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WHAT'S UP? MEDIA SEPTEMBER 2025

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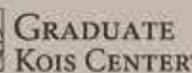
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Redefining Proportion and Comfort

When it comes to breast surgery, bigger isn't always better. At Annapolis Plastic Surgery, Dr. James Chappell focuses on helping women feel lighter, more confident, and more aligned with their bodies through breast lift, reduction, downsizing and augmentation.

Large, heavy, or sagging breasts can take a physical and emotional toll. For many women, issues like chronic neck and shoulder pain, posture problems, skin irritation, and difficulty finding clothing that fits comfortably are part of daily life. Others may feel that their breast size no longer matches their lifestyle or personal aesthetic. Board-certified plastic surgeon Dr. James Chappell has helped thousands of women find relief and renewed confidence through breast reduction, breast lift, implant downsizing, and augmentation. With more than two decades of experience and a focus on natural-looking results, Dr. Chappell takes a personalized approach to each case, carefully listening to his patients' concerns and goals to craft a surgical plan that restores proportion, comfort, and shape.

Breast Reduction

Also known as reduction mammoplasty, breast reduction surgery removes excess breast tissue, skin, and fat to create a smaller, lighter breast size. This procedure not only improves appearance but also significantly alleviates physical discomfort and enhances overall mobility and quality of life. Most patients report immediate relief from pain and increased confidence post-surgery.

Breast Lift (Mastopexy)

Breasts can lose their youthful shape and firmness over time due to aging, pregnancy, weight fluctuations, or genetics. A breast lift reshapes and raises the breasts by removing excess skin and tightening surrounding tissue, without necessarily changing volume. For many women, it's about restoring their natural contour and symmetry.

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Why Patients Choose Dr. Chappell

- Board-certified with 20+ years of experience
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BRYAN T. AMBRO, MD, MS

Board Certified, Facial Plastic Surgeon

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Save the Date

October 15th Open House

2002 Medical Parkway, Suite 215, Annapolis, MD

Space is limited. RSVP details coming soon.

Annapolis Plastic Surgery welcomes you to an exclusive evening of beauty, education, and elevated aesthetic care.

As autumn arrives, it's the perfect season to reset, refresh, and invest in your most confident self. Join us for an elegant evening where you'll meet our expert team, explore our signature treatments, and enjoy a first look at our Fall into Beauty promotional offerings—available for a limited time only. Hosted in our state-of-the-art Annapolis office, this event will offer an intimate opportunity to learn more about our most in-demand treatments—from skin rejuvenation and laser therapies to advanced injectable techniques—while connecting with industry leaders, skincare experts, and the APS team.

Exclusive Sneak Peek at Fall Promotions

Be among the first to preview limited-time offers on laser services, injectables, and skin-enhancing treatments. These event-only specials will be available for purchase on-site.

Brand Spotlights & Expert Reps On-Site

Representatives from Revance, EltaMD, and Obagi and many more will be available to answer questions, provide product education, and offer gifts with purchase for attendees.

Wine & Heavy Hors d'Oeuvres

Enjoy curated bites and refreshments while exploring the latest in aesthetic advancements in a warm, welcoming environment.

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Throughout the evening, guests will have the chance to win a variety of luxury raffles, including skincare bundles and treatment packages.

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* Source: Supporting Data from BRIGHTMLS 07/01/24 - 06/30/25





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Springdale Avenue, Annapolis | \$1,425,000 (SOLD)



Oak Grove Circle, Severna Park | \$1,925,000 (under contract)



Eagle Hill Road, Pasadena | \$3,850,000 (SOLD)



Asquithoaks Lane, Arnold | \$1,475,000 (under contract)



Canvasback Court, Arnold | \$2,950,000 (SOLD)



Marinaview Dive, Arnold | \$1,905,000 (SOLD)



Dividing Road, Severna Park | \$1,600,000 (SOLD)

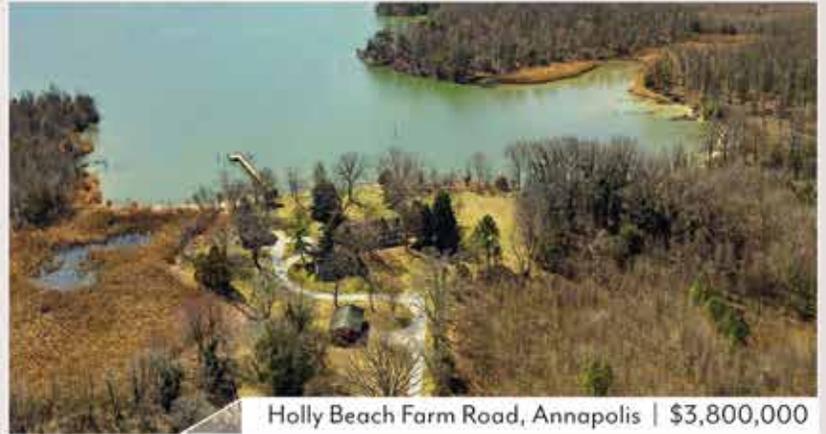
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Boone Trail, Severna Park | \$3,500,000 | ORSO Exclusive (under contract)



Doris Drive, Arnold | \$1,350,000 (under contract)



Holly Beach Farm Road, Annapolis | \$3,800,000



Southdown Road, Edgewater | \$3,025,000 (SOLD)



Boone Trail, Severna Park | \$2,200,000 (SOLD)

#1 AT WHAT MATTERS MOST



"We had a very unique selling/buying situation juggling 3 houses and David and his team were outstanding. They were there to answer any questions, and guide us through our new home purchase on the water. We always felt in good hands and looking back realized we were so lucky to have worked with this team. HIGHLY recommend." —Kasey J.



"Nobody is better! They sold our home in 24 hours for a neighborhood record while always being available and always finding a way to get the job done! I will go to them the next time we move." —David E.



"David Orso and his team were tremendous to work with on both the sale of our home and purchase of new home. The knowledge of the local market is above and beyond. Would highly recommend David and his team." —Michelle D.



"David Orso and his team did an excellent job down to the smallest detail. Their knowledge of the market and how to professionally manage a sale were outstanding. We had so many firms to select from, interviewed several, and were thankful we selected David Orso to handle such an important transaction. Kudos to David and his staff for a job well done!!" —Brenda T.



"David Orso knows his marketplace and knows his buyers/sellers. He created a unique game plan for me and was willing to make changes as different conditions arose along the way. He stayed on top of the sale situation and stayed close to me throughout which I greatly appreciated. He's a true professional always who has the best interest of his client in mind. He and his team were excellent to work with." —Craig L.



"David Orso and his team are amazing! They were side by side us through every step of the process before listing our house and then the entire sales process. Everyone answers you immediately and always has an answer for your question or problem. Their advice is sound and confident with experience and knowledge. They are absolutely incredible to work with, great personalities, and make you feel at ease in one of the most stressful times a person can experience. I highly recommend The David Orso Team!!" —Maggie W.



"David is the ultimate Realtor. He loves what he does and it shows. We have used David and his team for the sale of two houses and the purchase of the recent house. I would recommend David and his team to anyone. Thank you for making a smooth process!" —Niles A.

HAPPY CLIENTS



Meet David

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

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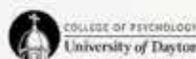
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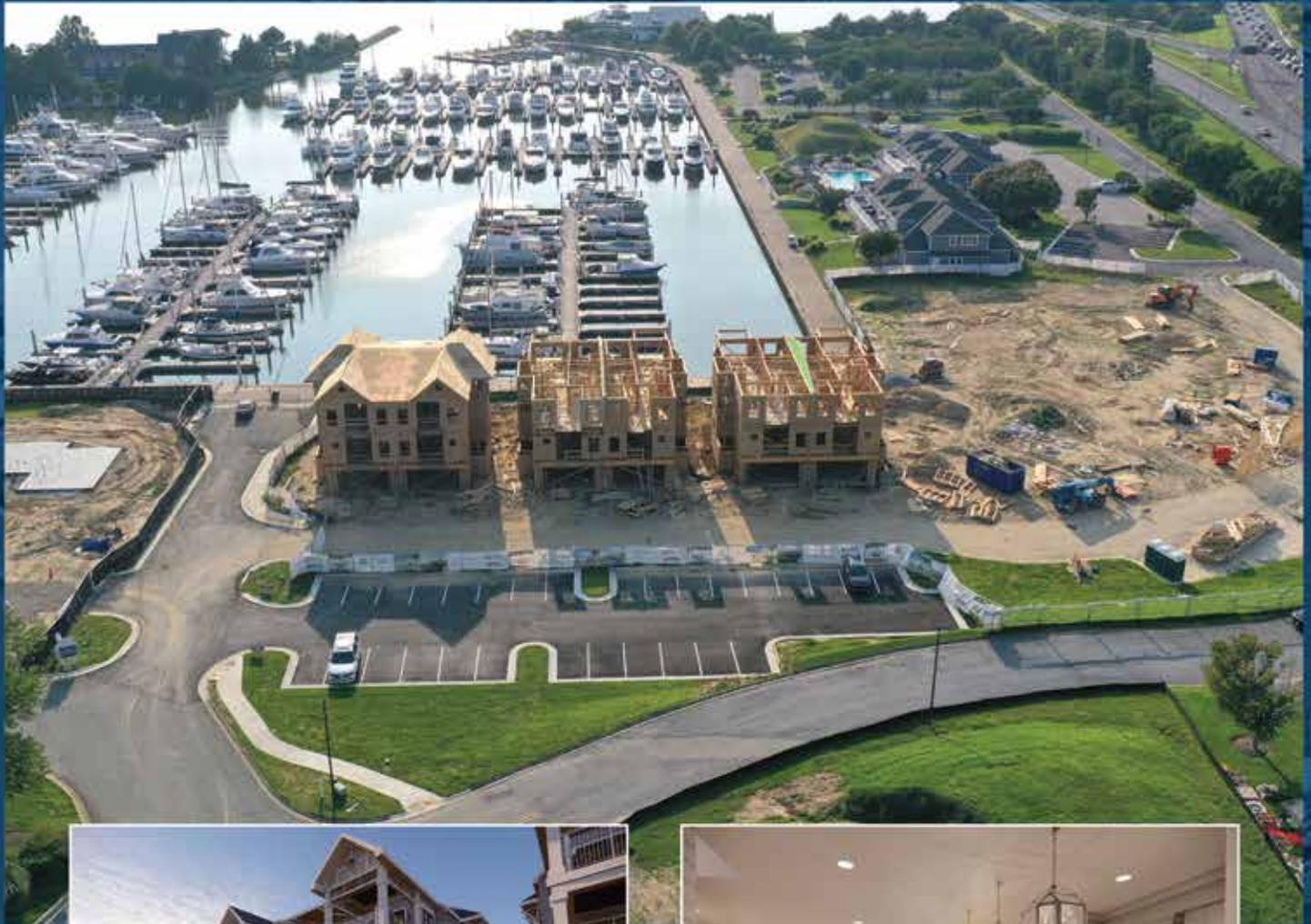
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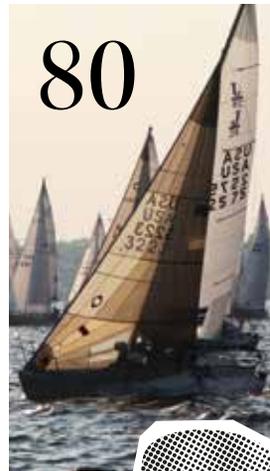
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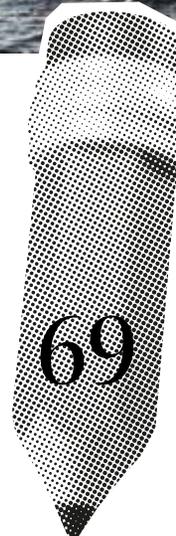
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Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Raymond (x1115)

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice F. Booth, Mark Croatti,

Carol Denny, Gary Jobson,

Lisa A. Lewis, Tom Worgo

Contributing Photographers

Nyia Curtis, Tony Lewis, Jr.,

Chris Perini, Michele Sheiko,

Laura Wiegmann

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Coordinator

Amanda Stepka

Social & Entertainment Media Associate

Cali Schwerdtfeger

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Beth Kuhl (x1112) Nina Peake (x1106),

Haley Raymond, Michelle Roe (x1113)

Sales Assistant

Ia Louise Horton

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Executive Assistant

Regine May Gelera

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Call for Entries:

The most exquisite and compelling projects in residential construction and design!

What's Up? Media's home awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region.

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—open September 1st and close October 31st.



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Awards will be revealed in the February 2026 issues of What's Up? Annapolis, What's Up? Eastern Shore, and March 2026 issue of What's Up? Central Maryland.

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HIGHLIGHTING
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COMMUNITY,
AND EVENTS



Maryland
Seafood
Festival

PG. 28



Anchors & Artisans Market

Spend a relaxing Sunday at the Anchors & Artisans Market on September 28 at Annapolis Town Center. Browse handmade goods from 40-plus local makers, enjoy live music, grab a bite to eat, and let the kids explore creative craft stations. It's the perfect blend of shopping local and soaking up the last warm days of September with family and friends. More info: whatsupmag.com/events/anchors-artisans-market

BAY BRIDGE PADDLE

Grab your paddleboard or kayak and take on the Chesapeake Bay during the Bay Bridge Paddle on Sunday, September 14. This one-of-a-kind race offers three course options under the iconic Bay Bridge, drawing paddlers of all levels to Sandy Point State Park. After the race, stick around for live music, food vendors, and festivities as part of the Maryland Seafood Festival. It's equal parts adventure, community, and shoreline fun. More info: baybridgepaddle.com



FOR THE LOVE OF THE LIBRARY

Celebrate stories and community at the “For the Love of the Library” fundraiser on Friday, September 19 at the Michael E. Busch Annapolis Library. This annual event features an evening of food, drinks, music, and fun—all in support of vital library programs across Anne Arundel County. Whether you're a lifelong reader or simply love a good cause, this night is one for the books. More info: aacpl.net/foundation/love-of-the-library | 410-222-7371

Music by the Marsh; Celebrating 40 years at Jug Bay Wetlands Sanctuary

Join the celebration at Jug Bay Wetlands Sanctuary's 40th anniversary event, Music by the Marsh, on Saturday, September 27 from 2 to 7 p.m. Enjoy live music, food trucks, nature walks, hands-on exhibits, and family fun at the scenic Emory Waters Nature Preserve. It's a joyful day honoring decades of environmental education and habitat conservation along the Patuxent River. More info: jugbay.org | 410-741-9330





Annapolis RUN for The Light House

Lace up your sneakers for the Annapolis RUN for The Light House, taking place Sunday, September 14 at Quiet Waters Park. Choose from a half marathon, 5K, or 1.25-mile walk through scenic trails and waterfront neighborhoods. Proceeds benefit The Light House, helping individuals experiencing homelessness in our community. Whether you're racing to win or walking with friends, your steps support a great cause. More info: annapolisrun-forthelighthouse.org

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Maryland Seafood Festival

Feast your way through a Chesapeake Bay tradition at the Maryland Seafood Festival, happening September 13–14 at Sandy Point State Park. Enjoy steamed crabs, fresh-shucked oysters, chef demos, local vendors, beer tastings, and a kids' zone—all with beautiful bay views. With something delicious around every corner, this is your end-of-summer excuse to indulge in all things seafood. Bring the whole family for a weekend of fun and flavor. More info: maryland-seafoodfestival.com.

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Annapolis Songwriters Festival

Get ready for four days of music and storytelling at the Annapolis Songwriters Festival, September 11–14. From headline shows at Rams Head and Maryland Hall to intimate acoustic sets in local taverns, this festival brings together top songwriters from around the country. Stroll through downtown and discover pop-up performances, waterfront views, and the stories behind your favorite songs. It's like Nashville meets the Chesapeake—come for the music, stay for the vibe. More info: annapolis-songwritersfestival.com



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The Annapolis Songwriters Festival takes over City Dock in September. Photo by Evan Dvorkin.

Creators Are the Keynote at Annapolis Songwriters Festival

By Carol Denny

Fifteen venues. One hundred and thirty performers. Eight ticketed shows. Four days of free, live music all over town. Best of all, the chance to hear talented composers play their songs as they originally wrote them. From September 11–14, the Annapolis Songwriters Festival rolls out its fourth annual tribute to extraordinary tunesmiths.

“The festival transforms the city into a music town for the weekend,” says Kyle Muehlhausen, owner of Rams Head Group, which is the parent company of Rams Head Presents. “What I take the most pride in is that we’re really celebrating the art of songwriting. Rams Head has played a big part in bringing national entertainment to Annapolis, and this elevates our local arts scene even further.”

Annapolis musician Jordan Sokel, who’s performed at past Songwriters Festivals, agrees. “It’s a great vibe. The city swells up with live music fans, and everyone seems to enjoy the camaraderie between the artists and the intimate nature of the showcases,” he says. “It’s great for the local economy and [gives] local artists the freedom to play their original material outside the normal bar-gig setting.”

With an open-air main stage on Calvert Street, acoustic sets in bars, restaurants and hotels, and ticketed performances at Rams Head, Maryland Hall, and beyond, the festival extends well beyond Rams Head’s West Street headquarters. Even the sidewalks take on a Nashville air, welcoming troubadours with guitars on their backs and cowboy hats on their heads.

The Annapolis event is modeled on the long-running Songwriters Festival in Key West, which celebrated its 29th year in May. Rams Head acquired the Key West festival four years ago and quickly adopted the setup for its home-town audiences.

