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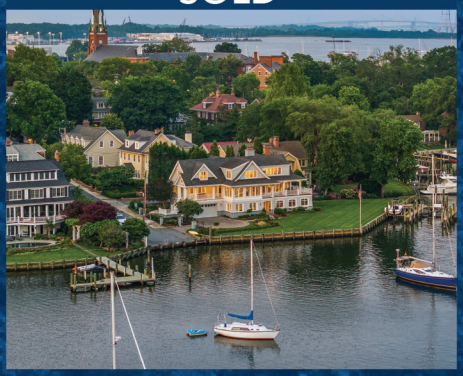

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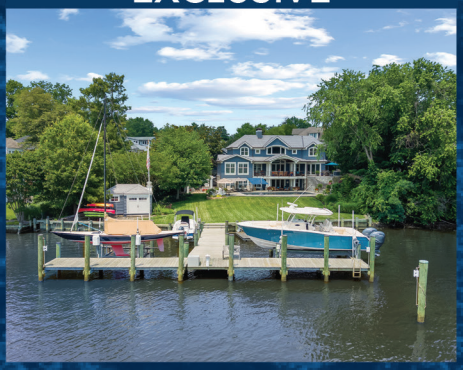

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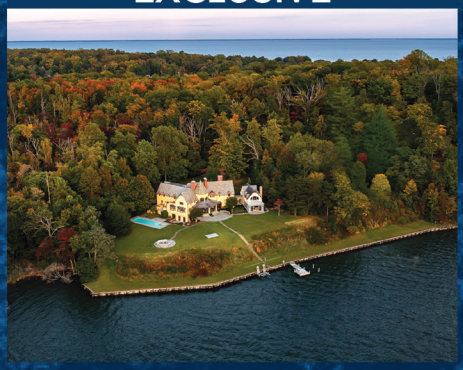

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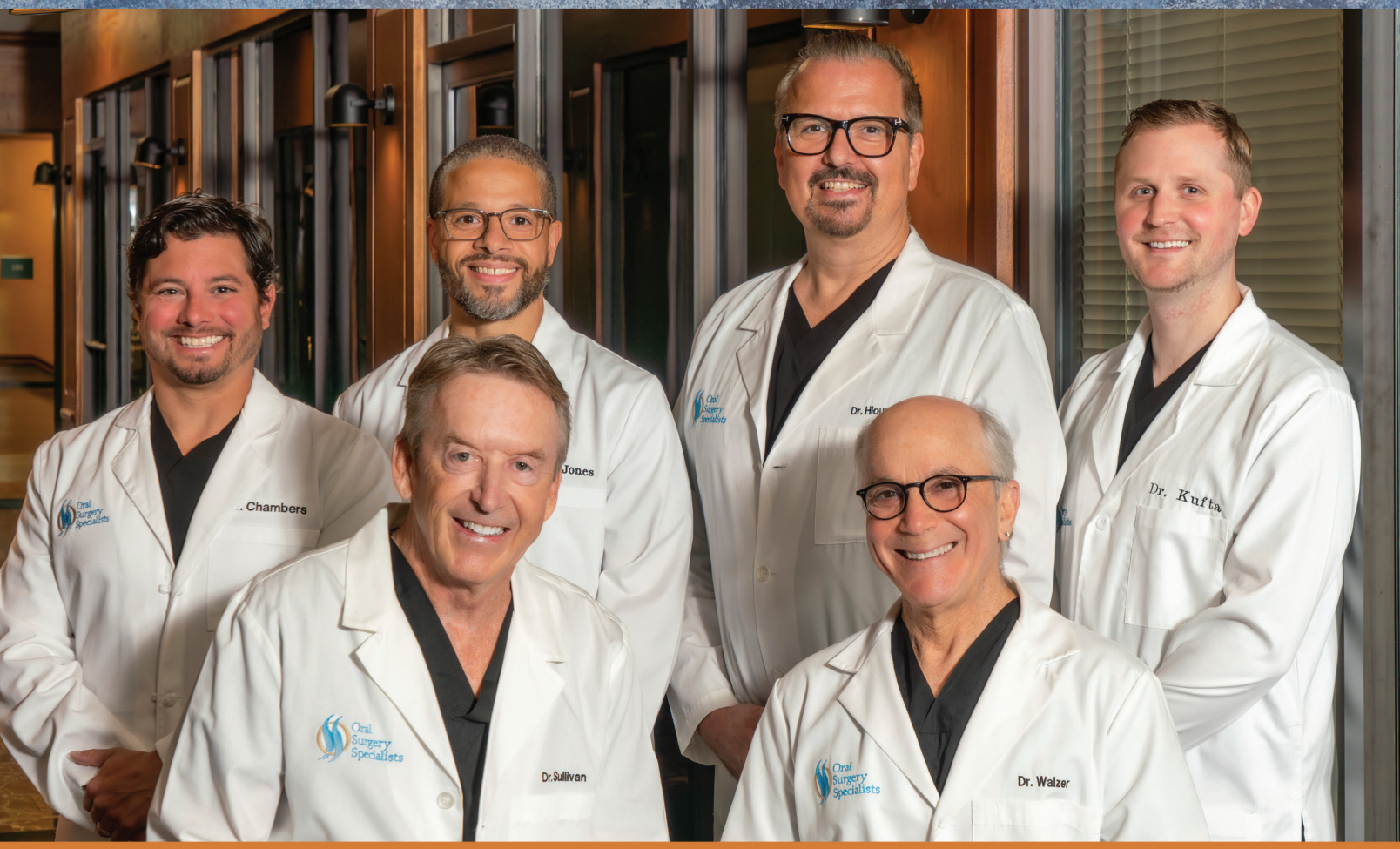

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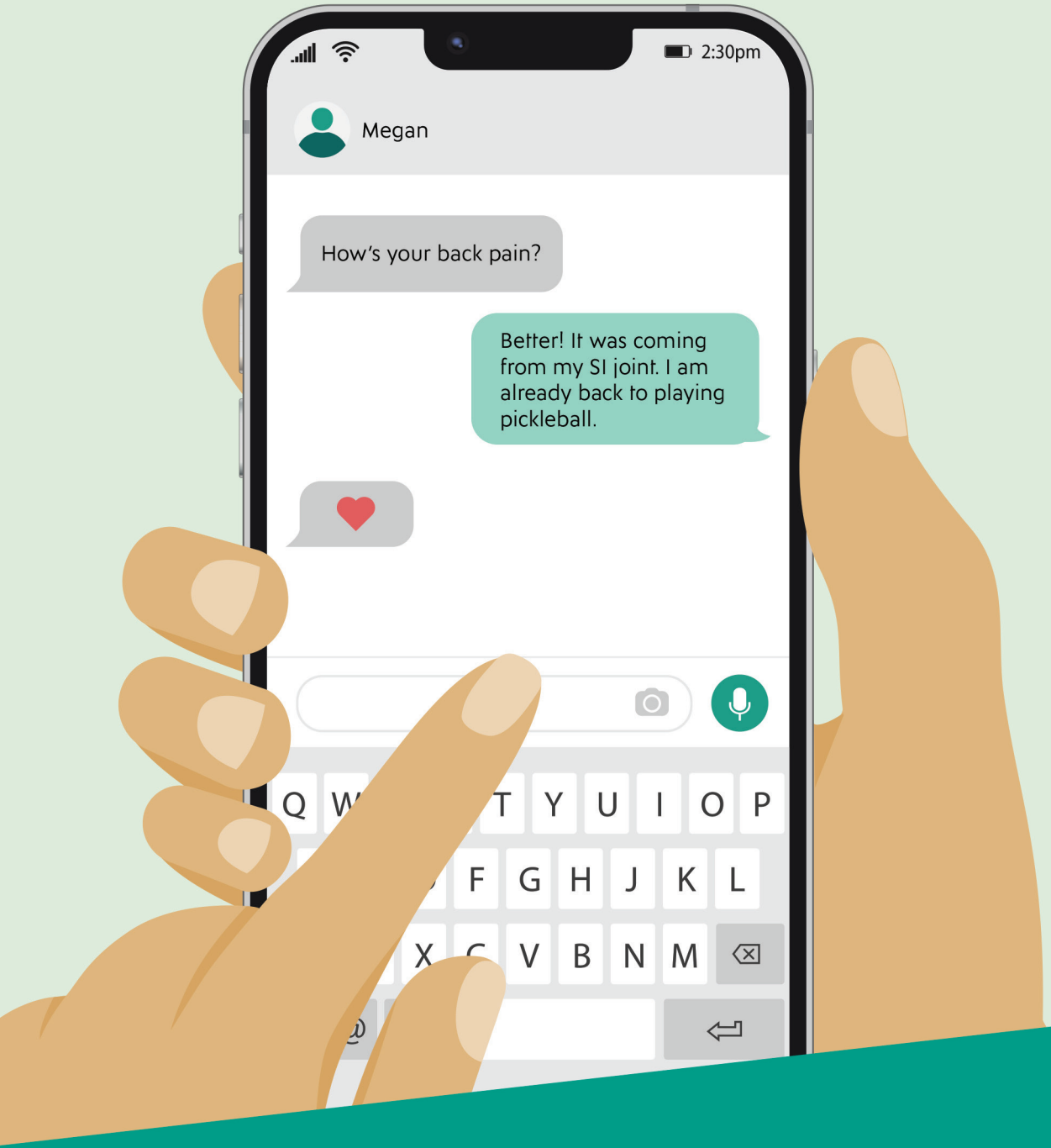

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On the Cover: Conor Tierney and Road to Oz over the 13th fence on the way to win the 2025 Maryland Hunt Cup. Photograph by Douglas Lees. Design by August Schwartz. *What's Up? Annapolis* online at whatsupmag.com. ♻ Please recycle this magazine.

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2026 TOP Dentists

The 2026 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Top Dentists lets readers know what our area experts think and helps guide them toward the best possible choices for their dental care.

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

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

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I'm ready to doff my socks in favor of sandals and, practically, beg for it…"Hey Spring, could ya get here already?! After a couple months entombed in "snowcrete" (that's what we called it, right?), we're looking for signs…any signs…of Jack Frost's retreat and Mama Nature's colorful return.

Though I enjoyed playing a good, freezing game of ice hockey (and did plenty of that this winter), I'm also an angler at heart and can't wait to get outdoors to wet a line. Never mind trying to fish for stripers, chain pickerel, or yellow perch during the depths of winter, which is arguably the best time of year to do so. We couldn't do it, unless ice fishing was your game. And, boy, did this winter offer a rare opportunity to try!

Staying warm indoors mostly, I tamed cabin fever with a few pastimes. I rediscovered the ancient-now-popular-again hobby of sports card collecting and my eBay account suddenly burst with vintage card purchases of my childhood heroes. I gobbled up cards of John Riggins, Joe Theismann, Cal Ripken, Jr., and Wayne Gretzy to name a few.

Reading books and magazines also passed a lot of time. Thousand-piece puzzles were both fun and frustrating. But I yearned for more. For connections and community, and exploration. Thankfully, this region is so incredibly rich with opportunities to "get out there."

And we will. March is a transition month as we all know, and those hopeful signs are coming to life. Buds on the trees. Lacrosse games. Events like this month's Oyster Roast & Sock Burning in Eastport, Annapolis (socks be damned!). And…steeplechase horse racing. Now, there's something you might not be familiar with, but let me tell you…it's a hoot.

A Maryland tradition dating back to Colonial times, steeplechase racing has the horses and jockeys blasting along a countryside course through glens and woods, over fences, and toward a finish line where spectators "ooh," "ahh," and tailgate from hillsides near and far. Years ago, the popular Marlborough Hunt Races at Roedown Farm in Harwood, Maryland, drew festive crowds that celebrated the arrival of spring as much as the victors in the winner's circle. It was a heck of a good time and well-attended, up until the Races' legacy died with the property owners and the land was sold.

Good news though. Today, the Maryland circuit of races, including the esteemed Maryland Hunt Cup, continues. The races begin this month, and we tell you all about them in the article "Off to the Races."

And there's more in this magazine that'll get your heart racing—sort of. Well, I mean, there *is* an article about cardio and strength training. That's in our health department. Plus, an article on destressing outdoors by taking a "color walk." We also dive deep into ever-changing real estate trends and the move toward wellness and health integration. Envisioning your home as a resort is the idea, as more properties and communities are being built that cater to an active, connected lifestyle with plush amenities.

So, when those buds bloom…and they darn well oughta soon…what better ways to enjoy them then by relaxing in your own oasis—your home's deck, patio, or porch—or maybe a walk in the woods? Or even at the horse races in the countryside.

And hopefully, finally, I'll be slinging lures from the riverbank, where the dogwoods are about to blossom, the shad are running, and socks are out of the picture.

Happy (almost) Spring!

James Houck,
Editorial Director



The Big Dogs from the Small Firm



Selecting a lawyer when you've been hurt in a car crash is crucial.

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Expert of the Month



Doug McNally

Doug McNally

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Doug McNally thrives at the intersection of excellence, curiosity, and innovation. With an M.S. in Physics and a B.S. in Engineering Physics from Miami University of Ohio, he began his career immersed in advanced research, including published graduate work in quantum physics. Yet it was during his graduate studies that he discovered a deeper calling: teaching.

At Indian Creek, McNally has helped build a dynamic, future-facing STEM program that reflects his technical expertise and his belief in student-centered learning. He has revitalized the school's computer science offerings, helping it to become one of the first schools in the country to offer AP Computer Science Principles. As a STEM program advisor and a key contributor to the design of the new CREEK Lab makerspace, McNally brings engineering thinking not only to the classroom but to the entire school.

What drew you to teaching—particularly at Indian Creek School?

I'm drawn to complexity, and teaching is one of the most intellectually demanding professions. In research, variables can often be isolated, but a classroom is a dynamic environment where the "variables" change every day. I find that variability incredibly engaging compared to more static technical roles.

I chose Indian Creek because it values innovation and autonomy, allowing me to wear the hats of both an educator and an engineer simultaneously.

How do you design courses around student interest?

Since Indian Creek is agile, I can design courses that mirror the rigor of undergraduate studies rather than follow a standard high school script. Beyond content, I want students to be comfortable with uncertainty, to assess evidence objectively, and to understand that scientific knowledge is provisional and evolving. The most gratifying feedback I receive is when alumni say they felt more prepared than their college peers.

How do you prepare students for a future shaped by AI and emerging technologies?

I teach students how to navigate the unknown through abstraction. Computer science helps us create tools that handle the details, so we can solve bigger problems. AI is simply the next layer of abstraction. I focus on "human-in-the-loop" engineering, ensuring students understand foundational principles well enough to verify AI's output. If they use powerful tools to amplify their thinking without losing critical judgment, they will adapt.

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2026 Annapolis St. Patrick's Parade

PG. 26



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History and maritime storytelling come together on Saturday, March 7, from 1–2:30 p.m. at the Museum of Historic Annapolis. Join Annapolis sailor and author David Gendell as he explores the story behind *Thomas Point Shoal Lighthouse: A Chesapeake Bay Icon*, the first book dedicated entirely to the famed 1875 lighthouse. Through images, charts, and first-hand insight, Gendell brings the lighthouse's past and keepers to life, followed by a Q&A session and book signing. Advance registration is recommended, and admission includes museum entry. More info: annapolis.org

MARYLAND HOME + GARDEN SHOW

Spring inspiration takes center stage at the Maryland Home + Garden Show, running Friday through Sunday, March 6–8, from 10 a.m. to 6 p.m. at the Maryland State Fairgrounds. This annual favorite brings together home improvement experts, design inspiration, and innovative products to help homeowners tackle spring projects both big and small. Throughout the weekend, the show honors local heroes, offering free admission to active military personnel, veterans, first responders, and medical professionals with valid ID, plus one complimentary companion ticket. Special promotions include a Daylight Saving "Buy One, Get One Free" ticket offer on Sunday, March 8, and free admission for CharmPass and RailLink users. Trade professionals from the home building and renovation industries can also enjoy free entry with valid credentials. More info: marylandhomeandgardenshow.com



Photo by Maryland Home & Garden Show



Oyster Roast & Sock Burning

Celebrate the arrival of spring and the start of boating season at the annual Oyster Roast & Sock Burning on Saturday, March 21 from 12 p.m. to 4 p.m. in Annapolis Maritime Museum. This beloved local tradition dates back to the late 1970s and marks the spring equinox with oysters, community spirit, and the ceremonial burning of winter socks—symbolically shedding the cold months behind. Attendees can enjoy fresh oysters, festive vibes, and a playful nod to maritime culture as the famous "Burn Your Socks" poem is recited. In the event of rain, festivities will move to Sunday, March 22, from 12 p.m. to 4 p.m. It's a uniquely Annapolis celebration that blends humor, heritage, and the unmistakable excitement of spring on the Bay. More info: amaritime.org



Celebrate Women's History at the Museum of Historic Annapolis

Honor the impact and legacy of women throughout history at the Museum of Historic Annapolis on Saturday, March 14, from 11 a.m. to 3 p.m. This special program highlights women's contributions to shaping the nation through living history interpreters, hands-on activities, and engaging storytelling. Guests can meet Revolutionary War camp followers, learn about the fight for women's suffrage, explore the *Annapolis: An American Story* exhibition, create a themed craft, and enjoy curated children's books in the library nook. All activities are included with museum admission. More info: annapolis.org



NAVY MEN'S & WOMEN'S LACROSSE HOME GAMES (MARCH)

March is packed with home lacrosse action as both Navy's Men's and Women's teams take the field in Annapolis throughout the month. The Men's team hosts Bucknell on Saturday, March 7 at 12 p.m. followed by a home matchup against Colgate on Saturday, March 28 at 12 p.m. The Women's team plays on Tuesday, March 10 at 2 p.m. versus Jacksonville, then welcomes Bucknell on Saturday, March 14 at 12 p.m. Additional home games include Arizona State on Tuesday, March 17 at 4 p.m. and Lehigh on Wednesday, March 25 at 6 p.m. With multiple chances to cheer on the Midshipmen, March is a great time to catch fast-paced, high-energy lacrosse on Navy's home field. More info: navysports.com



RENT

The Pulitzer Prize– and Tony Award–winning rock musical RENT brings its raw energy, heart, and unforgettable music to Compass Rose Theater, running now through March 8, with showtimes varying throughout the week. Directed by Stephen Emery with musical direction by Paige Rammelkamp, this powerful production follows a tight-knit group of young artists navigating love, loss, and community in New York City's East Village. Featuring iconic songs and deeply human storytelling, RENT remains as timely and moving as ever. Free parking is available at Anne Arundel Community College in Lot B, and the venue is fully handicapped accessible with open seating. More info: compassrosetheater.org

2026 Annapolis St. Patrick's Hooley

Kick off Irish Parade Weekend in festive style at the 11th Annual Annapolis St. Patrick's Hooley on Saturday, March 7, from 5 p.m. to 10 p.m. at the Naval Academy Alumni Association Fluegel Center. This lively evening honors past and present Grand Marshals while celebrating Irish culture with live music, traditional fare, and an open bar featuring specialty cocktails. Family-friendly and full of energy, the Hooley sets the tone for a weekend of green-clad fun and community spirit. More info: visitannapolis.org





2026 Annapolis St. Patrick's Parade

Annapolis turns green on Sunday, March 8, at 1 p.m. as the city hosts its annual St. Patrick's Parade. Marchers, musicians, and colorful floats fill the streets with Irish pride, while spectators line the route to cheer, celebrate, and soak up the festive atmosphere. Don your best green attire and join neighbors, friends, and visitors for a joyful community tradition that celebrates Irish heritage in true Annapolis style. More info: visitannapolis.org

THE YARDBIRDS

Legendary rock pioneers The Yardbirds return to the stage at Rams Head On Stage on Monday, March 2, at 8 p.m. for a night packed with classic hits and rock history. Led by founding member Jim McCarty, the band delivers an electrifying performance featuring songs that helped shape modern rock, including "For Your Love," "Heart Full of Soul," and "Shapes of Things." Alongside blistering musicianship, the show weaves in stories and multimedia elements that spotlight the band's extraordinary legacy and the iconic guitarists who passed through its ranks, including Eric Clapton, Jeff Beck, and Jimmy Page. More info: ramsheadonstage.com





MATISYAHU

Matisyahu brings his stripped-back acoustic show to Rams Head On Stage on Wednesday, March 4, at 8 p.m. offering an intimate and deeply personal evening of music and storytelling. Presented in two parts, the performance highlights songs from his breakthrough album *Live at Stubb's*, selections from his latest release *Ancient Child*, and beloved fan favorites like "King Without a Crown" and "One Day." With minimal instrumentation, the focus shifts to Matisyahu's powerful voice, beatboxing, and spiritual journey, creating a close, reflective experience that connects artist and audience on a meaningful level. More info: ramsheadonstage.com



MARYLAND DAY WEEK 2026

Celebrate Maryland's birthday and the spirit of America's 250th anniversary during Maryland Day Week, running Thursday through Wednesday, March 19–25. Cultural venues, historic sites, and heritage organizations across Annapolis and Anne Arundel County come together to offer more than 40 events, most of which are free or just $1. From history and art to family-friendly activities and special programming, it's a weeklong celebration that invites residents and visitors alike to experience the region's rich past and vibrant community. More info: mdday.org



Midwinter Mélange

Art lovers can explore a rich variety of creative expression at *Midwinter Mélange*, on view at the Willow Gallery in Quiet Waters Park through March 29. This group exhibition features work from artists associated with the park's Art Committee, showcasing pieces in pastel, oil, ceramics, weaving, dyed silk, digital art, and watercolor. Many participating artists are retired art educators who continue to share their talents through this diverse and thoughtful collection. The gallery is open weekdays from 9 a.m. to 4 p.m. and weekends from 10 a.m to 4 p.m. with a special opening reception held earlier in the season. More info: fqwp.org





At St. John's College, the Art Experience Begins With Questions

By Carol Denny



"Theatre of Turmoil," an exhibition presented by /m in 2024, featured reproductions of tumultuous art from the Baroque to the present. Image courtesy of /m

Winds of change are bringing fresh air to the Elizabeth Myers Mitchell Art Museum at St. John's College. For the past three years, director Peter Nesbett has been nurturing a spirit of inquiry and viewer participation at the area's only nationally accredited fine arts museum (also known as/named "/m"), curating off-beat shows that raise intriguing intellectual questions. "People who remember the Mitchell as it was might not know that we've been doing some unusual and interesting things," Nesbett remarks.

