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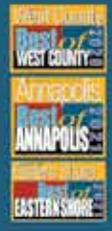
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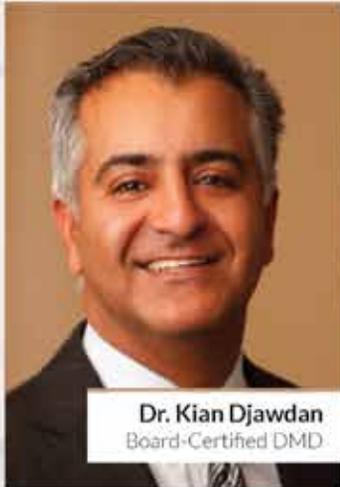
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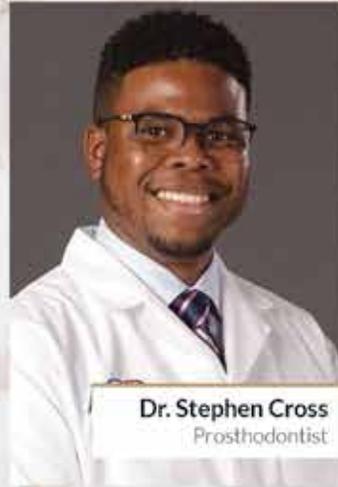
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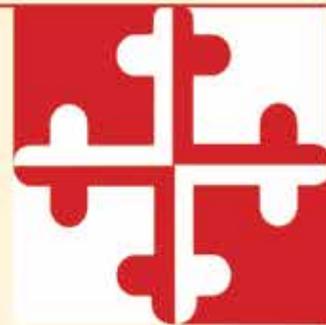
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**On the Cover:** Step inside a Magothy River waterfront, architectural stunner; this month's featured home. Photograph by A Digital Mind. Design by August Schwartz. Contact *What's Up? Central Maryland* online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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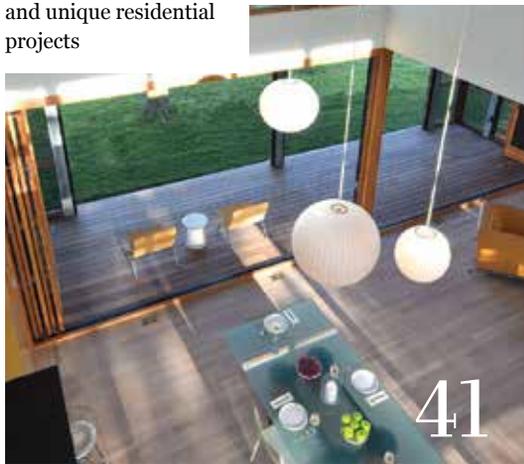
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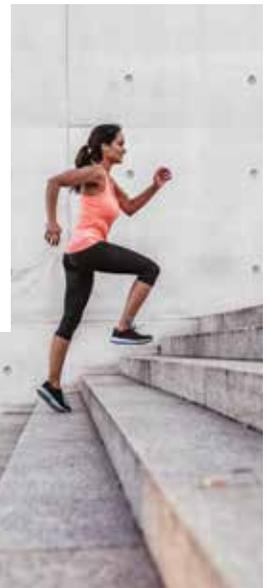
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COMING UP IN  
MAY 2022

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# editor *From the*

An example being when the digital age came roaring in the early-mid 2000s, we came online with it; and we're working harder than ever to adapt with new technologies and opportunities. While print is our bread and butter; digital is just as exciting. And our intent is always for your delight.

Because trends and tastes migrate between the print and digital realms, we're growing our full suite of digital content applications, promotions, and social media ventures. Did you know that we have e-newsletters available, delivered to your email inbox at about 2 p.m. daily? They're fun and feature: public and private news; promotions and reader contests; click-through services; and awesome entertainment and recreational ideas to fill your calendars. Our Instagram channel highlights inspiring images and announcements, while Facebook offers a platform to provide instant feedback to your questions and fosters dialogue about community topics of interest. We're also planning exciting digital events and video campaigns. So hit us up! Subscribe and join the What's Up? Media channels for free by visiting [Whatsupmag.com](http://Whatsupmag.com) or searching our handle on various platforms: @whatsupmags.

Constant change. Seems like a fitting theme for March. Besides obvious and cliché metaphors about wonderful or wicked weather that we'll likely experience this month—that which straddles winter and spring—there are social and economic forces at play in our everyday lives. Variables that challenge us to evolve. What am I getting at here?

For starters, this print magazine is a good agent of change, in and of itself. It's chock full of articles, content, and advice that I hope you'll enjoy reading and employ as the seasons transition. Articles about home and health are important this time of year as we clean up our properties and priorities. We also examine the real estate market and how to work it, investment-wise. We have a good dose of environment and recreation; read about historic reflections and everyday opportunities that the Choptank River provides. Ditto for a very personable piece on the history of lacrosse in Maryland. For our Annapolis edition, we interviewed Mayor Gavin Buckley for his take on term two and what's new. On the Shore, we visit the Town of Denton to explore its past roots and contemporary culture. In Central Maryland, we offer our annual day- and overnight-camp guide to help you plan your kiddos' summer. There's all of this and that and more packed into this month's issues. And all articles are online at [Whatsupmag.com](http://Whatsupmag.com), in case you'd like to read the few that aren't specific to the magazine you hold in your hands.

As we approach our 25th anniversary, we're sometimes asked "How'd you do it; how'd you manage this for so long?" And one of the answers is that we're always evolving.

Constant change.  
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James Houck,  
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# Out on the **Town**

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## **The Beatles LOVE Cirque du Soleil**

Cirque du Soleil is bringing a new form of entertainment to MGM National Harbor. John, Paul, George, and Ringo changed the world with love as The Beatles and now Cirque du Soleil is going to continue their legacy. With 360-degree seating, *The Beatles LOVE* by Cirque du Soleil tells a unique story from every angle, while a three-time Grammy winning soundtrack sets the backdrop for thrilling aerial acrobatics, colorful new imagery, and reimagined choreography. There are 1 or 2 show times most days through March. Get your tickets today at [mgmresorts.com](http://mgmresorts.com).



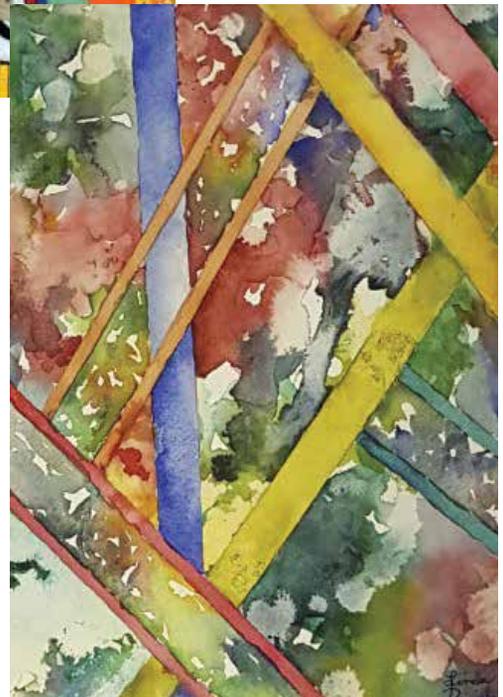
## DC ON THE HALF SHELL

The Chesapeake Bay Foundation is hosting DC on the Half Shell, a biennial gala to present the Environmentalist of the Year award to former CBF President Will Baker. The event will be on March 14th at Dock 5 at Union Market in D.C. or virtually from anywhere. As well as raising a glass to Will Baker's remarkable career, Hilary Harp Falk will also be welcomed and introduced as CBF's new president and CEO. Find more information at [cbf.org](http://cbf.org).



## ↑ Art Quilts: A Retrospective

Art Quilts: A Retrospective exhibit will be coming to Wilde Lake Community Association's Slayton House in Columbia from March 15th through April 25th. Patricia Yolande Ciricillo, who passed away just last year, loved music, art, travel, and her family. She had a strong social conscience and participated in numerous activities of social justice advocacy. After a career serving others in nursing, she dedicated her time to creating beautiful quilts. She continued to stay true to her social conscience through her art by crafting quilts around hurricane Katrina, the death penalty, and peace. Find more information at [wildelake.org](http://wildelake.org).



## ARTISTS GALLERY 2022 JURIED SHOW

Visit the Artists' Gallery on Main Street in Ellicott City for their 2022 Juried Show. The show will run from March 1st through March 27th. All of the artwork has been submitted by visual artists in the area and will be on display and available for online purchase on their website. Award winners will be displayed in the physical gallery. Find more information at [artistsgalleryec.com](http://artistsgalleryec.com).

## ↑ Baltimore Watercolor Associate Member Exhibit

The Baltimore Watercolor Society is having a member exhibit at the Wilde Lake Community Association, Slayton House in Columbia. The exhibit will be open Monday through Friday beginning through March 11th. The exhibit will include a Juror of Awards and is the perfect reason to get out of the house and shake off the winter's cold. Find more information about this event at [wildelake.org](http://wildelake.org).



