry Browne's

66 State Circle, Annapolis; 410-263-4332; harrybrownes.com \$\$ ●●

Iron Rooster

12 Market Space, Annapolis; 410-990-1600; iron-rooster.com \$\$ ●●●

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195 Main Street, Annapolis; 410-263-4688; jossushi.com \$\$ ●

Latitude 38

12 Dock Street, Annapolis; 667-204-2282; latitude-38waterfront.com \$\$\$ ●●●●●

Lemongrass

167 West Street, Annapolis; 410-280-0086; lemongrassannapolis.com \$\$ ●●●

Leo Annapolis

212 West Street, Annapolis; 443-782-7549; leoannapolis.com \$\$ ●●

Level A Small Plates Lounge

69 West Street, Annapolis; 410-268-0003; levelannapolis.com \$\$ ●●

Lighthouse Bistro

202 West Street, Annapolis; 410-242-0922; lighthousebistro.org \$ ●●●

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8 Market Space, Annapolis; 410-263-5700; mcgarveysannapolis.com \$\$ ●●●

Metropolitan Kitchen and Lounge

169 West Street, Annapolis; 410-280-5160; metropolitanannapolis.com \$\$\$ ●●●

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2 Market Space, Annapolis; 410-263-3323; middleton-tavern.com \$\$\$ ●●●

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Red Red Wine Bar

189B Main Street, Annapolis; 410-990-1144; redredwinebar.com \$\$ ●

Reynolds Tavern

7 Church Circle, Annapolis; 410-295-9555; reynoldstavern.com \$\$\$ ●●

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1 Craig Street, Annapolis; 410-990-0929; sofiscrepes.com \$ ●●

Stan and Joe's

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Trophy Room

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Tsunami

51 West Street, Annapolis; 410-990-9869; tsunamianapolis.com \$\$ ●

Vida Taco

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Bean Rush Café

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Bella Italia

609 Taylor Ave, Annapolis; 410-216-6072; bellaitaliamd.com \$ ●

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458 Forest Beach Road, Annapolis; 410-757-1311; cantlers.com \$\$ ●●●●

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1906 Town Centre Blvd Suite 110, Annapolis; 443-775-5179; truefoodkitchen.com \$\$\$ ●●●●

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401 Fourth Street, Eastport; 410-263-1617; lewnessteakhouse.com \$\$\$ ●●

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