What's new is a heightened focus on engagement, rather than observation. "We want people who are visiting to step into an environment that is imaginative and all-encompassing," Nesbett explains. To achieve that goal, the museum has moved from presenting what was once called Great Art to a more dynamic exchange of ideas.



A 2025 exhibition at /m presented a collection of gongshi (scholars' rocks or viewing stones) from Washington's National Bonsai & Penjing Museum. A banner seen in the background poses the question, "Can Nature make Art?" Image by Tony J Photography

"Art museums are evolving," he observes. "They're becoming more social, more inclusive. I see this as a good thing. So, one of the first things we did when I was hired was change the mission. Our new mission adopts the St. John's culture of inquiry. It's very much a reflection of how our students approach learning: by asking questions. The learning happens in the experience of the art, and the discussion of the questions it poses. It's shifted away from an emphasis on individual artists toward artistic experiences."

For each exhibition, /m provides a single question as a way of encouraging reflection. Posted on the museum's website, wall text, and gallery handouts, the questions are a way to welcome visitors into a conversation. "These aren't necessarily questions that are asked by the artists who made the works, but they are questions that tend to make us think about the broader condition of art and its place in society," Nesbett says.

Tawheeda Sikder, a St. John's student who works as a host in the museum, has seen firsthand how the approach impacts viewers. "Art often brings up deep-seated memories and evokes a range of emotions and questions, and people appreciate having the space and companionship to examine them," she says. "They tend to start by asking factual questions or about the artist's intended interpretation. As I answer, I share my own perspective as a fellow viewer, then invite them to offer their own. The process often leads to surprisingly insightful responses, and visitors leave feeling curious and energized."

The current show at /m, entitled "Ken Friedman: 92 Events," presents a series of instructions that prompt viewers to actually do something. "It's an artwork that's an invitation for emotional and intellectual collaboration," as Nesbett puts it. Friedman tosses out offbeat challenges like "Make a monument" or "Call a bird" and asks for a reaction. In that spirit, Nesbett asked a dozen cultural workers in Maryland to pick one of the instructions and to act on it, and a section of the exhibition includes their responses in the form of sculptures, collages, posters, and performance videos.

As /m builds a stronger connection to St. John's students, it's also reaching out to a wider Annapolis audience. The presentation of video art is a recent innovation, with installation of a dedicated space in the museum's new Videodrome. The addition was inspired by a 2023 exhibition that centered on video pioneers and posed the question of how editing manipulates an artwork.

"It was the first time that video had been shown at the museum, and the response was amazing," Nesbett recalls. "We had seven or eight videos on loop, and people hung out or came back many times. So, we built on this strong interest and took over a small room in the museum exclusively for video.

"Jenny Cawood is the cinephile who's now curating that space, which is open whenever the museum is open. The benches are purposely set at 90 degrees, so that people can converse during the screening. We're planning some one-off showings, too. We know the Annapolis Film Festival has built a tremendous local audience for new work, so we can complement what they're doing."

As student host Sikder notes, there's lots to explore in /m's programming. "Spending time with the art, both on my own and in conversation with others, keeps the meaning of the same artwork evolving for me each day," she says.

If that kind of cultural adventure sounds appealing, a visit to /m may be just what you're looking for. Says Nesbett, "Our exhibitions are all built around persistent and timely questions of human experience. If those questions are of interest to you, then our exhibitions may be, too."



A series of questions in "Ken Friedman: 92 Events" ask viewers to engage with the art. Image courtesy of /m.

"Ken Friedman: 92 Events" will be on display through April 5. To learn more about exhibitions at /m, the Elizabeth Myers Mitchell Art Museum at St. John's College, visit sjc.edu/mitchell.



Celebrating Women's History Month at Museums and Sites

By Tyler Ingle

The contributions of women throughout our national and local history cannot be overstated. And in March, we celebrate all tremendous women during Women's History Month. Thankfully, our region is home to several museums, exhibits, and sites that offer historic context about female leaders, movements, and culture. And there's, perhaps, no better way to celebrate women than by immersing yourself in our shared history at the following attractions.



Mary Cassatt, *The Bath*, 1891, at the National Museum of Women in the Arts. Photo by Lee Stalsworth for NMWA.



Two women look at a self-portrait by artist Frida Kahlo at The National Museum of Women in the Arts. Photo by Derek Baker for NMWA.

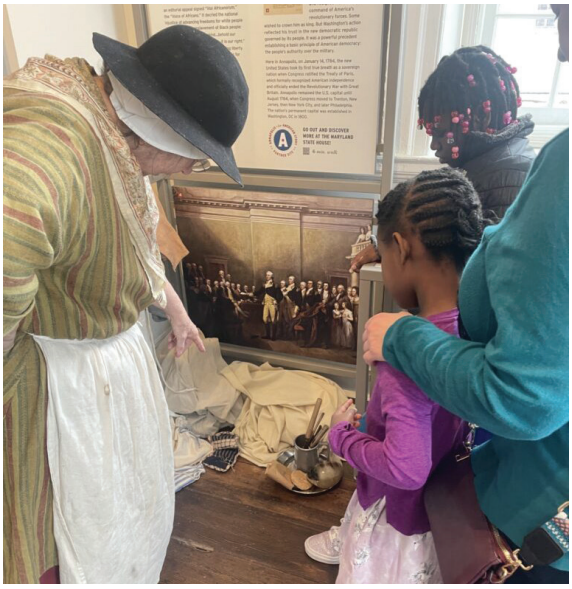
Founded in 1981, the **National Museum of Women in the Arts**, originated as the first museum in the world with a sole dedication to women in the arts, aiming to champion and exemplify the incredible works of women. Located in Washington, D.C., the museum is open six days a week, from 10 a.m. to 5 p.m. (closed Mondays). The museum's current goal is to advocate for a stronger, more positive representation of women artists while also serving as a community-centric spot for social change and leadership to flourish.

With a permanent collection featuring more than 5,500 works of art from 1,000 represented artists dating all the way back to the 16th century, the museum also rotates special exhibitions. Ticket prices range from $13–16, with some exceptions allowing for free entry. Some of the upcoming exhibitions for the year include: ***Making Their Mark: Works from the Shah Garg Collection*** (showcasing contemporary pieces from the 20th and 21st centuries), ***Shirley Gorelick: Figuring it Out*** (portrayals of a bold yet realist aesthetic, based off of Gorelick's close friends), and ***Burnished: Pueblo Pottery at NMWA*** (24 different clay ollas, seed jars, and bowls from the Pueblo, in the American Southwest, aimed at placing on spotlight on the women potters). Learn more at nmwa.org.

Meanwhile, the **National Women's History Museum** offers the opportunity to explore and learn from the comfort of your own home! Their fully-virtual historic education program aim to teach about women's struggles, successes, and impacts in society. Hoping to challenge stereotypes, biases, and common tropes, the NWHM seeks to empower future generations to not only encourage equity but also to challenge status quo and blaze new, cultural trails. On the website (womenshistory.org), you'll find teacher resources, materials for National History Day, virtual exhibits centered around



Cara Barton's historic home in Glen Echo, Maryland, is a national historic site. Photograph from the Carol M. Highsmith Archive, Library of Congress.



Historic Annapolis celebrates Women's History Month with a special event on March 14, featuring historic reenactors. Photograph courtesy Historic Annapolis.

critical moments and leaders in women's history, public event notices, articles detailing the successes of women throughout our nation's history, biographies of said women, and information on voter registration to help enable your voice. The website includes 45 different online exhibitions, with topics ranging from suffragist movements to Title XI, Coast Guard Women in WWII, Pathways to Equality, and more. For teachers, camps, and homeschoolers, the NWHM also offers virtual field trips. All the online resources are available at no cost, however there are opportunities to donate.

With a motto of "Preserve. Protect. Connect." the **Historic Annapolis Foundation** has been a mainstay in the community for over 75 years. On March 14, from 11 a.m.–3 p.m., the Museum of Historic Annapolis will celebrate women's history with historic interpreters presenting the vast contributions and work of women. The loaded docket for the afternoon begins with the chance to meet camp followers from the Revolutionary War and learn from live reenactors to help better understand the importance of women during America's war for independence. From there, you can meet a suffragist who will give you the living account of thefight for voting rights. Finally, there will be opportunities to explore the special exhibit, ***Annapolis: An American Story***, learn more about the contributions of women to our state history, create special crafts, and read stories about inspirational women from the past to the present. Learn more about the special event and ongoing programs at annapolis.org.

The **Clara Barton National Historic Site** in Glen Echo, Maryland, is a great opportunity to learn about the immense impact of a local woman who changed the trajectory of the United States. As you enter through the doors of Clara Barton's house, you're immediately taken back to the Civil War, reliving and learning all about this "Angel of the Battlefield." Barton played a critical role in the medical field during her time, with the most lasting impact of all being her



Early photograph of Clara Barton, taken in 1865. From the Library of Congress archives.

founding the American Red Cross in 1881. Thanks to Barton's persistent effort, the United States also ratified the Geneva Convention in 1882, forming the basis for the global Red Cross movement.

In honor of remarkable women, like Barton, the month of March provides a symbolic opportunity to reflect upon the women that have helped to shape our nation. From historic homes to museums filled with artifacts, and even virtual opportunities, there are many ways to celebrate Women's History Month.

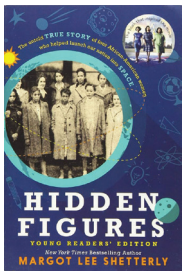


Women Who Shaped America

STORIES WORTH READING THIS MARCH

By Ia Louisse Horton

Women's history isn't a footnote—it's woven into everything we recognize as progress. It lives in science labs and courtrooms, on battlefields and in living rooms, in moments of public defiance and in the quiet work of showing up every day. This list brings together nonfiction and fiction to honor women who shaped America in very different ways.



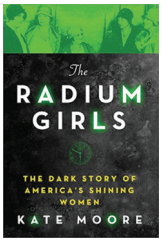
Hidden Figures by Margot Lee Shetterly

This nonfiction book tells the true story of African American women mathematicians who worked at NASA during the Space Race. Katherine Johnson, Dorothy Vaughan, and Mary Jackson used their brilliance to calculate trajectories and solve complex problems that sent astronauts into orbit—all while navigating racism and sexism in the workplace. Reading *Hidden Figures* made me stop more than once and just sit with it. These women were doing extraordinary work while being treated as if they were invisible. What stayed with me was how they didn't wait to be celebrated. They simply kept showing up, doing the work, and trusting that excellence mattered.



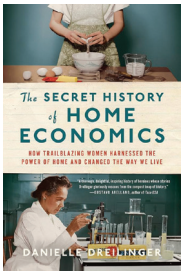
Becoming by Michelle Obama

In this deeply personal memoir, Michelle Obama traces her journey from a childhood on Chicago's South Side to the White House. Along the way, she reflects on identity, ambition, motherhood, marriage, and the weight of visibility as the first Black First Lady of the United States. What I loved about *Becoming* is how grounded it feels. Obama writes like someone having an honest conversation, not delivering a speech. She talks openly about self-doubt, pressure, and learning as she goes, which made her story feel relatable rather than untouchable.



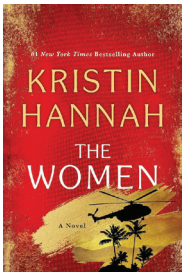
The Radium Girls by Kate Moore

The Radium Girls recounts the tragic and courageous story of young women who worked painting luminous watch dials in the early 1900s. Unaware of the dangers of radium, they fell gravely ill—and then took on powerful corporations in a fight that changed labor laws forever. This book made me angry in the way that only injustice can. These women trusted their employers and paid the price for it—yet they still found the strength to fight back. I kept thinking about how brave they were to speak up at a time when women weren't expected to question authority.



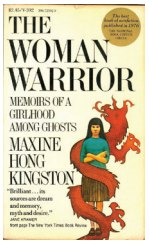
The Secret History of Home Economics by Danielle Dreilinger

This book explores the origins and evolution of home economics, revealing it as a field created by women to influence public health, education, and social reform. Far from trivial, it was a strategic way for women to enter policy-making spaces during a time of limited access. I didn't expect to be so interested in this one, and that's exactly why it stuck with me. It completely changed how I view home economics and the women behind it. What looked "domestic" on the surface was actually smart, strategic, and deeply political.



The Women by Kristin Hannah

This historical novel follows Frankie McGrath, a young nurse who serves in the Vietnam War. Through her experience, the book highlights the overlooked role of women in wartime and the emotional toll of returning home to a country that barely acknowledged their service. This story hit me emotionally in a quiet but heavy way. Frankie's experience felt lonely, frustrating, and painfully real. What stayed with me most was how little acknowledgment she received for what she endured. It made me think about how many women carry life-changing experiences without ever being asked to tell their side of the story.



The Woman Warrior by Maxine Hong Kingston

Blending memoir, folklore, and history, *The Woman Warrior* explores Chinese American womanhood through family stories and cultural myths. Kingston examines identity, silence, and storytelling as she navigates what it means to grow up between worlds. This book felt like listening to someone think out loud—layered, personal, and sometimes uncomfortable in the best way. I loved how Kingston used storytelling to find her voice.

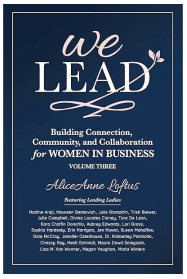
LOCAL WOMEN WORTH HIGHLIGHTING

Women's History Month is also about celebrating women who are shaping their communities right now. These two local highlights are previews of books available now, and close to home.



***Go Clean, Sexy You Cookbook* by Lisa Consiglio Ryan**

Go Clean, Sexy You Cookbook is the brainchild of Annapolis entrepreneur, wellness advocate, and culinary expert Lisa Consiglio Ryan, owner of the Annapolis Juice Shop. Blending whole-food recipes with seasonal detox plans and lifestyle guidance, the book encourages a balanced, sustainable approach to health rather than quick fixes.



***We Lead Volume 3 with a chapter written* by Susan Mahaffee**

We Lead Volume 3 is a collaborative anthology featuring stories and insights from women across industries, centered on leadership, connection, and collaboration. Among its contributors is local author Susan Mahaffee, founder of People Rise LLC. Chapter 20, "Building an Authentic, People-Centered Business: Own Your Style, Voice, and Impact," highlights Mahaffee's thoughtful approach to leadership.

If you have a book, a local author, or a women-centered story you think deserves a spot in future columns, I'd love to hear from you. Email me at **ihorton@whatsupmag.com**.

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Harvest Bash

On Saturday, October 11, Providence hosted its annual Harvest Bash at the organization's Greenhouses & Gardens in Arnold. The evening featured Bavarian food, drink, live music by the Dan Haas Band, raffles/auction, holiday shopping, and camaraderie. Proceeds from the celebration supported the nonprofit's programs for people with intellectual and developmental disabilities to work in competitive jobs, develop skills, and engage in activities as contributing members of their community. Learn more about Providence at providenceofmaryland.org.

1. Sally and Alan Comport **2.** Aimee Bullen welcoming everyone **3.** Olivia and Michael Kelly **4.** Immediate Past Board Chair Rick Hunsicker and Current Board Chair Sandy Griffith **5.** Tad Wood, Tricia Baldwin, The Honorable Judge Cathy Vitale, and Mark Mucklebauer **6.** (Back) Jennifer Cuffee, Fe Miranda, Cindy Doukas, Bill Doukas, Sade Rooks, (Front) Jae Windebank, and Zach Wilde **7.** Mike Baldwin and Dave Chisholm **8.** Event Chair, Colleen Baldwin running the live auction **9.** Rob Daly, Colleen Baldwin, Glenn Reuschling, Rich Craft, Jay Baldwin, and Anne Reuschling

Photography by Laura Wiegmann

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Jingle & Mingle Holiday Party

On Friday, November 21, the Anne Arundel Chamber of Commerce officially kicked off the holiday season with its signature Jingle & Mingle Holiday Party, hosted atop Luminis Health at the Doordan Institute in Annapolis. More than 150 attendees gathered for an unforgettable Winter Wonderland–themed evening—brought to life through stunning décor by Humdinger Productions and Party Plus Tents & Events. Learn more about the chamber at annearundelchamber.org.

1. Santa Jack and Jake Iverson **2.** Sean and Karma O'Neill **3.** Kris Zientara, Leigh Rand, Anastasia Bauer, Andrew Thomson, and Travis Walls **4.** Abby Green, Alex Mewshaw, and Jeremiah Batucan **5.** Gabrielle Titow, Teresa Foster, and Viktor Lachewitz **6.** Barbara Quaye, Mark Kleinschmidt, and John Greely **7.** Xander Berman, TJ Collins, Terri Collins, and Mark Cohen **8.** Kanisha Thomas and Lauri Dixon


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Photography by Laura Wiegmann

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Holiday Taste & Sip

On December 9, the Greater Severna Park and Arnold Chamber of Commerce held its 15th Anniversary Holiday Taste and Sip at Chartwell Golf and Country Club. Guests enjoyed an evening of fantastic food, libations, music, silent auction, and networking in a wonderfully festive atmosphere. Learn more about the chamber at gspacc.com.

1. Taj Jacobs and John Maggio **2.** Jenn Bonk, Meghan Tieff, and Stephanie Wright **3.** GSPACC Executive Director Liz League and Mark Cohen **4.** Tanya Lee, Carla Arieta, Susan Moreland, and Heidi Marcozzi **5.** Theresa and Chris Shenk, Ross and Cristin Brinson **6.** Terri Pheobus and Fishpaws owner Kim Lawson **7.** Brenda and Alex Yarema, Amanda Fiedler **8.** Kris Zientara, Leigh Rand, Dave Compere, and Andrew Thomson **9.** Matt Wyble, Joe Smith III, Caroline Paper, Miles Lamborne, and Lauren Martin





Photography by Laura Wiegmann

Hansel and Gretel

Journey into a magical forest, where hope shines brightest in the darkest moments.

March 13 | 7:30 PM March 15 | 3:00 PM

March 14 | Family Performances - 11:00 AM & 12:30 PM

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HAUTE RODZ OPENS IN ANNAPOLIS

In late January, a new aesthetic business model officially launched in Annapolis. Haute Rodz reimagines the med-spa experience by bringing advanced aesthetic treatments directly to clients with a mobile studio. Founder Amy Fleming, PA-C, has 30 years of medical expertise and developed a one-of-a-kind mobile unit designed for the modern, fast-paced lifestyle. Haute Rodz offers a curated menu of bespoke treatments designed to rejuvenate and refresh on the go, including non-surgical cosmetic procedures, skin healthcare services, and integrative medicine services. This new concept ensures that Fleming's award-winning standard of care, focused on both external beauty and internal vitality, is more accessible than ever before. Learn more at hauterodz.com.

WORLD OF BEER OPENS IN ANNAPOLIS

In January, the long-vacant standalone space that formerly housed Applebees next to the Annapolis Mall, officially reopened its doors with the grand opening of World of Beer Bar & Kitchen. Boasting more than 300 beers, plus wines and spirits, and a pub-packed menu, the new restaurant concept aims to bring beer-lovers together for lunch, dinner, and evening activities like themed trivia nights, tap takeovers, and live music. Learn more at worldofbeer.com/locations/Annapolis.