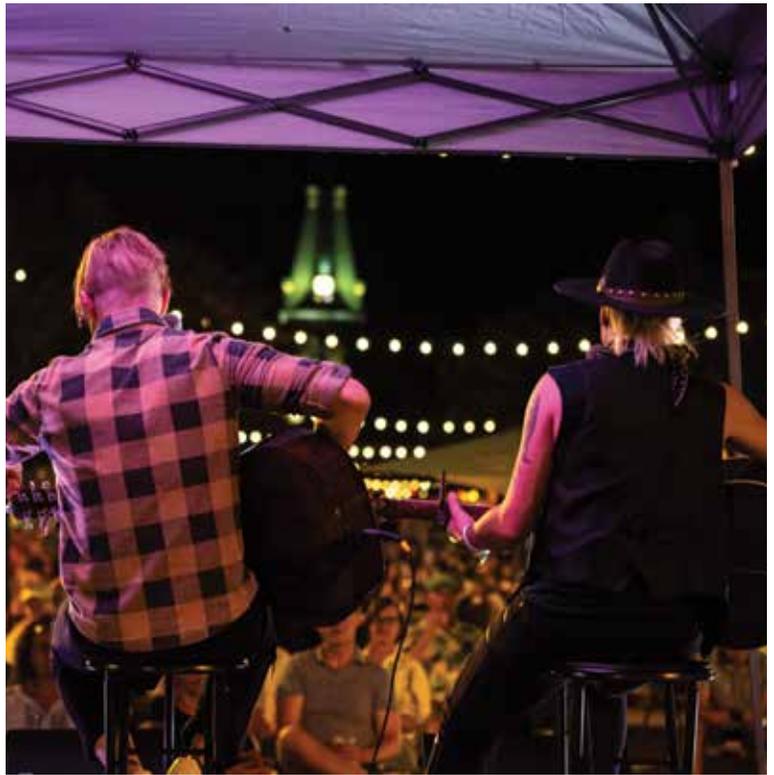
“We get to know a lot of artists through the Key West event,” Muehlhausen explains. “We also have a partnership with BMI out of Nashville, who reps a lot of these songwriters. They help us in the selection process.”

“One of my favorite things about the festival is that audiences get exposed to new artists every time, from Hall of Famers to a whole host of new and up-and-comers. We mix the local artists with more established ones, to help them in their journey to be successful.”

At every location, Muehlhauser says, the spotlight is on songwriters performing their own compositions, many of which have been recorded by other artists. “Most of the music is acoustic—just a singer and a guitar on the stage. Audiences get to hear the creation stories, how the song came about, what it means to the writer.”

It’s a winning formula, and one that attracts more than 25,000 visitors to the city over the course of the weekend. “We had to sell the bars and restaurants on the idea originally,” Muehlhausen recalls, “but now they see the benefits, and everyone wants to come back.” Headliners for 2025 will include 10,000 Maniacs at Rams Head On Stage and the Steep Canyon Rangers at Maryland Hall.

This year, the festival expands to Eastport, with two new venues at Blackwall Hitch and Boatyard Bar & Grill. The Banneker-Douglass-Tubman Museum joins the line-up, too. Offstage, two work-



Joey Hyde and Sonia Leigh perform at City Dock during last year’s festival. Photo by Glenn Miller.



Jordan Sokel performs at last year’s festival. Photo by Glenn Miller.

shops at Maryland Hall will present sessions on the songwriter’s craft—one for children and one for adults. On the festival fringes, there’ll be live karaoke on water taxis and a special Bose listening lounge for audiophiles.

As in previous years, the 2025 fest will include a special fundraiser for AM-FM, the Annapolis Musicians Fund for Musicians. The nonprofit organization provides temporary financial relief to professional Annapolis musicians who cannot work due to sickness, injury, or other circumstances.

“AM-FM was a natural fit. We’ve presented some of their shows at Rams Head and always had a great relationship. They seemed like the perfect organization to support through our guitar raffle,” Muehlhausen says. The guitar is signed by each of the artists participating in the festival; patrons can take a chance on winning by purchasing raffle tickets online or in the Rams Head app.

Muehlhausen admits to having a few favorites in the festival lineup. “I’m looking forward to Dirty Heads, who will play on September 12 at the Calvert Street stage. Another act I’m very excited to see is Jeffrey Steele, one of the best storytellers. Twinie is an up-and-coming artist, always a great performer. It’s a pretty diverse schedule.”

Annapolis music fans of every stripe, from rock to bluegrass and country, will find lots to like in this song showcase. See the complete festival schedule and buy tickets online at annapolis-songwritersfestival.com.



All Aboard!

WHAT TO EXPECT AT THE ANNAPOLIS BOAT SHOWS

By Dylan Roche

Anyone living anywhere close to the Chesapeake Bay is probably familiar with the full-throttle fun of spending the day cruising or sailing around on the water. You either own a boat yourself, know a friend who owns a boat, have chartered a boat, or are potentially thinking about getting a boat. In any case, two of the region's big events of the year—the Annapolis Boat Shows—have everything you need and are coming up in early October.

The **Annapolis Powerboat Show** is October 2–5, followed by the **Annapolis Sailboat Show** the next weekend, October 9–12. Both shows run 10 a.m. to 6:30 p.m. Thursday, Friday, and Saturday, and 10 a.m. to 5 p.m. Sunday, and all

four days of each weekend offer a chance to learn, shop, tour new boats (and try them out), and come along with your fellow boaters and boaters-to-be against the backdrop of Annapolis City Dock.

“What makes this really fun is miles of docks with boats,” says Mary Ewenson, president of Annapolis Boat Shows. “We bring in two miles worth of floats to build docks and line all the boats up. All the boats are open for people to get aboard, go down below, check it out...It’s not like going to a car show at a convention center where you stand behind a velvet rope and look at the boats from far away.”



In fact, that's one of the biggest draws of the boat shows. Attendees always love getting aboard the boats to tour them, check out the amenities, and even take them for a demo run out on the water to get the full experience. All the dealers and manufacturers will have reps on hand at the boats to answer questions.

Because the boat shows have been traditions in Annapolis for more than 50 years, each year means a mix of longstanding traditions with new and exciting additions to the activities. As in years past, there will be a VIP barge with refreshments and an open bar, tents full of exhibitors with the latest boating gear and attire, and education opportunities through daily seminars (including topics like "Using a Navigation App," "Solo Racing Around the World," "Weather 101," and more). There will even be a first sail workshop for people interested in learning to sail for the first time.

FIRST TIME AT THE ANNAPOLIS BOAT SHOWS?

Ewenson has some valuable tips and advice for getting the most out of your time and having as much fun as possible:

- ◆ Wear shoes that are easy to slip on and off. Some of the boats won't allow shoes (they might scuff the deck), so you'll need to take them off when you go aboard.
- ◆ Look through the show guide in advance so you can decide which boats you want to tour, exhibitors you want to visit, or workshops/classes/seminars you want to take. You can't do it all in one day, so you'll need to prioritize.
- ◆ Dress for all weather. It might be a chilly fall day on land, but you'll be standing next to warm water, but then the wind may shift, and it could start to feel colder. It never hurts to bring a jacket.
- ◆ Plan to shop. You won't be able to resist some of the newest products on the market, and you'll love the good deals that a lot of vendors offer, especially on the end-of-season gear.
- ◆ Don't forget your refillable water bottle. In an effort to cut back on single-use plastic, the show will have refillable water stations.



One last bit of advice: Don't be afraid of the boat show if you're a local. Sure, traffic in downtown Annapolis might be a little heavier than usual, but that's just because it's an event that's worth attending—plan to be there for at least one day, and spend some time downtown socializing with your fellow boaters.

"It's fun that our town welcomes all these boaters to the area," Ewenson says. "Don't avoid it. Embrace it."

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Fashion for a Cause

On June 5th, more than 350 attendees enjoyed perfect weather outside and perfect looks inside at Hospice of the Chesapeake's 15th Annual Fashion for a Cause. Held at the Fluegel Alumni Center in Annapolis, the high-spirited crowd raised more than \$305,000 to support the non-profit's community health programs, including pediatric hospice care, children's grief counseling, and family support services. Guests enjoyed cocktails and small plates from local restaurants and caterers, followed by the evening fashion show. Learn more at hospicechesapeake.org.

1. Stylish attendees enjoy the event 2. Challie and Steve Samaras 3. Gina, Michael, and Michael, Jr., Baldwin 4. Dr. Elba Pacheco and friends 5. What's Up? Media Publisher Veronica Tovey with friends, and Milo Mason (far right) 6. Hospice of the Chesapeake COO Brian Berger with friends 7. Hospice of the Chesapeake CMO Marny Fetzer (second from left) with friends 8. Jerray Slocum and event emcee Bryan Nehman 9. John and Cathy Belcher



Expert of the Month



David Orso

David Orso | Owner | Licensed REALTOR®
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Anationally acclaimed real estate agent, David Orso is known for his tireless work ethic, exhaustive market insight, and straightforward, professional, and personable approach. He is unrivaled as the top-selling agent in Anne Arundel County, leading in total sales since 2013. For the last 23 years, Orso has served the real estate needs of more than 1,500 families in the Annapolis area.

His dedication to his clients' needs has led to curated systems for maximum results with minimal stress. In addition, his educational background in psychology, MBA in strategic marketing, and elite negotiation training from Harvard University are tailor made to give his clients a competitive advantage. With a reputation built on superior real estate results, Orso has more than 300 unsolicited five-star reviews from satisfied clients.

What excites you most about your profession?

I love helping clients open new chapters in their lives and make smooth transitions. My profession is essential when life is changing, and being a trusted confidant is an honor. For 25 years, my passion has been to curate a process that is smooth, pleasant, and rewarding for our clients. When our clients win, we win.

What market trends are you seeing in terms of inventory and pricing?

Buyers feel like it is a buyer's market, and sellers feel like it is a seller's market. Therefore, we are finding an unusual distance between reality and expectations for both parties. The market is inconsistent right now because certain segments are thriving and other segments are struggling. It is critical to be savvy and discerning in today's market.

How does your expertise help you guide your clients and navigate the fluctuations in the real estate industry?

I love data and research. A deep understanding of the market is the edge a client needs. The most prepared party will win in today's marketplace.

David Orso

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Feeding Hope

The Anne Arundel County Food Bank (AACFB) held its fourth Feeding Hope benefit on June 12th at the USNA Fluegel Alumni Center in Annapolis. The event, presented by the Deerbrook Fund, benefitted the food bank's work to provide fresh, nutritious food to neighbors in need across Anne Arundel County. Event attendees were treated to an array of delicious food from area restaurant sponsors, while the band Red Betty & The Ruckus rocked the house, and a unique "can-struction" project brought a sculpture made of cans to life throughout the event. Learn more about AACFB at aafoodbank.org.

1. Completed can-struction project **2.** Rob Levit, Leah Paley (AACFB CEO), and AACFB Board Members, Pamela Meyers, Brian Dague (Chair), and Jim Vika **3.** Community Foundation of Anne Arundel County staff members Mary Spencer (CEO), John Rodenhausen, Jennifer Lagrotteria, and William Vaughan (AACFB Board Member) **4.** Legislative Aide Spencer Dixon; Delegate Dylan Behler; Councilwoman Lisa Rodvien; Councilwoman Shannon Leadbetter; and Legislative Aide to Councilwoman Rodvien, Courtney Buiniskis **5.** Candid of guests enjoying the event, including Jonathan Kagan (center) **6.** Jeremiah Batucan (AACFB Board Member), Ellen Shiery, Andrew Blischak, Shelly and Scott Elliott, Chuck Hawley **7.** Caliente Grill owner Roxana Rodriguez and her colleague serve food to Georgi and Dick Franyo, and Helaine Barry (AACFB Board Member) **8.** Leah Paley, Hunger Hero Awardees Erica and Sean Shannon, and Brian Dague **9.** Vanessa Carter (AACFB Board Member), Dr. Shawn Ashworth (Food for Thought Pantry), Sandra Anez Powell, and Dr. Norman Powell **10.** Leah Paley, and board members, Helaine Barry, Brian Dague, Mary Louise Howe, and Jeremiah Batucan **11.** AACFB Board Chair Brian Dague, Hunger Hero Awardees Natalie Blackmon and Melita Jones, and AACFB CEO, Leah Paley



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Golf Fore Our Girls

Girls on the Run Greater Chesapeake hosted its annual Golf Fore Our Girls tournament on Thursday, May 15, at Renditions Golf Course in Davidsonville. Players and attendees enjoyed 18 holes of golf, on-course refreshments, a “Taste of Mexico” taco bar lunch, happy hour, prizes, and fun. The event supported the organization’s advocacy, outreach, and membership, ensuring access to positive, youth development programs across the region. Learn more about Girls on the Run Greater Chesapeake at gotrchesapeake.org.

1. Kirk Hammock, What’s Up? Media’s Beth Kuhl, and Anita Rizek 2. Girls on the Run Greater Chesapeake’s Executive Director Kelly Makimaa and Board Chair Mary Clare Coghlan (both in pink) with friends 3. Kelly Makimaa addresses the crowd 4-8. Groups ready to hit the links





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ANNAPOLIS TO ENHANCE STORMWATER INFRASTRUCTURE

The City of Annapolis is advancing environmental stewardship and water quality improvement through recent enhancements to stormwater management systems and the introduction of a new cost-share grant program aimed at assisting property owners in maintaining effective stormwater management. The cost-share program is expected to become available in 2026. In anticipation of the program, the City conducted a pilot assistance project for a private facility while continuing maintenance on City-owned facilities. At the Roger “Pip” Moyer Recreation Center on Hilltop Lane, several stormwater control/Best Management Practice (BMPs) sites have undergone significant maintenance to restore functionality. These efforts included the removal of accumulated sediment from rock catchments, elimination of invasive plants, mulching, and the introduction of new native plants. The restoration work was conducted in partnership with Breaking Boundaries Environmental (BBE), an Annapolis-based firm that specializes in environmental sustainability and natural resource management. BBE will conduct training for City staff on stormwater system upkeep and is planning for community engagement activities. “Implementing effective stormwater controls is crucial for enhancing community resilience and environmental stewardship,” said Recreation and Parks Director Roslyn Johnson. “These systems can help mitigate flooding—and protect vital infrastructure—by managing excess rainwater. They also improve water quality in nearby creeks and rivers by filtering pollutants from stormwater runoff. It’s all part of our goal to be good stewards of the land and local waterways.” In 2026, the City of Annapolis will expand a maintenance grant program to benefit more residents, reinforcing its dedication to sustainable stormwater management and community involvement. For more information about the City’s stormwater initiatives and the upcoming grant program, visit annapolis.gov/2047/Funding-Resources-for-your-Project.

Timber Pizza Opens in Edgewater

Following the success of the company’s first Anne Arundel County location opening in Annapolis this past year, Timber Pizza Company has expanded to the Edgewater community. County dignitaries joined the Timber family and owner/founder Chris Brady (center) to celebrate the grand opening in July of the 2,100-square-foot pizza shop located in The Market South River Colony shopping center. Congratulations! Check out the full menu of wood-fired pizzas and more about Timber Pizza at timberpizza.com.





Kelly Anderson



Emily Owens Channell

LEADERSHIP
ANNE ARUNDEL
UPDATES BOARD

Leadership Anne Arundel (LAA), a community leadership training and networking institute, has announced two new Board members, who began their terms on July 1. Kelly Anderson, a graduate of the LAA Flagship Class of 2020 and current Director of Sarah’s House, a nonprofit shelter for those experiencing homelessness, joins the board. Joining her is Emily Owens Channell, a graduate of the LAA Flagship Class of 2024 and Director of Talent Acquisition for Eagle Title/Liff, Walsh & Simmons. Anderson and Channell join the LAA Board’s confirmed officers, including: Monica Rausa (FLG20), Chair; Shawn Ames (FLG22), Vice Chair; Todd Frankenfield (FLG18), Treasurer; and Christine Wilson (FLG07), Secretary.

According to LAA President & CEO Kris Valerio Shock, “The Leadership Anne Arundel (LAA) Board of Directors is comprised entirely of LAA graduates. As such we benefit from the wisdom and experience of some of the most connected and experienced leaders in the county. We are deeply grateful for the passion and dedication to community leadership our new and continuing Board members bring to the table.” LAA’s full Board of Directors for the 2025–2026 Fiscal Year is listed at leadershipaa.org/page/board.



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South County Concert Association Celebrates 50 Years

The South County Concert Association, founded in 1975, is celebrating 50 years of offering the community a variety of concerts by nationally and internationally recognized artists. Its goals have remained the same over the decades—bringing fine music and entertainment to the stage. The Association now features five shows each season. It continues to offer performances that range from vocal and instrumental soloists to large, choral, instrumental, and dance groups. The 50th anniversary season kicks off this month, September 16 at South River High School with the band/vocalist group, The Bronx Wanderers (pictured). For the full schedule of this season's concerts and more information, visit southcountycountryconcertassociation.org. Congratulations on 50 years!



LUMINIS HEALTH ANNE ARUNDEL MEDICAL CENTER RECEIVES MASSIVE DONATION

Luminis Health Anne Arundel Medical Center (LHAAMC) has announced a transformational philanthropic gift from Annapolis resident Sally Ehrle, PhD—one of the largest in the hospital's nearly 125-year history. In recognition of this extraordinary generosity, the main North Pavilion lobby at LHAAMC has been named in honor of Sally and her late husband, Raymond Ehrle. Dr. Ehrle's contribution is the lead gift of a major philanthropic investment in support of Luminis Health's Vision 2030 strategic plan, with the goal of enhancing health, advancing wellness, and removing barriers to high quality care. The Ehrle's gift will

support planned renovations to expand patient care space, allowing LHAAMC to better serve the community and introduce additional patient-centered innovations. "Raymond and I lived simply with a goal of someday using our resources to support the community," Dr. Ehrle said. "I have been an Annapolis resident for 23 years and feel a strong tie to this community." Always humble and focused on others, Dr. Ehrle has asked that the amount of her gift remain confidential and hopes to instead focus on the impact that philanthropy can make on the health of the community. "By enabling us to grow with the needs of our community, Dr. Ehrle's gift will enhance the health of generations to come," said Elizabeth Gross, vice president of the Luminis Health Anne Arundel Medical Center Foundation. Learn more about Luminis Health at luminishealth.org.





**AACPL FOUNDATION
ELECTS NEW LEADERSHIP**

The Anne Arundel County Public Library Foundation recently elected a new slate of officers for fiscal year 2026. Crownsville resident Jane Campbell-Chambliss will serve as president, with Katie Prechtl Cooke, of Annapolis, elected vice president. Stacy L. Korbelak, of Annapolis, will take on the role of secretary, and Tim Williams, of Edgewater, will act as treasurer. Past president Linda Greene of Edgewater will remain on the executive committee, along with Stephen R. Holt, of Annapolis and Diane Rinaldo, of Edgewater, who will serve as at-large members.

“We’re excited to welcome our new officers and executive committee as we work to grow philanthropy for the library across Anne Arundel County,” said Cathleen Sparrow, Library Foundation executive director. “Libraries are where everyone belongs, and our board is committed to helping every branch thrive through strong community support.”

In 2006, a group of public-spirited individuals formed the Library Foundation as a separate 501 (c)(3) nonprofit organization to raise additional funds otherwise unsupported by county funding. For more information, visit aacpl.net/donate.