## ↑ Maryland Day

Celebrate Maryland Day Weekend in Annapolis and southern Anne Arundel County. Maryland Day Weekend will commence Friday, March 25th through Sunday, March 27th. The Maryland Day celebrations will honor local history, culture, and heritage of the region. This is a collaborative event for partner sites to offer events and activities to the public for \$1 or free. Plan your visit to sites in Annapolis and the county by visiting [marylandday.org](http://marylandday.org).

## ARTFEST

ArtFest showcases the arts at Maryland Hall in Annapolis like no other day. ArtFest is back March 27th from 1 to 4 p.m. This free event will showcase all the art on exhibit at Maryland Hall and will be a part of the Maryland Day Weekend celebration. Find more information at [marylandhall.org](http://marylandhall.org).

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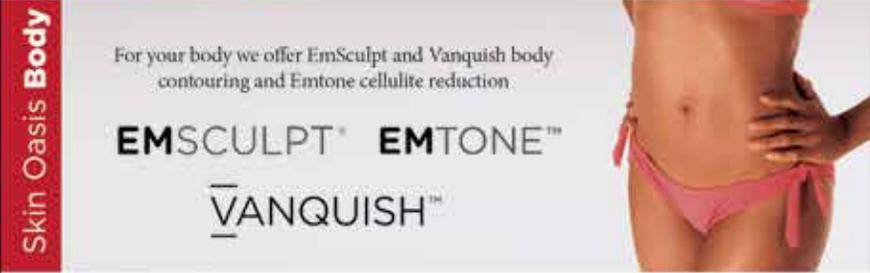
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## Polar Bear Plunge

The Special Olympics Polar Bear Plunge has been rescheduled from January to March 24th through 26th. The Plunge will be held at Sandy Point State Park in Annapolis. The plunge for teachers, coaches, or students as a school activity, the Cool Schools Plunge, will be March 24th; the plunge for law enforcement, military, fire/EMS, and first responders, the Police Plunge, will be March 25th as well as the Corporate Plunge; and the largest plunge in the world, the 26th Annual MSP Polar Bear Plunge, will be on March 26th. Find more information at [plungemd.com](http://plungemd.com).

## ST. PATTY'S DAY AT GUINNESS OPEN GATE BREWERY ↓

The Guinness Open Gate Brewery in Halethorpe is hosting a month-long celebration for St. Patrick's Day. The events will have free entry for all with festivities taking place over the first 16 days of March every Thursday through Sunday. There will also be special hours on St. Patrick's Day from 10 a.m. to 10 p.m. Highlights of the events will include limited edition beer releases each week, merchandise, live music, an Irish Village lawn takeover with immersive experiences and special menus, including a secret one entirely in Gaelic. This event is in honor of the holiday as well as Guinness's commitment to give back to the community. Donations will be made to community partners Sharp Dressed Man and Civic Works Real Food Farm. Find more information at [guinnessbrewerybaltimore.com](http://guinnessbrewerybaltimore.com).



## ↑ ANNAPOLIS OYSTER ROAST & SOCK BURNING

After a hiatus during the pandemic, the Annapolis Oyster Roast & Sock Burning is back to celebrate the maritime culture of the Eastport community and all things Chesapeake.

The event will be held on Saturday, March 19th from noon to 4 p.m. at the Annapolis Maritime Museum. This authentic ritual of burning socks started in Eastport to kick off the Spring Equinox. Tickets and more information can be found at [amaritime.org](http://amaritime.org).

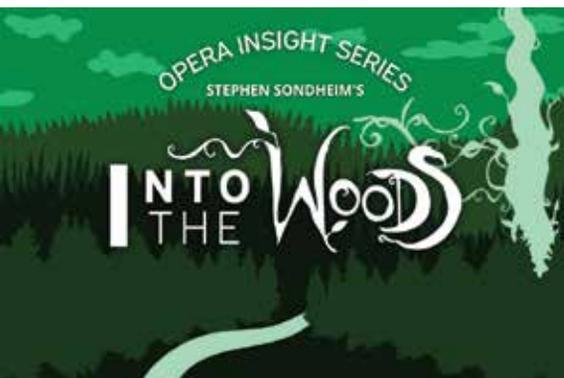
## Maryland Home & Garden Show

Over 500 unique home products and services are going to be at the Maryland Home & Garden Spring Show on March 5th through 13th at the Maryland State Fairgrounds in Timonium. In addition to the unique products and services, there will be 17 beautiful gardens, crafts, an orchid show, how-to clinics, celebrity home experts, and more. The show will be open Saturday from 10 a.m. to 8 p.m., Sunday 10 a.m.–6 p.m., and then closed Monday through Thursday before opening again Friday 10 a.m.–6 p.m., Saturday 10 a.m.–8 p.m., and Sunday 10 a.m.–6 p.m. Find more information at [mdhomeandgarden.com](http://mdhomeandgarden.com).



## THE LONDONTOWNE SYMPHONY ORCHESTRA: ALL TOGETHER NOW

The Londontowne Symphony Orchestra, directed by music director/conductor Dr. Anna Binneweg, is a community orchestra that provides high quality classical music to mid-Maryland audiences. This orchestra is made up of professional, military, amateur, and student musicians. The orchestra will be performing *All Together Now* on March 26th at 7:30 p.m. at Maryland Hall in Annapolis. Find more information at [marylandhall.org](http://marylandhall.org).



## ↑ Annapolis Opera: Into the Woods

Happily-ever-after comes at a price when classic fairy tales collide! Annapolis Opera is performing *Into the Woods* on March 18th at 7:30 p.m. at Maryland Hall in Annapolis. What do a cow as white as milk, a cape as red as blood, hair as yellow as corn, and a slipper as pure as gold have in common? A baker and his wife's wish for a child lead them Into the Woods on a magical journey to reverse a curse. Along the way they meet two princes, Red Riding Hood, Jack (and the Beanstalk), Rapunzel, and Cinderella, each pursuing their own wish, in Stephen Sondheim's magical tale of love and adventure. Find more information at [marylandhall.org](http://marylandhall.org).



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# Greater Crofton Community Awards Celebration

On November 3rd, the Greater Crofton Chamber of Commerce hosted its highly-anticipated annual celebration that pays tribute to individuals who have made significant contributions to the community. The event was held at Blue Dolphin Seafood Bar & Grill in Gambrills and featured remarks from local leadership, an awards ceremony, and dinner. The 2021 awardees included: Mathew Fine (Crofton Athletic Council, Cardinal of The Year); Melanie Smith (Crofton Civic Association, CCA Citizen of The Year); Dennis M. Green & Tina N. Simmons (Linthicum Walks, Volunteers of The Year); Robert Smith (Crofton First, Citizen of The Year); Beth Ross (Crofton Christian Caring Council, Distinguished Volunteer Award); Scott Taggart (Greater Crofton Chamber of Commerce, Business Leader of The Year); County Councilman Andrew Pruski (Greater Crofton Council, 2021 Citizen of The Year); Caden Brian (Arundel Volunteer Fire Department, Unsung Hero Award); and Sally Moore (Crofton Village Garden Club, The Bernie Robertson Award). Congratulations!

Photography by Stephen Buchanan.





**TOWNE SOCIAL**

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## Centennial Celebration

On November 13th, St. Vincent Pallotti High School hosted its Centennial Celebration event at the school's campus in Laurel. At the cocktail attire event, guests enjoyed drinks, dinner, a student musical program, guest speakers, and video messages from students past and present.

Photography courtesy St. Vincent Pallotti High School.





TOWNE SALUTE

# Ali Ghaffari

## Divine Mercy Academy

By Lisa A. Lewis

**A**lthough Ali Ghaffari envisioned himself in various roles as he contemplated his path in life, including an astronaut or a professional hockey player, he never imagined that he would one day found a school and serve as the headmaster. But his desire to provide his children with a classical liberal arts education inspired him to start Divine Mercy Academy. Indeed, the founding of the school marks an exciting new chapter in his life, and he embraces the opportunity to serve the community.

Located in Pasadena, Divine Mercy Academy, a private classical liberal arts school in the Catholic tradition for students in kindergarten through eighth grade, officially opened its doors in 2019. The school prides itself on its mission “to foster a love for truth, beauty, goodness, and learning by providing students with a foundation of wisdom and virtue.” Enrollment has grown from 19 students during the 2019–2020 academic year to 45 students during the 2020–2021 academic year. The current enrollment is 90 students.

“I decided to start Divine Mercy Academy because I wanted my children to receive a classical liberal education,” Ghaffari says. “I was especially inspired by St. Jerome’s Academy in Hyattsville, which is a

national leader in classical liberal education. I think that this particular type of education elevates intellect and makes learning fun. That is what I wanted for my children, so I felt that I had to start the school for them.”

As the founder, headmaster, and president of the board of directors of Divine Mercy Academy, a nonprofit educational institution, Ghaffari is actively involved in every aspect of the school and is dedicated to its success. He is guided by his personal philosophy that no one should feel that they are too good to do any job—no matter how big or how small.

Not only does Ghaffari complete top-level duties, including administration, planning, financial management, interviewing, hiring, and training, to ensure the successful operation of the school, but he also performs other tasks as needed. It’s not unusual to see him teaching classes, visiting the classrooms to interact with students, playing with students at recess, cleaning classrooms, or even taking out the trash. And all of the work that Ghaffari does for Divine Mercy Academy is voluntary; he does not receive a salary. Motivated by a strong desire to serve the community, his all-in attitude exemplifies the true spirit of volunteerism, and he is always willing to help in any way that he can.