Fello Opens at Annapolis Mall

In early February, Fello officially cut the ribbon on Fello at The Mall, marking an exciting new chapter for connection, access, and inclusion in Annapolis for people with disabilities. Located inside the Annapolis Mall, the space gives community members an accessible, welcoming place to learn about Fello, connect with employees, and explore programming. During the ribbon-cutting event, attendees heard from Jonathon Rondeau, President & CEO of Fello; Sara Pease, Assistant Director of Children, Youth & Their Families; and Carol Beatty, Maryland Secretary of Disabilities. Each spoke about what the space represents and how having Fello present at the mall removes barriers and creates new opportunities for connection. "Fello has been known for providing not just person-centered, but family-centered support for decades," Rondeau said. "This space will allow us to continue that legacy and usher in a new era of access, opportunity, and connection." This welcoming space was designed to meet people where they already are—creating an easy, approachable entry point to Fello's services, resources, and community-building work. Community members, legislators, partners, and supporters gathered for the ribbon cutting to celebrate what this space represents: opportunity, visibility, and belonging. Learn more at fello.org/at-the-mall.



Kristen Pironis



Amy Gowan



Christine Anderson

THREE FROM ANNE ARUNDEL COUNTY GRADUATE LEADERSHIP MARYLAND

Leadership Maryland recently announced that Visit Annapolis & Anne Arundel County CEO Kristen Pironis, Anne Arundel County Economic Development Corporation President & CEO Amy Gowan, and Anne Arundel County Chief Administrative Officer Christine Anderson have completed Leadership Maryland's Executive Program, a professional development program dedicated to building a better Maryland by harnessing the strength of its local business and community leaders. Leadership Maryland honored Pironis, Gowan, Anderson and the entire Executive Program Class of 2025 at its 32nd graduation ceremony held December 2 at the Westin Annapolis. Congratulations! For more information about Leadership Maryland, please visit leadershipmd.org.

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GroundWork

SCENIC RIVERS LAND TRUST'S VISIONARY PROGRAM CULTIVATES LAND CONSERVATION AND SECOND CHANCES

By Lisa A. Lewis







When Scenic Rivers Land Trust, in partnership with the Maryland Reentry Resource Center (MDRRC) and the Chesapeake Conservation Landscaping Council (CCLC), launched GroundWork in spring 2025, the land trust embarked on a unique mission: to combine conservation and workforce reentry. An innovative program, GroundWork not only brings people together to care for conserved land, but also creates meaningful job opportunities for members of the community reentering the workforce after incarceration.

The concept for GroundWork is based on Scenic Rivers' Healthy Forests Program in which volunteers remove invasive plants from Bacon Ridge Natural Area, the land trust's largest conservation easement (a voluntary legal agreement that limits future development on a property to protect its environmental features). According to Scenic Rivers, which holds 82 conservation easements, totaling more than 4,000 acres across Anne Arundel County, non-native invasive plants are one of the biggest threats to Maryland's forests. Left unchecked, they encroach upon native species, reduce wildlife habitat, and weaken entire ecosystems.



Guided by the leadership of Scenic Rivers, MDRRC (a nonprofit organization that empowers returning citizens), and CCLC (a nonprofit organization that educates professionals working in sustainable landscaping and green infrastructure fields), GroundWork participants receive paid training that enables them to engage in tasks that greatly benefit land conservation efforts.

Field work includes identifying native and non-native invasive plant species, removing invasive plants, replanting native trees and plants, and restoring habitat on permanently conserved land. GroundWork participants not only acquire hands-on work experience, but they also gain exposure to careers in the green workforce and develop confidence and a sense of purpose.

"We're very excited about GroundWork," says Josh Falk, executive director, Scenic Rivers. "It allows us to create a model for landowners on how to protect their land and improve the ecosystem value. The program also engages a population that hasn't necessarily seen themselves as being connected to conservation and highlights the importance of green space and opportunities for green careers—a direction that participants may not have considered."

GroundWork launched on Scenic Rivers' Caldwell Conservation Easement, thanks to funding from a Chesapeake WILD grant. Conserved in 2019, the 81-acre forested property located in the South River watershed was selected due to its need for active restoration work and the support of the Caldwell family. The work crew helped maintain and care for the forest by learning plant identification, removing invasive plants, and supporting the long-term health of the landscape.

Photos courtesy of MDRRC







Photos courtesy of CCLC

"Programs like GroundWork are vital because they create a true win-win for conservation and community well-being," says Vanessa Bright, executive director, MDRRC. "Our region benefits from healthier, protected lands and well-maintained easements, while individuals returning to the workforce gain dignity, stability, and transferable job skills. Few programs so directly connect environmental protection with second-chance employment opportunities. The partnership also demonstrates how innovative approaches can address multiple community needs at once."

A TRANSFORMATIVE COLLABORATION

Falk says conservation efforts can only succeed when partners join forces and contribute their expertise to achieve a shared goal. When organizations work together, their programs and outcomes are stronger, and the community becomes more engaged.

By partnering with MDRRC and CCLC, Scenic Rivers leveraged its impact, allowing the three organizations to work collectively as a team, with each organization effecting positive change through a slightly different course of action.

MDRRC plays a coordinating and workforce development role within the partnership. The organization contracts with GreenLift, its social enterprise, which directly hires and employs returning citizens.

"Through this model, we ensure that participants receive meaningful employment, job training, and professional support, while Scenic Rivers and CCLC provide conservation expertise, project sites, and mentorship," Bright says. "Together, this partnership allows crews to work on both private and public easements, creating real conservation outcomes while building a skilled, reliable workforce."

As the technical training partner for GroundWork, CCLC teaches MDRRC crews and provides a fundamental understanding of invasive plant species—focusing on mechanisms of growth and the unwanted spread of invasives.

"GroundWork is much more than just pulling weeds," says Beth Ginter, executive director, CCLC. "Our training combines classroom instruction with hands-on activities and a robust field training during which we work with the crew to put their new knowledge into practice by removing invasives on a restoration site."

MOVING FORWARD

Building upon the success of last year's pilot program, Scenic Rivers hopes that GroundWork will become part of its long-term efforts to care for conserved land. The second cohort will begin work this spring. To learn more about GroundWork, visit SRLT.org.

"Land conservation doesn't work without actively engaging people," Falk says. "The first step is protecting the land by working with a land trust to create a conservation easement that protects the land for perpetuity. The next step is to find ways to engage people with the conserved land. Programs like GroundWork can greatly shape the future work of land trusts—allowing us to work with a variety of populations and highlighting the importance of land conservation."

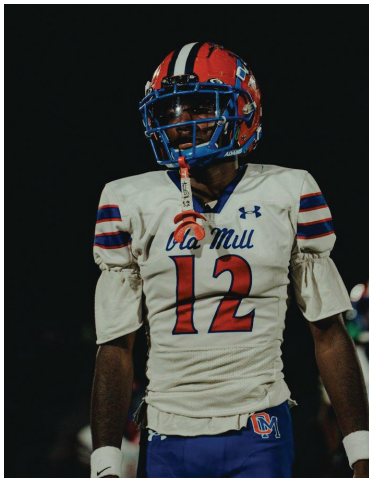
Special thanks to Erin Valentine, development and communications director, Scenic Rivers Land Trust.

Meet Junie Pack of Old Mill High School

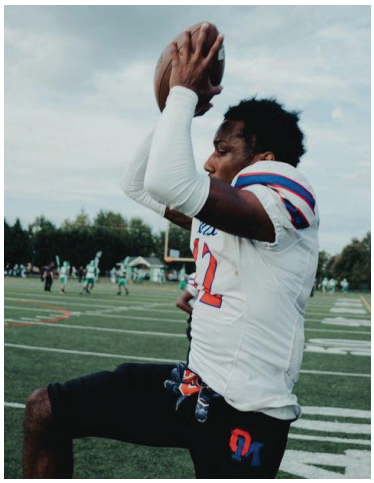
CONFIDENCE ON THE FOOTBALL FIELD IS BEGINNING TO PAY OFF

By Tom Worgo









Swagger and confidence. Junie Pack certainly isn't lacking either quality. He brings those intangibles to the football field to help Old Mill High School win games. In fact, Pack might just be the most confident player in Anne Arundel County.

Pack displayed both of those things in many ways as a freshman, when he spoke often to the entire Old Mill football team like he was a co-captain. "It's all about confidence and his confidence is off the charts," Old Mill Football Coach Joey Hall says.

Pack's confidence grew more and more during the 2024 season. The proof? Pack recorded eight interceptions, an unusual total for a high school player and especially a freshman. Things only got better for the speedy Pack, now a sophomore. He received seven verbal scholarship offers between his freshman and sophomore seasons. Two offers from college coaches have come from respected programs like the University of Syracuse and Virginia Tech University. Pack plans to commit to a college in 2027.

"IT'S ALL ABOUT CONFIDENCE AND HIS CONFIDENCE IS OFF THE CHARTS"

The Old Mill coaching staff expects many more offers to come within the next year or so as the 5-foot-10, 170-pound Pack improves as a player and gets more exposure. Attending a few college football camps this summer will raise his profile and likely get him more offers.

"Once a team like Syracuse [is interested] more offers will come," Hall says. "I think it will be more about going to camps next summer. Once he starts going to camps on the East Coast, I think the power five schools will start offering him. He could get as many as 30 offers."

Pack adds, "My favorite school is Ohio State."

On top of those offers, Pack's maturity and on-the-field production enabled him to be voted a co-captain by his teammates this past season. He was only 15 years old.

"After the 2024 season, I was one of those guys who thought I wasn't going to be a captain," Pack explains. 'I had to look at things different for everybody on the team instead of me. I had work with guys who never played on the varsity before. After practices, I talk to the whole team."

With his eye-catching freshman year, opponents did not throw the ball to his side of the field much. Only seven times with three pass breakups. If rival teams targeted him more, he certainly would have more interceptions. As a freshman, teams completed just two passes in 25 attempts thrown his way.

"He hasn't been tried deep at all," Old Mill's defensive coordinator explains, "his specialty last year was a 50/50 ball. He won them a majority of the time."

Photographs courtesy Pack family

Pack, a Glen Burnie resident, had a memorable 2024 season. Besides his eight interceptions, he returned two interceptions for touchdowns. Pack also made 22 tackles—which ranked second on the team and forced two fumbles. Those numbers helped him earn First-Team All-County and Associated Press All-State honors.

Pack played his best game of the season in late November against Suitland of Prince George's County in a second-round contest. He intercepted a pass and recorded six tackles in a 47-7 thumping of Suitland of Prince George's County.

That season, Old Mill advanced to the Class 4A-3A state semifinal and lost to North Point of Charles County.

Old Mill's staff can't wait to see how the rest of high school career plays out. Hall et al expect him to be nationally ranked during his junior or senior season. At college camps in 2026, Pack could run the 40-yard dash in the 4.4 or 4.5 seconds, according to Hall. "He is a bigtime playmaker and can do anything he wants on the field."







Lacey Eden Shines on the Ice

ANNAPOLIS NATIVE IS A HOCKEY DYNAMO FOR TEAM USA AND THE WISCONSIN BADGERS

By Tom Worgo



When it comes to the playing the highest level of women's ice hockey, Annapolis native Lacey Eden just goes for it, no matter the result. Her first shot to make the U.S. Olympic team came in 2022 and she was very close to doing so.

Having played for the NCAA Division I 2021 national championship team—the University of Wisconsin—and in the International Hockey Federation World Championships the same year, helped her emerge as a strong candidate for Team USA.

Recognizing her talent, Team USA invited her and 27 other players to its Olympic residency program, but Eden, who attended Archbishop Spalding in Severn for two years ended up being one of the final cuts Not making the U.S Olympic team that year, which competed in the Beijing China, Olympics devastated Eden.

"IT GETS MORE AND MORE SPECIAL WITH EVERY TITLE YOU WIN."

"I would do anything to be on the Olympic team," explains Eden, who has played on three Wisconsin national title teams, so far.

Eden, a 5-foot-8 senior forward, made another strong push at making the Olympic squad in the second half of last year, participating in USA Hockey's 30-player evaluation camps in Canada and the United States. But she fell short of making the team, again, in late December.

"It's something I have spent the last eight years training for every single day," Eden says. "I would really do anything to be on that team. I really wanted it more than anything."

Eden still has some big hockey moments ahead. She hopes to end her collegiate career with a fourth national title in late March. "I want to finish my college career on a high note," Eden says of another NCAA crown. "It gets more and more special with every title you win."

Coming up in late June, Eden expects to get drafted into the Women's Professional Hockey League (WPHL). The odds favor her. The *Hockey News* ranks the 22-year-old Eden as the fifth best player available for the draft.

The WPHL is in its third year and offers Eden (94 points in 63 games from 2024 to 2026) a good way to start a career. "It's a really good league and one that pays the athletes well enough to make a living," Eden says.

How long have you been thinking about playing on the U.S. Olympic team? It has been a dream of mine forever. It's an obsession. It's something I have spent the last eight years just training for every single day. I would do anything to be on the team.

With your college and world championship experience, were you expecting to be on the Olympic team? Anything could happen really. The last couple of weeks in December were the most important for me. I really focused on that. I had to play my game and show my value to make the team. We had six one-week training camps throughout the season with USA Hockey. The last one was in Edmonton.

What's the feeling of winning three national championships? It is surreal to look back at all that I have accomplished in my Wisconsin career. I want to finish my career on a high note—with another national championship. It gets more special with every title you win. As I get older, I can look back and think of the moment of winning a national championship. I think about where I was in life at that point. Once you get one, you just want more.

Photographs courtesy USA Hockey and University of Wisconsin Athletics

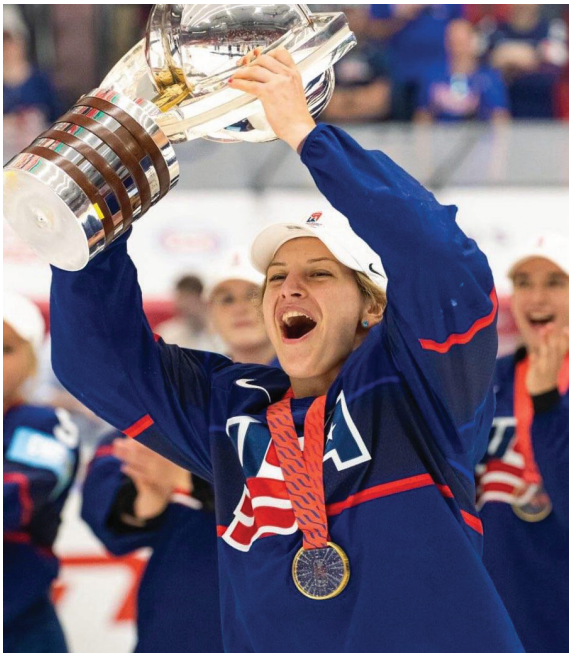
Why did you end up picking Wisconsin? Wisconsin has a long history of being a winning program. I wanted to win and play with the best players in the country and be the best player. We have won three national championships and hopefully we can grab another in March before I graduate. I made the right choice, and I think it has worked out pretty well.

Explain your strengths as a hockey player. What are most known for? I am known as a two-way player. I think I am a very smart player. I see the ice well and passing lanes before they open up. I have goal-scoring ability and a knack for shooting the puck to the right places. I have a great shot and a net-front presence. I can score from a lot of different areas. I am also very defensively sound and play a 200-foot game.

What kind of training do you do on and off the ice? I have been training pretty hard since high school. I try to be on the ice as much asPossible—like three hours a day. I will even do more than that on some days. At Shattuck, we had ice available all the time. Sometimes, I was on the ice for four hours a day. Off the ice, I am committed to being in the gym. In the offseason, I work out for four hours a day. I go into the gym at least five days a week. I will be in the gym for an hour and a half. Then I supplement that with sprinting, plyometrics, and cardio.

Do you want to play professional hockey? I will go into the Professional Women's Hockey League draft once the Wisconsin season is over. This is its third season. It's really cool that we have this platform. Now, there are eight teams, and they will probably expand next year to 10 to 12 teams. It's a really good league. It's something I have dreamed of. So, I am excited to take that next step.

Can you talk about the top caliber teams you played for growing up? What were the most interesting things about them? I started playing Navy Youth Hockey. I was four years old. I played for both boys and girls there. After that, I made a triple-A team, Team Maryland in Rockville. I played for them for three years. Then, I joined another triple-A team, the Little Caps in Arlington, Virginia. I played on boys teams until my junior year of high school. It really helped me develop. The boys force you to play more physical and faster. There just wasn't great girls hockey in the area when I was younger.







Why did you leave Spalding after your sophomore year? I went to a prep school in Minnesota (Shattuck-Saint Mary's School). Shattuck is known for developing hockey players. I really wanted to go there, and it turned out to be the best thing for my development. I loved Spalding, so it was definitely sad to leave there. Everybody has their different paths. I felt it would help me out in the long run.

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3 REAL ESTATE TRENDS TO WATCH IN 2026

By Lisa J. Gotto

That inherent, holistic sense of home. It's something that's more of a feeling than a construct because when you get there you know it; you feel it.

As we enter into what is traditionally the most active time of the year for real estate, we felt it was a good time to take a fresh look at what the market drivers are in this sector, what potential homeowners are wish-listing, and what that means for our greater Chesapeake region.

Amenities vs. Infrastructure

Relative to this conversation is the discussion of the three primary trends that are attractive particularly to home buyers in our area; the first is the **Wellness Real Estate Trend**.

While we have seen residential designs that specially address health in the form of adding home gyms and other luxury extras like spa amenities to baths for the last couple of decades, this latest take on wellness, also known as "Frictionless-Living," denotes a holistic integration of the entire home.

Wellness real estate, as defined by biofilico.com, is the intentional design of environments that proactively support the physical, mental, and social health of occupants. It helps to think of the concept as amenities versus infrastructure.

Differentially, this concept takes flashy elements that you can see, such as the home gym, to health-perpetuating elements that you can't. These include:

Circadian Lighting Systems: Designed to mimic the sun's natural progression to regulate sleep-wake cycles.

Advanced Air & Water Filtration: Medical-grade HEPA filtration and multi-stage water purification systems which have become a new-build standard in multifamily builds in the mid-Atlantic region.

Regenerative Design: Uses non-toxic, "living" materials, such as mycelium insulation or VOC-free paints which work to improve indoor air quality over time.



Across the Chesapeake region, real estate experts are concurring that buyers are prioritizing health and wellness, in equal measure with both home efficiency and aesthetic standards.

"I am definitely seeing that buyers are more interested in homes that offer these trends. They especially want the cleanest air possible and install air purifiers," says Cornelia Heckenbach, an associate broker with Long & Foster Real Estate based in St. Michaels.

"They are also requesting quality water systems that feature the reverse osmosis process which removes more contaminants for the whole home and are switching from gas ranges to convection cooktops for overall safety," she adds.

Christopher Ducey, Managing Broker of Annapolis Fine Homes Office, Long and Foster Real Estate, adds to this thought. "Efficiency and wellness are sometimes synonymous. A geothermal heating and cooling system is about efficiency, with wellness as an added benefit. The same can be said for certain types of air filtration systems. While dedicated fitness and wellness areas will remain important when space allows, buyers are increasingly requesting optional spaces for health and fitness. A flex space that allows owners to adapt a room to changing needs and trends, such as a fitness area, office, or golf simulator, will likely be more valuable. Wellness considerations can also be driven by personal preference, such as induction versus gas cooking, and in some cases, by cost."

Another key amenity that developers are providing is forever living scenarios. This aspect of longevity is essential for homeowners who are in better health and are living longer. Alison Wisnom, associate broker with Coldwell Banker in Annapolis says the options are here for consumers who want them.

"We are currently offering 18 new construction townhomes for sale at Towne Row, each with a private elevator. While not a senior community, many inquiries are focused on the ability to downsize into a home that's easier to care for and offers seniors long-term living," Wisnom explains.

"Even if they don't currently need the elevator, it'll be there for them when they do, and they can stay in their home independently. Also, these homes offer two primary suites on separate floors, so in the event they need a caregiver at some point, they can each have privacy."

Key Cultural Drivers: A growing focus on mental health and longevity, a greater demand for self-care and functional luxury, and the willingness of high net-worth buyers to pay premiums for these enhancements.

Additional Key Features of Wellness Integration: Dedicated meditation and yoga rooms or spaces, aspects of biophilic design, such as indoor plants including green walls, and optimized natural light throughout.