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4-7pm - Manor Hill Brewery

FRIDAY, SEPTEMBER 19th
4-7pm - Crooked Crab Tap Takeover
3-6pm - Introducing Fireball Apple

FRIDAY, SEPTEMBER 26th
4-7pm - Dewey Tap Takeover
3-6pm - Milam & Greene Whiskies

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Maryland Association for Environmental and Outdoor Education

CELEBRATING 40 YEARS OF ADVOCATING FOR ENVIRONMENTAL LITERACY IN MARYLAND

By Lisa A. Lewis

When a group of concerned individuals founded the Maryland Association for Environmental and Outdoor Education (MAEOE) in 1985, they embarked on a journey to empower members of Maryland's communities through environmental literacy. Initiated as a grassroots effort, the nonprofit organization has grown significantly throughout the years—emerging as a leader in this critical movement. As MAEOE commemorates its 40th anniversary this year, it not only celebrates the significant milestones it has achieved but also looks forward to continued growth.

Guided by its mission to “encourage, engage, and empower [the] community to understand, responsibly use, and promote the natural world,” MAEOE advances environmental education and serves as a catalyst for environmental stewardship. Comprised of a statewide network of partners, the organization cultivates an understanding of environmental issues, promotes problem-solving skills, and encourages community engagement. In short, MAEOE leverages environmental education as the pathway to achieving environmental literacy—enabling individuals to make informed decisions and take action to protect the environment.



“Maryland has a long history of environmental education,” says Laura Johnson Collard, executive director, MAEOE. “By equipping educators, resource managers, environmental program coordinators, students, and others with the knowledge and skills they need to understand the environment, we advocate for a greener, sustainable environment.”

MARYLAND GREEN SCHOOLS PROGRAM

Established in 1999, the Maryland Green Schools (MDGS) program is the signature program of MAEOE. The program, which celebrated its 25th anniversary last year, has expanded to 22 of Maryland's 23 counties and Baltimore City, including every county except Somerset County. The MDGS program recognizes schools and organizations that connect students to nature and empower them to become environmental stewards.

According to MAEOE, 693 schools in Maryland are currently certified as Green Schools. This figure represents 38 percent of all schools in the state, including both public and private schools. MAEOE has set a goal to certify 50 percent of Maryland's schools by 2028.

“Green Schools provide engaging and effective instruction by integrating environmental learning across all subjects,” Collard says. “The results are powerful. We see students leading composting programs, conserving energy, joining environmental clubs, and advocating for what is important to them. These stories give us hope. They remind us that when young people are empowered with knowledge and a connection to the world around them, they become the changemakers we need—not just for the future, but right now.”

Becoming a Green School involves a rigorous application process. To maintain award status, schools must reapply every four years. An annual Youth Summit celebrates the achievements of teachers, students, parents, staff, and partners who participate in the program.

“The health of our world is dependent on our future biologists, naturalists, conservationists, environmentalists, and creative thinkers,” says Melissa King, school library media specialist, Flower Hill Elementary School, Montgomery County Public Schools. “Becom-

ing a Maryland Green School and continuing to do the work to maintain status as a Green School is extremely important to our students' outdoor education experiences and opportunities for hands-on learning. Understanding how their conservation efforts help the Earth is a powerful learning experience."

Although Maryland has always been a leader in the environmental literacy movement, the state made history in 2011 by becoming the first state in the nation to enact an environmental literacy high school graduation requirement. According to the mandate, every public school in Maryland is required to offer a comprehensive, multidisciplinary environmental education program integrated into the curriculum. This milestone not only underscores Maryland's commitment to fostering environmentally literate students but also demonstrates its role as a model for other states.

BEHIND THE SCENES AT A GREEN SCHOOL

Flower Hill Elementary School in Gaithersburg is just one of the many Green Schools in Maryland. As part of its curriculum, the school offers numerous opportunities for students to learn about the natural world and participate in hands-on learning activities. King teaches nature-related lessons to her students and leads outdoor projects.

Students take part in a variety of environmental projects, such as creating and maintaining a pollinator garden, performing campus clean-ups, building and monitoring bluebird boxes, and walking to the neighborhood pond for community clean-ups. In addition, King says the second graders grow lettuce in the spring and harvest it in June.

"My desire to learn helps me become a better teacher and offer a variety of experiences to my students," King says. "It's so rewarding to see

my students grow. I love seeing them smile as they put their hands into the soil, marvel at the plants, flowers, birds, worms, and insects in our pollinator garden, and go on walking field trips in nature."

King is the lead teacher for Flower Hill Elementary School's Green School program. The school's elementary science curriculum includes environmental education at every grade level.

40TH ANNIVERSARY CELEBRATIONS

Although MAEOE formally commemorated its milestone anniversary during its annual conference in February, the organization will continue the celebration during an open house at its new office location in the Earl Conservation Center, 1212 West Street in Annapolis. The event will take place on September 9 from 5 to 7 p.m. For more information, e-mail communications@maeoe.org.

"The work we do for the environment is so rewarding," Collard says. "I love hearing from Green School students about what they are doing. Their stories fill me with hope for the future. I also love working with my colleagues throughout the region, the state, and the nation. Our organization is small, but we work with amazing people. We face challenges, but what we do collectively keeps us going every day."



FOR MORE INFORMATION ABOUT MARYLAND ASSOCIATION FOR ENVIRONMENTAL AND OUTDOOR EDUCATION, VISIT MAEOE.ORG.

Meet Student-Athlete Garrett Brennan

THE ARCHBISHOP SPALDING GRADUATE WILL RUN FOR CORNELL UNIVERSITY THIS FALL

By Tom Worgo

Athletes don't like to be called out by a coach in front of all of their teammates. It's embarrassing. But that happened to recent Archbishop Spalding graduate and sprinter Garrett Brennan, who was in his second year of running, at indoor track practice. The incident, in November of 2022 remains etched in his mind.

Assistant Track Coach Iman Islam saw Brennan, a three-sport athlete at the time, not taking practice seriously, so he yelled at him again and again.

"He really chewed me out in front of the whole team," recalls Brennan, who also ran outdoor track and played football for two years. "He said, 'I could be something special if I really tried.' I was messing around."

Islam knows a good track athlete when he sees one. His sister ran the sport professionally and he coached about 20 track competitors that went onto Division I colleges. Islam didn't want to see Brennan waste his talent

"I know one thing: you need focus and discipline early," Islam explains. "When Brennan took it seriously, the sky was the limit."

Brennan appreciated the wake-up call. He referred to it as a defining moment of his track career. "At that point I got locked in and I really started working hard instead of goofing around," Brennan says. "Then at our next conference meet, I came in first in the 500 meters."

"I TAKE PRIDE IN THOSE RECORDS, AND I HAVE WORKED HARD FOR THEM."



That result shaped his future and achievements piled up quickly during his final two seasons. He set school indoor track records in the 200 (21.93), 400 (49.3 seconds), and 500 (1:06.02) in January.

The 19-year-old Brennan holds *seven school records* overall with the others coming in the spring of 2024: 400 (48.34), 100 (10.67), and the two relay teams. "It means a lot to me," Brennan says. "I take pride in those records, and I have worked hard for them. I am glad at how far I have come. When people bring it up, I am like 'wow:'"

After that stellar 2024 regular season, 5-foot-11, 165-pound Brennan competed at the New Balance Nationals in Boston. He went on to run in six other national meets over the next two years, including the Adidas Nationals in Virginia Beach and AAU Junior Olympics in Greensboro, North Carolina.

"I think he is a generational talent for Spalding," Islam says. "He kind of came out of nowhere. Just imagine if he had started running AAU track in the sixth grade, which most of the kids do. He started running as a freshman at school."

At his recent performance at the Virginia Showcase in mid-January, he ran the 300 dash in a blazing 34.33, which according to the website Milesplit.com was the 33rd fastest time in the country.

"I don't think any else has been ranked that high in the conference," Brennan says of his competition in the Maryland Inter-scholastic Athletic Association A Conference, in which he won five individual championships. "For me to run that fast, I think it goes back to all the training I did in the offseason."

Those types of performances and competing in national meets led Brennan to get a lot of interest from Division I colleges. He was certainly a coveted recruit and his weighted 3.9 grade-point average appealed to schools.

The Naval Academy and West Point aggressively recruited him along with Colorado State, American University, the University of Buffalo, and the University of California, Santa Barbara. In the end, Brennan chose an Ivy League school in early December: Cornell University. He will run indoor and outdoor track for the Big Red.

“Track isn’t like the NFL, where there is a lot of money,” Brennan explains. “Track scholarships are really hard to come by. So, Cornell is a really, really good school. They have a good team. I am really looking forward to going to the school.” Brennan considers being able to compete at Cornell as his biggest accomplishment.



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Baltimore Ravens' Roger Rosengarten

THE SECOND-YEAR TACKLE IS READY TO RUMBLE THIS SEASON

By Tom Worgo

Roger Rosengarten enjoyed football more than he could ever imagine in 2024, with so many positive things happening. First, with the University of Washington Huskies, then with the Baltimore Ravens.

All of his success started when Rosengarten, a 6-foot-5, 316-pound offensive tackle, played in the College Football National Championship game against Michigan, and about two months later, he ran the fastest time by a lineman at the NFL Combine.

It only got better once he got involved with the NFL. The Baltimore Ravens drafted Rosengarten in the second round in April 2024 and a week later, he received a \$1.5 million signing bonus with an average annual contract salary of \$1.6 million. In the fall, he became the Ravens' starter at right tackle.

"I am really looking forward to year two," Rosengarten says. "I just have to stay focused. There is no room for error in the NFL."

How good was Rosengarten last year? He beat out Patrick Mekari, a fifth-year veteran in training camp. Mekari had 16 starts between both tackle positions, 13 at center and 17 at guard, in training camp. Rosengarten appeared in 17 games—starting 14—on his way to being named to the Pro Football Writers of America All-Rookie team.

College football prepared Rosengarten well for the NFL. He started 26 games over his final two seasons and earned All-American honors in 2023.



He learned what it was like to play in a pro-style offense. Rosengarten and the Huskies racked up 23 points or more in eight of 13 regular-season games. At the same time, he played with two 2024 first-round picks, quarterback Michael Penix, Jr. and wide receiver Rome Odunze, and third-round pick Ja'Lynn Polk, a wide receiver.

"We had weapons all around," says the 23-year-old Rosengarten, a native of Colorado. "It was really fun."

What has been the biggest challenge in your two seasons as a Raven? What has really surprised you the most? Being strong mentally throughout a whole season and having that pro mentality mindset. Staying consistent is the thing. The biggest surprise when I first came in last year: You can't make mistakes. There is

no room for error in the NFL. If you have room for error, you are going to get beat or give up a sack. Every step and hand placement has to be done with precision and absolute focus.

Players say going from their first year to their second year is when you can make improvements. Is this due to your off-season training? Absolutely. It is completely different from year one to year two. When you get here as a rookie, you stay in a hotel (for weeks). You aren't used to it. The little things to the big things. There is so much change in your second year, but it's good change.

What type of training do you do? Everything from A to Z. I do a mix of everything. I want to focus on my whole body, from the ankles up. I do high reps. I am not doing the full-out power thing. Some of the things I do: regular bench press, single-arm bench, split squats, and back squats. I also do cardio, and we are on the field for an hour to two hours. I will push a sled a lot on the field.

"I JUST HAVE TO STAY FOCUSED. THERE IS NO ROOM FOR ERROR IN THE NFL."

Your time in the 40-yard dash at the NFL Combine last year was the fastest of any offensive lineman. How does your speed help you on the field? For me, it's all about getting off once the play starts. I think a lot of analysts talk about the 10-yard split. I think I had a good one. I can get out in space, and we like to pull our tackles quite a bit. The quicker you can get on the defense, the quicker they will be on their heels.

The starting job wasn't handed to you in training camp last year. You had to battle to win the job. Can you talk about that? That's the way it's been my whole life. My father and mother always told me that nothing is going to be given to you. You always have to earn your spot. I always tell myself I am going to compete and be the best offensive tackle on the field. That's the mentality I have.

Have you been taking snaps at left tackle, which is a very important position, over the past two years? Do you think you can play the position at a high level if called upon? Being able to play both tackle positions is a rare commodity. I was taking left tackle repetitions last year. I will be comfortable wherever they put me. I can play guard if they want me to. We ended up signing (left tackle) Ronnie Stanley (in March). It feels good to be on the side where I started last season, and having a dynamic duo with the tackle play.

It's hard thinking about the Ravens and not bringing up Head Coach John Harbaugh, who is going into his 18th season. How would you describe your relationship to him? We have a great relationship. Coach Harbaugh is always going to be the first one on the field. For games, he wants to be nitty, gritty on the details. That's a great thing to have in a head coach. He is very detail-oriented, and I can't say enough good things about him.

Before joining the Ravens, you had a great college career at Washington. What was it like playing in the College Football National Championship game against Michigan? What were the highlights? It's definitely a once-in-a-lifetime opportunity. We didn't get the result we wanted, and I didn't play the way I wanted. Looking back at the season, I know I can lay my head on a pillow and say I gave everything I had. That has been my mentality. We can say we were one of college football's best teams. That is exciting.



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DIAMONDBACK TERRAPINS

SERIES • CHESAPEAKE BAY SPECIES ARTICLE

Mitigating threats to the most beloved reptile
in the Chesapeake Bay // By Lisa A. Lewis



A

n iconic symbol of Maryland’s heritage, diamond-back terrapins boast a rich history and play an integral role in the Chesapeake Bay ecosystem. Known for the distinctive diamond-shaped patterns on their shells, terrapins are the only turtle species in North America that live exclusively in brackish water. They

thrive in tidal marshes, rivers, and sandy beaches—making the Bay an ideal habitat. Although terrapins spend most of their time in the water, females lay their eggs in sandy areas above the high tide line.

In addition to their close connection to the Bay, diamondback terrapins also serve as a symbol of Maryland’s cultural identity. Not only are they the official state reptile, but Testudo, a diamondback terrapin, is also the mascot of the University of Maryland, College Park. In fact, Maryland celebrates Diamondback Terrapin Day every year on May 13 to pay tribute to this iconic species and raise awareness about its importance to the Bay ecosystem.

But despite their popularity, diamondback terrapins face serious threats. According to the International Union for Conservation of Nature (IUCN), the species is currently listed as vulnerable. So, it’s critical to continue to focus on conservation efforts and implement management strategies to protect them.

“Many of the threats to diamondback terrapins are due to humans,” says Chris Rowe, Ph.D., an associate professor at the University of Maryland Center for Environmental Science (UMCES) Chesapeake Biological Laboratory, who conducts field work at Naval Air Station (NAS) Patuxent River. “Human actions have an impact on terrapins’ environment and their ability to survive. So, it’s important to think about threats from the terrapins’ perspective—not the humans’ perspective—and ask ourselves, ‘What can we do to help?’”

Threats to Diamondback Terrapins

According to the Maryland State Archives, diamondback terrapins were once abundant in the Chesapeake Bay and were a popular source of food for colonists. However, historical overfishing, especially during the 18th and 19th centuries, led to serious declines in the population. It wasn’t until 2007 that Maryland banned the commercial harvest of terrapins.

The exact population of diamondback terrapins in the Bay is not known. Scientists say it’s difficult to estimate, and despite localized research, terrapin distribution and abundance are not well understood. But it is clear that the species faces numerous threats to its survival.

Since terrapins are attracted to the same bait as blue crabs, they can become trapped and drown in crab pots. (Like all turtles, terrapins cannot breathe underwater.) To reduce bycatch among recreational crabbers, the Maryland Department of Natural Resources (DNR) implemented a regulation in 1999 that requires all waterfront property owners to equip each entrance funnel of their crab pots with Bycatch Reduction Devices (BRDs), also known as Turtle Excluder Devices (TEDs).



An innovative idea, BRDs, which were developed by turtle conservationists, are rectangular inserts that prevent most terrapins from entering the crab pot, while still trapping blue crabs. According to the DNR, waterfront property owners are legally allowed to crab with a maximum of two recreational crab pots. Commercial crabbers aren’t required to use BRDs.

Willem Roosenburg, Ph.D., professor emeritus, Ohio University, who grew up in Maryland and refers to it as his home state, says crab pots are an immediate threat to terrapins.

“While BRDs are effective, there is no way to ensure compliance,” Roosenburg says. “So, we don’t know how many recreational crabbers are actually using them. BRDs can be an important tool to help terrapins survive and live a long life. But compliance remains a significant concern.”

Habitat loss is also a major threat to diamondback terrapins. The brackish marshes and sandy beaches that they rely on for survival are being lost due to erosion. Although bulkheads and rip-rap are used to harden shorelines and prevent erosion, these man-made structures negatively impact the environment and can result in the loss of vital habitat for terrapins. Living shorelines offer a natural alternative to address erosion and are beneficial to the environment.

The loss of sandy beaches is a significant concern since females use these areas for nesting habitat. Terrapins mate in the water in early spring. Females come onto the beach and dig a shallow nest in the sand during late spring and summer. They lay 10 to 15 eggs and may lay several clutches during the breeding season. The eggs hatch in 60 to 100 days.

“IT’S IMPORTANT TO THINK ABOUT THREATS FROM THE TERRAPINS’ PERSPECTIVE—NOT THE HUMANS’ PERSPECTIVE”



“Hardened shorelines present barriers to the movement of terrapins between the water and their nesting sites on land,” Rowe says. “Erecting a bulkhead or riprap shoreline destroys the natural land-water interface and physically isolates potential nesting sites where female terrapins cannot reach them. Living shorelines preserve the natural continuity between land and water that terrapins require.”

In addition to the loss of much-needed sandy beach habitat for use as nesting sites, nest predation is also a threat to terrapins. Foxes, raccoons, snakes, and other animals eat terrapin eggs, resulting in a high offspring mortality rate. Rowe says placing protective cages, typically made of wire mesh, around the nests can protect the eggs from predators.

“Nest and hatchling survivorship is very low among diamondback terrapins,” Roosenburg says. “To maintain the population, it’s critical to ensure that adults have high survival rates. If terrapins survive their younger years, they can live for long periods of time.”

And, of course, climate change is an ongoing threat with potentially serious consequences, including increased habitat loss due to sea level rise and changes in sex ratios among hatchlings due to warming temperatures. Reproduction of diamondback terrapins, like most turtle species, depends on temperature, a process known as temperature-dependent sex determination (TSD). More specifically, the incubation temperature of the eggs determines the sex of the hatchlings. Lower temperatures result in male hatchlings, while higher temperatures produce females.