“Mr. Ghaffari is the ultimate volunteer leader in every sense,” says Kelly O’Connor, a choral and instrumental music instructor at Divine Mercy Academy. “He approaches leadership with a ‘team member attitude.’ I feel extremely supported in my work and am impressed with his ever-positive attitude of joy and effort—even amid the tremendous adversity [associated with] starting a school and [the effects] of the pandemic. I am most grateful for the impact that his personal leadership has on the students as they see him live the example of our educational philosophy every day. He loves and cares about everyone and challenges us to be the best version of ourselves.”

Although Divine Mercy Academy is a new school that is still in the early stages of growth, Ghaffari has already seen a lot of progress. He believes that it’s important to continue to work towards accomplishing its goals and fulfilling its mission. And he has definite plans for the future of the school.

“We would love to see Divine Mercy Academy grow to its full size of approximately 290 students while still embracing our school culture of being one big family,” Ghaffari says. “We also want to become a national leader in classical liberal education and serve as a model—a school where people want to enroll their children, a school that inspires families to relocate here from other parts of the country.”

A recently retired naval officer whose career spanned 20 years, Ghaffari flew F/A-18 jets and also taught leadership classes at the United States Naval Academy. He currently lives in Severna Park with his wife, Mary, and their children, Reyna, 13; Kaelyn, 11; Natalie, 9; Barry, 5; and Kinslee, 3.

“We started Divine Mercy Academy to make an impact in the community and change people’s lives,” Ghaffari says. “I love when parents tell me about the positive changes they see in their child and how much we are making a difference. If you light a match in the darkness, you see a dim flicker. But if several other people light a candle from that match, the light shines brightly. I want Divine Mercy Academy to be a beacon of light that spreads love, joy, and beauty to others.”

*For more information about Divine Mercy Academy, visit [divinemercury.md](http://divinemercury.md).*

**Do you have a volunteer to nominate? Send What’s Up? an email to editor@whatsupmag.com.**



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For more information, please visit:

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## AACC Foundation Gifts Clauson Center to College

AACC Foundation gifted and dedicated the Clauson Center for Innovation & Skilled Trades to Anne Arundel Community College on December 16th. The event included a ribbon cutting in addition to recognizing and thanking donors, Board members, business and community leaders, AACC faculty and staff, and partners for their support in making the new facility a reality. The 11,300-square foot Clauson Center was built “by the community, for the community,” as AACC’s first building to be funded solely through philanthropy. Through the generosity of approximately 200 donors, the AACC Foundation secured over \$4.25 million in private contributions to construct the building, including a lead donation made by Janet and James Clauson, for whom the building was named. The building opened to students studying electrical work, forklift operations, HVAC, plumbing, welding, framing and finish carpentry, general contracting and more in January. “By expanding our workforce development programs, we can support the needs of our employers and our local economy while helping people start and maintain successful careers,” said Dr. Dawn Lindsay, president of AACC. For more information, visit [aacc.edu](http://aacc.edu).

### LOCAL ENT PRACTICES MERGE

For those who haven’t heard the big news, Anne Arundel Ear Nose & Throat (AAENT) has officially merged with Severn River Ear Nose & Throat (SRENT), becoming Anne Arundel ENT & Facial Plastic Surgery and Severn River MediSpa & Laser Center. Dr. Rob Meek, the medical director at AAENT, and Dr. Kleiman, the medical director of SRENT, found from years of collaborating, that they share the same philosophy of care and high standards of skill and excellence in each of their surgical practices. In fact, the two doctors have long been respected colleagues and friends of one another and have been partners at the Arundel Ambulatory Surgical Center for over 16 years. As a combined practice, they excitedly welcomed the addition of a new physician to their team, Dr. Brandon Wachal. To learn more about the merged practice, visit [aentmd.com](http://aentmd.com).

## 2022 CIAA HALL OF FAME CLASS ↓

The Central Intercollegiate Athletic Association (CIAA), the nation’s oldest historically Black athletic conference, inducted the 2022 John B. McLendon Hall of Fame Class in February. The CIAA recognizes inductees for their excellence in the conference, significant contributions in the community, leadership within CIAA athletics, and commitment to the conference mission. This year’s class features six inductees and include: Gregory Goings (Bowie State University), Andre’ Altice (Shaw University), Dr. Beverly Downing (Livingstone College/Saint Augustine’s University), Greg Jackson (Saint Paul’s College/North Carolina Central University), Amba Kongolo (North Carolina Central University), and Jamie Waller (Virginia Union University)



## Glenelg Country School Has New President ↓

Exactly one year ago, the Glenelg Board of Trustees unanimously selected Matt Walsh to succeed former Head of School Greg Ventre, who retired last June. Walsh previously served as president and head of school at Pulaski Academy in Little Rock, Arkansas. Walsh officially began his tenure on July 1 and quickly acclimated to the Glenelg community this school year. “The Board emphasized strengthening the community and continuing to bring it together,” Walsh said. “They were also looking for someone who could adapt to their school culture and can move the school into the future.” Bradley Smith, board chair, in announcing Walsh’s selection, had this to say: “Matt’s experience and expertise as an independent school head make him an excellent choice for the job. His intelligence, integrity, energy, transparent communication style, demeanor, and collaborative nature, and warm and caring demeanor make Matt a great fit for our GCS community.” Learn more about GCS at [glenelg.org](http://glenelg.org).





## ↑ THE WELL EXPANDS

The Well recently hosted an open house to showcase and offer tours of the organization's expanded Hon's Honey production site and The Well's programming. Hon's Honey also had a pop-up shop for holiday shopping. As part of the event, the space was officially commissioned. The space will double the production space for Hon's Honey and the capacity for staff and programming by 40 percent. The Well is a community of women committed to transforming lives through long-term relationships, practical programs, and the healing power of love. It is a nonprofit, 501c3, organization operating in Curtis Bay and serving the greater Central Maryland corridor. For more details, visit [drinkatthewell.org](http://drinkatthewell.org).



## Regal Ribbon Cutting

Regal Paint Centers recently cut the ribbon and opened a new location at the Crofton Center. The independently-owned paint and decorating retailer specializes in premium, commercial, and industrial coatings. The center's new address is 1637 Crofton Center, Crofton. Additional locations are in Annapolis, Frederick, and the greater D.C. region. To learn more, visit [regalpaint-centers.com/pages/crofton](http://regalpaint-centers.com/pages/crofton).

Do you have community or business news to publicize? Send What's Up? an email at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

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[indiancreekschool.org/summer](http://indiancreekschool.org/summer)



TOWNE ATHLETE

# Myles Fulton

Old Mill High School  
Football, Baseball

By Tom Worgo

**O**ld Mill senior Myles Fulton looks like the ideal quarterback. Fulton is 6-foot-5 and 200 pounds with an extremely strong arm and excellent mobility. However, he didn't get much of a chance to showcase his skills during his first two years as a starter for the Patriots. Old Mill employed an I-formation offense, which emphasized running the ball—over and over again.

Fulton threw only 10 touchdowns combined during his sophomore and junior seasons. "My highest TD game was two touchdown passes during my sophomore year against Annapolis," Fulton says. "We always had really good running backs and a really good offensive line. We would just dominate teams on



**HE IS REALLY ABLE TO SHOW OFF HIS STRENGTHS. YOU CAN SEE IT WHEN HE PLAYS THAT HE HAS A LOT OF CONFIDENCE."**

the ground. I don't have a problem with it because we would just keep winning."

Things changed when Mike Pfisterer took over as head coach in the offseason. Pfisterer runs a spread offense, which features multiple wide receivers. This has Fulton throwing the ball a lot every game. He's dying for the chance.

"I have been working on my passing for so long," says Fulton, a Severn resident who also plays baseball for Old Mill. "I never really got the chance to throw the ball as often as I wanted to. Now, we are opening up the offense."

Indeed. Fulton and the Patriots are thriving using the spread. At the time of this writing, he's thrown 17 touchdowns and only two interceptions as Old Mill got to an impressive 5-1 start.

"He knows he is able to really show off his strengths this year," Pfisterer says. "He has a really strong arm. He can throw the deep ball accurately as well as intermediate throws. He can run if he needs to. He has the whole package."

The 17-year-old Fulton says being able to showcase his skills has put him in a position to play college football. It's always been a huge goal. He has been recruited by Saint Francis, Towson, and Bowie State. "I think it has put me in a major position to get a scholarship to go

play football in college," says Fulton, who carries a 3.4 grade-point average. "All these college coaches are texting me now. That wasn't the deal before."

Pfisterer adds, "He definitely has piqued the interest of a lot of college coaches. His arm strength is the best I have seen in 18 years of coaching."

Fulton was determined to put himself in a position to get noticed this past summer by attending football camps. He attended camps at Fordham, James Madison, Towson, Stonebrook, Maryland, and Frostburg. The previous two summers, he went to two camps each year.

"I had no colleges looking at me, so I just wanted to get my name out there," Fulton says. "Going to these camps helped me in a lot of ways. I am a much better quarterback. I have become a smarter quarterback. I really improved my footwork. I have never worked on football as much as I did this summer."