"In waterfront markets especially, wellness shows up through biophilic design, expansive views, indoor-outdoor living, and spaces that encourage movement and calm," explains Brad Kappel, Executive Vice President of TTR Sotheby's International Realty in Annapolis. "We see these features directly influencing how buyers emotionally connect to a home and how they value it."

Always on Vacation

Trend No. 2 is the increasing popularity of **Resort-Style Homes.** Designed to feel like you're on a permanent vacation, our Chesapeake Bay backdrop provides the perfect *location, location, location* when bundled with a premier property enhanced to entertain and sustain its inhabitants 24/7.



Key Cultural Drivers: Along with providing the financial security that properties with multiple residences and high-end amenities create, many experts feel that living through the pandemic made homeowners more thoughtful about their surroundings and needs.

"POST-PANDEMIC, THERE'S ALSO A HEIGHTENED DESIRE FOR PRIVACY, SELF-CONTAINED LIVING, AND HOMES THAT GENUINELY ENHANCE QUALITY OF LIFE," KAPPEL SAYS.

Additional Key Features of Resort Style Homes: Upscale outdoor living environments that mimic "all-inclusive" recreational experiences. These often include infinity pools, outdoor kitchens, living, and dining spaces, and entertainment terraces. Ideally the property also has access to recreational amenities such as walking trails, pickle ball and tennis courts, golf courses, beaches, ski slopes, and flex spaces that provide the opportunity to host a private event or family gathering.

Geographically, we are fortunate that our area is extremely well-suited to deliver on most of these points. "Our vast waterfronts are already geared toward the resort lifestyle with pools and numerous reasons to be outdoors," Heckenbach says. "And Talbot county is the perfect destination for resort style homes. If someone does not buy waterfront, there are also home offerings that are nearby golf courses and yacht clubs."

Prime Location = Enduring Value

Of the three primary trends, No. 3, the **Legacy Property Trend** resonates most keenly with David Orso, a licensed REALTOR and owner at Berkshire Hathaway Home Services PenFed Realty of Severna Park.

"Legacy properties will become more common in our region as baby boomers start to deploy hard earned assets toward creation of family gathering spaces," Orso explains. Legacy homes are properties that typically carry long-term value, historical significance, and/or prestige.



And every once and a while our area specifically produces a property "unicorn" that embodies the aspects of all three trends.

"A recent example is The Friary, a historic waterfront estate we represented that perfectly embodies the convergence of wellness, resort-style living, and legacy ownership," Kappel says.

"The property featured indoor and outdoor pools, expansive entertaining areas, and a private pier with deep-water docking. It wasn't just a luxury home—it was a generational estate, and buyers responded to it as such."

Chuck Mangold, Jr., Associate Broker at Benson & Mangold Real Estate, a prominent Eastern Shore brokerage, says he finds all these trends to be intriguing, relevant, and worth keeping up with.

"Since we have a higher end, luxury market here, legacy properties, or as we call them 'heirloom homes' are family purchases we see a lot."

While these types of property sales have always been there, Mangold says he is noticing an uptick in intentional planning associated with them.

"I have seen several homes purchased in entities that were set up with generational ownership in mind from the outset. We are seeing more of this type of proactive estate planning done at inception rather than an afterthought years later."

Key Cultural/Economic Drivers: More buyers with an interest in long-term wealth preservation; the status that owning a prestigious property confers; and greater demand for homes that can become family legacies or investment assets.

Additional Key Features of Legacy Properties: These homes, or in some cases estates, can possess an architectural significance, historical relevance, a prime location with proven enduring value; or homes that provide flexibility for multi-generational living, or rental/investment potential.

Sector Responses

Responses to the overarching market influences of the generational shift that values experiences over possessions, the financial ability to pursue lifestyle-focused homes, and the increasing awareness of sustainability, environmental impact, and personal wellness has developers, architects, and brokers taking more bespoke or highly-localized approaches to providing living scenarios for current and potential residents.

More thoughtful living experiences that foster and enhance community, developed with environmental forethought, and long-term living potential are being talked about and planned for across the region, from bustling Annapolis to more bucolic towns on the Eastern Shore.

Case in point, the recent introduction of the Chestertown Downtown Master Plan on the Eastern Shore. This comprehensive and strategic roadmap for growth and development factors in the "experience" pivot, to the concept of urban revitalization.

A specific aspect of the plan recognizes and builds on the town's inherent "walkability" factor with developers looking at "Opportunity Sites" identified in the plan to create mixed-use spaces. One of the plan's goals is to connect the Washington College campus more seamlessly to the downtown core via the Rail Trail and improved sidewalk networks.

In terms of real estate opportunities, some newer developments are high-profile examples of the trend of "right-sized" luxury where the focus shifts from larger estates to somewhat smaller dwellings that provide high-efficiency windows, options for energy-conscious heating, and open-concept layouts that maximize natural light, which is a core biophilic wellness tenet.

And with our many bay- and river-centric communities, environmental concerns are always top-of-mind, as seen in some new projects, particularly those by local leaders that are emphasizing the concept of "coastal resilience." Towns, like Chestertown, Annapolis, and many others, have been working with design firms to create responsible, forward-looking development models and infrastructure upgrades (e.g. Annapolis' City Dock stormwater resiliency project) to ensure that future development remains holistic, sustainable, robust, and cohesive.



This is reflected in higher elevations for new builds, the use of permeable surfaces, responsible stormwater managements systems, and/or replacing traditional bulkheads with living shorelines to manage the 17 percent increase in flood risk projected in 2026 data. Additionally, local land and river conservation groups can bridge homeowners to county/state/federal grant options to assist the funding of such remediation projects on a smaller scale.

Clearly, the significance of "trends" is weightier than the term itself, and the professionals in these sectors are keen to continue the discussions around these blinking indicators as part of a forward-looking, strategic, and thoughtful approach to the places people call home.

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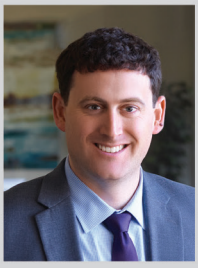

Paul Skrickus
Director, Commercial Division

DETAILED DUE DILIGENCE, SKILLED PROJECT FINANCING, AND COST-EFFECTIVE SERVICES FOR BUILDERS.

Eagle Title partners closely with builders and their buyers from contract through completion, addressing title issues early and supporting construction and end-loan financing to keep projects moving. With decades of experience in title, building, and development, our team collaborates with commercial title attorneys and lender's counsel to ensure each transaction is structured correctly and aligned with your timelines and profitability. Our team delivers smooth, well-coordinated new-home closings that create a positive experience for buyers while keeping builds on schedule.



Barry DesRoches
Director, Builder Services

EAGLE | TITLE

RESIDENTIAL | COMMERCIAL | BUILDER SERVICES | REFINANCE

MARYLAND | VIRGINIA | WASHINGTON, D.C. | DELAWARE **EAGLETITLE.COM | 410.266.3600**

LEADING

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REAL ESTATE & HOME

PROFESSIONALS



A SPECIAL ADVERTISING SECTION



#1 AGENT ACROSS ALL BROKERAGES IN ANNE ARUNDEL COUNTY SINCE 2013

DAVID ORSO

Your Best Move. Period.

If real estate agents charge about the same fee then why wouldn't you hire the absolute best to represent you? Similar fee with different client outcomes doesn't seem fair. The market has shifted and the stakes have been raised which make it paramount to hire the professional you deserve; the very best in their field. With over two decades experience selling real estate; David Orso has curated a system for maximum client outcomes for both sellers and buyers. Since 2013, David Orso has been the #1 agent in Anne Arundel County for total real estate sales. This unprecedented accomplishment is wholly due to his CEO level marketing and negotiation skills combined with his deep commitment to superior client outcomes. When asked his secret to year over year elite performance he stated, "When my clients win; I win. Always in that order." This new market requires more than glamour shots and a couple good years during the real estate boom. Now is the time to evaluate your potential real estate representation closely and dig deep into their experience in challenging markets.

ORSO.
BERKSHIRE HATHAWAY HOMESERVICES
PENFED REALTY

443.372.7171 -o
443.691.0838 -m

david@davidorso.com

8 Evergreen Road
Severna Park, MD 21146

1997 Annapolis Exchange Parkway
Annapolis, MD 21401

DavidOrso.com

RECENTLY SOLD PROPERTIES



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



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



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



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

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BRAD KAPPEL

EXECUTIVE VICE PRESIDENT
BRAD KAPPEL TEAM

TTR SOTHEBY'S INTERNATIONAL REALTY

Brad Kappel, a third-generation Annapolitan raised on the waters of the Chesapeake Bay, brings an insider's command of Annapolis and the region's most sought-after waterfront communities. With more than 18 years of experience and over $1.2 billion in individual waterfront sales, Brad has navigated every market cycle and set multiple records, including the highest waterfront sale ever recorded in Anne Arundel County and the state of Maryland at $17.5 million.

Brad's advantage extends beyond transactions. His background in home construction and renovation gives clients a clear-eyed understanding of value, condition, and long-term potential. Combined with the global reach of Sotheby's International Realty and a deep bench of trusted local resources, Brad delivers disciplined preparation, strategic positioning, and results-driven marketing for every listing.

As founder and leader of the Brad Kappel Team, Maryland's #1 Waterfront Real Estate Team, Brad oversees a fully integrated, concierge-level approach to buying and selling. Supported by in-house marketing, creative production, and top regional specialists across Annapolis, Anne Arundel County, and Maryland's Eastern Shore, the team is known for precision, discretion, and exceptional negotiation.

Consistently ranked among Sotheby's International Realty's Top 100 Agents and Teams Worldwide and named one of the Best Small Real Estate Teams in the U.S. by RealTrends Verified, Brad Kappel continues to set the standard for luxury and waterfront real estate across the Chesapeake Bay region.

Brad Kappel

410-279-9476 (c)
410-280-5600 (o)
brad.kappel@sothebysrealty.com
BradKappel.com

Brad Kappel Team
TTR | Sotheby's INTERNATIONAL REALTY

Annapolis Brokerage
209 Main Street
Annapolis, MD

PROPERTIES RECENTLY SOLD



The Friary
SOLD $12,500,000



17 Revell Street
SOLD $11,250,000



948 Melvin Road
SOLD $10,250,000



5369 Morgans Point Drive
SOLD $7,000,000



806 Coachway
SOLD $6,700,000



7680 Kent Point Road
SOLD $5,900,000

THE ANCHOR TEAM OF ACADEMY REALTY





ACADEMY REALTY

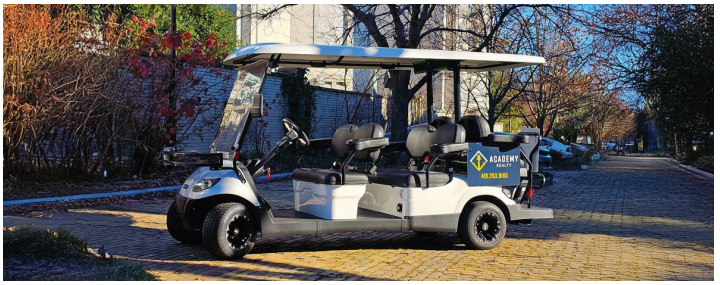
801 Compass Way, Suite 7
Annapolis, MD 21401
www.AcademyRealty.com
Tel# 410-263-9105
Cell# 410-991-4465

Experience Matters – Meet the Anchor Team

Led by Jack Papaleonti, GRI, the Anchor Team at Academy Realty brings a powerful combination of experience, teamwork, and dedication to every real estate transaction. With over 65 years of combined expertise, we understand the complexities that come with buying or selling a home—and we know how to navigate them.

In real estate, challenges can arise quickly and unexpectedly. That's why having a responsive, knowledgeable team by your side makes all the difference. We've successfully handled transactions involving waterfront homes, historic properties, condos, co-ops, investment and retirement homes, foreclosures, bank-owned and condemned properties, as well as commercial real estate. We're also well-versed in dealing with homeowner associations, well and septic systems, and more.

Whether you're buying or selling for personal use or investment, this is one of the most important decisions you'll make. Trust Academy Realty and the Anchor Team to deliver results with integrity, professionalism, and a commitment to getting the job done right.



FEATURED PROPERTIES



913/915 Ridgewood Street
$799,900 - Sold
Multi-Family / Three Units
Homewood Neighborhood



401 Fair Hill Court
$801,000 - Sold
Annapolis
Hunt Meadow



123 Spruce Lane
$850,000 - Sold
Annapolis
Hillsmere Estates



316 Tunstall Court
$1,125,000 - Sold
Severna Park
Chartwell on the Severn



ERICA BAKER

VICE PRESIDENT
ASSOCIATE BROKER
TTR | SOTHEBY'S INTERNATIONAL REALTY

With over a decade of experience in residential real estate, Erica Baker leads her practice with a strategic lens, deep market insight, and a steady, thoughtful approach. A lifelong Maryland resident, she brings an intuitive understanding of the region's neighborhoods and lifestyle-driven markets, offering clients clarity and confidence at every stage of the buying and selling process.

Erica's background in home remodeling and construction shapes the way she advises, providing a refined perspective on value, potential, and enduring appeal. Known for looking beyond surface details, she supports informed decision making in complex transactions where quality, longevity, and livability matter. She is particularly attuned to the nuances that distinguish exceptional homes, ensuring each property is positioned with intention and care.

In 2026, Erica founded the Erica Baker Group, a deliberate evolution of her practice designed to elevate service while preserving personal attention and discretion. Backed by the global reach of TTR Sotheby's International Realty, Erica delivers a refined, lifestyle-driven real estate experience grounded in preparation, transparency, and trust.

Erica Baker
TTR | Sotheby's INTERNATIONAL REALTY

410-919-7019
410-280-5600
209 Main Street
Annapolis, MD 21401
ebaker@ttrsir.com
ericabaker.co

PROPERTIES RECENTLY SOLD



3399 Pocahontas Dr
Edgewater, MD
SOLD
$2,400,000
Represented Buyer



1011 Skiff Cove Rd
Edgewater, MD
SOLD
$1,275,000
Represented Seller



2000 Monticello Dr
Annapolis, MD
SOLD
$975,000
Represented Buyer



200 Metzdorf Lane
Queenstown, MD
SOLD
$925,000
Represented Seller



7802 Harbor Rd
Pasadena, MD
SOLD
$842,000
Represented Buyer



14 President Point Dr #A1
Annapolis, MD
SOLD
$750,000
Represented Seller



LESLIE SHAFER

OMNIA REAL ESTATE

Introducing Leslie Shafer – a long respected and well-liked leader in the DMV real estate community. Known for her depth of experience and "people first" philosophy, Leslie helped launch Omnia Real Estate after years of witnessing good and not so good agents on the other side of her transactions. "Some of these agents meant well, but just didn't know any better! That is a disservice to the agent, the client and the community as a whole," Leslie explains. For this reason, when Leslie became a founding partner at Omnia, she was a driving force in creating a collaborative, instructive and knowledge-rich culture.

Leslie's mission was clear: to raise the standard of service and care to clients by meeting each Omnia agent where they are so that knowledge and know-how could be tailored to their specific needs. With a deep commitment to mentorship and service, Leslie believes that well-equipped agents create better outcomes for everyone involved. Around Omnia, we affectionately call her the "Savvy Mama Duck" because she guides both clients and agents alike with sharp insight, honesty, and humor.

Leslie's leadership style blends high standards of excellence with genuine empathy and care. This yields confident, well-informed clients and agents alike. Leslie's secret sauce is that she does not see people as transactions, but rather she sees people as people – each with unique goals and concerns. From first-time buyers to longtime homeowners, she shows up with the same dedication and advocacy every time. She embodies what Omnia Real Estate stands for: integrity, excellence, and a passion for helping people find their place in the world.

OMNIA REAL ESTATE

(202) 430-6337
info@omniareal.com
omniareal.com

AN EXCEPTIONAL GOOGLE REVIEW ABOUT LESLIE

★★★★★ "Leslie Shafer is an outstanding and genuine realtor. With her confident and friendly demeanor, I immediately felt relaxed and secure having her handle the sale of my home. A few months later I employed her services again to assist me with the purchase of my new home. Leslie was always available for me and took the extra time to make sure I understood and was comfortable with every decision. Her vast knowledge, professional advice and step-by-step guidance were paramount in keeping me calm throughout the entire process and I will highly recommend her to anyone who desires to purchase or sell their home." ***– Janice T.***



CHRISTY BISHOP

BERKSHIRE HATHAWAY HOMESERVICES PENFED REALTY

Buying or selling a home isn't a hobby—it's a high-stakes financial move. That's why I treat every transaction like your wealth depends on it… because it does. For nearly 30 years, I've helped Maryland clients win with smart strategy, tough negotiation, and the kind of calm, confident guidance that turns a stressful process into a clear plan with real results.

If you want a Real Estate Professional who protects you, tells you the truth, and knows how to get the best price and terms without the drama, I'm your person. Annapolis — I love it, I live it, I sell it.

I was raised in the Severna Park and Annapolis area, and that local-rooted perspective matters. I know the neighborhoods, the waterfront nuances, the hidden value in a street or school district, and the little details that can make a big difference in price, terms, and long-term lifestyle fit. Whether you're buying a condo, selling a generational home, or navigating a gated waterfront property, I bring sharp strategy, clear communication, and a calm, steady hand through every step.

Trust is everything in this business—and I don't take that lightly. I'm the daughter of two United States Naval Academy graduates who became Marines, and the values I grew up with—integrity, service, and accountability—still guide how I work today. My clients tell me the same thing again and again, they feel protected, informed and confident and they are thrilled with the results.

I'm proud to be a lifetime member of the top producing 1% of Anne Arundel County Realtors Masters Club, but what matters most to me is the relationship. My goal is simple: deliver the strongest outcome possible, while making sure you feel supported the entire way.

And yes—this is home. I live on the water in Annapolis with my husband and our German Shepherd, and when I'm not negotiating contracts, you'll find me boating to concerts, fishing, gardening, or escaping to the Delaware Beaches.

Annapolis — I love it, I live it, I sell it.

CHRISTY BISHOP
A Spirited Vision

BERKSHIRE HATHAWAY HomeServices | PenFed Realty

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

PROPERTIES FOR SALE



FOR SALE
Edgewater South River Park Water Access Community
226 Maryland Way
Edgewater, MD 21037



COMING SOON! FOR SALE
Epping Forest
Gated Water access community of Epping Forest
Annapolis, MD 21401



CHRIS EDGE

FIRST HOME MORTGAGE

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



FIRST HOME MORTGAGE

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

EQUAL HOUSING LENDER



MANOR TITLE, LLC

WEST ANNAPOLIS'S PREMIER TITLE COMPANY!

Led by Attorneys Steve McClung and Christophe Lowther, our mission is simple: to enhance the customer settlement experience. Utilizing the latest technology, we streamline the process for an efficient, transparent, and customer-focused closing.

At Manor Title, we combine over 30 years of real estate settlement and legal expertise with cutting-edge technology to deliver seamless, reliable, and personalized title and settlement services. As a Maryland-based title company led by experienced attorneys, we bring a unique understanding of the legal and practical aspects of real estate transactions, ensuring every detail is handled with precision.

Our commitment to innovation allows us to stay ahead in an ever-evolving industry, offering streamlined processes and secure solutions to meet the demands of today's real estate transactions. At the heart of our work is a dedication to personalized service. We understand that every transaction is unique, and we take the time to listen, guide, and tailor our approach to meet our clients' specific needs. We look forward to working with you!

MANOR TITLE, LLC

111 Forbes Street
Annapolis, MD 21401
443-440-5200
www.ManorTitle.com
@manortitle







LUNDBERG BUILDERS

Though we are known for our full custom homes, you may be surprised to learn that we do quite a lot of smaller projects as well. Whether you need remodeling or renovation work, custom project services, home additions, or even handyman repair and maintenance solutions, we're the local company you can turn to for help.

Lundberg Builders is proud to bring the same craftsmanship and attention to detail we offer on full custom homes to your small project. We have the management, design and build capabilities, and expert tradespeople you need to handle every aspect of your project from start to finish.

At Lundberg, we make your project personal, and it extends to the relationships and trust that we've built with our customers for nearly 50 years.

LUNDBERG BUILDERS, INC.
DESIGN • BUILD • REMODEL • MAINTAIN

MHBR #748 | MHIC #11697

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Stevensville, MD
410-643-3334
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BEST OF EASTERN SHORE 2025



AMANDA CALHOUN

DRIVEN. STRATEGIC. INVESTED IN YOU.

Amanda Calhoun approaches real estate with the expertise of an Associate Broker and the precision of a Project Management Professional (a certification she has held since 2017). Known for her strategic mindset and calm confidence, she brings clarity to every transaction—whether you're buying your first home, upgrading, or relocating out of state. Known for her data-driven approach and responsive communication, she takes pride in simplifying the process; and, with a background in planning and negotiation, Amanda delivers personalized, strategic guidance that empowers her clients to make smart, informed decisions.