“Climate change can have a major impact on terrapins—leading to difficulties with reproduction, a higher proportion of females, and potential population decline,” Rowe explains. “Cooler incubation temperatures, which can be achieved by shading terrapin nests, may produce a higher proportion of male hatchlings.”

Additional threats to terrapins include road mortalities, especially among females crossing the road to seek nesting sites, and boat strikes, which can cause serious injury or death. Drivers and boaters should stay alert to protect terrapins from harm.

Since diamondback terrapins face several threats to their survival, large-scale restoration projects, educational programs, and citizen science programs are critical. The following is a snapshot of a few conservation efforts that help protect terrapins and demonstrate Maryland’s commitment to its beloved state reptile.





Living Shoreline Construction

Launched in 2021, the Hog Point Living Shoreline Project will not only protect Navy test and training operations but also diamondback terrapin nesting habitat. The project, which involves the design and restoration of six key shoreline reaches, will protect 4,870 linear feet of coast adjacent to NAS Patuxent River.

A partnership between the NAS Patuxent River Environmental Division, the Naval Air Warfare Center Aircraft Division (NAWCAD) Sustainability Office, the Middle Chesapeake Sentinel Landscape, Southern Maryland Resource Conservation and Development (RC&D), UMCES Chesapeake Biological Laboratory, and many others, construction of the \$6.36 million project began in January 2025.

According to the project partners, the shoreline in this area has been receding at an alarming rate of seven to 11 feet per year—with some stretches losing up to 90 feet. In less than a decade, more than 2.5 acres of land and vital marsh habitat have disappeared. Without intervention, more land could be lost in the next 10 to 20 years.

“Rock breakwaters, marsh sills, sand fill, and native marsh grasses are being used not only as the best engineering option to buffer wave energy and halt erosion at the site but also to rebuild coastal habitats and restore ecological function,” says Jessica McGlinsey, a Ph.D. student who studies diamondback terrapins at UMCES Chesapeake Biological Laboratory. “For over a decade, researchers have documented terrapin nesting on this shoreline, and the [project] design was [prioritized] to ensure continued access to nesting habitat. With more than 80 percent of the Chesapeake Bay’s shoreline already altered by human activity, preserving what remains is vital.”

The project was funded by the Readiness and Environmental Protection Integration (REPI) project, Navy Conservation support, and a grant from the National Fish and Wildlife Foundation (NFWF).



Terrapin Education and Research Partnership

Diamondback terrapins play a vital role in educational programs in Maryland classrooms and offer hands-on learning opportunities for students. The programs, which are part of the Terrapin Education and Research Partnership (TERP), allow students to care for the terrapins, observe their behavior, collect growth data, and research the species’ natural history and its connection to the Bay. Maryland Environmental Service (MES), on behalf of the Maryland Department of Transportation Maryland Port Administration, partners with local organizations and schools to place the hatchlings in classrooms.

Each fall, hatchlings are gathered from Poplar Island and provided to Maryland schools, where they stay until late April or early May. In the spring, students take a field trip to Poplar Island to release the terrapins back into their natural habitat—bringing the experience full circle.

Poplar Island is a unique 1,750-acre restoration project located off Tilghman Island. The island is an ideal terrapin nesting site due to its lack of land predators, its sandy shorelines, and its variety of habitats. A method known as mark and recapture monitors the terrapins after they are released. This process involves marking them with a tag, releasing them, and capturing them at a later date. If a terrapin from one of the classrooms is recaptured, it can be scanned and identified. Roosenburg says mark and recapture is the best tool to study terrapin population. TERP is part of an ongoing research study conducted by Roosenburg, who has engaged in field work in Maryland since 1987 and monitored terrapins on Poplar Island since 2002. His study seeks to determine whether head-starting gives terrapins a higher chance of surviving in the wild.





“Raising terrapins in the classrooms gives them a ‘head start’ before they are released into the wild,” Roosenburg says. “This conservation strategy helps them avoid predation or other threats they may encounter during the early stages of life when they are most vulnerable. TERP can help us determine if head-starting is an effective way to conserve terrapins.”

According to MES, Poplar Island terrapins are raised and released through various programs operating under the umbrella of TERP, including the National Aquarium’s Terrapins in the Classroom program, which provides terrapins to 30 schools, and Arlington Echo’s Terrapin Connection program, which serves Anne Arundel County Public Schools. In addition, MES facilitates TERP for some schools on the Eastern Shore.

“As a scientist who loves the Chesapeake Bay, working on Poplar Island and with TERP has been one of the most rewarding experiences of my life,” Roosenburg says. “When I see students who participated in the program, they always tell me how cool it was and how much they enjoyed it. I’m proud of the work we’re doing, and I hope it has an impact not only on the students but also on future generations.”

Diamondback Terrapin Surveys

The need for coordinated terrapin surveys was first identified by concerned individuals from across the state with a common goal: to gain a better understanding of terrapins and protect the species. Surveys during the peak breeding season (late May through early June) to estimate terrapin presence and distribution throughout Maryland were initiated in 2012. Participants used a tally sheet to record observations, and the process evolved over time.

“Our surveys were initially carried out by interns,” says Sandi Smith, outreach and marketing coordinator, Maryland Coastal Bays Program (MCBP). “Recognizing the broader value of the effort, the program soon transitioned the surveys into a citizen science initiative. This shift not only expanded data collection efforts but also created valuable opportunities to engage and educate the public about the importance of diamondback terrapins and the challenges they face.”

Since the results of the surveys were often random and inconsistent, a new program is currently under development that will standardize terrapin surveying throughout the Mid-Atlantic.



The Delaware Center for the Inland Bays is the lead on this major effort, which will hopefully launch in 2026. The nonprofit organization has been working with Mid-Atlantic terrapin groups to streamline the process. This year, only land-based surveys will be conducted. Since the sites are limited, Smith says MCBP will not promote surveys this year, but they are looking forward to a bigger and better program next year, which will be land- and water-based.

In addition, MCBP launched a nest protection program last year, which offers opportunities for volunteers to build cages to provide to the community to protect terrapin nests.

“Working with the Maryland Department of Natural Resources Wildlife & Heritage Service, we connected with a group in New Jersey that developed a program that offered protection cages to place around terrapin nests,” Smith explains. “We have mirrored that program, thanks to material donations and volunteers from Home Depot. And we have cages available for anyone who has seen a terrapin laying eggs and would like to protect the nest.”

To learn more about MCBP’s terrapin programs, contact Smith at sandis@mdcoastalbays.org.

Looking Forward

Rowe says the future of the Chesapeake Bay’s diamondback terrapins will be challenging, given the current threats and the changes that are occurring to the climate. Thus, community engagement remains critical to help protect this beloved state reptile for future generations.

“Ongoing issues, such as anthropogenic [environmental change caused by humans] habitat destruction and bycatch in crab pots will be exacerbated by rising sea levels and warmer temperatures,” Rowe suggests. “Despite this, it’s unlikely that the Bay’s terrapins will disappear in the near term. But they are [likely] to become less abundant in their distribution as they cling to what high-quality habitat remains. Terrapins are just one part of the Bay ecosystem. If people make choices that are considerate of the health of the Bay, terrapins will benefit as well.”

“IF PEOPLE MAKE CHOICES THAT ARE CONSIDERATE OF THE HEALTH OF THE BAY, TERRAPINS WILL BENEFIT AS WELL.”



Special thanks to Chris Rowe, Ph.D., the University of Maryland Center for Environmental Science (UMCES) Chesapeake Biological Laboratory; Willem Roosenburg, Ph.D., professor emeritus, Ohio University; and the Maryland Coastal Bays Program for providing the photographs for this article.

A young man with short brown hair, wearing a dark blue blazer, a white collared shirt, and a maroon tie with a white 'S' logo, is shown in profile from the chest up. He is smiling and looking towards the left. The background is dark.

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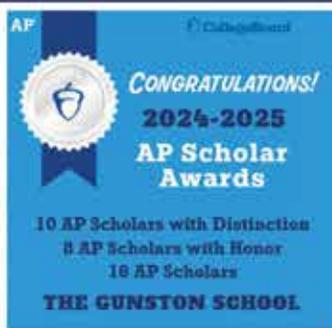


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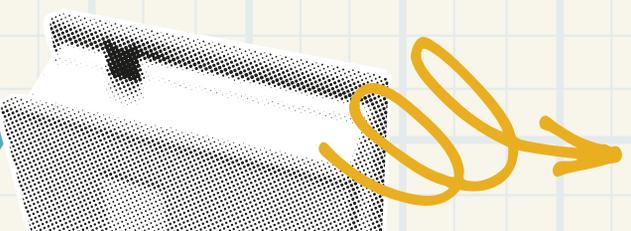
SCHOOL VISITATION GUIDE



OUR FALL OVERVIEW OF OPEN HOUSE DATES AND HOW TO HANDLE PRESCHOOL, GRADE SCHOOL, AND COLLEGE VISITS!



Researching and touring schools or universities may be transformative experiences for both parents and students. Meeting the administrations of possible schools, getting firsthand knowledge, and using on-site optics are all crucial stages in selecting the best school, one of the most significant decisions in life. In addition to a thorough list of regional schools, universities, and learning centers that offer open houses, campus tours, online seminars, and programs for students of all ages, this directory offers advice on how to conduct a successful school search.





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

1. Map out all of the schools and make a list. Make a list of all the possible schools, conduct some research on them, and then select a few before the application process starts. When your selection has been narrowed down to the best candidates, it's time to begin organizing your campus visits. Plan ahead and map out each school you are seriously considering because you should ideally visit them all.

2. Order is important. Make an effort to visit your top school or schools last. You'll start to have a clearer understanding of your preferences as you visit additional campuses. By the end of the process, you will have a better idea of what to look for and what questions to ask about the campus you wish to tour.

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

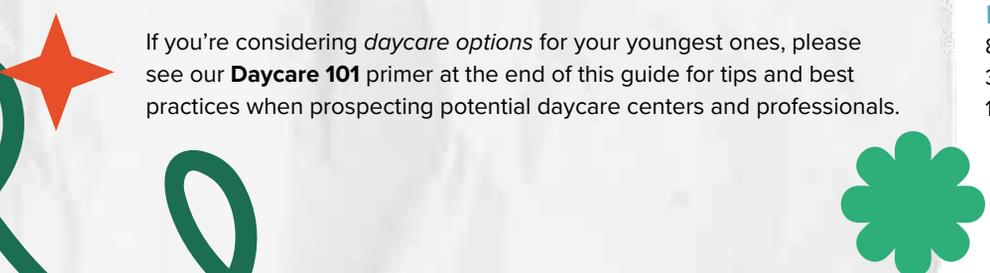
4. Make extra time to explore on your own. Make sure you take extra time to explore areas of campus that were not covered in your trip because the official campus tour will showcase the school's best characteristics. This is the ideal time to sit in on a class or lecture, observe students, or visit any departments that interest you.

5. Talk to current students and staff. Your tour guide may be a biased source because it is their responsibility to present the best possible image of their school. Your guide's knowledge is important, but you might wish to speak with existing students to get a more honest impression. If the tour didn't cover anything, ask the students: What is life like for students? Is meeting people and forming friendships easy? On campus, is there a lot of diversity? Are you having trouble adjusting?

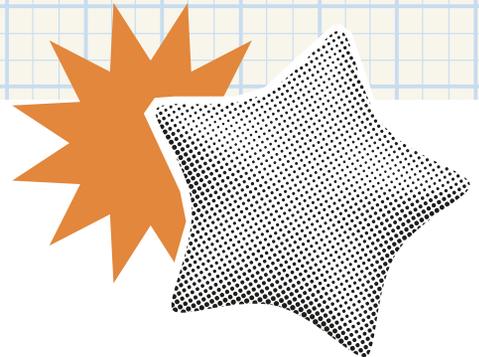
6. Document every visit. If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this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

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

8. Shadow Days. Shadow days provide prospective students with a firsthand experience of a school's daily life—academics, social dynamics, and campus culture—helping them make informed decisions, ease transition anxiety, and determine if the environment is the right fit for their personal and educational goals.



If you're considering *daycare options* for your youngest ones, please see our **Daycare 101** primer at the end of this guide for tips and best practices when prospecting potential daycare centers and professionals.



Regional educational institutions, learning centers, and schools that advertise in the *What's Up? Media* family of publications are listed below. For program availability, visitation instructions, and open house dates, please think about giving them a call directly. The listing of schools is alphabetical.

Annapolis Area Christian School

Lower School Annapolis Campus – 710 Ridgely Avenue, Annapolis; 410-846-3504; aacsonline.org; October 2 and November 14, 9 a.m. to 10:30 a.m. Lower School Severn Campus – 61 Gambrills Road, Severn; October 8 and November 5, 9 a.m. to 10:30 a.m. Middle School – 109 Burns Crossing Road, Severn; October 16 and November 20, 7 p.m. to 8:30 p.m. Upper School – 109 Burns Crossing Road, Severn; October 27 and November 17, 9 a.m. to 12 p.m. K-12 Evening Information Nights – 109 Burns Crossing Road, Severn; Inside the Kerr Center; September 18, and April 23, 7 p.m. to 8:30 p.m.

Anne Arundel Community College

101 College Parkway, Arnold; 410-777-2222; aacc.edu; October 8, 5 to 7 p.m.

Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; October 26, 10:30 a.m. to 2:30 p.m., sign-ups are available online.

Benedictine School

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

Boys' Latin School of Maryland

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.org; September 28, 10 a.m. to 1 p.m.



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tours and waterfront reception will follow

High School Athletic Open House

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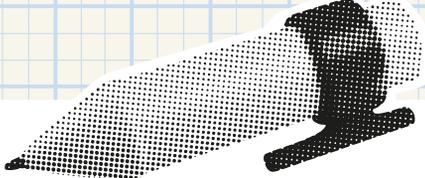
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for more information



Calvert Hall College High School

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; November 8, 10 a.m. to 1 p.m.

Chesapeake College/Eastern Shore Higher Education Center

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

Critchlow Adkins Children's Centers

15 S Hanson St, Easton; 410-822-8061; cackkids.org; Contact school directly for guidance on visitations, tours, etc.

Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercy.md; November 5, 6:30 p.m.; February 4, 10 a.m.

Elizabeth Seton High School

5715 Emerson St, Bladensburg; 301-864-4532; setonhs.org; Open House – November 2, 11 a.m. to 2 p.m.; Prospective parent night – October 8, 6:30 p.m. to 8 p.m.

Holy Trinity: An Episcopal School

Primary – 13106 Annapolis Road, Bowie; 301-262-5355; The Daisy Lane School & High School Prep – 11902 Daisy Lane, Glenn Dale; 301-464-3215; htrinity.org; October 16, November 11, February 5, April 9, 9:30 a.m. to 11:30 a.m.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-923-3660; indiancreekschool.org; Lower School – November 13, 9 a.m. to 10:30 a.m. Middle School – November 20, 9 a.m. to 10:30 a.m. Upper School – November 6, 6 p.m. to 7:30 p.m.

Johns Hopkins Peabody Preparatory

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

Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Grades K-8; October 21, 1:30 p.m. to 3:15 p.m.

Key School

534 Hillsmere Drive; 410-263-9231; key-school.org; 2.5 years to Kindergarten: November 9, 9 a.m. to 10:30 a.m. Grades 1–4: October 8, 9 a.m. to 10:30 a.m. Grades 5–8: October 22, 1:30 p.m. to 3:30 p.m. Grades 9–12: October 24, 6:30 p.m. to 7:30 p.m. and October 29, 1:30 p.m. to 3:30 p.m.

Lighthouse Christian Academy

931 Love Point Rd, Stevensville; 410-643-3034; lcademy.org; September 5, December 17, January 14, February 11, March 11, April 15, Times TBD.

McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; All open houses run from 9:15 a.m. to 10:45 a.m. Lower School – September 16 and 25, October 3, 7, 16, and 21, November 4, 11, and 18, December 3. Middle School – September 17 and 24, October 1, 8, 15, and 22, November 5, 7, 14 and 19, December 2. Upper School – September 18, 26 and 30, October 9, 14, 17 and 23, November 6, 10, 13 and 20, December 4.

Monsignor Slade Catholic School

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

Montessori International Children's House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessoriiinternational.org; Tours are held on Wednesday mornings by appointment only.

Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; November 9, 1 p.m. to 3 p.m.

Oldfields School

1500 Glencoe Road, Sparks; 410-472-4800; oldfieldsschool.org; Contact school directly for guidance on visitations, tours, etc. In-person tours will last 1 hour, with online virtual 15-minute tours available online.

Peak Academic Solutions

806 Parkwood Ave, Annapolis; 410-934-7567; peakacademicsolutions.com; Contact directly for online tutoring and academic coaching.

Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Contact school to schedule an in-person tour. A virtual tour is available on the school website.

Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; All Grades – October 6, 9 a.m. to 11 a.m. Junior Kindergarten and Kindergarten – October 17, 9 a.m. to 11 a.m. Preview Night (open to all prospective families) – November 7, 7 p.m. to 9 p.m.

St. Andrews Day School

4 B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; November 13, 10 a.m. to 12 p.m.

St. Anne's School of Annapolis

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; stannessschool.org; November 11, 9 a.m.

St. John the Evangelist Catholic School

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; October 7 with advance registration being required. Please contact lfish@stjohnsp.org for in person tours. A seven minute online virtual tour is offered on the school website.

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; October 14, 9:30 a.m.

St. Martin's in the Field Episcopal School

375 A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; October 15, January 14, 10 a.m. to 12 p.m.

St. Martin's Lutheran School

1120 Spa Road, Annapolis; 410-263-4723; stmartinsonline.org; January 23, February 20, 9 a.m. to 2:30 p.m. March 13, 9 a.m. to 1 p.m.





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Jr. K/K Open House
Oct. 17th, 9 AM

Preview Night
Nov. 7th, 7 PM



St. Mary's Annapolis

109 Duke of Gloucester Street, Annapolis; 410-263-2869; stmarysannapolis.org; Elementary (Pre-K through Grade 8) – October 24, 9 a.m. High School – October 25, 9 a.m. Athletic Open House (Pascal Field) – October 28, 6 p.m. to 8 p.m.