Clearly, Fulton has elevated his play in 2021. He threw five touchdowns passes and for 293 yards in a romp over Meade in early October. In a mid-September game, he completed 14 of 20 passes for four touchdowns and 248 yards.

"He is like a coach on the field," Pfisterer says. "He is really able to show off his strengths. You can see it when he plays that he has a lot of confidence."

Fulton's skills can't be overlooked on the baseball field, either. He plays center field and batted .407 last year with a .484 on-base percentage. "He is every bit as gifted in baseball as he is in football," Old Mill Baseball Coach Charlie Chaffin says. "Everybody who sees him who is deeply into baseball, their eyes just open at his talent. He has everything you want in a baseball player: size, speed, good instincts, and a great arm. He could absolutely play college baseball."

**Do you have a local athlete to nominate? Send What's Up? an email to editor@whatsupmag.com.**



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*From left to right: Attorney Laura T. Curry, Jon J. Gasior and Alexander M. Pagnotta  
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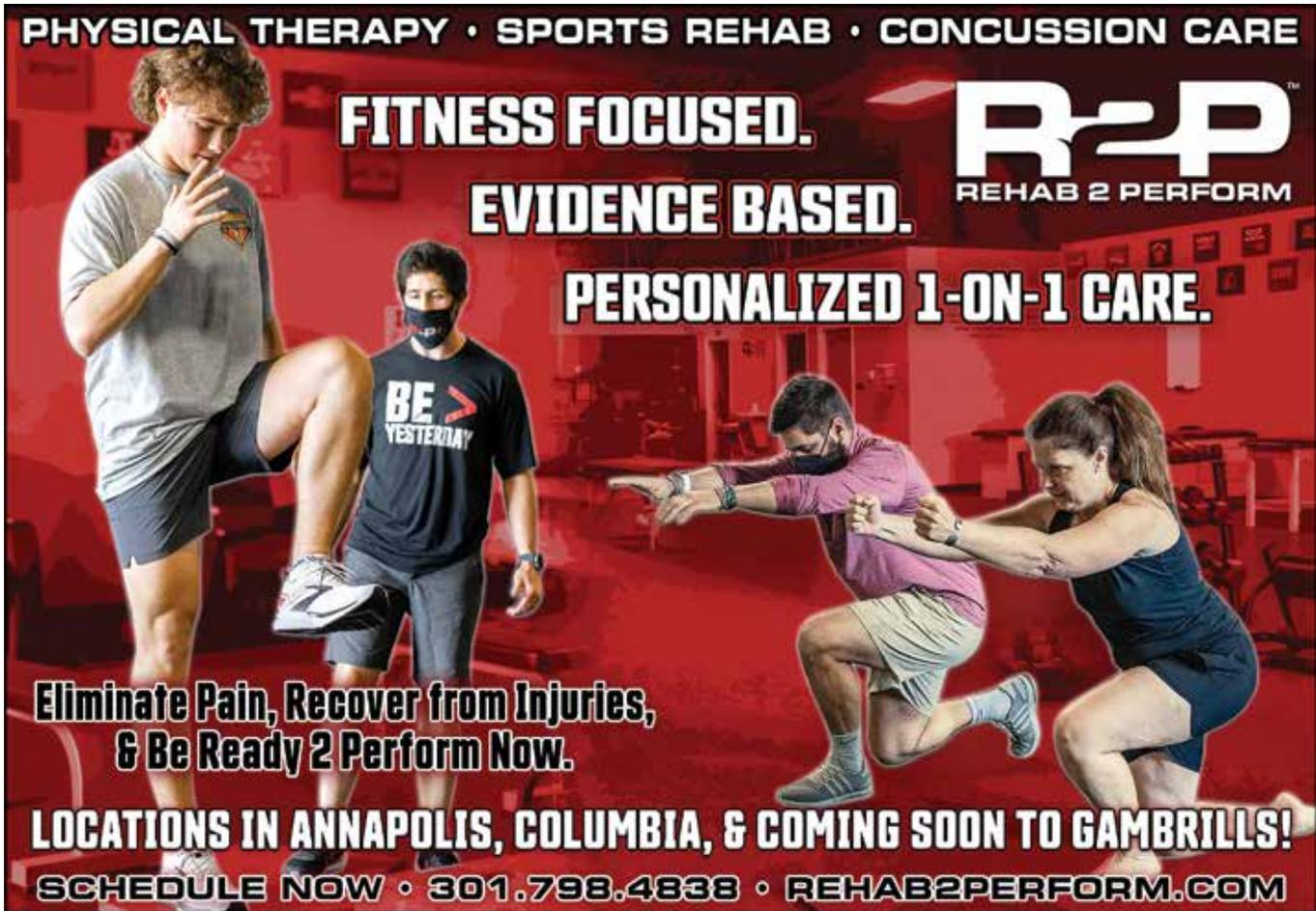
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TOWNE INTERVIEW

# Angel Reese

## Star Guard for Maryland Terrapins Women's Basketball

By Tom Worgo

Photography courtesy University of Maryland

University of Maryland sophomore guard Angel Reese grew up in a basketball intense household. Her parents played basketball both in college and professionally overseas. Angel's two brothers have also competed at the Division I college level. Her 18-year-old brother Julian, a freshman, is on the Maryland's men's basketball team. So, there's a sibling rivalry of sorts.

"Everything was always competitive with my younger brother," says Angel, 19. "We had a basketball court in front of our house, and it was always very competitive and intense. We played all the time together. It helped shape me to who I am now."



**MY COACHES AND TEAMMATES EXPECT A LOT OUT OF ME. ONE THING I CAN REALLY BRING IS ENERGY. THAT IS ONE OF THE THINGS I LEARNED LAST YEAR WHEN I WASN'T PLAYING. THEY FEED OFF MY ENERGY AND IT'S EXCITING."**

It made 6-foot-3 Reese, a sophomore guard/forward into a dynamic player. Early in the season, she led the Terrapins in points, rebounds, and steals. That came after a sophomore year in which she averaged 10 points and six rebounds in 15 games, mostly coming off the bench. A foot injury kept out of the lineup for a few months.

Reese was the highest-rated player ever to commit to Maryland. ESPN ranked as the No. 2 overall recruit in the country. At Saint Frances Academy in Baltimore, she led the team to four straight Interscholastic Athletic Association of Maryland A Conference championships.

We talked to Reese about how basketball ran in her family, her relationship with Julian, being a vocal and energetic player, and what she wants to do after college.

### **What was it like growing up in a basketball household?**

Everything was just competitive. Our basketball court in front of the house had to be taken away because we were just so competitive. Everything was just always *win, win, and win*. My younger brother didn't want me to be better than him. We used to argue and say, "Who is taking the shots?" But it really helped my game.

### **Your brother is playing at Maryland, too. What does that mean to you? It must be special?**

It's great because my mother can come to all the games. It's just great to have Julian here. We learn from each other. We talk to each other before games and after games to see what pointers we can give each other. It's fun and so great.

### **You all hang out together on campus? What type of things you do together?**

We usually hang out in each other's rooms. He has a dog, so I will go hang out with his dog. We also see each other in the gym, and we will eat dinner together sometimes.

### **Maryland Coach Brenda Frese has been one of the country's top coaches and she won a national championship. How would you describe your relationship?**

We have a great relationship. We bump heads sometimes, but we always come back together so she knows what's best for me. We really listen to each other. She is always there for me.

### **Your scoring is way up over last year. What has been the key to elevating your game?**

My teammates are getting me the ball more and I am taking advantage of that. I didn't get to show much last year and think I just focused on things



mentally and being positive, and being able to get through adversity if I faced it.

**You play with a lot of energy. Can you talk about that?**

My coaches and teammates expect a lot out of me. One thing I can really bring is energy. That is one of the things I learned last year when I wasn't playing. They feed off my energy and it's exciting.

**You are a vocal player. Does that help your teammates?**

I give the freshman some confidence. I tell them you are going to make some mistakes, but it will be okay. It's a big-time atmosphere to be in. They are going to be nervous and miss shots.

Mentally, you have got to have a short memory for things like that.

**You were ranked as the nation's No. 2 recruit coming out of high school. The list of schools recruiting you seemed endless. Why Maryland over other schools?**

It is close to home, and I like the family atmosphere. Coach Frese had a vision of what she wanted for me: That's to be in the WNBA, and also to win a national championship. The girls on the team are so nice and cool. I felt they were like my sisters from the beginning. Everything just fits for me. My other top schools were South Carolina, Tennessee, USC, and Syracuse. Everybody was telling me I was going to be a star.

**After last year playing with no fans. Is it exciting to play in front of big crowds this year?**

Yeah, it is really fun. Having all those people there is great. I love having all my friends and family there. I appreciate the support.

**What do you want to do after you graduate from college?**

I want to play professional basketball and go to the WNBA. After that, I want to be a commentator on TV. My major is communications. I have talked with Christy Winters Scott, who is a Maryland grad and has done broadcast work for ESPN and the The Big Ten Network. I have talked to her about doing an internship next summer.

## NCAA March Madness

At the time of this writing the Maryland Terrapins Women's Basketball Team was ranked No. 12 in the AP Top 25 national poll. Expect to see Angel Reese and her teammates compete in the NCAA Women's Basketball Tournament this month, when the opening round games tip off on March 16th. Games continue weekly, through the Final Four/Championship weekend, which is scheduled April 1-3.