Born and raised in Maryland, and currently residing in Calvert County, Amanda pairs local insight with modern tools to create seamless experiences and real results. Amanda has been recognized by *Washingtonian* Magazine and REAL Trends Verified as a top real estate professional in Maryland.

Ready to make a move with confidence? Let Amanda guide the way.

AC HOME GROUP
real

Amanda Calhoun
Associate Broker, AC Home Group
REAL Broker, LLC
Direct: (240) 405-9704
Office: (855) 450-0442
amanda@achomegroup.com
achomegroup.com



966 Walnut Avenue
For Sale
North Beach - $825,000



868 Rudder Way
Sold (Seller)
Annapolis - $717,500



50 Little Tree Lane
Sold (Buyer)
Owings - $775,000

Q&A

QUESTIONS & ANSWERS WITH THE EXPERTS



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

A: The boom is over. Data has conclusively shown the boom was the "Covid Years" from mid-2020 through 2022. The market plummeted from 12,152 homes sold in 2021 to 6970 homes sold in 2023. In 2024, we observed the market flatten out with the number of homes similar to the prior year. Naturally, the number of homes sold is related to the number of listings presented to the market. Here's the catch; demand is outpacing supply, so we remain in a seller's market and pricing is holding firm. The flattening of sales could be misleading on the surface without a deeper understanding of all market factors. Data leaves clues!!

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



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

A: Taking the time to get your home in prime condition is so important. A qualified Realtor will have the resources to guide you to be the hottest house in town. Buyers want new paint, new flooring, upgraded baths, and great new upgraded kitchen with updated appliances.

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

Christina Janosik Palmer
Christina Janosik Palmer Group of Keller Williams Flagship of Maryland



Q: Are buyers gaining leverage again in today's real estate market?

A: Yes, in many markets we are seeing that inventory is rising, days on market are longer, and price reductions are more common. Buyers may have more room to negotiate on price, closing costs, inspections, and timelines. That being said, well-priced, well-presented homes still attract strong interest, especially in desirable neighborhoods. Strategy matters more than ever: buyers should be prepared, data-driven, and decisive, while sellers need to be realistic in terms of pricing and strong marketing to stay competitive.

Leslie Shafer
Omnia Real Estate



Q: How is the new Towne Row community unique for Annapolis?

A: Towne Row is a rare offering of 18 new construction, elegant townhomes in the heart of Annapolis—something truly unique for this historic city. The residences feature private elevators, expansive rooftop terraces, and two-car garages, designed for modern, low-maintenance living. Perfect for discerning downsizers, part-time residents, professionals, and multigenerational households, each home offers refined finishes and thoughtful flexibility. Just steps from the upscale shops, dining, and wellness amenities of Annapolis Town Center, and minutes from D.C., Baltimore, and BWI, Towne Row delivers sophisticated urban living in a coveted coastal setting. Home tours are available now!

Alison Wisnom
Coldwell Banker Realty



Q: If I hire your company, who will be completing the work on my project, and will any subcontractors be involved?

A: At Lundberg Builders, we take a hands-on role in your project by managing and completing the majority of the construction work ourselves. This allows us to maintain consistent quality, clear communication, and close attention to detail throughout the build. For specialty trades such as plumbing, electrical, and hvac we partner with licensed, experienced professionals who meet all local codes and standards. We coordinate and oversee their work as part of the overall project, so you have a single point of contact and a smooth, well-managed construction process from start to finish.

Matt Bishop
Project Consultant | Lundberg Builders



Q: When is the right time to sell and/or buy a property?

A: When the client is ready, willing and able. Motivation is the driving force especially in this very competitive market that has proven to be recession proof and very desirable due to the uniqueness of the Chesapeake Bay lifestyle. Selecting a real estate agent with local market knowledge, experience, strategic marketing and pricing, and negotiation skills is critical whether you are selling and / or buying a property. This is a "people business" and having an agent who knows the players gives the client a competitive advantage. Who you hire matters.

Ani Gonzalez-Brunet, MBA, Realtor®
Coldwell Banker Realty



Q: Has the luxury real estate market shifted, or does it still favor sellers?

A: The luxury market has entered a more balanced phase, and that's a healthy shift. Well-positioned homes continue to perform when pricing, timing, and presentation are handled thoughtfully. Today's buyers are informed and intentional, which rewards sellers who approach the market with clarity and a strong strategy from the start. When those elements align, luxury properties continue to trade at a high level.

Brad Kappel
TTR | Sotheby's International Realty



Q: Many clients come to you specifically for buyer representation. What do they tend to be looking for?

A: Most buyers want the same thing. They want someone who listens, tells them the truth, and helps them make smart decisions without pressure. Especially in competitive markets, buyers do not want to feel rushed or outmatched. They want a plan. My role is to help them understand their options clearly and move forward with confidence, whether that means acting quickly or waiting for the right opportunity.

Alex Clark
TTR | Sotheby's International Realty



Q: Do we need to make repairs or updates before we list our home?

A: Before you spend a dollar, let's talk. I'll walk through your home and tell you what will actually increase buyer interest and value—and what you can skip. If updates make sense, I can connect you with trusted, licensed pros, and in some cases the cost can be deferred until after closing. The goal is simple: maximize your return and avoid wasted time and money.

Christy Bishop
Associate Broker
Berkshire Hathaway HomeServices PenFed Realty



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

A: No. You can sell your investment real estate and reinvest the gain, tax deferred, to purchase your vacation or second home, the challenge is making sure it will qualify as a 1031 investment property. Meaning that during the initial 24 months of ownership there are strict rules to follow regarding personal use. The important rule is that you can only use the property for 14 days each year or 10% of the actual days that you rent it out. For example, if you lease it for 200 days each year, your personal use can be up to 20 days. If you are able to abide by these rules, after two years the dream vacation home is yours to use as often as you like without any more requirements.

Jack Papaleonti, GRI/Realtor®
The Anchor Team of Academy Realty



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

A: To really understand this question starts with an understanding that most waterfront buyers have specific criteria and take their time to find a home which meet their requirements. Therefore, it is less about timing the market and more important to present the home properly with content rich information for the discerning buyers. The fact is 65% of waterfront homes were listed in the first half of the year so the competition is heaviest in the spring market. The reason for the early presentation of inventory is simply because most waterfront home sellers think their home presents the best in the spring with landscape in full bloom and the strong desire of buyers to be out on the water.

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



Q: Why Work with a Senior Real Estate Specialist® (SRES®)?

A: As someone over 50, your real estate needs differ from those of a first-time homebuyer or seller. That's where a Senior Real Estate Specialist® (SRES®) comes in. An SRES®-certified agent is uniquely trained to understand and address the complexities seniors face when buying or selling a home. From financial considerations to lifestyle transitions, an SRES® provides expert guidance to help you navigate the real estate process with confidence and peace of mind. With a compassionate approach and specialized knowledge, an SRES® ensures your real estate journey is smooth, stress-free, and successful.

Carolyn Buchleitner
Long & Foster Real Estate Agent | Annapolis Bestgate Office



Q: How has your experience as a coach and former athlete shaped the way you build and lead your real estate team?

A: Sports have taught me that success is never an individual effort—it's about having the right team, the right strategy, and the right mindset. As a coach and former athlete, I've seen firsthand how teamwork, preparation, and trust lead to victory, and that same philosophy drives our real estate team. We don't just help clients buy and sell homes; we create a game plan, adjust when needed, and work together to get the best results. Every transaction is a team effort, and our clients are at the center of it all. By surrounding ourselves with the right people and staying committed to a shared goal, we make the process seamless, successful, and even enjoyable. Just like in sports when you have a strong team behind you, winning becomes second nature.

Kevin Brown
Long & Foster Real Estate Agent | Annapolis Fine Homes



Q: How would you describe your approach to real estate?

A: I approach real estate with the belief that every home carries its own context, and every client's situation deserves careful consideration. In the Chesapeake Bay region, where demand remains strong and well positioned homes continue to attract significant interest, my role is to help clients make thoughtful decisions, not rushed ones. That means understanding not just the property, but the lifestyle it supports, the timing, and the broader market dynamics. Preparation, transparency, and calm guidance are central to how I work, especially in complex transactions.

Erica Baker
TTR | Sotheby's International Realty



Q: What can listing agents and sellers do to prepare for the new FinCEN reporting rule?

A: Listing agents should confirm early whether the seller is an entity and communicate that information at listing and contract. Agents should also discuss FinCEN reporting when considering cash or hard-money buyers, particularly those purchasing in an entity or trust. It's important to be proactive when presented with addenda that change the buyer to an entity or trust after a transaction is underway. While not every transaction will require seller information, early disclosure and expectation-setting help prevent delays and keep closings on track.

Brad Walsh, Esq.
President, Eagle Title



Q: What documentation is required to settle a real estate transaction involving a trust?

A: When a real estate transaction involves trust, additional documentation is required to confirm authority and ensure a valid transfer of ownership. This typically includes the full trust agreement or a certification of trust identifying the trust's name, date, trustees, and powers, along with government issued photo ID for all acting trustees. Documentation confirming the trust is currently in effect may also be required. In addition, closing funds must come from a bank account titled in the name of the trust, and a bank statement is often needed to verify this. We review everything early to avoid delays and ensure a smooth closing.

Terry Liff
Executive Vice President, Eagle Title



Q: How can homeowners position their property to sell successfully in the 2026 real estate market?

A: In 2026, successful sellers focus on property readiness, precision pricing, and strong market positioning. Buyers have been more analytical recently, focusing on property condition, insurability and costs, flood zones, and long-term ownership expenses — especially for waterfront homes. Properties that are thoughtfully updated, professionally marketed, and priced accurately based on local comps from the start benefit from stronger interest and more favorable offers. Sellers who rely on local REALTORS that are experts in the community and offer aggressive marketing strategies are best positioned to maximize their home value, minimize time on market, and most importantly - get their home sold!

Elizabeth Arentz
Coldwell Banker Realty



Q: How are waterfront properties on Maryland's Eastern Shore valued differently than non-waterfront homes?

A: Waterfront properties are valued very differently than inland homes. While interior finishes matter, buyers place greater weight on the shoreline itself—water depth, orientation, exposure, and whether the setting is the Bay or the Wye River or a protected creek. Elevation, flood zone, shoreline stabilization, and dock potential also play a major role and can significantly impact usability, insurance costs, and long-term value. Properly evaluating waterfront properties requires understanding both the home and the water which is why local waterfront expertise is essential. Having bought and sold numerous homes on the Wye and Chesapeake Bay over the years, I know firsthand what to look for in waterfront properties.

Biana Arentz
Coldwell Banker Realty



Q: What are the changes to FINCEN reporting requirements for Real Estate transactions?

A: Previously, FinCen reporting only applied to certain targeted geographic areas. Starting March 1, 2026, FinCEN's new Residential Real Estate Reporting Rule requires certain real estate professionals to file a Real Estate Report with the Financial Crimes Enforcement Network for non-financed (often all-cash) transfers of U.S. residential property to legal entities or trusts. These reports collect details about the transaction, buyer entity or trust, and beneficial owners of that entity (individuals with ownership or control). The obligation falls on a designated "reporting person" involved in closing (e.g., settlement agent, title agent, attorney) and must be filed within 30-60 days after closing.

Steve McClung, Esq.
Manor Title



PROSTATIS

FINANCIAL ADVISORS GROUP



Prostatis Financial Advisors Group focuses on accountable retirement, tax, and estate planning, paired with clear and consistent personal contact with clients. The Prostatis team emphasizes diversification and conservative long-term asset allocation strategies. Working side-by-side with clients, Prostatis develops comprehensive financial plans that provide peace of mind as they transition toward retirement. Prostatis aims to help clients implement investment strategies that allow them to maintain their lifestyle throughout retirement, supporting long-term income potential.

Whether you are thinking about retiring or already in retirement, you need a sound plan to help address your investment goals and evolving financial needs.

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Off to the Races

Celebrating the storied history of steeplechase racing in Maryland

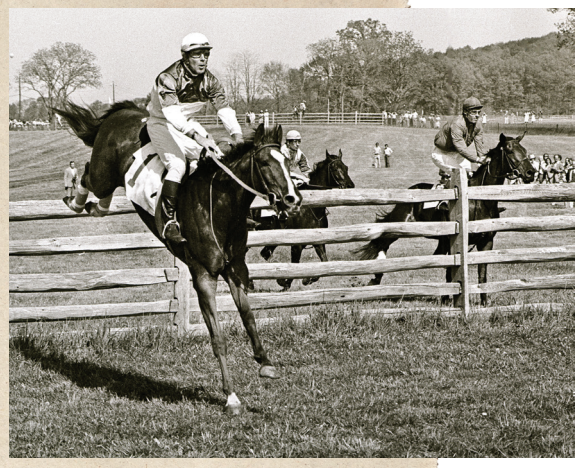


story by LISA A. LEWIS photography by DOUGLAS LEES

When Ben Nevis, a famous champion steeplechase horse ridden by Baltimore banker and amateur jockey Charlie Fenwick, Jr., won the English Grand National in 1980, the historic race proved that dreams can come true—despite the odds. Highly regarded for his achievements in steeplechase racing, Ben Nevis had an exceptional record. He was undefeated in the United States—winning all 12 of the races in which he competed, including the 1977 and '78 Maryland Hunt Cups. However, he struggled significantly in England, where he lost 12 races.

Although Ben Nevis had been a strong contender in the English Grand National the previous year—due to his success in the United States and favorable ground conditions—he fell after a pileup involving several horses and didn't complete the course. Undeterred by this frustrating and disappointing experience, Fenwick was determined to attempt the race one more time and returned to England in 1980.





Charlie Fenwick, Jr., on Ben Nevis II at the 1977 Maryland Hunt Cup.



Eric Poretz takes Senior Senator over the 13th fence at the 2016 Maryland Hunt Cup, eventually winning the race.

Expectations for the race, including those of Ben Nevis' trainer, Tim Forster, were low. But Ben Nevis, who was an underdog with 40-1 odds, rose to the occasion—winning the 1980 English Grand National by 20 lengths. Of the 30 starters, only four horses finished due to the very soft ground and standing water on the course—conditions that made the race especially difficult. The triumphant victory was a major upset and a true comeback story for Ben Nevis.

"The key to this whole story is Jay Trump [a famous champion American steeplechase horse]," Fenwick says. "When he won the English Grand National in 1965, I was 17 years old and an aspiring steeplechase jockey. I knew the jockey, Tommy Smith. And Jay Trump's trainer was my uncle. So, I was well aware of Jay Trump. When he went to England and won the race, I thought, 'I can do that.' And from that moment on, that thought was in the back of my mind.

"When Ben Nevis won the English Grand National, it was a dream come true—just a wonderful experience. He gave us all such a thrill that day. It was a bit shocking. But when we reflected on what he had achieved in the past, we realized that we weren't so shocked. The victory was Ben Nevis' only win in England and a wonderful way to retire him. I think he wanted to go out on a high note."

Riding Ben Nevis to victory established Fenwick as a prominent amateur steeplechase jockey on the world stage and inspired future generations of amateur jockeys. Held annually at the Aintree Racecourse in Aintree, Merseyside, England (near Liverpool), the race is regarded as "the ultimate test of horse and rider."

Not only did the monumental win earn Fenwick international acclaim, but it also shined a light on steeplechase racing in Maryland—showcasing its rich history and proud heritage. A native Marylander, Fenwick's legendary success in England also served as a testament to the prestigious and challenging tradition of steeplechase racing in Maryland and the ability of amateur jockeys.

A Cherished Tradition

Like Fenwick, many Marylanders love the thrill of steeplechase racing, a beloved sport in which amateur jockeys and their horses jump over obstacles on rural countryside courses. Although the races may feature hurdles (obstacles consisting of a metal frame filled with artificial brush) or timber (solid, immovable wooden post-and-rail fences), timber racing is more popular and culturally significant in Maryland, which is renowned for its timber races.

The inclusion of these timber fences, which can be up to five feet tall, adds a unique dynamic to steeplechase racing, and, for this reason, it is considered more challenging and demanding than flat track racing. While flat track racing focuses on speed and pacing, steeplechase racing requires an additional skill set, including not only speed but also jumping expertise, agility, and stamina.

"Steeplechase racing is unique in that the horse and jockey are asked to jump multiple fences over a distance of at least two miles and up to four-plus miles," Fenwick says. "This adds another discipline to the sport of racing. Managing a horse in that environment requires the jockey to make the effort of jumping as smoothly and efficiently as possible as well as getting the horse to run with determination and courage."

"Steeplechase horses must have the ability to jump, but they also have to want to jump," adds Dan Baker, owner of champion steeplechase horse Road to Oz. "Some horses are better suited to flat track racing, so it's important to let the horse guide you, show you his capabilities, and let you know what he wants to do."



2016 Maryland Hunt Cup presentation.

Each spring, horse enthusiasts look forward to the start of the steeplechase race season with great anticipation. Although races also take place in the fall, spring is the peak season, and excited spectators gather together every year to enjoy the thrill of one of Maryland's most cherished traditions as they socialize in a lively atmosphere, characterized by tailgating, picnicking, and fun for the entire family.

In addition to the social aspect of the sport, another defining characteristic of steeplechase racing is its multigenerational family participation. Many family members pass down the tradition to the next generation—preserving its rich heritage.

Furthermore, steeplechase racing supports philanthropic and land conservation efforts. Many steeplechase races are organized by non-profit organizations, with the proceeds benefiting charitable causes. Private landowners also play a critical role in the tradition by allowing races to be held on their property.



It was a very close finish at the 2016 Maryland Hunt Cup with Senior Senator, in center, winning.



Joe Davies, trainer, congratulates Eric Poretz on his win with Senior Senator in 2016.



The Crawfords celebrate the 2018 Maryland Hunt Cup win, again with Senior Senator and jockey Eric Poretz.



Skip and Vicky Crawford with their 2019 Maryland Hunt Cup trophies. With their third Cup win with Senior Senator and jockey Eric Poretz, the group officially retired.

Deep Historical Roots

According to the National Steeplechase Association (NSA), the official governing body and sanctioning authority for American steeplechase racing, based in Fair Hill, Maryland, steeplechase racing originated in Ireland in the mid-18th century, deriving its name from cross-country races from church steeple to church steeple, hence "steeplechase."

The arrival of horses in Maryland in the 1600s laid the foundation for the state's rich equestrian history and contributed to the emergence of steeplechase racing, which dates back more than 100 years and traces its origins to fox hunting. The sport evolved from competitions between fox hunting clubs in Northern Baltimore County, and these informal rivalries ultimately led to the establishment of sanctioned timber races. Many organizations, such as hunt clubs, also host unsanctioned races, which are often referred to as point-to-point races.

Skip and Vicki Crawford, owners of Senior Senator, a famous champion steeplechase horse, were introduced to steeplechase racing through their involvement with the Potomac Hunt Club, a nonprofit organization dedicated to preserving the tradition of foxchasing.

"We were active in the club and volunteered at the Potomac Hunt Races, the club's annual point-to-point steeplechase event," Vicki says. "We loved the close-knit foxchasing community and the social aspect. Our volunteer work with the Potomac Hunt Club inspired us to become involved with steeplechase horses, and owning horses became a natural part of our lifestyle."

In addition to the Potomac Hunt Club, the Maryland Steeplechase Association (MSA), a nonprofit organization that promotes and develops amateur equestrian sports, also continues to "[foster] traditional relationships between foxchasing and steeplechasing."



Jockey Eric Poretz and Senior Senator win the 2019 Maryland Hunt Cup.

Maryland's "Big Three"

According to Valleys Planning Council (thevpc.org), the first recognized steeplechase race was run at Pimlico, the home of the Preakness Stakes, on October 18, 1873, over a course built in the infield. This race contributed to the growth of steeplechase racing in Maryland and the establishment of prominent timber races, including the "Big Three."

These prestigious races include **My Lady's Manor Steeplechase**, a three-mile race with 16 fences held in Monkton; **the Grand National Steeplechase**, a three-mile race with 18 fences held in Butler; and the **Maryland Hunt Cup**, a four-mile race with 22 fences held in Worthington Valley.

Held annually on three consecutive Saturdays in April, all three legs of the "Big Three" are challenging. With their long distances and tall timber fences, the races represent the ultimate test of skill, stamina, and courage—for both amateur jockeys and horses. But the Maryland Hunt Cup is considered one of the most difficult and demanding steeplechase races in the world and the most challenging timber race in the United States. In fact, the race is often compared to the English Grand National.