Sts. Peter and Paul High School

High School – 1212 S. Washington Street, Easton; 410-822-2275; hs.ssppeaston.org; October 26, 12 p.m. to 2 p.m. Elementary School – 900 High Street, Easton – Contact school directly for guidance on visitations, tours, etc.

St. Vincent Pallotti High School

113 St. Mary's Place, Laurel; 301-725-3288; pallottihs.org; Lady Panther Pink Out Admissions Event – October 20, 7 p.m. to 9 p.m. Open House – November 2, 2 p.m. to 5 p.m. Arts, Sciences & Learning Center Open House – December 2, 6 p.m. to 8 p.m.

Salisbury University

1101 Camden Ave, Salisbury; 410-543-6161; salisbury.edu; Contact school directly for guidance on individual tours. Group tours of up to 80 students can be booked online and are offered Tuesday, Wednesday and Thursday from 10:30 a.m. to 12 p.m.; Virtual 360 degree and student-guided tours are offered online on the school website.

School of the Incarnation

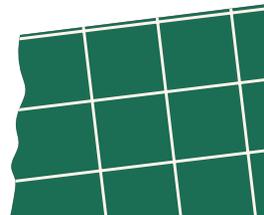
2601 Symphony Ln, Gambrells; 410-519-2285; schooloftheincarnation.org; November 11, January 24, 8:30 a.m. to 11 a.m. Tours are provided, with no appointment needed, every Tuesday from 9:00 a.m. to 11 a.m.

Severn School

Lower School – Chesapeake Campus: 1185 Baltimore Annapolis Boulevard, Arnold; 410-862-3684; severnschool.com; October 1, 9 a.m. Middle and Upper School – Teel Campus: 201 Water Street, Severna Park; October 23, 7 p.m.

The Calverton School

300 Calverton School Rd, Huntingtown; 410-535-0216; calvertonschool.org; Contact school directly for guidance on visitations, tours, etc.



The Children's Center

2500 Mitchellville Road, Bowie; 301-249-7702; thechildrenscentre.com; Contact directly to schedule an in-person tour.

The Country School

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; October 14, 6 p.m.

The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; October 19, 11 a.m. to 12:30 p.m. and 1 p.m., to 2:30 p.m., November 9, 11 a.m. to 12:30 p.m.

The Summit School

664 E. Central Avenue, Davidsonville; 410-798-0005; thesummitschool.org; October 9, November 18, December 15, February 6, 9 to 10:30 a.m.

University of Maryland College Park

7999 Regents Dr, College Park; 301-314-8385; umd.edu; October 2025, Time and Specific Date TBD.

University of Maryland Eastern Shore

30665 Student Services Center, Princess Anne; 410-651-7747; wwwcp.umes.edu; Contact school directly for guidance on visitations, tours, etc. Tours can be taken in a large group setting or a more exclusive student-family setting.

Washington College

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; Open House – November 8, 9:30 a.m. to 1:30 p.m. Fall Fridays – September 26, October 3 and 24, November 14, 9:30 a.m. to 3:30 p.m.

Wye River Upper School

316 S. Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Open House – October 22, January 22 and March 26, 8:30 a.m. Virtual Open House – November 6, December 4, 12 p.m. Community Open House – November 5, 10 a.m. to 12 p.m.

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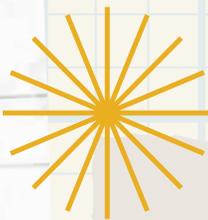
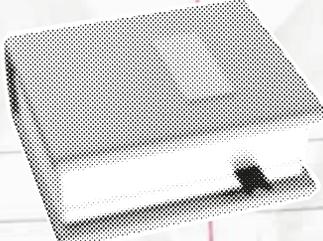
Thursday, November 20
9:00 - 10:30 a.m.

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DAYCARE 101

A PRIMER FOR VETTING OPTIONS; KEY FACTORS EVERY PARENT SHOULD CONSIDER

Selecting the right daycare for your young child is one of the most important decisions you'll make as a parent. It's not just about finding a safe place for your child to spend their day—it's about ensuring their emotional, social, and cognitive development is nurtured while you balance your own work or personal commitments. The decision can be overwhelming, given the range of options available, but understanding what factors to prioritize can help you make the best choice for both you and your child.

2. CHILD-CAREGIVER RATIOS AND GROUP SIZES

Every daycare center has a specific child-to-caregiver ratio, which directly impacts the amount of attention and supervision your child will receive. Lower ratios are typically better, as they ensure your child gets the individual attention and support they need. **Regulatory Ratios:** Check the state or local guidelines for the required child-to-caregiver ratio. This varies by age group, but for infants, it's typically 1 caregiver for every 3–4 children, and for toddlers, the ratio might go up to 1 for every 6–8 children. **Group Size:** Smaller groups tend to lead to more personalized care, and your child is more likely to bond with their caregiver. You want to ensure that your child's needs are met and that they can develop a strong relationship with their caregivers.



1. SAFETY AND HEALTH STANDARDS

The most important consideration when choosing daycare is to ensure that the environment is safe and healthy. Parents should look for: **Licensing and Accreditation:** Make sure the daycare center is licensed by the relevant local or state agencies. Accredited centers often adhere to more stringent guidelines, including staff training, child-to-caregiver ratios, and safety protocols. **Cleanliness and Sanitation:** Ask about the center's cleaning routines, particularly how often toys, play areas, and common surfaces are sanitized. A daycare with a strong focus on cleanliness helps reduce the spread of germs, which is especially important for younger children who are more susceptible to illness. **Safety Measures:** Check for childproofing, security systems (e.g., locked doors, ID checks for drop-offs), and emergency plans in place. This ensures your child is not only comfortable but also protected in case of emergencies.



3. QUALIFIED AND CARING STAFF

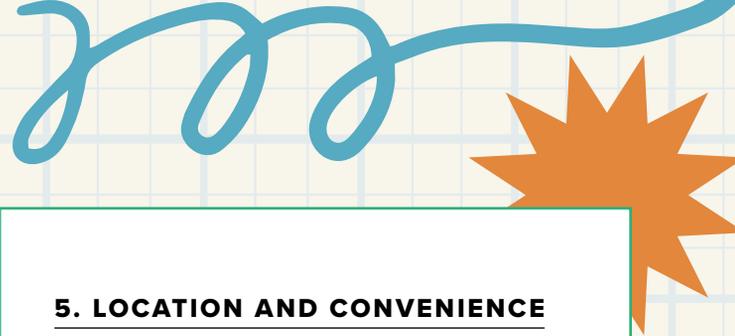
The quality of daycare staff plays a huge role in the environment your child will experience. Look for the following when evaluating daycare staff: **Staff Training and Qualifications:** Ideally, daycare providers should have relevant qualifications, such as certifications in early childhood education, CPR, and first aid. Additionally, ongoing training in child development, behavior management, and even nutrition is a good sign that the daycare is committed to providing high-quality care. **Staff Turnover:** High staff turnover can indicate problems with workplace culture or inadequate training, which can disrupt the continuity of care for your child. Consistent caregivers are key for building trust and emotional security in your child. **Caregiver Attitude:** During your visit, observe the caregivers' interactions with children. Are they warm, attentive, and engaged? Do they communicate with children at their level, offering comfort when needed or guiding behavior with patience? This is an important factor in assessing the overall atmosphere.



4. CURRICULUM AND DEVELOPMENTAL ACTIVITIES

The first five years of a child's life are crucial for their development. A good daycare will offer more than just care—it will provide an environment conducive to learning and growth. Look for: **Age-**

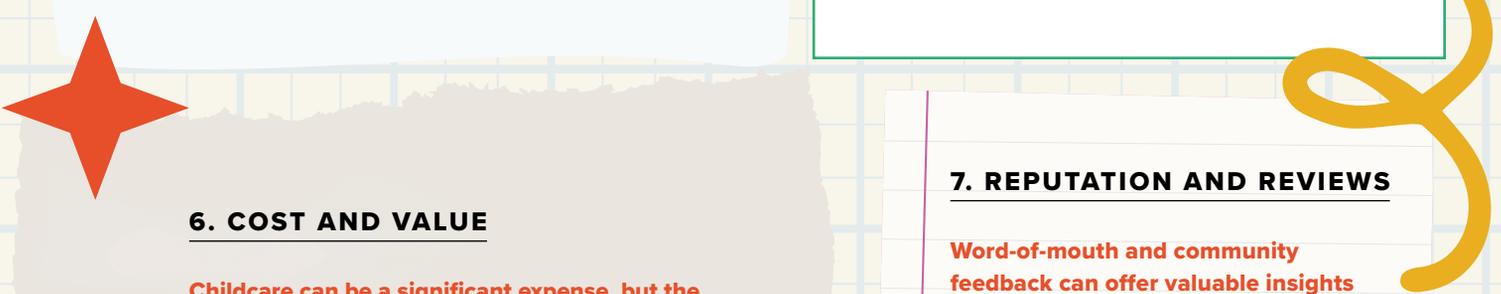
Appropriate Learning: While infants might not need an elaborate curriculum, toddlers and preschoolers benefit from play-based learning that supports their social, emotional, cognitive, and motor skills. Ask about daily activities like reading time, outdoor play, creative arts, and educational games. **Structured Routine:** Children thrive on routine, as it provides a sense of security and helps them understand expectations. Check if the daycare has a consistent daily schedule, including time for meals, naps, play, and learning. **Personalized Attention:** Every child develops at their own pace. A good daycare provider will understand the individual needs and abilities of each child and adjust activities accordingly, whether it's for advanced learners or children needing extra support.



5. LOCATION AND CONVENIENCE

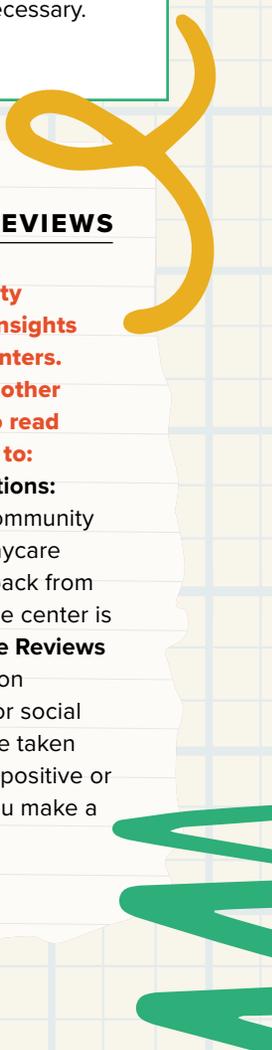
While the quality of care is paramount, convenience is also a key factor for parents. A daycare that's convenient for your commute can make your day run more smoothly and reduce stress. Consider: **Proximity to Home or Work:**

Choose a daycare that is either close to your home or your workplace, depending on your daily schedule. If the daycare is far out of your way, you may find yourself rushed or spending too much time commuting, which can add stress to your day. **Operating Hours:** Does the daycare's schedule align with your work hours? Some centers may offer extended hours for parents who work late or have unusual schedules. Ensure that the hours are flexible enough to accommodate your family's needs. **Emergency Pickup Policies:** Check if there are policies in place for emergency pick-ups in case you're running late or if your child becomes ill during the day. It's important to know that someone can be there quickly if necessary.



6. COST AND VALUE

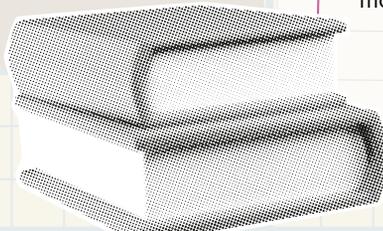
Childcare can be a significant expense, but the most expensive option is not always the best choice. When evaluating cost, consider the following: **Cost vs. Quality:** The cheapest option may not always provide the best quality care, and the most expensive one may not necessarily offer better care either. Weigh the cost against the level of care, staff qualifications, and overall experience your child will receive. **Additional Fees:** Be sure to ask about any hidden fees, such as registration, late pickup, field trips, or special programs. This will help you get a clearer picture of the total cost of childcare. **Financial Assistance:** Some daycare centers offer sliding scale fees or financial aid, depending on family income. If this is a concern, inquire about possible subsidies or assistance programs.



7. REPUTATION AND REVIEWS

Word-of-mouth and community feedback can offer valuable insights into the quality of daycare centers. Seek recommendations from other parents, and don't hesitate to read online reviews. Pay attention to:

Word-of-Mouth Recommendations: Talk to other parents in your community about their experiences. If a daycare has consistently positive feedback from parents, it's a good sign that the center is trustworthy and reliable. **Online Reviews and Ratings:** Look up reviews on childcare directories, Google, or social media. While reviews should be taken with a grain of salt, patterns of positive or negative feedback can help you make a more informed decision.



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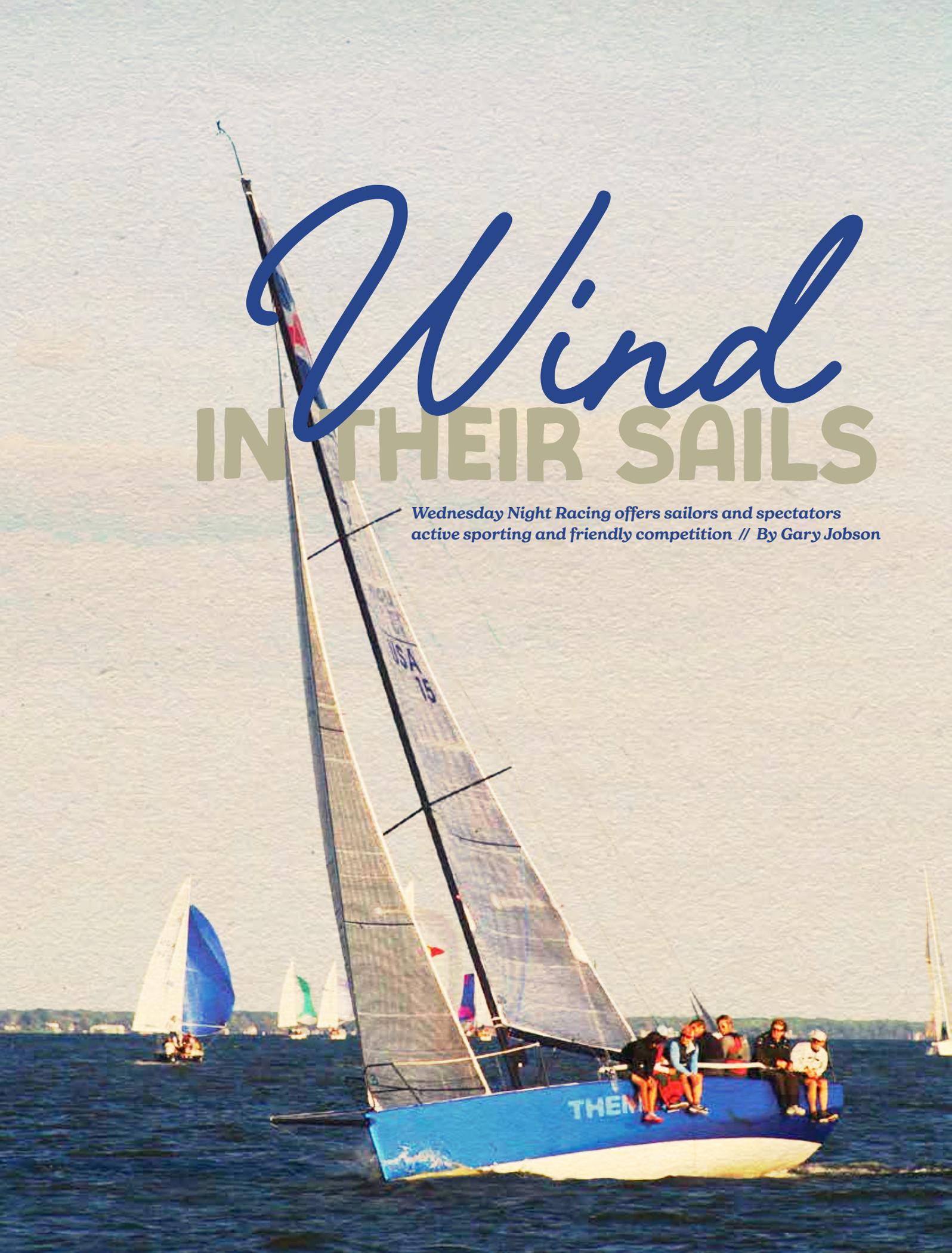
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Wind

IN THEIR SAILS

Wednesday Night Racing offers sailors and spectators active sporting and friendly competition // By Gary Jobson



It's a Wednesday night in peak summertime, which means several hundred sailors will head out of Annapolis Harbor for an evening sailing race. Anywhere from 125 to 150 boats participate in this weekly ritual. The Annapolis Yacht Club has been hosting Wednesday Night Racing (WNR) since 1959. The concept has become popular across America. The idea is for informal type racing for sailors of all skill levels and ages. Additional local sailing organizations host weeknight racing on other nights, but Wednesday is the premier event. On Tuesday nights small dinghies race and on Thursday nights a variety of J Class fleets compete.

The Annapolis Yacht Race Committee starts the first of ten classes at 6 p.m. sharp. The racecourse takes the fleet out into the Chesapeake Bay before returning to Annapolis Harbor with the finish line adjacent to the club house right next to the Spa Creek Drawbridge. Spectators can get a good view of the action as the racing boats sail past the Naval Academy, City Dock, along the Eastport waterfront and the bridge. On windy nights it can be exciting as sailors execute last minute maneuvers and often have close finishes. Competitors will tell stories of being comfortably in the lead and sadly losing the race in the final quarter mile. Conversely, other sailors will make a heroic come-from-behind finish. The result is always in question during the race, and that keeps crews humble and hopeful.

The Harbor 20 class debuted ten years ago in Annapolis and has become a popular boat. Most Harbor 20 competitors tend to be on the mature side and, yet, are still very competitive. The Harbor 20s place a starting line closer to the harbor and usually race on a shorter course. This competitive class will feature several overlapped boats as they cross the finishing line.

Overall, the idea for weeknight racing started in New England after World War II. In the mid-1950s, the late Gaither Scott was visiting Rhode Island and was intrigued by a weeknight series he witnessed at the East Greenwich Yacht Club on Narragansett Bay. Scott, along with sailing enthusiasts, Jack Martin and Howard Benson, liked the idea and started an informal series hosted by the Annapolis Yacht Club. The club's archives state the racing was not very serious,



The late Arnie Gay at the helm of his sailboat. Gay helped usher the Annapolis Wednesday Night Races into a formal series with several classes of competition.

but people enjoyed getting out on the water while the sun was high late in the day during the summer season.