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WHAT'S UP? MEDIA



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## SUMMER CAMPS

✂ YOU SHOULD KNOW ✂



At What's Up? Media we know that advance planning is the key to a successful publication and that same logic applies to summer preparations—especially when considering when and where to send the kiddos for summer camp. So, welcome to this year's summer camp guide, featuring a healthy list of regional options and a broad range of interests, including sports, art, maritime, environment, STEM, studies, and more. Plan now and get ready to enjoy summer!



## ANNAPOLIS MARITIME MUSEUM

**LOCATION:** Back Creek Nature Park Campus, 7300 Edgewood Road, Annapolis **CONTACT:** Gail Hutchinson, program@amaritime.org, 410-295-0104 x27; [amaritime.org/education/camps](http://amaritime.org/education/camps) **DATES/TIMES:** June 27th through September 2nd, Monday through Friday 9 a.m.-3:30 p.m.; extended care available for additional fees **AGES:** K-6th Grade; Volunteer and internship opportunities for older students **COST:** Museum members, \$295; non-members, \$335. Prices varies for specialty sessions, including half-day camp for our youngest explorers and Teen Travel Camp.

*Campers will get wet and muddy while exploring our Park campus with wooded trails, secluded coves, and marsh habitats along Back Creek. Come play in the woods and water, discover our maritime heritage, and become environmental stewards! Activities are designed specifically for each age group. Our youngest campers will enjoy animal investigations, water play, crafts, and stories, while older campers are challenged with additional adventures including kayaking and boating excursions, standup paddle boarding, and fishing.*

## ANNAPOLIS AREA CHRISTIAN SCHOOL SUMMER PROGRAMS

**LOCATION:** 109 Burns Crossing Road, Severn **CONTACT:** 410-257-3923; [aacsonline.org/summer-programs](http://aacsonline.org/summer-programs). Brian Dennstaedt, Summer Programs Director, summer@aacsonline.org **AGES:** 3.5-18 years **DATES/TIMES:** June 20th-August 5th **COST:** \$195-355/week

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## BALLET THEATRE OF MARYLAND

**LOCATION:** Ballet Theatre of Maryland, 1981 Moreland Parkway, Building 4A Bay 4, Annapolis **CONTACT:** Emily Brennan, [ebrennan@balletmaryland.org](mailto:ebrennan@balletmaryland.org), 410-224-5644 **DATES/TIMES:** June 20-24, 2021 (One Week Program) June 27-July 30 (Five or Three Week Programs) 9 a.m.-4 p.m. Monday-Friday **AGES:** 8-18 **COST:** \$400-2500 depending on program length

*The Summer Intensive is a unique opportunity for students ages 8 to 18 interested in a focused, comprehensive training program to make technical progress in classical ballet and contemporary dance forms, and repertoire. Classes, led by Ballet Theatre of Maryland's faculty and guest instructors, feature technique courses, acting seminars, choreography, and mini workshops. The goal of the Summer Intensive is to further students' dance technique and artistry, creating well-rounded dancers and individuals.*

## BOYS' LATIN SUMMER LACROSSE CAMPS

**LOCATION:** The Boy's Latin School of Maryland, 822 W. Lake Avenue Baltimore **CONTACT:** [boyslatinmd.com/blsummer](http://boyslatinmd.com/blsummer) or Brian Farrell [bfarrell@boyslatinmd.com](mailto:bfarrell@boyslatinmd.com) **DATES/TIMES:** June 12 - June 16th, 5:30 p.m.-8:30 p.m. (Grades PreK-5), June 13th through 16th, 9:30 a.m.-12 p.m. (Grades 6-8) **COST:** \$290

*Boys' Latin is thrilled to offer two lacrosse camps this summer run by our Head Varsity Lacrosse Coach, Brian Farrell. Our Laker Lacrosse Camp is designed for boys in grades Pre-K - 5 who are just getting into the game or are looking to have some fun and improve. Each day will be filled with the teaching fundamentals as well as competitive drills and games! Our ten-star lacrosse camp will focus on experienced middle school players who want*

*to improve their games. The camp features high-quality coaching from some of the best players in the game and some of Boys' Latin's finest alumni. Each day will concentrate on individual skill development and feature competitive "Free Play" sessions.*

## BCA ELITE GIRLS LACROSSE CAMP

**LOCATION:** Whitmarsh Park, Bowie **CONTACT:** Collin Meerholz [collin@bcaelite.com](mailto:collin@bcaelite.com); [www.bcaelite.com/summer-camp](http://www.bcaelite.com/summer-camp) **DATES:** June 27-30, 9 a.m. - 3 p.m., thursday 9 a.m. - noon **AGES:** 9-16 **COST:** \$335 early bird / \$360 after March 15

*BCA Elite is a Player Development Camp for the serious player looking to take their game to the next level. BCA's unique training model and camp structure will provide players with daily fast-paced small group skills sessions and 7v7 competitive play allowing players to maximize their touches of the ball. If you want to be an elite player, this is the camp for you!*

## CAMPS AT CALVERTON SCHOOL

**LOCATION:** The Calverton School, 300 Calverton School Road, Huntingtown **CONTACT:** Haleigh Vance, [hvance@calvertonschool.org](mailto:hvance@calvertonschool.org) **DATES/TIMES:** June 20th-August 5th, Monday-Friday, 8 a.m.-4 p.m. **AGES:** 3.5 years old through 8th grade **COST:** varies

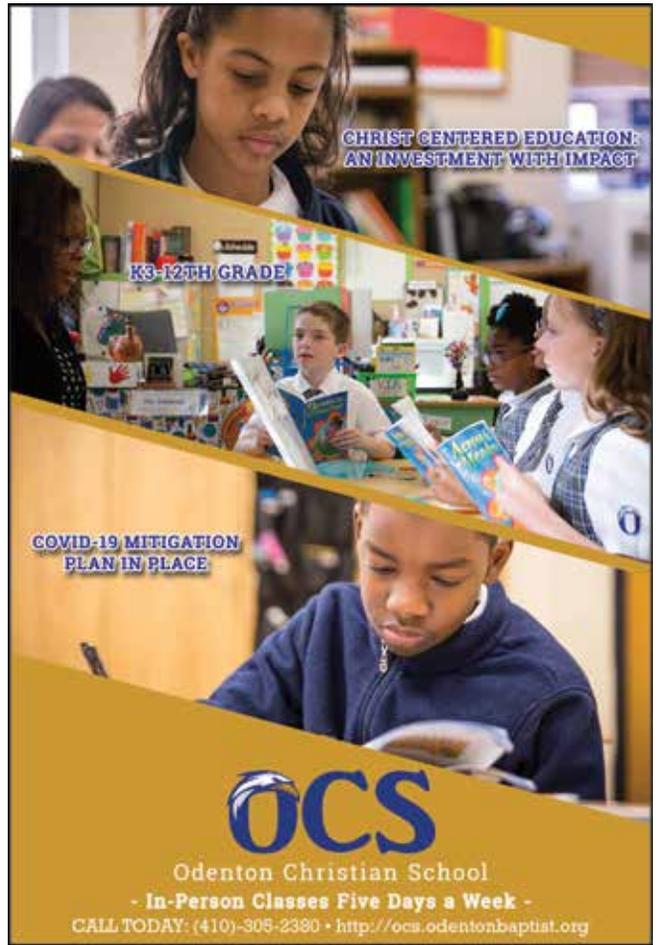
*Brief Description: The Calverton School offers fun and educational day camps starting as young as 3 1/2 and as old as 8th grade. We offer a variety of themed camps, as well as specialty and sports camps. Registration opens in February.*




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# Whoof Kids Camp



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2022

## WATER

Kayaking and other fun activities are perfect for summer days. Learning proper procedures are a priority!

## CRAFTS

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## DOG TRAINING

Sometimes children are the care givers for their pets. We'll help them to listen and learn how to be best buddies!

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& [whoofonthewharf.com](http://whoofonthewharf.com)

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**1 in 13** People with Colon Cancer

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# NAVY ATHLETICS SUMMER SPORTS CAMPS

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CROSS COUNTRY ★ DIVING ★ FOOTBALL ★ GYMNASTICS

LACROSSE ★ ROWING ★ RUGBY ★ SAILING ★ SOCCER ★ SQUASH

STRENGTH & CONDITIONING ★ SWIMMING ★ TENNIS

TRACK & FIELD ★ VOLLEYBALL ★ WATER POLO ★ WRESTLING

FOR A COMPLETE LIST OF CAMPS AND CLINICS THAT RUN JUNE THROUGH AUGUST,  
VISIT [NAVYSports.com](http://NAVYSports.com) AND CLICK ON THE "CAMPS" TAB.