Milestones and Memorable Moments

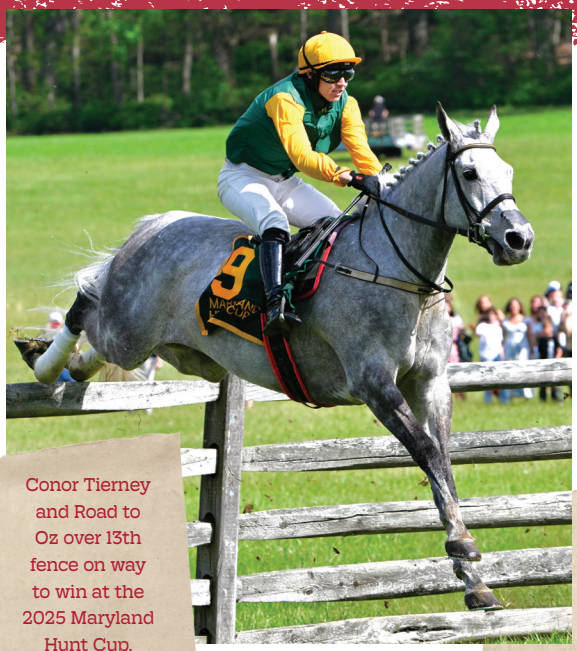
Winning the Maryland Hunt Cup is an extremely challenging feat that many owners, amateur jockeys, horses, and trainers never accomplish. So, when they win the race multiple times, it's definitely a significant achievement and a source of pride. Seeing Senior Senator, who was trained by Joe and Blythe Davies and ridden by amateur jockey Eric Poretz, win the Maryland Hunt Cup three times (2016, 2018, and 2019) was truly an amazing experience for the Crawfords.

As a result of this milestone, the Crawfords retired the prestigious Challenge Cup in 2019, making them the permanent owners of the trophy. According to the Maryland Hunt Cup conditions, this honor is bestowed upon owners whose horse wins the race three times. The victories do not have to be with the same horse or during consecutive years. The Crawfords are only the seventh owners to retire the Challenge Cup, based on official race records.

"Receiving this honor is truly phenomenal," Vicki says. "When I look at the trophy, I ask myself, 'How did we do it?' It was so shocking, and it's difficult to describe the feeling."



Jockeys and horses up and over the third fence at the 2025 Maryland Hunt Cup.



Conor Tierney and Road to Oz over 13th fence on way to win at the 2025 Maryland Hunt Cup.





Top: Jockey Conor Tierney and Road to Oz with family and friends in the winners circle of the 2025 Maryland Hunt Cup. Bottom: Presentation of the Hunt Cup at the 2025 event.

Senior Senator's ability to win the Maryland Hunt Cup three times is even more meaningful to the Crawfords because he suffered a severe neck injury when he fell during the race in 2017. The couple was distraught and thought that he would never race again. But Senior Senator proved his resilience—making a complete recovery and a remarkable comeback. He retuned to racing and went on to win the Maryland Hunt Cup in 2018 and 2019.

"We made sure Senior Senator had the best veterinary care, and he recovered well," Skip says. "He was very athletic, and he had great competitive spirit and high energy. Although he was considered a difficult horse, Joe and Blythe worked well with him and knew how to channel his ability. It was a perfect fit. Senior Senator was truly an amazing horse, a legend. And he wanted to win."

In 2019, Senior Senator achieved another milestone in his historic career when he won the Grand National Steeplechase three consecutive times (2017, 2018, and 2019). As a result, the Crawfords retired the Grand National Challenge Cup—the same year that they retired the Maryland Hunt Cup Challenge Cup.

Three Maryland Hunt Cup victories is a rare achievement, but winning the race for the first time is also an extremely exciting experience, as Dan Baker learned in 2025 when his horse, Road to Oz, trained by Mark and Rebecca Beecher and ridden by amateur jockey Conor Tierney, won the race.

The victory is especially memorable for Baker because, at first, he didn't realize that Oz had won. When Baker and his family and friends watch the race, they always go up to the top of the hill—except for the three times that they have had a horse in the race. Then they go down toward Tufton Avenue, which offers a good view of the jumps and a better sense of how the horses are doing.

"We were down in the field by Tufton Avenue, so we rushed over to the finish line," Baker says. "When the horses went by us, Oz was moving up, but then we couldn't see him. The race finished, and everyone was cheering. We thought that Oz had come in second place. But then we heard the announcer say, 'The winner is Road to Oz.' And our reaction was, 'Oh my God! Oz won!' So, I didn't actually see him win until I watched the video."

Although winning the Maryland Hunt Cup as an owner offers a different perspective than winning the race as a jockey, the experience is equally thrilling.

Before Fenwick made a name for himself at the English Grand National in 1980, he was a well-known amateur jockey in Maryland. He won the Maryland Hunt Cup twice (1977 and 1978) while riding Ben Nevis. In the 1978 race, Ben Nevis set a new course record. According to the National Museum of Racing and Hall of Fame, in which Ben Nevis was inducted in 2009, Ben Nevis and Jay Trump are the only two horses to win both the English Grand National and the Maryland Hunt Cup.

"My father-in-law bought Ben Nevis in England and brought him back to Maryland," Fenwick explains. "I took over his care and training. Ben Nevis was a difficult horse in many ways, but he was also sweet and kind. After winning the Maryland Hunt Cup twice, he gave us all the signals we needed to take him abroad and try to accomplish what Jay Trump had done. And my dream of winning the English Grand National came true. I am very fortunate."

Indeed, the personal experiences and success stories of Fenwick, the Crawfords, and Baker demonstrate the high caliber of steeplechase racing in Maryland—solidifying its status as a hub of world-class timber racing and inspiring future generations of the steeplechase community.

A Springtime Celebration

As winter departs, unleashing its grip on the region, steeplechase racing offers a fun way to usher in spring. Horse enthusiasts from all walks of life embrace Maryland's rich equestrian history and marvel at the challenging courses—watching in awe as skilled amateur athletes and their courageous horses achieve breathtaking feats. Taking place in picturesque, countryside settings, steeplechase racing combines the competitiveness of a beloved sport with the celebratory culture of a community event.

"It's so rewarding to see a steeplechase horse develop, fulfill his potential, and win," Baker says. "Since the steeplechase race season is relatively short, we cherish the opportunities to participate in the races. And when we win, it's even more special."



Rebecca and Mark Beecher, trainers of Road to Oz, after the race.



The dramatic finish of the 2025 Maryland Hunt Cup.

SPRING STEEPLECHASE RACING SCHEDULE

*Maryland's "Big Three"

March 28 – Green Spring Valley Hounds Point-to-Point, Cockeysville • gsvhounds.com
April 4 – Elkridge-Harford Point-to-Point, Monkton • elkridgeharfordraces.com
***April 11 –** My Lady's Manor, Monkton • manorraces.com
April 12 – Mount Harmon Wicomico Hunt Point-to-Point, Earleville • mountharmon.org
***April 18 –** Grand National Steeplechase, Butler • grandnationalsteeplechase.com
***April 25 –** Maryland Hunt Cup, Reisterstown • marylandhuntcup.com
May 17 – Potomac Hunt Races, Poolesville • potomachuntraces.com

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Home & Garden

94 KITCHEN CABINETS

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Treading Lightly

PG. 86

Photography by Chris Petrini of A Digital Mind

Treading Lightly

By Lisa J. Gotto

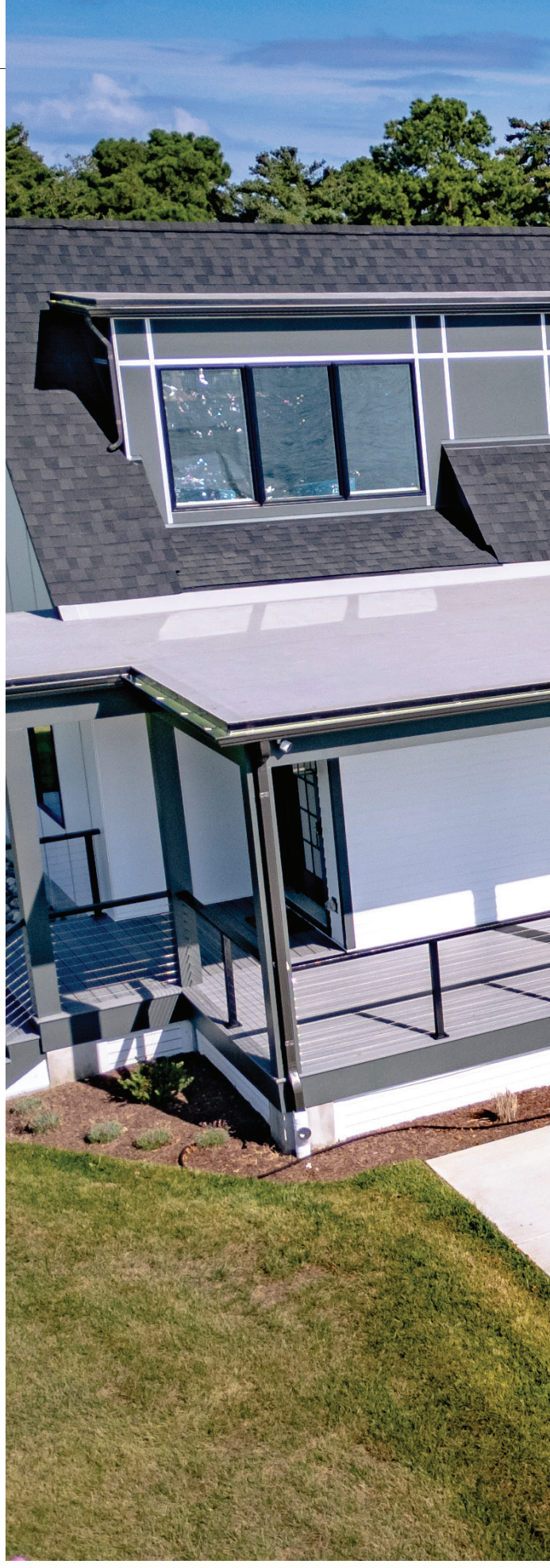
While someday this location may become a forever home for our feature homeowners, it is currently playing a starring role in their best of two worlds scenario with one home in the city and another located a breezy world away from their everyday obligations.

"We just came out here and we picked the lot. There were several lots available. I'm surprised we got this; that no one else picked this one," explains the homeowner of he and his wife's good fortune of following up on that ad and meeting the builder who was responsible for many of the homes there.

THE PROJECT: A new home build for a couple that wanted a contemporary, minimalistic vibe, both inside and out, for their second home; their retreat from the hustle and bustle of life in the District.

THE PLACE: Tranquil river views and great memories of excursions on Shore waterways were what endeared the couple to this location where they can take in the daily sights of the ferry running passengers from St. Michaels to Oxford—and vice versa.

EXECUTING THE PLAN: A successful and eye-opening online search lead the homeowners to Paquin Design Build's advertisement of waterfront lots along the Tred Avon River. A five-bedroom, three-and-a-half bath floorplan would be created comprising approximately 3,000 square-feet of living space.



Photography by Chris Petrini of A Digital Mind







BUILDING ON WHAT HAS WORKED

Although most builders have classic floorplans that they present to clients, in many cases those plans can represent a jumping off point with which to work—and that was the case in this particular build.

"I took plans that I already created and modified them into this really modern looking home with flat roofs, that's just very sleek and streamlined," explains Brent Paquin, President of Paquin Design Build in Grasonville.

This structure was set apart from others within its smaller enclave of homes by incorporating an exterior presentation that combined best-practice materials with an innovative approach to applying them. Customary colors were then juxtaposed with the unconventional application of materials to create the vertical orientation of the exterior materials.

"I knew that a black and white [palette] was the direction they wanted to go in, so I made sure that we incorporated that framework around the garage and some of the dormer areas," says Paquin adding that they used a more contemporary paneled look with traditional Hardie boards and then added channels of stainless steel to accent it.

"IT'S ONE OF THOSE THINGS WHERE SIMPLER IS BETTER WITH THIS DESIGN. VERY STRAIGHT LINES, VERY MODERN."

"It's one of those things where simpler is better with this design. Very straight lines, very modern," says Paquin of the concept that is a departure from the prominent multi-pitch concepts that we are currently seeing.



SOME DETAILS THEY WILL NEVER MISS

Simple and uncluttered would define the design from the inside, which started with standard approaches to a floorplan that were then tweaked with the couples' interior designer, Kristine DeNinno of KD Art & Interiors of Silver Spring.

The homeowners are staunch proponents of working with an interiors expert and tapped DeNinno's expertise once before for their primary residence in D.C.

Minimalism in itself can have different meanings depending on who you ask, and DeNinno already knew what her clients' take on the style meant to them.

"They love this kind of contemporary, minimal modern style with bold colors," DeNinno says. "This is how they like to live. It's actually not typical of my clients. A lot of my clients are more traditional or transitional. For me this is really fun because they're drawn to a different aesthetic."





An open-plan kitchen, living, and dining room(s) that extends to include an outdoor living area, is a text-book example of that aesthetic and everything the couple *didn't* want the space to convey.

An incredibly clean look in the kitchen was created with all flat-panel, push-to-open cabinetry that allowed for the absence of hardware altogether. The gorgeous Quartzite backsplash mirrors the countertop material for continuity of line, to which the couple altered standard practices with electrical outlets by choosing to hide them out of sight under the cabinetry. So, what is missing is intentional.

"It was something they had asked for to keep that whole space really clean and minimal. And it's different than what they have in D.C. There, it's still pretty contemporary, but they wanted even more of that here," DeNinno says.





SOME OF THEIR FAVORITE THINGS

A particularly important discussion was had about the door that led to the first floor primary suite that is located along the main wall in the kitchen that connects with the dining area.

Initially the discussion was to relocate the door to the primary wall in the dining area, which was quickly squashed when they determined that it would disrupt the aesthetic of that entire room which was integral to the couple who needed the space for entertaining.

So, an outside-of-the-box idea was then suggested by the homeowner who found an interesting work-around online in the form of a Murphy door. Once relegated to the ultra excentric homeowner, these secret door concepts are now available to the masses who wish to add a greater sense of creativity, flexibility, and even intrigue to a room.

Now, what just looks like a free-flowing extension of the kitchen cabinetry and shelving into the dining space is actually a door disguised as a bookshelf. The designer worked with the build team at Paquin to retrofit it and match the paneling on the Murphy door to the mimic the look of the kitchen cabinets.

To finish the space, the couple chose a beachy-toned French oak hardwood floor with ever-so-subtle tones of blue throughout and then used signature lighting fixtures above the island and dining room table to create colorful points of interest.





A favorite palette of orange and coral lends pops of color to the space and the design lightly leans into a bit of a maritime theme, as well.

Just off the dining room, explains the homeowner, is the water and pool-facing porch.

"We're generally out here, so breakfast out here in the morning, we sit on the couch here, sit by the pool, and then the views are great. So, the porch is by far my favorite feature of the house.

"THE PORCH IS BY FAR MY FAVORITE FEATURE OF THE HOUSE."

The positioning of the house provides the most invigorating of sunrises, he adds, and in the evening the moon does a show of its own.

"One of the things that surprised us, is when there's a full moon, it's literally right in front of us. So, seeing the moon is really nice on the full moon nights. And then we have probably one of the best spots for the fireworks in Oxford, literally right in front of us, as well."

Well, if that doesn't sound like the best seat in the house, we don't know what is.





Photo courtesy of kraftmaid.com

Today's Most Coveted Kitchen Cabinets

By Lisa J. Gotto

Nothing defines the visual tone of a kitchen more than the look of its cabinetry. Within that vein, consumers find themselves spoiled for choice with a head-turning array of options in door styles, hardware, colors, and materials.

There is also a growing number of options within the pre-fab sector of this marketplace that enables consumers to make upgrades to provide enhanced storage and style more efficiently. Whether you are upgrading existing cabinets or designing a new room altogether, homeowners are always wise to choose options where quality is baked in. There are actually three tiers of quality when it comes to construction, not just stock or custom. Between stock, which are pre-manufactured in standard sizes and thereby the most affordable and quickest delivered, and custom, which are built from scratch to exact specifications, there is semi-custom, which provides a large inventory of styles that can be altered to allow for custom inserts or specific widths.

And while you may think that solid wood is the best choice for quality, it loses points as it tends to warp when exposed to heat and humidity. With that in mind, many consumers choose cabinets made of plywood for strength, moisture resistance, and its ability to hold screws well. Starter cabinets are generally made of particle board. They are the most budget friendly but are also the most likely to succumb to water damage and sag under heavy weight. The remaining option is medium-density fiberboard, or MDF. If you love the look of painted cabinetry, which is currently trending, this is your best option because it has no grain to expand or contract, so paint does not crack at the joints as it ages.

Knowing how cabinets are made helps consumers manage their budgets and expectations.

PRO CONSTRUCTION TIP NO. 1: Experts advise that new cabinetry adhere to the standard "ceiling" rule which means cabinets are run up the wall to meet the ceiling to avoid the otherwise dusty scenario that will occur high above your head and be a challenge to clean.

TRENDS IN PALETTES, TEXTURES & VISUALS

When it comes to the cabinet colors, we can expect to see a waning of stark white and cool gray iterations being replaced with palettes that reflect the color zeitgeist of the year with a **collection of refreshed neutrals such as sandy beige, mushroom, taupe, and cashmere tones** leading the way.

A collection of moody earth tones will also play a role and will be dramatic with the application of color drenching with hues like burgundy, terracotta, and deep forest green. And what we're already seeing now in new builds and remodeling projects is the use of a hopeful and sunny mellow butter yellow as a standout accent color.



Photo courtesy of farrow-ball.com



Photo courtesy of perigold.com



Photo courtesy of castacabinetry.com



Photo courtesy of mastercabinetry.com

Design experts are noting **natural wood as their material of choice** in a big way this year and leaning into the look of white oak again for its subtle grain and versatility. Dark-stained iterations of oak and walnut are also trending in harmony with the emerging "quiet luxury" design aesthetic.

When it comes to style, simplicity is taking the lead in the form of **"Slim Shaker" and flat panel cabinet door fronts.** While Shaker styles are always a no-fuss option, the trending slim style features even thinner rails and stiles, or frames, around the door creating a look that lands somewhere between traditional and contemporary aesthetics.

Don't anticipate seeing any glossy lacquers in new kitchens this year, as **matte finishes accomplished with the application of clear, matte sealants are preferred** to allow the natural texture and feel of the wood shine though.

THE EXPERT TAKE ON "WOW" FACTOR

If we could point to any one particular aspect of design and say that's what's hot this year, it would have to be **the use of texture in cabinetry**. And you can expect to see these textures represented as **fluted and reeded details** sprinkled and layered in rather than applied in whole-cloth fashion. Think of vertical ribbing added to the base of a center island or aspects of fluting on select cabinet doors.

Another aspect that is resonating in cabinet design is **adding inserts to select cabinet doors** for an extra layer of added interest. While glass inserts are always tasteful approaches for showcasing curated domestic collections, we are now seeing frosted, reeded, and mesh inserts showing up in the most auspicious of places.

These attractive eye-catchers add interest while partially concealing the cabinet's contents—a perfect recipe for many homeowners.



Photo courtesy of homebuilding.co.uk

PRO CONSTRUCTION TIP NO. 2: IS IT TIME TO CONSIDER A BACK KITCHEN? Over the last couple of decades, we have tasked our kitchens with being many things to many people: the homework station, the home office, the command center, the gathering space—in addition to its primary role as the place where we prepare and consume meals. Designers are responding by providing clients with the clever option of planning for a back kitchen. These are fully equipped, out-of-sight, storage enhanced workhorse zones that oftentimes multi-task as pantries, as well. Known also as sculleries, prep kitchens, or dirty kitchens, these trending spaces help keep open-plan kitchens clear of clutter, make hosting less stressful, and provide flow when extra hands are required in the kitchen.

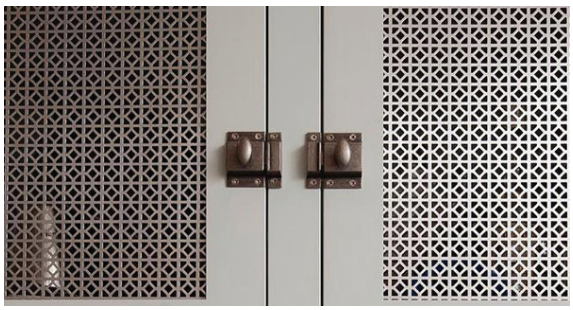


Photo courtesy of mcnichols.com

A FINAL TAKE ON FUNCTION

Like that last bangle applied to your fashionable attire, **hardware is like the jewelry** that will finish your kitchen's look. And whether you go all-in, take a moderate tone, or opt for nothing at all, designers and homeowners are fortunate to have many choices.