Inevitably, the racing became a little more intense; after all, the thrill of winning is in our human nature.

In the mid-1960s, boat yard owner Arnie Gay, along with Larry Newark and Al Bruce, organized more formal racing in several classes and gave the winning sailors trophies. The club started a tradition of serving an informal dinner after racing. The social event became a big draw for families. Many young sailors got their first taste of racing on Wednesday nights.

Top sailors used the weeknight series as practice sessions and crew tryouts for the more serious races that took place on weekends. As the years passed, weeknight racing has become more important. The Annapolis Yacht Club breaks the summer into three separate series with awards presented to the winner of each series. Victory is a treasured feather in a sailor's cap.

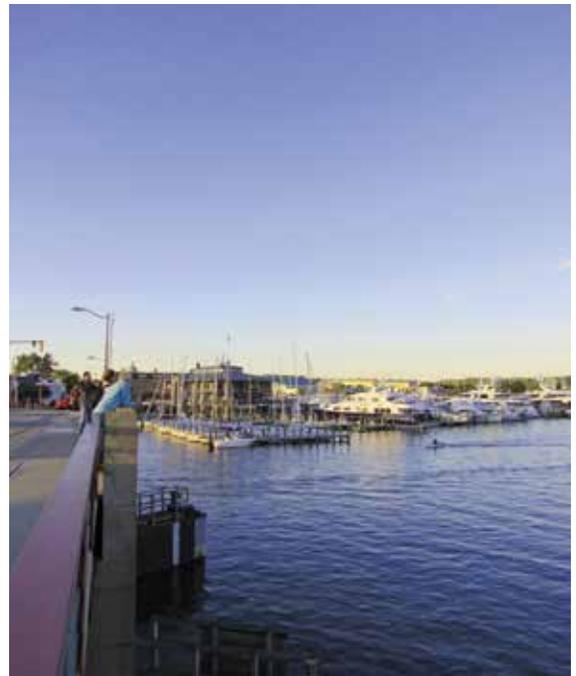
Summer weather and wind conditions can vary dramatically week to week. On some nights a delightful summer thermal breeze will power the boats with 8–12 mile-per-hour winds. The air is warm and the sailing ideal. On other nights there

A fleet of racers sail into the Annapolis Harbor on a Wednesday night.



is not a breath of air at all. On these slow nights the race committee will send the fleet back to the harbor after a short wait of thirty minutes or less. And, then there are nights with thunderstorms. Every sailor watches the skies carefully when threatening clouds build up. Lightning is dangerous especially when strong winds arrive with the storm. If there is a serious threat, racing will be cancelled. The race committee will issue a cancellation notice two hours before the scheduled race. This seems to be happening more often in recent years.

Annapolis and the surrounding area are a fast-paced region. Road traffic is heavy throughout the day, and people seem busy everywhere one travels. Keeping pace with this lifestyle, the exercise of preparing a boat for racing in a short period of time can be frantic as people rush from their jobs to be on the water. The sailors have little time to tune up before the Wednesday night race begins. Once the boats cross the starting line and head for the



The Spa Creek Bridge is a great vantage point from which to watch race finishes.

Top: Wednesday night racers sail to the finish line at the Annapolis Yacht Club. Bottom: Wednesday night races have competitors sail out the Annapolis Harbor, into the Chesapeake Bay, and return for a dramatic finish.



bay, a beautiful sense of relief arrives and everyone relaxes. Sailors get a sense of freedom as they race for the turning marks. Sailors are determined to improve their boat's speed while trying to gain an edge on the competition. The cadence of commands and communication is short and focused. Crews understand what is needed. Within a few minutes of the start, every sailor is sailing efficiently. Many young people feel honored to be invited onboard and probably do not realize they will continue this routine for many years in the future.

Once the sailors are back on the land after racing, any on-the-water tension is long gone. The discussion revolves around the shifting winds, capricious currents, efficient crew work, stories of hardship and triumph, and most importantly, a feeling of satisfaction of being on the water with a happy crew. The races only last an hour or so, but the experience shortens the week and like a siren's call brings sailors back just seven days later.

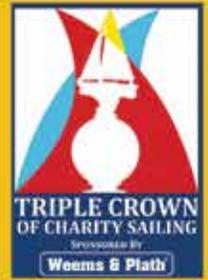


This year's Wednesday Night Racing concluded at the very end of August. This September, fall races begin and, in due time, the winter Frostbite Series will resume. More on these races in an upcoming issue. To learn more now, visit annapolisyc.com/racing/regattas.



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Modern Drama

By Lisa J. Gotto

The homeowners of this thoroughly modern farmhouse-style home had design plans on the table for several years before realizing their official move-in day. The original plan would merely extend the floorplan of their existing mid-sized ranch home on the property to offer more square footage to better accommodate their young, growing family.

Not being 100-percent sold on the simple scheme, it occurred to the homeowner to show the plans to someone he knew well in the building industry, someone who could help him figure out what was holding him back from proceeding with his design.

“I had been sitting on a set of plans that I had been working on literally over the course of five years, which was basically adding on to my existing brick rancher,” says the homeowner. “And then I showed them to Brent one day,” he adds, referring to his business associate and close friend, Brent Paquin, owner of Paquin Design/Build in Grasonville.

“It just wasn’t going to be a good fit for the property,” the homeowner adds. “And Brent expressed the benefits of going up rather than out.”

THE PROJECT: And it was along these lines that the project proceeded. They would scrap an uninspiring rambling ranch floorplan for a more dynamic two-story farmhouse-style home that would not only reflect its idyllic water-side setting but would serve as a reflection of the homeowners’ flair for the dramatic, their love of the natural world, and their desire to optimize the home for total efficiency. (The homeowner is the proprietor of Total Home Performance of Easton, so this residence would represent a model for what home efficiency feels like and how quiet it should be.)

THE PLACE: The homeowner, a native of St. Michael’s, is excited to be raising his young family along the familiar banks of Ray’s Creek, an ideal place for a family that loves and enjoys the outdoors as much as they do. This location would also provide the homeowners with the opportunity to create the ultimate outdoor living area with an in-ground pool, a spacious indoor/outdoor patio and entertainment area, and an enviable outdoor kitchen that goes way beyond the grill.

EXECUTING THE PLAN: The upgraded plan, explains Paquin, was thoughtfully implemented to enhance the lifestyle of being on the water and leaned into the couple’s desire to connect with the outside world even when they couldn’t be outside.



“When you walk in the front door, you’re looking through the great room to a really big open piece of glass that looks directly out at his pier and his boat,” Paquin says. “They also like to entertain a lot, so we wanted to make sure that the great room and the kitchen and the eating area were nice and large.”

Paquin designed a custom window scheme that incorporated several smaller windows of both orientations to create one large aperture to the water and one wow of a first impression upon walking into the home. This space, now flooded with light, provides the perfect canvas for the living room which the homeowners again chose to infuse with drama and elements of the natural world, where unique woods would play an outstanding role.

For all the floors on the main level, the couple chose a stained Rift and Quarter Sawn White Oak in random lengths. To this they added a dramatic fireplace wall with a substantial piece of black walnut crafted for the mantel. This is juxtaposed with a Graphic Planc tile by Surface Shop which they extended to the ceiling to create a striking accent wall.

“The black walnut is also the countertop material that’s in the entertainment center,” says the homeowner. “That kind of ties those two sides together.”

The floorplan takes off at this point with a breezy transitional space to the kitchen and dining area where a casual conversation zone was created with a pair of comfy, swiveling leather chairs with eyes to the grand gathering space, the outdoor living area, and waterfront.

The enormous kitchen and its center island were originally intended to work in tandem with a long dining table that would run parallel with the room and the island. That vision, upon further examination, the homeowner says, was adapted to create a better sense of flow in the room by turning the table on the perpendicular and adding a cozy and communal integrated bench wall instead.

The couple, who both love to cook, added many bells and whistles to their nearly commercial-grade kitchen that included a 60-inch Wolf gas range and custom hood. Alive with color, the couple chose Shiloh Cabinetry with Hartford

Flat-Panel Door-style in Benjamin Moore’s Pacific Sea Teal, bringing an aspect of the aquatic, indoors.

“I had a lot of fun laying out this kitchen and just thinking about where the spice cabinet would be in relationship to the pots, pans, and utensil cabinets,” explains the homeowner, who adds his wife had much input when it came to the overall aesthetic of the kitchen.

The island was outfitted with a large slab of Cristallo Iceberg Quartzite, and white oak butcher block tops were chosen for the rest of the countertop, along with floating wood shelving for easy access to daily dishware essentials. Three gorgeous brass custom pendant lights were imported from Morocco to provide utility lighting over the island.

The ultimate finishing touch in this room came in the form of a neutral-colored Marazzi Rice backsplash tile that they chose to run the height of the wall to the ceiling. What the homeowner says was a choice made of necessity due to the location of the windows and other wall elements, became a signature unifying aspect of the space, all at once bringing in a sense of warmth and style.



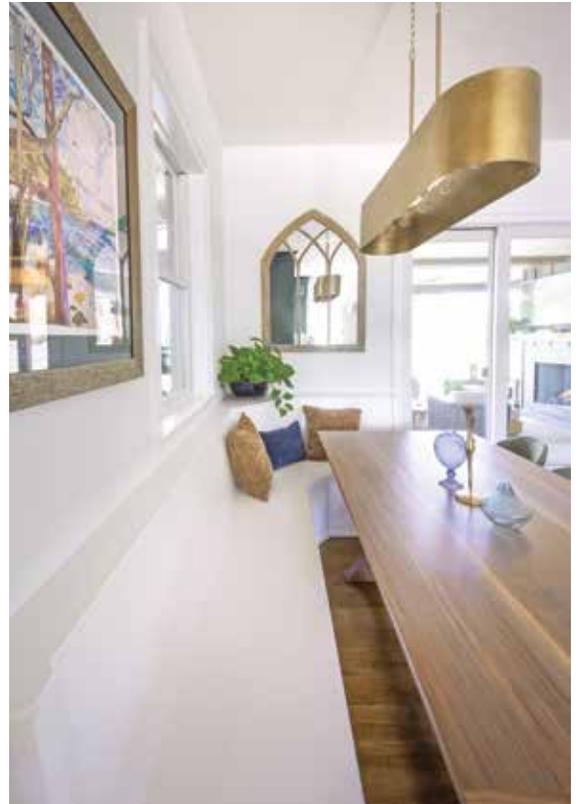
PERFORMANCE & OPTIMIZATION

Perhaps the most interesting aspect of the kitchen, however, is not something you can see or even hear, says the homeowner.

“This is a very high-performing home.”

What that means in terms of the kitchen, is in the noise from the range’s hood fan that you *don’t* hear because the traditional placement of the motor for the hood was relocated.

“My kitchen exhaust hood is, rather than having the motor right there at the oven, I just put it in-line in the duct. “And then my fan motor is 15-feet away from my oven, and it’s up in the attic, so I can’t even hear it, but it works,” the homeowner continues. “I installed a silencer on the duct work, and it all works in harmony so when the kitchen exhaust turns on, it opens the damper to allow fresh air to come in and be immediately drawn back up the range hood and out.”



This work-around, he says, is something any owner can apply to their home in coordination with other measures that can be adapted to traditional HVAC systems to reduce the common noises they produce. Along with managing noise, he says, there are also some great ways that homeowners can ensure their home is as healthy a place to be as it can be.

“This home has a whole-house ventilation system known as an ERV or Energy Recovery Ventilator. So, I have tempered and filtered fresh air that is supplied to every bedroom and common living area in the house, which really helps the house feel fresh, smell good, and maintain good indoor air quality,” explains the homeowner. “And then to regulate humidity, the house is also fitted with two whole-house dehumidifiers, which is something that is commonly overlooked, especially as construction is getting more and more airtight, especially in Maryland, where clearly when it’s hot, it can be humid.”

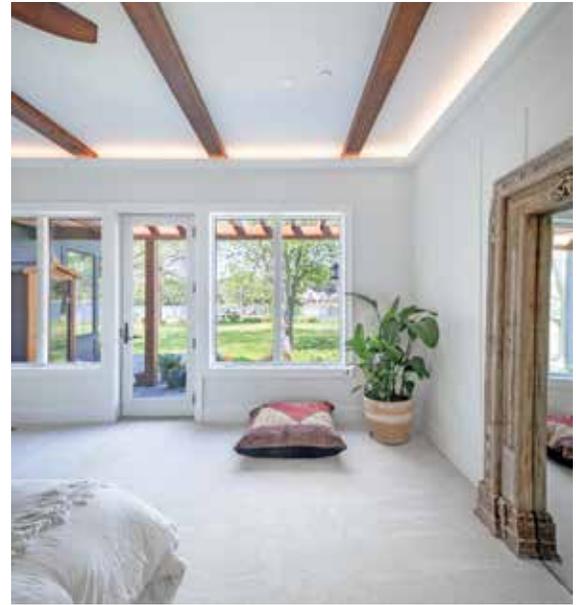
Addressing noise, optimizing air quality, and improving overall efficiency like this homeowner also did by adding exterior insulation during their build, are layers of performance-related practices available to any homeowner during the building process or that can be applied to an existing home.



STREET SEEN

Last but certainly not least, this home is a stand-out for its remarkable curb appeal. The homeowner conveys that it was absolutely necessary for them to have their home be different and unique in an obvious way, and so they chose to express that desire in color and detail.

“My initial vision was an all-black house, but it had to have natural wood accents,” the homeowner says. For those accents the owner chose solid yellow cedar with a dark oak stain for the home’s posts, gable, and rake board features. Additional natural aspects were reflected in their choice of a Random Ashlar stone veneer in Coyote Gray by Get Real Stone.



The home’s dramatic dark exterior was accomplished with James Hardie Select Cedar Mill board and batten in Midnight Soot. Complementary roof shingles by Landmark’s Pro Certaineed line in Moire Black, and Pac-Clad metal roofing in Matte Black completed the façade presentation.

The couple matched the wow factor of the front of their home with an amazing rustic resort approach to outdoor living around the back of their home. Maximized for nearly year-round utility, the home opens from the kitchen and dining area to an expansive screened-in porch.





This airy transitional space provides cover from summer showers and bugs and has a casual pub-like vibe with its crisp Bluestone pavers, yellow cedar ceiling, and cozy beverage bar. This covered, outdoor dining area flows into a covered outdoor living area with an enviable outdoor fireplace with a black-tiled insert and surround laid out in an eye-catching herringbone pattern. A custom piece of live-edge cedar wood carved by a local artisan and friend adds that finishing touch to this gracious entertainment and gathering area.

Much thought was put into the entire hardscape of the back of the home to encourage long days spent outside in nature, whether they are in the pool or cooking in their ultimate version of an outdoor kitchen complete with firepit, wet bar, pellet smoker, grill, and a power-burner that comes in handy for boiling up some tasty crab.

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Fall Home Cozy

OUR FAVORITE FALL INTERIOR ENHANCEMENTS

By Lisa J. Gotto

Feathering fall's nest is a highlight of the year for many interiors aficionados. If this sounds like your lane, we feel you, and we've tapped our sources and resources to bring you this inspirational guide to creating an experiential fall home environment that goes well beyond surface-level décor.



Supple Seating

If you're going to add one pivotal piece of furniture this fall, you'll want that to be something super comfy to toss your must-have throw onto. This gorgeous Soma leather chair in Cognac from Hydeline is elegant yet comfortable, with its box-style seat cushions and well-defined welts giving it a tailored look, but one that is accommodating for all members of your household.



THROWN OVER

A good book, a fire, and a cozy throw is the quintessential way to spend a fall evening at home. And nothing is more relaxing than wrapping yourself in cuddly faux fur. This one from Pine Cone Hill via Perigold.com is double-sided and double-layered for maximum plushness. It also plays into the trend of layering in varied textures to our interiors, so there is also a balance struck between structure and style.

SEASONAL STRATEGY

Nothing says homey and cozy these days more than a delicate floral print, and we loved this one from the Anna Elizabeth line of Greenhouse Fabrics. Homeowners who love to personalize by the season are falling in love with the concept of purchasing the perfect pillow forms for their living areas and then swapping them out seasonally with custom fabric covers. This strategy helps keep any scheme from getting stale and is kinder to the environment than constantly replacing pillows to address seasonal mood enhancements.



AMBER WAVES

Counterbalancing autumn's softer goods with rich metallic accent pieces in shades of amber and gold are always seasonally inviting. Adding votives that enhance and reflect light, like this Branch Candleholder from Arhaus, creates the warm glow that turns any evening into an autumnally ambient event.



Pretty Practicality

Let's face it, in fall—ash happens. That wood-burning fireplace that you always dreamed of is doing its thing and making your living space ultra-cozy and autumnally atmospheric with its flickering flames. But it's also creating its fair share of burned wood by-product that needs to be cleaned out regularly. This year blend this useful and gorgeous copper ash keeper in with your other hearth essentials near the fireplace for the convenient storage of ash until it can be removed using its sturdy handle with its carved wooden dowel accent.



THE SUNNY SIDE

For many reasons, we are seeing exceptionally sunny versions of yellow wall treatments making an appearance in many of today's best-dressed homes. And why not? Even though yellow is probably not the first color you think of because of its association with the taxi cab and the banana, muted, buttery shades of this hue are definitely having a moment because of its warm and comforting aesthetic. This version is called Dayroom Yellow from Farrow & Ball.

OH MY, GOURD!

People who really love to decorate will tell you that the best thing to happen to the pumpkin was not the carving knife, it was getting creative with its traditional orange rind and using it to explore alternate colors and whimsical patterns. This collection from Ballard Designs grows in shape and scale every autumn offering something fun for every fall home.



Floor Show

Autumn is always rich with color, and this multi-colored beauty is a Strawberry Thief Indigo rug from Ruggable. Not only will it artistically pull this room scheme together, it will endure the seasonal slings and arrows of autumn's weather, pets, and kids because it is durable and 100-percent washable, so you can fall for the pattern and the style with no wear-and-tear concerns.

Photo credits: Supple Seating, image courtesy of hydeline.com. Thrown over, image courtesy of perigold.com. Seasonal strategy, image courtesy of greenhousefabrics.com. Amber waves, image courtesy of Arhaus.com. Pretty Practicality, image courtesy of plowandhearth.com. Oh my, gourd!, image courtesy of ballarddesigns.com. The sunny side, image courtesy of mydomain.com. Floor Show, image courtesy of ruggable.com.