## CAPITAL SUP GROM CAMP

**LOCATION:** 7314 Edgewood Road, Annapolis **CONTACT:** capitalsup.com, Kevin@capitalsup.com  
**DATES/TIMES:** Monday through Thursday; 1-4 p.m. (half day) or 9 a.m. - 4 p.m. (full day session) June 27th through September 29th **AGES:** 7-14 **COST:** \$339 (half day) \$605 (full day) See pre-season specials online

*Our four day "Grom Camp" will be filled with learning sessions, water safety, how to SUP from the most knowledgeable instructors in Maryland, SUP Yoga, SUP Fitness, SUP Games, fishing & crabbing, and most importantly learning to appreciate and love the outdoors!*

## THE COUNTRY SCHOOL SUMMER CAMPS

**LOCATION:** The Country School, 716 Goldsborough Street, Easton **CONTACT:** countryschool.org  
**AGES:** PreK through 8th grade

*The Country School is excited to offer a great lineup of summer camp offerings for students coming into PK through 8th grades. Have fun with Explosive Science! Hone your art skills with weaving and ceramics. Sweat it out in a lacrosse or soccer clinic.*

## CITY OF ANNAPOLIS RECREATION AND PARKS SUMMER CAMPS

**LOCATION:** Varies by camp **CONTACT:** 410-263-7958; annapolis.gov/recreation. Katy Owings, Recreation Division Chief, KAOWings@annapolis.gov **DATES/TIMES:** TBA **AGES:** 4-15 **COST:** Varies by camp

*Annapolis Recreation and Parks offers a variety of day camps from traditional ones that include field trips to special interest camps that include sports, STEAM, stand-up paddleboarding (SUP) and more. Last year we introduced virtual camps! Please visit [www.annapolis.gov/354/Camp-Information](http://www.annapolis.gov/354/Camp-Information). Follow us on Facebook and Twitter to stay up to date on camp announcements!*

## ELITE STARR ATHLETIC ACADEMY

**LOCATION:** Anne Arundel County **CONTACT:** elitestarrad@hotmail.com; elitestarr.com **DATES:** April-October **AGES:** 5-18 **COST:** Varies

*Description: Improve your game at camp! Our goal at Elite Starr Athletic Academy is to provide a great camp experience that will help improve athletic skills at camp. We have created a safe environment where athletes can interact while improving their athletic skills. This is accomplished through*

*positive reinforcement coaching and skill level training given by highly skilled coaches. Our camp programs are designed to make athletes skill level better, promote a deeper love for their sport and most importantly have fun.*

## GLENELG COUNTRY SCHOOL

**LOCATION:** 12793 Folly Quarter Road, Ellicott City **CONTACT:** summerprograms@glenelg.org, 410-531-8600 x2157 **DATES/TIMES:** June 20-July 29 **AGES:** Pre-K to Grade 12 **COST:** Half-day program from \$265, Full day program from \$315

*Glenelg Country School has been offering quality summer programs for over 30 years. Located in central Howard County and situated on an idyllic 90-acre wooded campus, our summer programs provide children with a fun and educational experience in a relaxed and safe environment. Our camps offer a variety of activities and make use of our outdoor swimming pool, tennis courts, playing fields, shaded pathways, air-conditioned classrooms, computer labs, athletic center, and pond. The success of our camp program is greatly facilitated by a camper-to-staff ratio of less than 10 to 1.*

## MARYLAND HALL SUMMER CAMPS

**LOCATION:** Maryland Hall, 801 Chase Street, Annapolis **CONTACT:** marylandhall.org, 410-263-5544

*Discover your cultural core with summer camps in art, dance, and music. Find more information by visiting [Marylandhall.org](http://Marylandhall.org)*

## MARYLAND THERAPEUTIC RIDING SUMMER CELEBRATION WEEK

**LOCATION:** Maryland Therapeutic Riding, Crownsville **CONTACT:** Linsey Erar, linsey@mtrinc.org **DATES/TIMES:** Week 1 - June 27th

through July 1st, Week 2 - August 1st through August 5th; 9 a.m.-2 p.m. **COST:** \$575

*Therapeutic Riding and Riding for Wellness—these are mounted lessons with a certified instructor in which the goal is learning how to ride the horse. This is more recreational in nature however there are certain inherent therapeutic benefits that come with riding such as increased confidence, problem solving, physical awareness and strength and increased mobility in the joints. These programs are open to those with physical, cognitive and emotional disabilities, as well as those with no diagnosis, who are looking to improve their overall wellness through mounted horseback riding activity.*

## 2022 NAVY ATHLETIC SUMMER CAMPS

**LOCATION:** U.S. Naval Academy, Annapolis **CONTACT:** 410-293-5845; Navysports.com. (click on "Camps" tab) **DATES/TIMES:** June-August **AGES:** Varies by camp and program **COST:** Varies by camp and program

*Please visit website for information.*

## SAFE HARBOR ANNAPOLIS SUMMER CAMP

**LOCATION:** Safe Harbor Annapolis, 519 Chester Ave. Annapolis, MD 21403 **CONTACT:** Marina Office at 410.268.8282 or annapolis@shmarinas.com **DATES/TIMES:** Weekly Summer Camp begins 6/20, 9:30-12:00 **AGES:** 4 and up **COST:** Members- \$205, Non-Members- \$255

*Summer camp includes 90 minutes of tennis instruction, games, and one hour of swimming. Campers should bring or wear tennis shoes, swim suits, towel, hats, rackets, water, sunscreen, snack and PFD if child a non-swimmer. For information on spring camp offerings, please contact us.*



## SUMMER AT THE CREEK

**LOCATION:** Indian Creek School: 1130 Anne Chambers Way, Crownsville **CONTACT:** Lindsey Seynhaeve **DATES/TIMES:** June 20–July 29 (programs run from 9 a.m.–3 p.m., with options for before/after care for an additional fee) **AGES:** 3.5–rising seniors **COST:** ranges from \$300–375 a week

*Indian Creek School is excited to announce the return of its incredible summer camp program! This summer, Indian Creek will offer a wide variety of fun and engaging campus, centered around themes from STEM to music, art to outdoor adventures, and much, much, more! Our renowned performing arts camps will give those destined for the stage a chance to shine, and our sports camps will provide athletes with state-of-the-art skills training and tons of fun! Camps will take place on Indian Creek's beautiful, 114-acre campus, just minutes north of Annapolis. We can't wait to welcome you to Summer at The Creek!*

## SUMMER AT KEY

**LOCATION:** 534 Hillsmere Drive, Annapolis **CONTACT:** 443-321-2575; Keyschool.org/summer. Jane Flanagan, Director of Summer Programs, jflanagan@keyschool.org **DATES/TIMES:** June 21–August 5, 9 a.m.–3:30 p.m. Aftercare available until 5:30 p.m. **AGES:** 3.5 years–grade 12 **COST:** Varies by program

*With a variety of fun and enriching in-person camp programs planned, Summer at KEY has something for everyone in 2022. From themed traditional camps for the youngest campers to specialty STEM, cooking, art, and athletic camps, we are committed to creating a memorable summer experience for all of our campers.*

## SASA CARE AT ST. ANNE'S SCHOOL OF ANNAPOLIS

**LOCATION:** 3112 Arundel on the Bay Road, Annapolis **CONTACT:** 410-263-8650; stannesschool.org/Summer **DATES/TIMES:** Weekly, running mid-June to mid-August. 9 a.m.–3 p.m. with Before and After Care available **AGES:** 2–5 years **COST:** \$350/week

*SASA Care, our summer program for children ages two- through five-years-old, is designed to provoke discovery, socialization, fun, and deep thinking in a safe and engaging environment. Students will enjoy an array of activities and adventures in a hands-on experiential, Reggio Emilia-inspired program. Space is limited! Registration opening soon.*

## ST. MARGARET'S DAY CAMP

**LOCATION:** St. Margaret's Day School, 1605 Pleasant Plains Road, Annapolis **CONTACT:** stmargaretsdayschool.org/summer-camps **DATES/TIMES:** 4 sessions: June 13th through 24th, July 11th–22nd, July 25th–August 5th, August 8th–12th **AGES:** 2–10 years old

*Science, art, exploration and theme based fun for ages 2–10! Camp days run from 9 am–3 pm. Before care is available beginning at 7:30 am and aftercare is available until 5:30 pm. Themes include Under the Sea, SMDS Summer Scientists, Build it, Design it, Lego camp, and Ahoy, St. Margaret's Pirates.*

## SUMMER AT SAINT ANDREW'S

**LOCATION:** 4B Wallace Manor Road, Edgewater **CONTACT:** 410-216-2660; summer.standrewsum.org. summer@standrewsum.org **DATES/TIMES:** June 21st through August 12th, 8:30 a.m.–3:30 p.m. **AGES:** 3–14 years **COST:** Varies by program

*Summer at Saint Andrew's offers an unforgettable summer of fun.*



*Get ready to discover, create, and play as we travel through time, build exciting worlds, become pirates, train to be superheroes, and more!*

## SUMMER TUTORING AT DIVINE MERCY

**LOCATION:** St. Jane Frances de Chantal School Building; 8513 St. Jane Drive, Pasadena **CONTACT:** Claire Harvath; administrator@divinemercury.md **DATES/TIMES:** Varied dates and times throughout the summer **AGES:** K–8th grade **COST:** Varied Costs

*1 on 1 and small group tutoring in a variety of subjects to include math, reading, Latin, Spanish, spelling, music and more.*

## WEBER'S BULLDOG BASKETBALL CAMP

**LOCATION:** Annapolis Area Christian Middle School, 716 Bestgate Road, Annapolis **CONTACT:** 410-519-5300 ext. 3150; webersbulldogbasketball.com. William Weber, Coach@webersbulldogbasketball.com **DATES/TIMES:** 3 sessions: July 11th through 15th, July 18th through 22nd, July 25th through 29th **AGES:** 6–15 years old

*Weber's Bulldog Basketball Camp is proudly owned and operated by experienced coaches and former athletes. Program open to boys and girls ages 6–15 years old with players' skill levels ranging from beginners to avid players. Campers are taught basic*

*fundamentals during structured, competitive settings in weeklong sessions and focus is on enjoying the game. This award-winning camp has been a trusted favorite for Annapolis parents for over two decades. This is a peanut-free program.*

## WHOOF ON THE WHARF CAMPS

**LOCATION:** Whoof on the Wharf, 48 S River Road, Suite 100, Edgewater **CONTACT:** 667-777-2275 **DATES/TIMES:** Three weeks full day camps that run from 9 a.m.–4 p.m., June 20th through 24th, July 11th through July 15th, and August 1st through 5th; the rest of the weeks of the summer (with the exception of July 4th week) will be split into morning kayak skills classes and afternoon art workshops. They are all listed on Eventbrite under Whoof on the Wharf and also on our website whoofkidscamp.com **AGES:** 8–14 **COST:** Depends on whether full day camp or a skills session; cost also depends on when you register. Currently there is an early bird discount in effect.