Leaning into that aspect of quiet luxury again, we will see **warm metals** that coordinate well with the earthy palettes and natural woods we've already mentioned. So, expect to see **soft brushed golds, champagne bronzes, and coppers** chosen for their compatibility with both light and dark cabinetry.

In closing, *pun intended*, one should consider not just how your cabinets will look, but how they will move, as well. The enduring addition of a soft-close hinge is a luxury no longer, rather an essential ingredient to any tasteful kitchen cabinet recipe.



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There are four types of useful insects: Pollinators: Those dear spreaders of fruitfulness, bring joy to trees, shrubs, and flowers. Most pollinators can be identified by their hairy or furry appendages—legs, mandibles, proboscises. **Predators:** These bugs can be carnivores or herbivores. They attack and eat bad-bugs. **Parasitizers:** They use bad-bugs as hosts to their eggs and larvae. When the eggs hatch, the larvae devour the host. (Yup, pretty icky.) **Decomposers:** Living underground, they nibble their way through the roots and clotted soil, breaking down and aerating our garden.

Don't Let These Good Bugs Bother You

IDENTIFYING THE HELPFUL BUGS IN YOUR GARDEN

By Janice F. Booth

There are 1.5 million types of insects discovered thus far in the world. Our gardens, here in the Mid-Atlantic region, have over 30 significant varieties. According to Purdue University, approximately 400 million bugs reside on the average acre of land. But don't worry; our urban gardens probably have closer to one million bugs per acre. And, of all those bugs, 97 percent are good guys—innocent bystanders, good for the environment, and yummy meals for wildlife.

As our gardens awake from the cold winter, so too will the bugs. So, let's consider and be grateful for some of the lowliest helpers in our garden, bugs. First, I'll review the types of good-bugs we can count on. Then I'll list the most common and how they help our gardens. Finally,

I'll mention some of the bad-guys to watch out for now that spring is almost here.

Now let's review a dozen regional, friendly bugs a nd how they help:

Assassin Bugs: Let's start with the really tough garden defenders. These bugs eat all kinds of destructive insects. There are several types of Assassin Bugs common to our region. They're often grayish and have a hard shield on their backs. Caution: They bite if handled; they are, after all, assassins!

Beetles: Some beetles are good guys. The Ground Beetle and Soldier Beetle eat caterpillars, nematodes, silverfish, slugs, and weevils. (The Japanese beetle is, of course, one of the bad guys.)

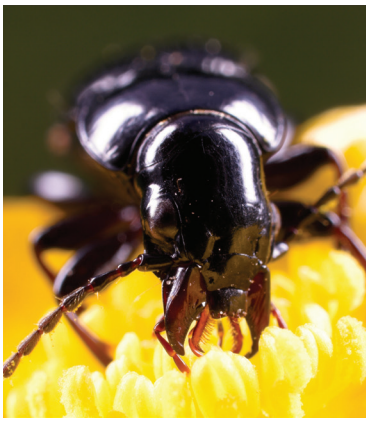
Butterflies: Our lovely Swallowtails, Monarchs, and Eastern Tiger Butterflies are delightful pollinators and decorative visitors to our gardens.

Dragonflies: These graceful insects are quite common here. Their graceful appearance belies their voracious predatory nature! They eat a lot of bad bugs, grabbing those bugs with their long legs, picking them right out of the air.

Earwigs: Yup, those ugly, little guys with pincers on their rear-ends are good guys too. They're omnivores, eating nematodes, slugs, plant lice, and other insects that attack our fruit trees and vegetable garden.

Hoverflies and Robber Flies: Unlike the common, annoying Black Fly, these two varieties don't bite people unless they are attacked. They eat bad bugs and pollenate too. Busy fellows.

Green and Silver Lacewings: These attractive pest-hunters eat aphids, whiteflies, mites, leafhoppers, and caterpillars. (Let's hope they'll only choose to devour the moth caterpillars and not the butterfly caterpillars.)





Ladybugs: Hungry and cute too; Ladybugs eat scales, mealy bugs, mites, and aphids. (Each Ladybug eats on average 50–60 aphids per day!)

Parasitic Wasps: The larvae of these very tiny wasps eat their hosts, and those hosts are bad bugs.

Praying Mantis: These leggy insects are sometimes friends; they eat bad bugs, but they also eat butterflies, bees, and even hummingbirds! Their good diet includes moths, beetles, and flies. (Maybe they'll be satisfied with the latter and leave the beauties alone.)

Spiders: We've all seen busy spiders catch bugs and wrap them up tight, saved for later. When possible, try to leave the beautiful spider webs, even when we're tempted to sweep them out of the garden-shed's corners and off the boxwood.

Solitary Bees: Yes, this is a species. They're non-aggressive, stinging only when attacked. They pollinate our plants, but they are an endangered species.

Now, let me give a few accolades to a species that isn't a bug, but is a good guy and does a lot to improve our gardens.

Earthworms: These ugly fellows are busy all year long nibbling away at the decaying roots and bulbs and other organic matter in the soil. They chew up the old stuff and poop out nutrients that enrich our soil. And that's not all; earthworms aerate the soil as they slowly make their way, preventing that packed-down character that old flower beds often have. (Introduce a batch of hungry worms and stand aside.)

Let' do a quick review of the most common bad bugs common to our gardens. (You probably know them without my help.)

Moth caterpillars: So, how do you know if it's a moth caterpillar? They're usually hairy, with spines protruding. Butterfly caterpillars aren't quite so ugly. Their bodies are smooth or almost hairless, and they don't have spiney protrusions. Both varieties eat the foliage, and they eat a lot!

Spider mites: (They're actually arachnids.) These tiny guys are red or yellow. They hang out on the underside of plant leaves and along stems, and they leave a slimy trail or web as they work, sucking the life-giving fluids from your plant.

Whiteflies: They're tiny, white moth-like insects. They usually appear in "clouds" of annoying bugs, and they settle on the underside of leaves where they suck the fluids from the plant.

You may not find it difficult to decide if you're looking at the good bugs or bad guys in your garden. But, if you do, try taking a few photos of the insect in question. Inspect the insect and its photo for: Color and any patterns, General shape, Number of legs and antennae, Wings, Where the insect hangs-out, the host plant.

Finally, here are a few suggestions for plants that will attract good bugs to your garden:

- Plant native species which provide food and shelter for the bugs. For example: Aster, Beebalm, Button bush, Cornflower/Echinacea, Goldenrod, Ironweed, Sweet shrub, Use a variety of plants that will flower through all the seasons.
- Be sure there's a source of water that is shallow so insects can settle and drink.(If mosquitos lay eggs in the water, the birds and praying insects will eat them.)
- Leave the detritus in parts of the garden so insects can survive the winter there.



If you're eager to know more about bugs, don't wait. Here are a couple of interesting sites you can refer to: BugGuide.net (Top) and the Field Guide to Insects, Smithsonian Institution (Bottom)



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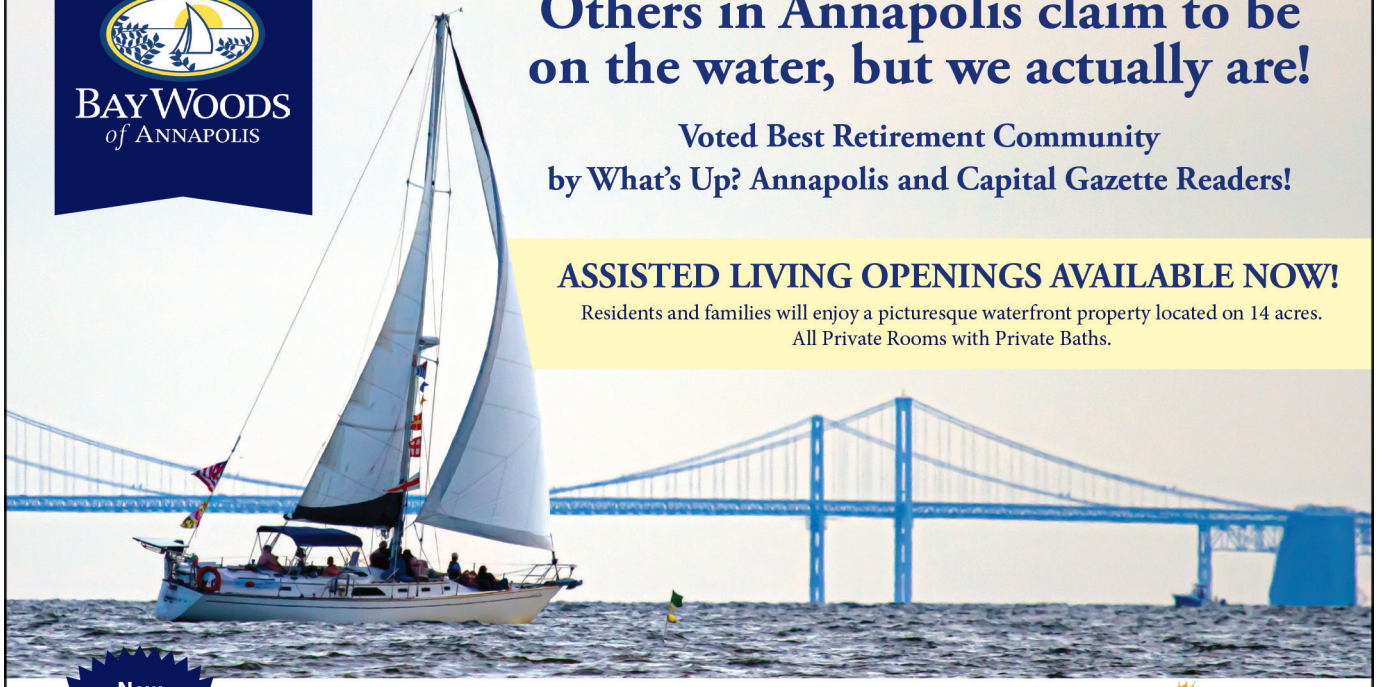

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Fun Zone on Fishing Creek

By Lisa J. Gotto



Timeless, classic, and all-welcoming—this multi-level coastal style home located in one of the most prestigious communities in Annapolis offers prime proximity to Fishing Creek and all-access to an enviable lifestyle.

Anyone who aspires to play host for gatherings of all sorts will love this 5,600-square-foot residence that offers a variety of spacious living, entertaining, and outdoor spaces. All of these areas are light and bright and benefit from a clean and classic palette in tone and texture, including the sunny, two-story entry.

Rich, dark hardwood floors welcome guests here, as does a two-tone architectural staircase and entry to the home's traditional living room. This space offers a wood-burning fireplace with federal-style mantel and a set of gorgeous French doors that lead to a roomy home office.



Primary Structure Built: 1995

Sold For: $2,550,000

Original List Price: $2,650,000

Bedrooms: 5

Baths: 5 Full, 1 Half

Living Space: 5,671 Sq. Ft.

Lot Size: .68 acres















This level of the home was built for entertaining as the flow from the open-plan kitchen, family room, and screened-in outdoor dining room can accommodate the longest of guest lists. The kitchen is a gourmet's dream with its center prep island with integrated wine storage, a wealth of white stone countertops, an amazing stainless steel appliance package including a six-burner gas stove and industrial grade refrigerator, and lovely breakfast bar with upholstered bench

seating. Like all gathering spaces in the home, this area offers a wall of windows bringing in a tremendous amount of natural light.

An adjacent family room extends the fun, as does the spacious outdoor dining area with access to yet another eating area on the wrap-around deck. From here the views are great out to Fishing Creek and just below to the outdoor paradise that is a resort-level pool and patio area. Beautifully designed for flow and ambiance, this area will be the family's ultimate summer-central with its covered extension that offers a club-like vibe with complete outdoor kitchen, ceiling heating, and large-screen TV.

This lower level offers all the amenities of a billiard room, another family room with fireplace and sleeping quarters to create the perfect *au pair* or in-law suite.

Along with the three additional bedrooms upstairs, including a gorgeous primary suite, this is the perfect home for kids who love sleep-overs, as it offers an awesome bunkhouse on the home's upper level that comes complete with three built-in beds, a charming barrel ceiling with wainscotting detail, and enough space to chill-out and relax with a board game or some TV before bed.

Listing Agent: Pamela Tierney, Coldwell Banker Realty, Church Circle, Annapolis, m. 443-822-9079, o. 410-263-8686, pamela.tierney@cbrealty.com, coldwellbanker.com
Buyers' Agent: Unrepresented







Thoroughly Modern Victorian

By Lisa J. Gotto

In every great historic town, there are properties that set the standard for the quality of life they provide. This gorgeous four-bedroom, three-and-a-half bath home in Annapolis' Murray Hill neighborhood is one such property.

Situated on a prized corner double lot and offering 3,500 square-feet of living space, this move-in ready Victorian-style home packs on the curb appeal with its meticulous landscaping, charming exterior, and gracious front porch reminiscent of a by-gone era.

Primary Structure Built: 1980

Sold For: $3,100,000

Original List Price: $3,195,000

Bedrooms: 4

Baths: 3 Full, 1 Half

Living Space: 3,591 Sq. Ft.

Lot Size: .29 acres



Architectural details abound outside and in, starting with an exceptional foyer that features entry to a lovely family room, and an elegant, curved staircase framed by front and side-facing windows to shine an abundance of natural light on the main level's handsome hardwood floors. Well-crafted woodwork pulls the eye forward and down the center hall to the arched entries to a sophisticated dining room with luxurious dentil style molding, which is situated on one side with the formal living room on the other.

Photography by Chesapeake Home Images

The kitchen can be accessed on either side. In the dining room, this is done via butler's door to an elegant pantry with gorgeous built-ins and a sink and counter space for meal prep. Gleaming white stone countertops are featured throughout the pantry and the home's all-white gourmet kitchen.

This space is absolutely lovely with its many windows, luxe finishes, and custom cabinetry including an integrated refrigerator. The kitchen features a charming banquette breakfast nook framed with windows and offers conveyance to the home's gracious outdoor patio area.

The patio is spacious and features stylish light-stoned pavers throughout and a coordinating grill area, a dining area, and conversation area.













The home's primary, second, and third bedrooms are located on the second floor. The primary is large, light, and bright and offers attractive wood paneling details throughout. A sumptuous private bath awaits with its gorgeous tilework, deep soaking tub, custom vanity with dual sinks, and a large walk-in shower with overhead rainfall fixture. The second and third bedrooms share a lovely, tiled bath on this level, and the third level opens to reveal a convenient retreat of its own with a separate sleeping area, an efficiency kitchen and dining space, and access to a private upper level porch overlooking the property—a relaxing way to begin a day with a cup of coffee or end the day with a majestic sunset.











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Benefits (or Not) of Tracking Blood Sugar

A TYPICAL PRACTICE FOR PEOPLE WITH DIABETES IS ADOPTED BY NON-DIABETICS—BUT TO WHAT ADVANTAGE?

By Dylan Roche

For people with diabetes, tracking blood sugar levels is a necessity—dramatic fluctuations can damage vital organs like the brain and heart, creating both short-term emergencies and long-term complications. It's why diabetics track their blood glucose levels (also known as their blood sugar levels) using a monitor. Ever since the first over-the-counter continuous glucose monitors hit the market in 2024, curious non-diabetics have started using them to see how lifestyle factors like diet and exercise affect their blood sugar levels.



But is that a good thing? Generally speaking, there's no harm to knowing what's going on in your body. And if paying attention to your blood sugar levels encourages you to make healthier choices, it doesn't hurt to pay attention. But there's a degree of risk: It might be more info than you need, especially if you don't know what to make of that info.

HERE ARE ANSWERS TO A FEW OF THE COMMON QUESTIONS YOU MIGHT HAVE ABOUT AN OVER-THE-COUNTER BLOOD GLUCOSE MONITOR IF YOU'RE A NON-DIABETIC:

What is a blood glucose monitor and how does it work? You've probably seen somebody with diabetes wearing a glucose monitor: It's a small monitor with tiny sensor wires that go into the skin, usually on the abdomen, and are covered by an adhesive patch. Those sensors measure how much glucose, or usable energy in the form of sugar, is in the blood. Modern monitors pair with an app so they can show results right on your phone.

Why does my blood sugar fluctuate? Everyone's blood sugar fluctuates slightly throughout the day. When you eat food, your digestive system breaks it down into glucose (sugar) for energy and releases it into your blood. What's important is staying within a target range: Most healthy adults have about 80–130 milligrams of glucose per deciliter of blood (80 mg/dL to 130 mg/dL) before a meal. After the start of a meal, their blood sugar could go as high as 180 mg/dL for up to two hours. High-carbohydrate foods raise our blood sugar levels quickly, but fiber and fat can slow digestion and steady the release of sugar into our blood for more consistent energy over time.

Is it just food that affects my blood sugar? Not at all—what you eat is the most influential factor, but many aspects of your life can affect your blood sugar. For example, if you're not getting high-quality sleep, your body could end up using insulin less effectively until you're well rested. If you're dehydrated, then glucose will be more concentrated in your blood, which would make your levels higher. Even stress can spike your blood sugar levels.

What's the harm in monitoring my blood sugar if I'm not diabetic? There's not a lot of harm, but there's not much benefit either. As with any metric, you could misinterpret or overestimate its importance without a doctor's guidance. For example, you could see a normal spike in blood sugar after a meal and think it means you need to start avoiding certain foods, even something nutritious like fruit or brown rice. The better option if you're non-diabetic: Follow a balanced diet, exercise, and reach for a nutritious snack if your energy levels are low.

Stressed? Try a "Color Walk"

By Dylan Roche



Very few people would deny that daily life gets overwhelming—it's why a lot of us struggle with chronic stress and anxiety. Too many stressors can leave our bodies in continual "fight-or-flight" mode, which affects our ability to function. We end up struggling to make decisions, we're in a bad mood, and we might even be mean toward people who don't deserve it.

To take yourself out of this mental space, you may need to practice a grounding technique like a color walk. *Grounding techniques* get you out of a negative headspace and ground you in the present moment by helping you intentionally focus on your sensory surroundings. Color walks are the latest mental wellness trend that let you do exactly that while getting physical activity.

HERE'S HOW IT WORKS:

- Go for a walk—it could be around your neighborhood, around your office complex, at a local park, or anywhere convenient.
- Choose a color—it can be any color, but keep it general. (For example, choose blue instead of a specific shade of blue.)
- Keep an eye out—look for anything that is the color you chose. Try to see how many objects you can identify.
- Switch it up on future walks—when you choose a different color, you challenge yourself to look for things you didn't see last time. If you run out of general colors, choose a specific shade to look out for (or choose a different place to walk).

WHY DOES THIS WORK?

Even with its simple premise, a color walk is a popular option for people trying to improve their mental health because it gives you a specific task that's unrelated to other stressors in your day. It requires very little thought but focuses your attention on what's actually in front of you. You're not required to see a specific number of items, so it doesn't matter whether you identify one sight that's your chosen color or a hundred.

Research shows grounding practices like color walks help us **regulate our moods**, **control our emotional responses**, and **clear our minds for better focus on what actually matters**.

Plus, you'll be getting physical activity while you walk, which boosts your energy and releases endorphins.

Tip: Need to switch it up? If you've already been through a full rotation of colors on your walks, or you're walking through somewhere without a lot of color variety, give yourself a different challenge. You could focus on objects that start with a specific letter, or you could focus on other senses, such as sounds or smells.

Lettuce Be Healthy



VERSATILE LEAFY GREENS ARE A GREAT OPTION FOR NUTRITIOUS EATING

By Dylan Roche

In your never-ending quest to eat a healthier diet, you've likely realized it's not just the amount of vegetables you eat—it's the variety. There are roots like carrots and beets, and there are flowers like broccoli and artichoke. There are bulbs like onions, and legumes like lentils and peas. But maybe the one that stands out in your mind the most are leafy greens—packed with antioxidants, fiber, vitamins, and minerals.

A variety of leafy greens can help you maintain strong bones, keep your weight in check, reduce your risk of chronic disease, and maintain a healthy brain and heart. There's a reason that with the 4–6 servings of vegetables you're supposed to eat every day, you should be aiming for at least **6 servings per week to be leafy greens**.

Spinach and kale might be the two that come to mind first, but there are plenty of options when it comes to leafy greens. **They're not all the same though**—they have a variety of textures, flavors, nutritional profiles, and culinary uses. Some are best for salads or as a sandwich topping, while others are better for smoothies or stews.

GREEN MEANS GO

Sure, greens vary—but generally speaking, many have the same nutritional benefits. Most of them are rich in three key vitamins: vitamin A for good vision, vitamin C for immunity and good skin health, and vitamin K for wound healing. They also have minerals like iron for blood cell formation, calcium for strong bones, and potassium for muscle contraction. Their fiber is good for digestion and improved cholesterol levels, and their antioxidants protect your cells from oxidative stress, so you age better and avoid diseases, including cancer.