Transplanting: Survey your garden. Those beautiful hostas have doubled in size. That white peony overflows her part of the flowerbed. And what about those irises? They've begun to encroach on their neighboring phlox.

- Take a look at your shrubs and plants. If they're too large or clash in color or foliage with the rest of their bedmates, move them. (They'll be fine with it.)
- Choose a site with appropriate sunlight and dig a hole.
- Around the plant to be moved, carefully dig in a circle about 6" from the stem.
- Gently lift out the root ball and loosen roots from any tightly packed soil.
- In the new hole place a handful of Epsom salt crystals and drop in the root ball. Back-fill around the plant, gently tapping down the soil. (Do not pack the soil too tightly.)
- Water thoroughly and continue to watch that the relocated plant gets sufficient moisture and light.
- Avoid fertilizing now. The plant is settling in and recovering; we want to encourage growth in the root system, not more leaves and blossoms.

Movin' & Shakin'

THREE HINTS FOR EXPANDING YOUR GARDEN

By Janice F. Booth

With autumn slipping into our consciousness, we gardeners sometimes examine our gardens for ways to make things even lovelier next season. Let me suggest three useful activities—moving shrubs and plants for optimum beauty, and two simple methods for creating new plants from our faithful dears by propagation.

SO, HERE ARE THREE USEFUL SUGGESTIONS FOR EXPANDING AND ENHANCING YOUR GARDEN NOW THAT SEPTEMBER IS HERE:



Plants that are particularly happy to be divided:
 hosta,
 astilbe,
 peony, iris,
 coral bells,
 hellebores,
 phlox,
 canna,
 daylilies

Propagating by Dividing: This is a great way to keep a beautiful specimen in your garden. Look for those healthy, full plants and shrubs—they may even be the ones that are getting a bit too big for their setting.

- Begin by digging up the plant as you would for moving. (See above.)
- Gently remove it from the ground and lay it on its side so you can see the root ball. Using your hands, loosen the roots as much as possible without damaging them.
- With a sharp knife or small spade, start from the bottom of the root ball and cut upward toward the plant's foliage. Be careful to avoid cutting major roots. You're looking to create two root balls and plants.

- Add some Epsom salt to the bottom of the original hole, then return one of the halves to its hole. Backfill and thoroughly water the plant.
- Now that you can see the size of the new root ball, decide on a new location and dig a hole. Be sure you've considered the amount of daily light and proximity of other plants. Your newly-created plant will undergo separation anxiety for a while.
- Drop in a few crystals of Epsom salt and the root ball.

Follow the same procedure as with the "mother" plant—backfill and thoroughly water.

- Until the first frost, keep an eye on the separated plants. Be sure they're getting sufficient water (but not soggy.) There may be some drooping leaves, but don't be dismayed. They'll perk up before long.
- The particular joy of "dividing" plants is that you keep these happy plants growing as a family. There's a history developing among the sister plants.



Simple steps-by-step for propagation with cuttings:

- Tools needed: sharp knife or garden scissors, pot, loose soil (possibly mixed with Vermiculite or Perlite for drainage), water
- Choose a sturdy stem of a healthy plant or shrub.
- Cut a 4–6" section of stem, or for succulents a plump leaf is sufficient.
- Remove leaves on the lower half of the piece
- For succulents only: leave the leaf or stem to harden or seal for 24 hrs. before setting it in sand or very dry soil. (Sometimes tiny pebbles will work as the growing medium.)
- Gently immerse the section of stem in damp, loose soil or in water. (If you're trying the water method, be sure to use a container that will allow only the lower 1/3 to 1/2 of the stem to be submerged.) Be sure the soil is not wet but keep it slightly damp.
- Set the cutting in its medium in diffused light. Be patient! This will take a while. Within 4–6 weeks, sometimes sooner, you'll have tiny roots growing. (That's why the water method is fun. You can watch as the roots begin to emerge from the stem.)
- When the roots seem sufficiently developed, set the cutting into a pot of the appropriate size. Use clean, fresh soil, not too compacted. Cover only the lower 1/3 of the stem and roots with soil. (Be careful not to let the cutting sit too long in the water; it will eventually rot.)
- Watch your lovely new plant grow and flourish. You can pinch off too-long stems to shape the plant as it grows.



Propagating with Cuttings: There are other forms, such as grafting, that can be used to create new plants from old, but they're a bit too complicated for my kind of gardening time and interest. So, let me give you a rundown on this easy and almost foolproof method of adding favorite plants to your garden next spring.

Outdoor Plants that are easily propagated with cuttings:

Geraniums, Spirea, Basil, Fuschia, Dahlia, Azalea, Hydrangea

Indoor plants that are easily propagated with cuttings:

Pothos, Philodendron, Snake plants, Begonia, Succulents, Spider plants, Cacti

These small projects in our gardens will not only enhance the beauty and strength of our plants, but the relocated shrub, the sister hostas, and the family of young begonias from last fall's garden will brighten our gardens next spring.

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Level Up

By Lisa J. Gotto

Four levels and nearly 3,000 square-feet of optimized living space combine with the beauty and convenience of townhome-living right on the heart of downtown Annapolis.

Turn-key luxury abounds from the customized-tiled entry and then throughout this modern urban abode with classic touches. Those touches start with French doors that lead to a walk-in level bedroom that also makes a great den. The entry level is accessed via the home's incredible two-car garage (a nearly unheard of urban bonus) and all floors are accessible via elevator.

One level up, there's new, honey-colored hardwood floors in the great room which comprises a spacious living room, dining area, and kitchen. Exceptional flow throughout the space and lots of light from the living room's four large windows,

Primary Structure Built: 2020

Sold For: \$1,600,000

Original List Price: \$1,795,000

Bedrooms: 4

Baths: 4
Full, 1 Half

Living Space: 2,960 Sq. Ft.

Lot Size: .2 acres



makes this a great place for simple soirees and traditional family evenings at home with dinner and a movie. The living room is spacious and is highlighted with a lovely Federal-style gas fireplace.

The chef will enjoy great sightlines for entertaining from the ultra-modern kitchen complete with all high-end, stainless-steel appliances and plenty of workspace around the room's large center island. A luxurious statement-maker, this island is topped with a rare and striking Blue Bahia granite, seats three for breakfast, and offers



tons of prep space. This room's gorgeous custom cabinetry carries through to the lovely formal dining area with its sophisticated built-in sideboard. Glass-front cabinets, a wine fridge, and glass rack make this an exceptional bar and beverage center. An additional series of four large windows at this end of the open-plan living space helps keep gatherings light and bright.

The primary bedroom suite on the upper floor is large and also benefits from a series of large windows and those beautiful hardwood floors. A companion, *en suite* bath offers the amenities of a spa with its custom tile treatment, dual vanity, soaking tub, and glass panel shower with built-in bench. Two, large walk-in closets make this room as functional as it is beautiful. There are two additional bedrooms on this level with their own baths, as well as the home's laundry facilities.

Push the elevator button one more time on this floor and you'll arrive at your personal outdoor oasis in the form of a 600-square foot rooftop deck. The ultimate scheme for those who love to entertain, this luxurious space features gorgeous flooring, a stacked stone gas fireplace, awning, and one of the best rooftop views in all of Annapolis.



Listing Agent: Reid Buckley, Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org **Buyers' Agent:** Nicole Callendar, Keller Williams Realty, 6200 Coastal Highway, Ocean City, m. 410-440-6688, o. 410-524-6400, callendarcloses@gmail.com, kellerwilliams.com



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A Perfect Namesake

By Lisa J. Gotto

Palatial, gracious, and modern are three words that could be used to describe this amazing residence located on the water's edge in Edgewater. Built to stand the test of time, this 6,000-square-foot home offers a multi-million-dollar view of the South River from nearly every vantage point.

And from the moment you walk in, you know you have arrived somewhere truly special with this residence's massive two-story foyer punctuated with the sweeping, sculpted look of its architectural staircase and enormous views that expand out to the waterfront.

Primary Structure Built: 1994

Sold For: \$2,200,000

Original List Price: \$2,700,000

Bedrooms: 6

Baths: 5 Full, 1 Half

Living Space: 6,055 Sq. Ft.

Lot Size: .26 acres



The entry extends into a spacious living room with a stone, gas fireplace feature wall, incredibly large picture windows, and access to this level's wrap-around deck. This space then flows into a formal dining room with its own fabulous water views, and beyond into a sleek, white, modern kitchen. Custom flat-panel cabinetry and gorgeous granite countertops extend around the periphery of the room that is washed in natural light from its picture windows overlooking the water. A separate breakfast area and a large center island provide the ultimate in utility.

Built for entertaining, this residence also offers a butler's pantry, a multi-purpose room with full bar, a guest suite with bath, and a mudroom on the main level. There is also a spacious family room with a fireplace and a den with a curved wall of windows to the water, and an amazing wall of built-ins for display and storage. Gorgeous hardwood floors flow throughout the main level.



Upstairs, there's an opulent primary suite dramatically detailed to frame the South River as art through its architecturally-enhanced window package and soaring ceiling detail. The room offers not only great views but access via sliding doors to a balcony off the bedroom. A separate seating area overlooking the water and a fireplace feature wall give the room the feel of an exclusive, private retreat. This amazing suite also offers a large dressing room with closets and a built-in vanity with lighted mirror.

There are four additional, large bedrooms in this home, as well as another entertaining and family gathering space on the home's lower level, along with a home gym.

Located in the gated community of South River Landing, this residence enjoys many community-based amenities, including a pool at the water's edge, tennis and pickleball courts, basketball courts, walking paths, and a playground.



Listing Agent: Michele Cordle, Long & Foster Fine Homes, 145 Main St., Annapolis, m. 410-562-8680, o. 410-263-3400, michele.cordle@longandfoster.com, longandfoster.com
Buyers' Agent: Teresa Klem, Long & Foster Fine Homes, 145 Main St., Annapolis, m. 443-23-1364, o. 410-263-3400, teresa@goannapolis.com, longandfoster.com

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Health & Beauty

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**7 Steps for
Successful
Hair Slugging**

PG. 114



Ancient Grains Are Making a Comeback

By Dylan Roche

You've probably heard the expression "What's old is new again," right? What if that applied to food—specifically, ancient grains. They're about as old as food can get, but now they're making a comeback as more people recognize their health benefits.

While there's no strict definition as to the ancientness of these grains, according to the Whole Grains Council, they're not exactly the same as more modern grains like wheat, oats, and rice, which have been selectively bred and modified through specific cultivation methods over the years, primarily for greater abundance and resistance to disease. Ancient grains are the same today as they would have been hundreds or even thousands of years ago, when they formed the basis of the diets in the regions of the world where they grew.

While modern grains are often processed and refined (think brown rice made into white rice), they're still widely available in their whole forms. And although these whole modern grains have their nutritional benefits, such as complex carbohydrates for sustained energy, they're not quite on the same level as ancient grains, which are much more nutrient dense.

How do we define whole? When a grain is whole, it hasn't been cracked, crushed, or processed, which removes vital parts of the grain—the bran, the germ, and the endosperm. These parts of the grain are the source of the nutrients like fiber and protein. According to research by Harvard Medical School, people who eat four servings or more of whole grains (whether modern or ancient) every day have a lower risk of dying from heart disease or cancer.



SO, WHICH ANCIENT GRAINS SHOULD YOU BE TRYING? A FEW ANCIENT GRAINS YOU MIGHT'VE HEARD OF (BUT NEVER TRIED BEFORE)...

Amaranth: Once cultivated by the ancient Aztecs, amaranth can be cooked up into a fluffy porridge similar to oatmeal. It's rich in protein, particularly the amino acid lysine, which is often lacking in plant-based protein sources. **Barley:** Known for its mildly nutty flavor and chewy texture, barley makes a hearty addition to salads, pilafs, and risottos, and its generous soluble fiber content makes it great for digestive health. **Millet:** This small-seed grain is cultivated in many parts of Africa. Because of its mild and almost sweet flavor with a hint of buttery-ness, millet works well as a breakfast porridge. It's rich in magnesium and easier to digest compared with most grains. **Quinoa:** Although it's technically a sprout, quinoa cooks up similar to a cereal grain. It has a nutty flavor and slight chewiness, which will give dimension to salads or as a heartier substitute for rice. It's one of the rare plant foods to provide all nine essential amino acids, making it a complete protein source. **Rye:** This European grain is similar to wheat and barley, and it's often used to make bread. It has a distinctive earthy, almost sour flavor with a little bit of tang. Because it's high in fiber, it's great for managing blood sugar and cholesterol.

WAYS TO PREPARE WHOLE GRAINS

If you have your doubts, try mixing in an ancient grain with something you already like. Next time you make rice pilaf, replace half your rice with quinoa, or add some barley to your morning oatmeal. Be sure to rinse your grains before cooking. Some of them have a naturally occurring organic compound called saponins that can become foamy when the grains are cooked in water, but a quick rinse in a fine-mesh sieve under cold water will remove it. Give your grains a quick toast in a dry skillet over low heat before you boil them to deepen and enhance their flavor. Swap out the water you cook the grains in with chicken stock or vegetable broth for a more flavorful dish.



What You Should Know About Rucking

By Dylan Roche

An aerobic exercise like walking or running hardly needs any introduction—most of us already know these are good for us. Our heartrate increases, we breathe a little more heavily, and we break a (light or heavy) sweat.

But...what if there were a way to make these everyday popular cardio choices a little more intense? That's the idea behind rucking, and it's why this modification to your typical cardio session to improve your strength and endurance is a favorite among fitness trainers.

So, if you're asking yourself, "What is *rucking*?" we've got the answers for you here.

WHY IS RUCKING ALL THE RAGE?

Rucking is the practice of walking or running while wearing a rucksack, or close-fitting weighted backpack. Rucking is often part of boot camps and military training. The Cleveland Clinic calls rucking a full-body workout that will not only raise your

heartrate but also strengthen your muscles more than simple running or walking would. Many fitness influencers on social media—such as David Goggins, a retired Navy Seal and long-distance runner—tout rucking as a crucial part of their training program.

The American Council on Exercise points to the combination of cardio and strength training. Adding weight to a cardio session means you burn more calories, improve your aerobic endurance, and build strength in your lower body and core.

CAN I USE ANY KIND OF WEIGHTED BACKPACK?

Can you? Sure. Putting weights in a backpack is an easy and inexpensive way to test out whether you like rucking. But on a consistent basis, it's best to use an actual rucksack—rucksacks are designed with special inserts to hold weights close to your body, and they evenly distribute the weight across your body. A backpack with weights in it could put strain on your spine or shoulders, and the weight could bounce around or shift too much.

If you decide to get a rucksack, make sure you proceed with caution. If you're used to lifting 30 pounds in the gym, you might think you'll have no problem weighting yourself up with 30 pounds for a walk—but that's not the case! Rucking 30 or even 20 pounds for an extended period of time is much different from lifting 30 pounds for a few seconds. It's best to start off with an added 5 pounds and increase your weight a little bit each week.

WHAT SHOULD I CONSIDER WHEN PLANNING MY RUCKING WORKOUTS?

You'll quickly notice that weight affects how hard your workout is. A run or a walk that's easy or moderate when you're unweighted all of a sudden becomes much more intense with a rucksack on. If you're rucking as part of your workout routine, take care to consider: How heavy your rucksack is? What distance you'll go? What pace you'll maintain? How long you'll run/walk?

Army research shows that when you add 1 percent of your bodyweight, you increase your energy expenditure by approximately (emphasis on approximately) 1 percent. That means if you're 150 pounds, then 5 pounds is about 3.3 percent of your bodyweight, and when you put on a 5-pound rucksack, you will need to exert 3.3 percent more effort.

You could let yourself slow down about 30 seconds per mile or shorten your distance by about 3 percent and get the same workout you usually do, or you could push yourself to keep the same pace and run the same distance while feeling a little more exerted, which leads to progress. However you approach it, you'll find your rucksack makes you faster and stronger.

The Changing Face of Cosmetic Surgery

By Dylan Roche

**HAVE YOU EVER WORN MAKEUP?
BOUGHT A GYM MEMBERSHIP?
CHOSEN AN OUTFIT THAT MAKES
YOU FEEL LIKE A MILLION BUCKS?**

These are all questions that Dr. Steven Williams, recent president of the American Society of Plastic Surgeons, asks whenever he hears skepticism about cosmetic surgery. And the reality is that modern culture is more receptive to this perspective than it was in the past, when there was a stigma of vanity or superficiality to getting any kind of work done. This is just one of the many ways the field of plastic surgery is rapidly changing—and will likely continue to change in the future.

“Aesthetic surgery isn’t about vanity. It’s about agency,” Williams says. “It’s about aligning how you feel with how you look—and doing it on your terms.”

As he puts it, we live in a world that scrutinizes appearances 24/7, and pretending that this doesn’t affect our confidence is like pretending Instagram doesn’t have filters. “The goal of good surgery isn’t to make someone look different,” he says. “It’s to make them feel like themselves, but better—rested, refined, more in control.”

But it’s not just about cultural perception. Plastic surgery today—not to mention the plastic surgery of the future—is able to accomplish more. “Both reconstructive and aesthetic plastic surgery today is faster, smarter, and more personalized than it was even a decade ago,” he says.



“Twenty years ago, the field was dominated by one-size-fits-all procedures, often with longer recovery times and more stigma of going under the knife.”

At the beginning of the year, the American Society of Plastic Surgeons predicted its biggest trends for 2025, and among them was the use of technology like 3-D imaging to help predict what a patient could look like by undergoing a procedure, as well as using a patient’s own platelets and fat to reduce the signs of aging or enhance their appearance. The forecast also noted, as Williams himself points out, more people want to focus on naturalism. Cosmetic surgery isn’t about completely changing a patient’s look but instead about small or subtle refinements.

It’s all enough to make you wonder: What does the future of cosmetic surgery look like? Are people still going to get the same procedures they always have, or will technology drastically change what doctors can accomplish? Moreover, how will a changing cultural acceptance of these surgeries influence what (and how much) people decide to get done?

WITH THOSE QUESTIONS IN MIND, HERE ARE FIVE WAYS YOU MIGHT EXPECT TO SEE COSMETIC SURGERY CHANGE IN THE NEXT DECADE:

1. There will be less invasive techniques. When you think of cosmetic procedures, you might think of invasive surgeries that were popular in the past—rhinoplasty (a.k.a. nosejobs), rhytidectomy (a.k.a. facelifts), abdominoplasty (a.k.a. tummy tucks), and the like. Although these procedures are still done for a variety of reasons, there’s a growing trend toward less invasive procedures, such as injectables and lasers. Think Botox, dermal fillers, and ultrasound skin tightening. These have shorter recovery times and less risk, but they’re also less drastic in their appearance. Enhancements look refreshed, not transformed.