*Kayak paddling skills sessions will involve learning basic kayaking skills, group excursions around the marina and games including relay races and scavenger hunts. Art workshops will involve different arts and crafts, including paint and clay projects. The full day camps will also include an introduction to basic dog training skills.*

CALLING ALL MEDICAL PROFESSIONALS **Nominations Open Now!**



WHAT'S UP? MEDIA'S 2022

# EXCELLENCE IN N RNSING

The Excellence in Nursing Campaign starts this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2022.

Voting will close at the end of April (4/30). Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November 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.



**STARTING MARCH 1ST,  
TO NOMINATE A NURSE  
SCAN QR CODE WITH YOUR  
PHONE CAMERA OR VISIT  
THE WEBSITE BELOW.**

If you have any questions about the process, please contact our Editorial Director at [editor@whatsupmag.com](mailto:editor@whatsupmag.com) or Chief Operating Officer at [alyons@whatsupmag.com](mailto:alyons@whatsupmag.com).

**WHATSUPMAG.COM/2022NURSES**



# YOUR PROPERTY INVESTMENT IQ



CAREFULLY  
CONSIDER HOW  
REAL ESTATE  
CAN BE PART OF  
YOUR PORTFOLIO

BY DYLAN ROCHE

Home is where the heart is. It's also where a lot of your money is if you're a homeowner. For most people, real estate is the biggest investment they'll ever make in their lifetime—and it is property that has provided a pathway to wealth for many Americans across generations.

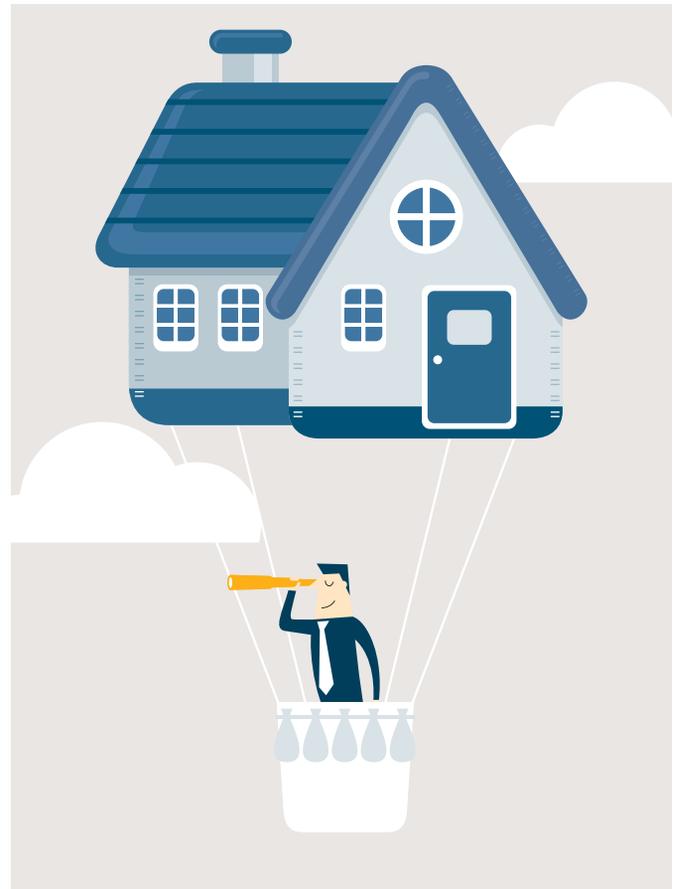
But even though homeownership offers great potential, there's a lot to consider before making the investment—and it might not be the right investment for everyone. Real estate agents and financial experts agree that investing in a home, whether it's your primary residence or a rental property, is a move that should be done with great care and professional guidance.

## WHY REAL ESTATE MIGHT BE RIGHT FOR YOU

For those who are a good fit, real estate really might be the best investment they can make. “There is a limited and finite supply of real estate,” says Ann Alsina of CovingtonAlsina. “In the long run, residential real estate grows at about 5 percent annually. That’s the growth of the asset itself.” For people who are buying rental properties, she points out it can be even more lucrative. “Then you add in cash flow from rent, and it can be a strong investment.”

The other strong sell about real estate is that its worth can never drop to zero, which is different from other investments. “Real estate will always have residual value,” says Brad Kappel with Sotheby’s International Realty. “And it is something tangible you can use and enjoy, unlike a typical investment you just look at on a spreadsheet.”

But maybe the best reasons tangible real estate is a great investment are because it’s not something easily bought and sold or traded (outside of REITs, which is another subject). “In my opinion, the number one reason real estate is such a good investment has nothing to do with real estate,” says David Orso with Compass Real Estate. “It has to do with discipline. Real estate is a tough investment to trade *and* an expensive investment to trade. Therefore, the investor of real estate is typically forced into a hold position and most investments, real estate included, reward a patient strategy and reward holding the investment; *not* impulsive, reactionary trading.”



## SHOULD YOU BUY PROPERTY TO RENT OUT?

If you’re somebody who is looking at real estate as an investment, it’s important to distinguish which approach you’re taking: Are you buying a house as your primary residence that will build equity or are you buying a property you’ll rent out to bring you extra income. Although both types of ownership are investments, it’s typically the latter that people refer to as investment properties.

“An investment property by definition should be a real estate investment other than your primary home, which generates cash flow,” Orso says. “Generally speaking, investment real estate is an illiquid asset so it can be cash intense. My advice for new investors is to make sure you have at least six months’ reserves in place and untouched before considering the purchase of a real estate investment.”

Rental properties offer a lot of potential—after all, if you have a responsible tenant who is paying rent on time while taking good care of your property, that’s money coming in every month while your property simultaneously appreciates in value over the years.

But don’t think that investment properties are easy money by any means. Rental properties require that you, as the owner,

must put capital into them on an ongoing basis to maintain them or even improve them to retain tenants. In the beginning, most of your rental income will go toward paying down the principal, so it could be 10 or 15 years before it’s producing money for you. “You have to work the investment in order for it to become something that really grows in value,” Kappel says.

Larissa Costello with Ad Astra Wealth Management refers to the idea of investment properties as a “buyer beware” scenario because of the risks associated with it, not to mention the responsibilities that some people don’t anticipate. “You’ve got to make sure you do your due diligence,” she says. “Are you prepared to be a landlord? Do you want to hire a property management company?” In some situations, she explains, a landlord gets a 3 a.m. phone call about a leaking toilet, and they have to handle that themselves or hire somebody to handle it for them.

Alsina points out that managing rental properties is essentially a business. “I recommend people looking to purchase investment real estate consider all the costs involved and be able to cover those for several months without any rent coming in,” she says. “If you have a period of time with no tenant, or a tenant who isn’t paying and now you need to go through the eviction process, you need to be able pay the mortgage, insurance, and property taxes without that rental income.”



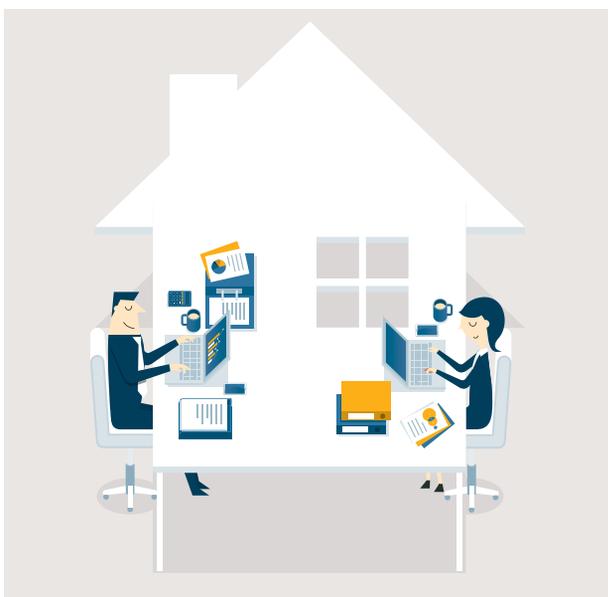
## THE SINGLE BEST INVESTMENT?