LOOKING TO GREENIFY YOUR DIET? HERE ARE SOME PICKS TO CONSIDER, WITH TIPS ON THEIR SPECIFIC NUTRITIONAL BENEFITS AND HOW THEY TASTE THE BEST:

1. Spinach. Always a classic, spinach is versatile and nutritious, with a mild flavor and soft texture, so it's equally good as a raw base for a salad or an addition to a smoothie with your favorite berries. It's rich in vitamins A, C, and K, folate, magnesium, and (most famously) iron. This combination of nutrients makes it great for strong heart and muscle function. Spinach cooks up well, though cooking it will diminish its volume significantly. And even though it naturally has a mild flavor, freezing it first can make its flavor even milder.

2. Kale. Kale is often hailed as one of the most nutrient-dense foods you can choose. It's got vitamins A, C, and K, plus calcium and potassium. Before kale gained its reputation as a nutritional powerhouse, it was mostly used for garnish—this might be because it tends to be bitter or tough if you don't know how to prepare it. A gentle massage with olive oil and salt can soften its tough fibers, even if you still plan to eat it raw. Use it as a hearty salad base or roast it in the oven until it turns crispy.

3. Swiss Chard. Swiss chard is rich in minerals and helps with blood sugar regulation, but its slightly bitter taste can intimidate some eaters. Remove the crunchy leaves from the tender leaves and cook them both separately with a little bit of olive oil, lemon juice, and sea salt.

4. Arugula. Arugula has a distinct peppery taste that elevates salads or sandwiches, but you want to use it sparingly or else it can become overwhelming. You can also lightly wilt arugula for a unique topping for pizza. It's rich in calcium for strong bones and glucosinolates for disease prevention. If you have a lot of arugula on hand, use it in place of basil for your favorite pesto recipe.

5. Watercress. Like arugula, watercress has a fresh, peppery flavor, and it's rich in calcium. Setting it apart from arugula is its ability to cook well—sauté it quickly for a minute or two, and use these cooked leaves as a base for other cooked vegetables or a lean protein. Prefer salad? Watercress is great raw too.

6. Collard Greens. Collard greens are tougher and more bitter than other greens, so it's best to cook them with a little bit of fat and acidity (like lemon juice or vinegar). Their calcium is more absorbable than the calcium in spinach, and they're known for being full of vitamin K, which ensure your body can heal wounds quickly and efficiently.

7. Dandelion Greens. Dandelion greens are a great source of iron and calcium, and the compounds that give them their bitter flavor can improve digestion. To offset that bitterness, pair these raw greens with a rich flavor like a creamy cheese or sweet caramelized onion.





THE LEAF YOU NEED TO KNOW



Adding more greens to your diet? Great! Here's the least you need to know when it comes to enjoying them:

Prep properly: You want to match the prep to the type of green you're eating. A tender green like spinach or arugula is best when it's raw or lightly wilted, but you probably want to thoroughly cook a hearty green like kale or collards. (Don't be afraid to eat hearty greens raw though—kale makes a great base for a salad, as long as the leaves are massaged.)

Wash them thoroughly first: Greens easily trap lots of dirt. No matter how nutritious they are, dirty greens aren't healthy if they get you sick. Give your greens a soak in cold water (yes, even bagged greens) and then pat them dry afterward.

Say yes to salt: Salting your greens will draw moisture out of them, which can soften their fibers and reduce their bitter flavor.

Add fat: Some of the nutrients in greens are fat soluble, meaning your body needs fat to properly absorb them. Enjoying your greens with olive oil, avocado, or nuts—even if it's just a small amount—will dramatically increase the nutrient absorption. Plus, the flavor pairs great with greens!

Cardio + Strength Training

SOME WORKOUTS DO DOUBLE DUTY

By Dylan Roche



A well-rounded fitness routine is always going to combine cardiovascular/aerobic exercises and resistance/strength training. Even if you choose to focus on one—for example, if you're a marathon runner or a bodybuilder—you don't want to completely neglect the other.

Tip: Health experts recommend at least 150–300 minutes of moderate aerobic activity per week (or 75–150 minutes of vigorous aerobic activity) plus strength training to target all major muscle groups twice per week.

Most people divide up their workouts: They'll go for a run or a bike ride one day, and they'll lift weights the next. They might even try to vary a workout session by doing a little of each. But the reality is you can easily do a workout that gives you the benefits of both. Here's what three exercise experts recommend:

"You can train strength and cardio at the same time, but it's less about finding special 'hybrid' exercises and more about structure," says sports performance coach Bryce Holmes. "A resistance training program using high volume and short rest periods generally allows for adaptations in both areas."

In other words: If you do more reps and sets (higher volume) with a lighter weight, taking shorter breaks between your sets, you keep your heartrate elevated during your entire weightlifting workout—which gives you aerobic benefit. Instead of lifting a 50-pound weight five times, you could lift a 25-pound weight twenty times.

Lois Manzella Marchitto, a personal trainer and the founder of Fitness Knocking, echoes this sentiment. "Most weight training can be made into cardiovascular training by limiting the time of rest in between sets," she says. She recommends:

Squats, Pushups, Glute Bridges, Reverse Lunges

The exercises act as bodyweight calisthenics you can do to work both your cardiorespiratory system and your major muscle groups.

Finally, don't assume every cardio workout strictly uses your lower body—workouts like swimming and rowing work your arms, shoulders, and chest. Nutrition and lifestyle coach Dr. Shawn M. Talbott says a mere 20–30 minutes on a rowing ergometer will hit all your major muscle groups in a time-efficient way. "As a former elite-level rower, and former rowing coach, I can tell you that there really is no better exercise that combines cardio and strength in one activity—and it is low-impact and can be completed by anyone at any age," he says.

So, whether you speed up your strength workouts, do calisthenics, or hit the rowing machine, you can build up muscles while working your heart and lungs at the same time—no need to choose one or the other!

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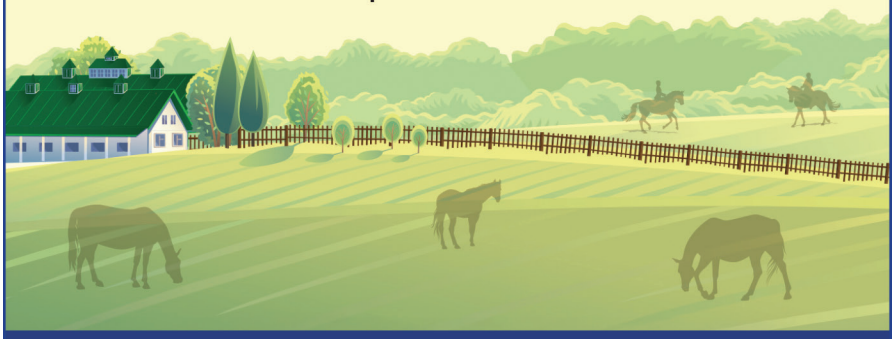

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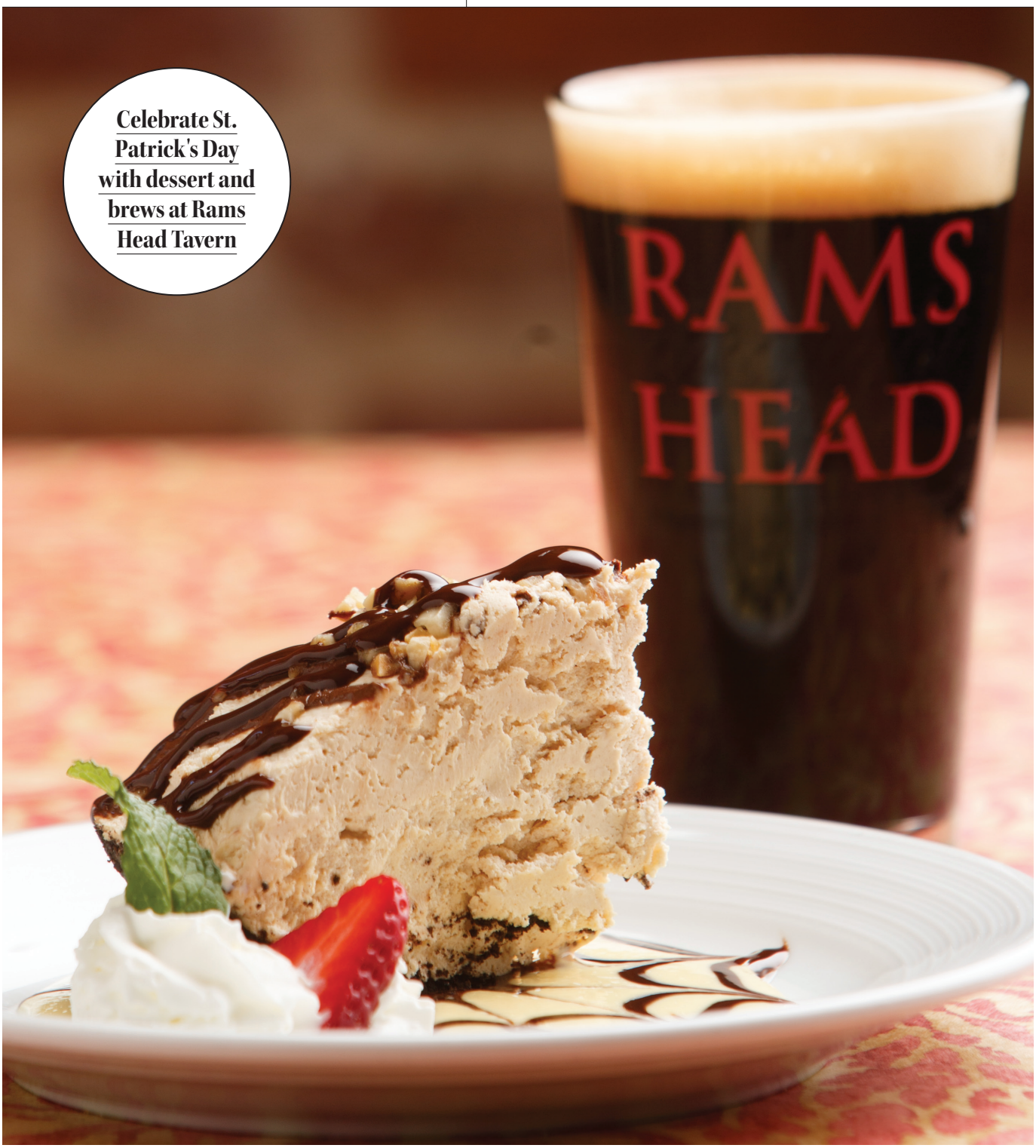

Celebrate St. Patrick's Day with dessert and brews at Rams Head Tavern

Photography by Tony Lewis, Jr.



Feeling Lucky

A FEW OF OUR FAVORITE IRISH RESTAURANTS AND PUBS TO ENJOY THIS MONTH

By Cali Schwerdtfeger and James Houck

If you're feeling the siren's song of Irish fiddles and singalongs pulling you toward good food, camaraderie, and St. Patrick celebrations, but unsure where to go, we have a list of super spots to fulfill your Emerald Isle dreams.

The following restaurants and pubs span Greater Annapolis and Anne Arundel County, so if you're planning to make one or several spots your destination for a celebratory time (and a couple Guinness pints), we encourage you to plan ahead, make ride arrangements, and/or book adjacent lodging. In Downtown Annapolis, for example, there are excellent accommodations available and easy ride-hailing options (Uber, Lyft), making a night on the town that much safer.

SO, FOR SOME IRISH-THEMED FUN, WE MIGHT GO TO…

Galway Bay Irish Restaurant & Pub – 63 Maryland Avenue, Annapolis • 410-263-8333 • galwaybaymd.com. An Irish staple in Annapolis since 1998, Galway Bay delivers a true Irish pub experience built on traditional hospitality. Step inside and you'll feel as though you've landed in Ireland, surrounded by warm ambiance and a menu packed with classics like fish and chips, shepherd's pie, and a legendary corned beef Reuben. Its reputation speaks for itself, voted Best Irish Pub year after year, featured on Diners, Drive-Ins and Dives, and recognized globally for its Irish whiskey program. Not hungry? No problem. Galway Bay's Irish Whiskey Bar Experience boasts Maryland's largest selection of Irish whiskeys, making it a must-visit this March and beyond.

Castlebay Irish Pub – 193A Main Street, Annapolis • 410-626-0165 • castlebayirishpub.com. If you're looking for classic Irish food and a perfectly poured pint of Guinness, Castlebay is the spot. With moss-green walls, dark mahogany tables, and a warm, welcoming ambiance, it feels like stepping into a local Irish pub straight off the streets of Dublin. The traditional Irish fare delivers, while an attentive and friendly wait staff adds to the charm that makes Castlebay so inviting. And if Irish-style meals aren't your thing, no worries, Castlebay also offers American cuisine to fit the tastes of every guest. It's a cozy, authentic dining experience that brings a true taste of Ireland to Annapolis.

O'Brien's Oyster Bar & Seafood Tavern – 113 Main Street, Annapolis • 410-268-6288 • obriensoysterbar.com. Historically known as a place to grab a few beers, O'Brien's has evolved since into one of Annapolis' go-to spots for seafood. A classic Irish pub at heart, it's especially known for its crabcakes, rockfish, and crowd-pleasing seafood favorites that keep locals coming back. By day, O'Brien's offers a family-friendly atmosphere with great service and a menu that delivers. By night, its pub roots take over. Once the clock strikes 10:30 p.m., a line forms outside as patrons gather to unwind, grab a drink from the wide selection, and dance the night away. That balance is what makes O'Brien's a favorite for everyone.







Killarney House Irish Restaurant

McGarvey's Saloon & Oyster Bar – 8 Market Space, Annapolis • 410-263-5700 • mcgarveysannapolis.com. Since 1975, McGarvey's has been one of Annapolis' most beloved spots, equal parts Irish pub, raw bar, and late-night refuge. By day, locals gather over oysters and Maryland seafood favorites beneath stained-glass chandeliers and walls steeped in history. By night, the doors keep swinging as friends and sailors alike filter in for pints long after the kitchen closes. The laughter never fades, and neither does the sense of camaraderie. With hearty pub fare, a standout raw bar, and an atmosphere that feels timeless, McGarvey's isn't just a place to eat or drink—it's an Annapolitan rite of passage. The atmosphere never changes, whether it's lunchtime or last call.

Davis' Pub – 400 Chester Avenue, Annapolis • 410-268-7432 • davispub.com. An Eastport neighborhood staple with lounge roots dating back to the '40s, Davis' Pub remains true to its decades-old reputation as a watering hole with A-plus fare in the heart of the maritime community. Serving cold pints and warm grub, Davis' isn't pretentious or fancy—the corner pub with an Irish twist welcomes patrons to pull up a stool to the well-worn bar or grab a picnic table outdoors, weather abiding. Indoors or out, you'll enjoy wetting your whistle at Davis' "where there are no strangers, only friends you haven't met."

Rams Head Tavern – 33 West Street, Annapolis • 410-268-4545 • ramsheadtavern.com. A walk along the first block of West Street in Annapolis inevitably puts you in front of the esteemed Rams Head Tavern—a can't miss gastronomic and entertainment experience. While the main floor of the restaurant offers a lively atmosphere that's equal parts happening bar scene and sit-down, delicious dining, locals tend to find refuge in either the tucked-away downstairs pub—with a speakeasy vibe—or the outdoor wisteria-covered patio, where pints can be heard clanking the night away.

Killarney House Irish Restaurant – 584 W. Central Avenue, Davidsonville • 410-798-8700 • killarneyhousepub.com. Like an oasis in the glens of Ireland, Killarney House stands out as one of the few restaurants in the Davidsonville zip code. And it's a very good one. Purely Irish, the restaurant has a menu replete with staples like lamb shepherd's pie, pot roast, cabbage wraps, corned beef, meatloaf, and traditional Irish boxty, along with creative takes on seafood, sandwiches, and more. The spirits menu continues to grow, and now boasts 50-plus Irish whiskeys, including rare and exclusive releases. Killarney House is as authentic an Irish restaurant could be on this side of the Atlantic.



Brian Boru Irish Restaurant – 489 Ritchie Highway #103, Severna Park • 410-975-2678 • brianborupub.com. A jaunt along Route 2 north into Severna Park will take you to Brian Boru, a community hotspot for a very active atmosphere with live Irish music and entertainment Thursdays on through the weekend, plus an authentic menu of Irish favorites and signature drinks. The décor is warm and inviting with lots of wood finishes from foot to ceiling and Irish memorabilia adorning every wall. Brian Boru is a feel-good restaurant that embodies Irish culture.

Molloy's Irish Pub & Restaurant – 1053 Route 3 N., Gambrills • 410-451-4222 • molloysirishpub.com. In the heart of the Route 3 corridor that runs through Gambrills and Crofton sits Molloy's, a shining emerald of an Irish restaurant within a vast landscape of fast food chains. Step inside and you'll be transported from the bustle of traffic into an energic atmosphere where live music, pub darts, hearty fare (the fish and chips are done very well here!), and go-to libations (try a Molloy's Irish Ale) keep the party going into the wee hours (open 'til 2 a.m. every night).



Readers' Dining Guide

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

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Bread and Butter Kitchen
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Carrol's Creek Café
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Killarney House
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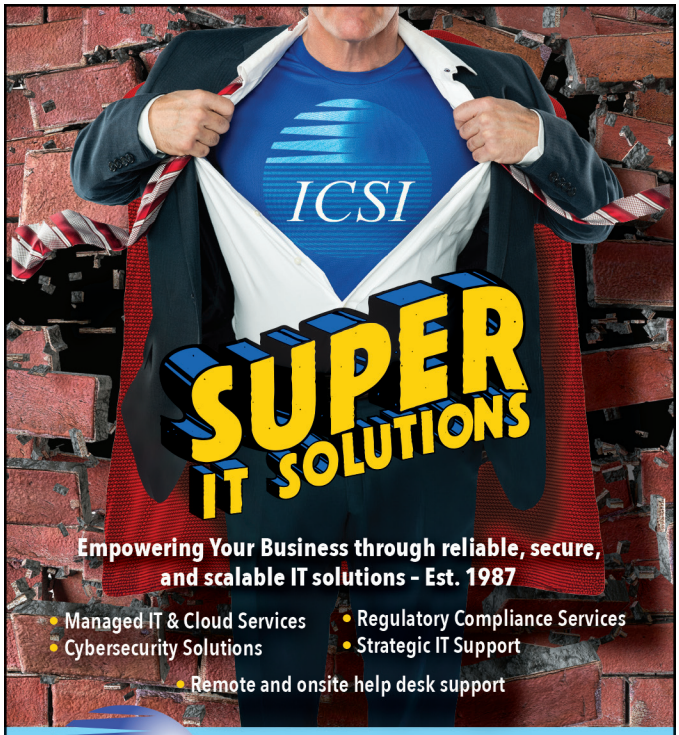

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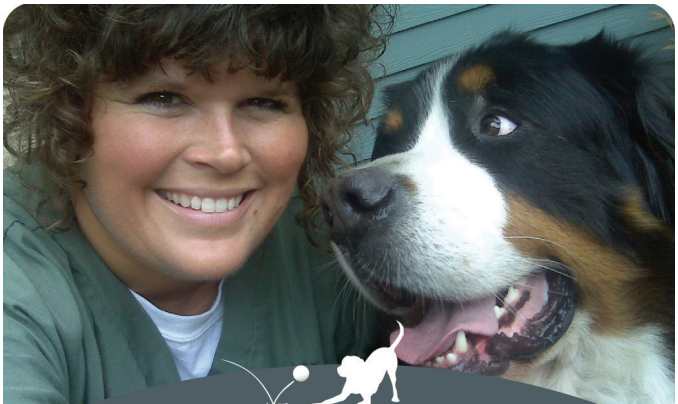
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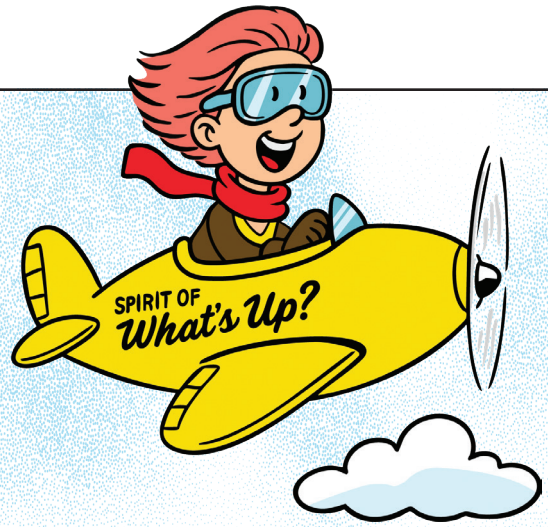

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