2. Tech will be influential. As with any field or industry, technical developments are always happening—and that includes the field of cosmetic surgery, which has seen a massive shift in technology and technique, according to Williams. “Imaging tools, easier and more available information about procedures, and better anesthesia techniques have made surgeries more accessible, safer, and more comfortable,” he says. “Because patients are more informed, they’re asking better questions. This is a savvier generation that’s not afraid to talk about their procedures — they want to partner in their care and social media has turbocharged this trend.”

3. There might be ethical concerns. While developing technology is a good thing, there are always ways in which it will be to the detriment of cosmetic surgery, and doctors and patients alike will have to proceed with caution. Social media and, more recently, A.I.-generated imagery have given people a distorted idea of what they’re supposed to look like, and they might turn to cosmetic procedures with unrealistic expectations. This puts the burden of setting expectations on the doctors.

“As AI-generated faces flood social media and patients arrive with filtered expectations, we’ll need to double down on real-world beauty, evidence-based care, and surgical integrity,” Williams says. “Because innovation without responsibility isn’t progress—it’s risk.”

Specifically, that risk is the mental health toll these unrealistic expectations have. “We’re in the uncanny valley of aesthetics—patients are chasing faces that don’t exist,” he continues. “As synthetic perfection floods the feed, the real challenge isn’t technique—it’s protecting mental health while still delivering results that feel like an upgrade, not a cosplay. It will be a bigger issue as time marches us closer to more powerful and available A.I.-fueled realities and interactions.”

4. Fewer people will need weight-loss surgeries. Weight-management surgery used to be a solution for patients who struggled with obesity that couldn’t be controlled with diet and exercise alone. Gastric banding, stomach stapling, and gastric bypass were invasive procedures that carried high risk without guarantee of long-term results. Now the number of people seeking these surgeries is down by 20 percent, according to Columbia University’s Department of Surgery, because people have medication options instead.

As GLP-1 medicines like Ozempic and Wegovy become more commonplace, patients instead need different procedures to complement the weight loss they’ve achieved. “Ozempic didn’t just flatten blood sugar—it flattened demand for old-school weight loss surgery,” Williams explains. “Now we’re seeing an explosion in skin tightening, revision liposuction, and post-weight-loss contouring. Surgeons are stepping into the changes from effective weight loss tools being more widely available.”

5. Regenerative medicine will continue to evolve. Reconstructive surgery is more likely to be successful when doctors use cells grown from a patient’s own tissue, which can be used for skin grafts and wound healing. As stem cell biology, 3-D bioprinting, and tissue engineering becomes more advanced, so too will these innovative

approaches—even letting doctors go from passive grafting to active tissue regeneration, rebuilding skin, cartilage, bone, and organs from autologous cells.

With more options and less stigma, the cosmetic surgery of the future opens up opportunities for everyday people to feel better about their appearance, and that’s something Williams sees as being crucial. “Study after study shows patients report improved self-esteem, reduced anxiety and even better social functioning after surgery—when done ethically and for the right reasons,” he says.

“It’s not about becoming someone else. It’s about becoming a version of yourself you can stop apologizing for.” He says this is especially true of people who might’ve avoided cosmetic procedures in the past, such as men, people of color, and nonbinary people.

And who would disagree that more confidence is ever a bad thing? It means better relationships, career success, and overall quality of life.

One final note: Williams notes that because cosmetic procedures are becoming more commonplace, noncertified providers are offering procedures. “Always seek out a board-certified plastic surgeon,” he says. “Board certification in plastic surgery isn’t some gold star for your surgeon’s ego wall. It’s a receipt that says: This surgeon trained for years, passed rigorous exams, operates in accredited facilities, and knows how to handle a complication when things don’t go as planned.”

Don’t know where to start? *What’s Up?* *Media’s* biennial Top Docs lists several acclaimed plastic surgeons, each honored by their medical peers and vetted through the Maryland Board of Physicians. Access the full lists here—whatsupmag.com/health-and-beauty/top-docs—and look for the newest list in the upcoming October issues! Additionally, The American Society of Plastic Surgeons has a listing of members by state at: find.plasticsurgery.org/state/md.



7 Steps for Successful Hair Slugging

By Dylan Roche

Slugging may not sound like the most glamorous skincare and haircare hack you've ever heard of, but that hasn't stopped it from becoming popular. It started with a simple approach to nourish dry skin: Apply a thick coat of oil and let it sit to lock in moisture. From there, skin slugging has given way to the popularity of *hair slugging*, the practice of combatting dry or damaged hair with the same oil treatment. Dermatologists say it's a safe and effective practice, and it's one that's been used around the world for generations.

So, if you're curious about how you can use a simple oil you might already have in your pantry or medicine cabinet at home to achieve softer, smoother, more lively hair, here are seven steps you can adapt to your specific needs:

1. Determine if it's right for you. Start by deciding whether hair slugging makes sense for your hair, particularly depending on the time of year. If you have coarse, frizzy, brittle hair, then slugging would help moisturize your strands, especially in the winter months when the air tends to be dryer. But if you have an oily scalp, then slugging could cause a breakout around your hairline, and if you have especially fine hair, you could end up with an oily buildup that is difficult to wash out. (If you do have finer hair and still want to give it a moisturizing boost, pay attention to the next step.)

2. Choose your oil. Not all oils will be the right fit. A heavier oil like coconut oil or olive oil will work well to penetrate the shafts of thicker hair. If you've got finer hair, you want to go with a lighter choice like argan oil or grapeseed oil, which won't weigh your hair down.

3. Prepare your hair. Prepare your hair for slugging by conditioning it and towel drying it (without any applied heat), leaving it slightly damp but not wet.

4. Apply and wrap. Apply the oil to your damp hair but be careful about the amount you use. You want your hair to be generously and evenly coated but not dripping. Once you've finished applying it, wrap your hair with a towel or scarf, or you can cover it with a bonnet or shower cap.

5. Let it sit. It's usually best to slug hair right before you go to sleep, so you can give your hair a full eight hours to lock in moisture.

6. Style as needed. The next morning, take off the wrap and remove any excess oil. This can typically be done with a toweling and brushing, but if there is a lot of leftover oil, you may need a light shampooing. Style your hair afterward the way you usually do.

7. Repeat as needed. You don't need to (and probably shouldn't) slug your hair every night. Stick with once a week to begin with. If your hair is very dry, you may need to repeat the process twice a week, and if you find your hair is prone to oiliness, you can cut back to every other week or even once a month.

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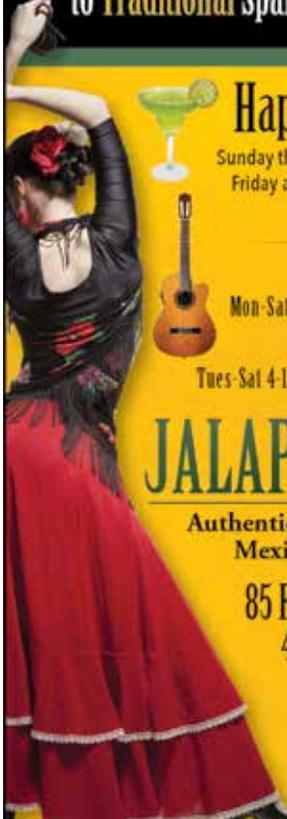
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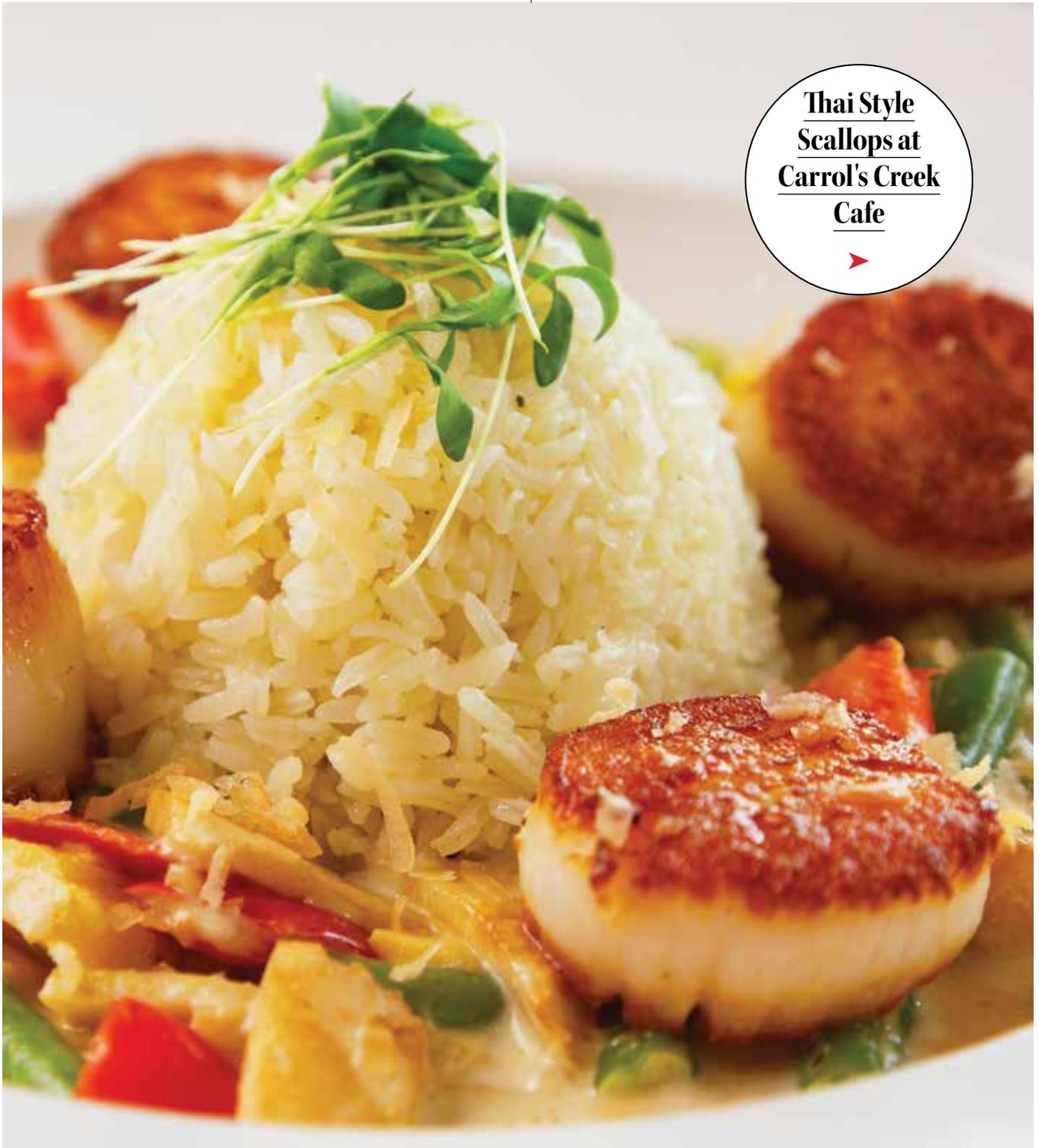
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Thai Style
Scallops at
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An Annapolis Landmark for Almost Half a Century

By Mark Croatti

Both “Carroll Creek” in Frederick and “Carroll’s Creek” in Annapolis honored Charles Carroll of Carrollton, a Declaration of Independence signer and the most famous of several family members with this name. In 1904, the latter became Spa Creek, possibly to avoid confusion, but an old map found in France (where Carroll was educated) and brought to America revealed the unique spelling of “Carroll’s Creek” that differentiated the two tributaries—and inspired a shorefront restaurant opened in 1983 by Jeff Hardesty and Joseph Jacobs.

Still owned by Joseph and his son Jeff, their imaginative recipes for regional favorites—and heavily discounted appetizers Sunday through Friday during a lengthy Happy Hour—continue to reel in legions of devoted patrons. Recalling fond memories from when we lived in Eastport, my wife and I returned with our kids on a sunny Saturday in June, eager to recapture our old neighborhood’s charm.

An adventurous way to get there is by Water Taxi, only a few dollars each way per person (private vessels require Annapolis City Marina arrangements). Our affable skipper deftly circumnavigated an armada of boaters toward an array of docks and slips surrounding an elegant façade. We disembarked, followed a path, and entered to an enthusiastic greeting from manager Dave Roe, Executive Chef Ricardo Rebello, and a cadre of friendly hosts. A long, rectangular lounge’s abundant seating parallels a curvy, well-stocked bar boasting a hundred American and international wines and champagnes that complement three dozen mostly Eastern Sea-



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board craft beers. A multi-page libation brochure sold us on the refreshing “Just Peachy” mocktail, blending Monin Peach Syrup-infused lemonade, soda, lemon wedges, and mint leaves.

The cavernous dining area—featuring a glass-enclosed function room—is windowed left to right to showcase the creek. We were taken to an indoor table beside an outer deck offering a panoramic view of the United States Naval Academy, Maryland’s State House dome, St. Mary’s Church, and Charles Carroll’s home.

An energetic staff departing a busy kitchen with visually dazzling trays of food was engulfed in a delightful aroma of seafood being broiled, steamed, and grilled. Our gracious server, Corky, quickly welcomed us, carrying baskets of warm bread and butter. We chose some table starters from an eclectic menu containing a wide variety of maritime selections encompassing fresh fish, crabcakes, crustaceans, and mollusks; turf delicacies such as Filet Mignon, New York Strip Au Poivre, and New Zealand Rack of Lamb; and global specialties like Canadian Salmon, Mexican Shrimp Cocktail, and Mediterranean Stir Fry.

The peppery Crab Guacamole buries crushed ripe avocados and accoutrements under an avalanche of succulent lump crab—*big, meaty chunks of it*—served with an overflowing basket of Old Bay-seasoned tortilla chips, green tabasco-imbued Pico de Gallo, and a tasty lime sour cream. The enjoyably chewy Calamari—lightly dipped in rice flour, onion powder, and garlic—explodes with flavor alone or doused in an exquisite, mild sriracha basil aioli made with mayonnaise, sweet chili, and lemon juice. The flaky yet firm Chesapeake Channa transforms the invasive Snakehead into crispy fish sticks fried in a batter of egg whites, Japanese breadcrumbs, and flour, accompanied by a piquant malt vinegar remoulade for dipping.





We ordered our young sons' meals and a plethora of appetizers. The delectably juicy, outwardly singed jumbo Sea Scallops—rolled in shredded phyllo, bathed in a scrumptious, silky shrimp gravy, and poured over sauteed spinach—are capped with prosciutto ham and more of that amazing lump crab. The hearty, applewood smoked bacon-encased BBQ Shrimp are grilled, laminated in a citrus barbecue glaze, then placed upon a savory cucumber and onion salad that fully absorbed its apple cider vinegar and sugar dressing.

The enticing Baked Oysters—immersed in bacon and horseradish and sealed in the shell by a luscious layer of melted Cabot Vermont Sharp Cheddar Cheese—include chives and a lemon wedge. The Cream of Crab Soup—the best I've ever had—is stuffed with even bigger morsels of that incredible lump crab marinating in a velvety broth crafted from crab base, heavy cream, Old Bay, onions, cloves, and a distinctively tangy sherry liquor. The boys split a medium-sized Kid's Burger that tasted flame broiled and the moist Kid's Chicken Tenders, both plated alongside a massive portion of golden French fries.

Our entrées soon arrived. The towering Herb Encrusted Rockfish rises from a plate—coated by a syrupy Thyme Beurre Blanc, a French butter sauce merging fresh thyme, shallots, and lemon—that's loaded with a tempting ensemble of plump, green asparagus crowns protruding between an assortment of bold red, orange, and yellow heirloom tomatoes. It's all overlaid by a sizable dollop of mashed purple cauliflower supporting an ample cube of the finest in season Chesapeake Bay striped bass—sweet, delicate in texture, and sheathed in an outer mantle of fresh thyme, oregano, and basil—that's itself topped with a pyramid of yet more lump crab!

Another stacked classic, the flawlessly seared Thai Style Scallops, likewise encourages vertically spearing all of the ingredients to savor simultaneously. A foundation of Thai green curry—simmered in coconut milk and lemongrass—embraces an outer ring of perfectly cooked red and yellow bell peppers, green beans, square bamboo shoots, and toasted coconut. Four buttery jumbo scallops—perched high atop the vegetables hugging the bowl's rim—encircle a central mound of white jasmine rice, garnished with cilantro and diligently soaking up every mouthwatering drop of the zesty curry.

For dessert, I implore you: Try their Coffee and Donuts Bread Pudding—a large, soft, muffin-shaped confection lathered in a rich, deliciously boozy, Maker's Mark bourbon and sea salt caramel drizzle, then dusted with powdered cinnamon and crowned by a generous scoop of decadent coffee-chocolate chip ice cream; this masterpiece is *to die for*. According to owner Jeff Jacobs, his previous general manager discovered this extraordinary patisserie in Fernandina, a Florida town on the Georgia border.

My wife loved another coffee-themed treat, their Espresso Crème Broulée and its crunchy, caramelized sugar crust, while our kids shared a rotund scoop of Caramel & Sea Salt-flavored A la Mode (brand) Ice Cream.

On the Water Taxi back to City Dock, the boys took turns alternating as captains navigating slightly choppy seas as we passed the home of Charles Carroll. I thought of how in 1993, the United States Board on Geographic Names turned down the Carroll Creek Committee's request to reinstate Spa Creek's original name. Someday that may change but, in the meantime, Carroll's Creek Café continues to salute the legacy of the man and his waterway by proudly providing his hometown with truly incomparable cuisine.



Mark Croatti has worked across the country from Los Angeles to Washington, D.C. as a caterer, prep cook, and food server at both specialty restaurants and major chains, including preparing meals for major figures in the entertainment industry and professional sports.

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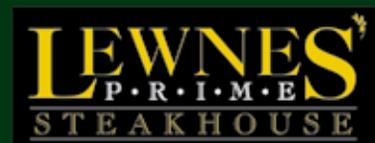
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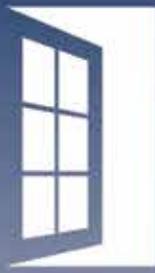
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