Rental properties aside, even your primary residence has some level of risk associated with it that you should carefully consider. Maybe you've heard the advice that "the single best investment one can make is a home," but that's not exactly true.

Orso explains that between 2008 and 2015, he counseled hundreds of families through very tough financial decisions—and he says it wasn't because the market had retracted but instead because these homeowners saw their lives change and they needed to sell. "The unaffected parties during the downturn were the families who didn't need to sell," he says. "The *first* and most important question when buying a home is actually "When will you be selling the home?" Those who won't be in their home for a long period of time should consider the shorter-term solution of renting, he says.

Costello agrees with this notion. "If you move in five years, the cost of buying and selling a home may not make sense," she says, adding that people who are already under a lot of debt should not take on more than they can afford. "You always have to look at what debt you're taking on," she says. "Housing costs should be 28 percent or less of your gross monthly income."

It's also important to remember that some capital you put into the property will increase its value—new appliances, for example—but other expensive changes, while conducive to your personal lifestyle, might decrease the value of the home. "You should meet with a real estate professional if you're planning to make significant improvements to the home so that you don't put money into things that don't have an ROI," Kappel says. "People will buy a house for a million dollars and it's a great investment at a million—it's worth a million or more—but then they spend \$250,000 on a fancy garage or something crazy, turning an asset that has equity and has value into something that's overbuilt or too niche."



## CONSULTING A PROFESSIONAL

Whether you're making changes to the property or not, or whether the home you're looking to buy will serve as your primary residence or a rental property, it's important to remember that your situation as an investor is unique. Your financial portfolio is going to be unique too.

Financial planners, investment advisers, and real estate agents can help you make the wisest decision. They know the industry—and more importantly, they can help you be objective about a purchase that you're often putting a lot of heart into.

"Hire a true real estate professional to be your guide," Orso says. "An experienced guide knows the risk, explains the risk, and has a roadmap for success. Bad decisions happen very quickly and the resolution to those decisions can last for years. Investing should be tactical not emotional."



# LEADING REAL ESTATE PROFESSIONALS



## Jess Young Team

**J**ess Young-Stewart is the founder of the Jess Young Team of RE/MAX Executive. Jess is passionate about serving members of the community. Real estate has been the perfect way for Jess to combine her passion for business with her love of serving others.

In 2016 Jess founded the Jess Young Team. This team is a boutique real estate group of highly motivated individuals from many backgrounds including former military, government, and the business world. The entire team is committed to community and service. The mission of the Jess Young Real Estate Team is to provide education and concierge level service to community members who desire a high-end experience. The focus of this group is detailed market knowledge, impeccable negotiation tactics, quality marketing and topnotch customer service. If you are searching for local, community minded professionals that live and work in your area, this team is for you. The details are everything and nothing is left to chance with this team. Ranked in the top 100 Realtors region wide, the Jess Young team Makes Home Happen! If you are upsizing, downsizing, combining generations or investing, the Jess Young Team is here to serve.



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## Jack Papaleonti GRI

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# Jack Papaleonti

## Managing Partner/Associate Broker Academy Realty

For Jack, being a Realtor is personal. It's about helping people realize their goals and understanding the value of home ownership and building equity. It's about helping families transition to bigger homes as their families grow. It's about supporting others as they downsize to prepare for a simpler lifestyle. It's about buying your dream home -- whether it's close to town, on the water or at the beach. It's about finding that perfect house that you can call "home." Or, it's about selling your home to support your next life adventure. More importantly, it's about nurturing each client relationship and staying in touch even after the transaction has closed.

Jack's family taught him the value of home ownership at a very young age. After immigrating to Annapolis from Cyprus in 1970, his parents purchased their first house in Homewood in 1971. The house was small and they didn't have much, but what they did have -- they shared. The house became a gathering place for friends, relatives and friends of friends. A place where meals were shared and special moments were celebrated. A place where they laughed and cried. A place of love and compassion. A place where they helped each other get through challenging times. The house meant everything to Jack's family and Jack's Dad (Papou) still lives in this same house today. Jack values what it means to be a homeowner and he takes pride in helping his clients achieve their residential purchasing and selling needs.

Jack was fortunate to partner with his mother-in-law Joni Jones 17 years ago to create Academy Realty, Inc. Over the last six years, Academy Realty, Inc. has successfully settled 686 transactions totaling over \$215 million in sales. Academy consistently executes well over 100 transactions per year with the help of a dedicated staff that works tirelessly to get the job done for their clients.

Staying busy within the residential real estate market is Jack's passion. Both he and his wife are lifelong residents of Annapolis, both attended local schools and proudly raised their children within the Annapolis public school system. Jack is an active member of the community. Serving as the Annapolis high school Athletic Booster Club President, as an active board member of the Annapolis Optimist Club, and an active member of his church, Jack has a unique perspective on what Annapolis communities have to offer. He is proud that his five children are also serving the community in their own ways. Darla is an emergency room nurse, Peter is a math teacher and lacrosse coach at Annapolis High School, Nick is a firefighter and EMT at the Annapolis Fire Department, Zachary is a Realtor at Academy Realty, Inc. and Isabella is a freshman at George Mason University.

When it comes to helping you with your home ownership needs, Jack will make it personal. It's not about closing the deal, but helping his clients realize their homeownership goals and developing relationships to build upon.

Leading  
Real Estate  
Professionals

# Christy Bishop

**C**hristy Bishop is incredibly passionate about protecting her clients' wealth and accordingly takes her profession very seriously. Her affiliation with Warren Buffet owned "Best of the Best" real estate brand Berkshire Hathaway HomeServices paved her career to becoming a Berkshire Hathaway HomeServices Luxury Collection<sup>SM</sup> Marketing Specialist providing special expertise for the real estate market in Maryland with true concierge service.

"When you're negotiating someone's largest asset, there's a lot of intrinsic value in the trust clients place on real estate professionals, and I take it very seriously. It's incredibly important to me to represent their best interests." A recent client sent a special thank you of gratitude "We would not have gotten the sale price for our home without your help. Thank you a million times!" Treating her clients money as her own sets her apart from others. "Being knowledgeable and full of expertise is important; additionally, it is very emotional to buy and sell real estate. They say the three greatest stresses in life are death, divorce, and moving. The fact that I get to be a part of someone's life during this process and they trust me to alleviate the stress and make it the best experience possible is what I enjoy. It's about the relationship but also the integrity and trust placed upon us." Whether selling a condominium, townhouse or gated estate her clients can be assured of the highest caliber of representation available.

Christy has 25 years of experience and over 200 million in industry sales. She is a Maryland native and the daughter of 2 former United States Marines and Naval Academy graduates. Growing up between water surrounded Severna Park and Annapolis she headed west for the mountains at 18 years old and settled in Idaho. After graduating from the University of Idaho with a B.S. in Marketing, Christy entered the financial service industry in ski resort town Sun Valley, Idaho. Driven by desire for greater career opportunities, Christy moved back home in 1996 and was offered the opportunity to market new home subdivisions in Crofton. Her new passion was discovered and the builder named her Sales Manager and subsequently Director of Marketing and Sales.

Active locally in her industry, she has served on the legislative & community service committees of Anne Arundel County Association of Realtors. She is a lifetime member of the top one percent of Anne Arundel County Realtors Masters Club who exhibit high professional and ethical standards as well as exemplary sales records.

Recently, Christy was chosen out of thousands of agents to be a part of The American Dream Television show. A national show featuring uplifting stories of real life, communities, lifestyle and of course local real estate! Christy is currently interviewing for upcoming episodes. For an exclusive opportunity to have your property showcased on the show give Christy a call immediately to schedule an interview.

When she is not working with clients, Christy loves spending time with friends, family and her beloved German Shepherd. She enjoys fishing, writing, motorcycles, gardening and time away at a second home at the beach in Delaware.



As seen on



### Christy Bishop

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

@MarylandWaterfront

## RECENTLY SOLD PROPERTIES



**8152 Pinchurst Harbour Way**  
Pasadena, MD 21122  
Sold for \$2,700,000



**4909 North Star Court**  
Harwood, MD 20776  
Sold for \$956,000



**928 Heatherfield Lane**  
Millersville, MD 21108  
Sold for \$770,000



**1116 Carbondale Way**  
Gambrills, MD 21054  
Sold for \$500,000



**2412 Lizbec Court**  
Crofton, MD 21114  
Sold for \$327,000



**2322 Turnbridge Court**  
Crofton, MD 21114  
Coming Soon

Leading  
Real Estate  
Professionals



# May Team Homes

**M**ay Team Homes is a full-time real estate professional team servicing the Fort Meade/Central Maryland area for over 16 years. The agents on our team are native to Maryland and are long-standing Anne Arundel County residents who have extensive knowledge of the local real estate market. Our team is comprised of caring, knowledgeable professionals that work tirelessly to help you with all your real estate needs.

Katerina Erhard is the Team Leader and Associate Broker of May Team Homes at RE/MAX Leading Edge. Additionally, she is the Broker/Owner of 4th Colony Realty for her property management business. Katerina's Bachelor of Science degree in Marketing and General Business from the University of Maryland (Go Terps!) has built the foundation of her real estate career and entrepreneurship. Her well-rounded real estate knowledge and drive has consistently landed her as one of the top 300 agents in the Chesapeake Bay area. As a second generation Realtor, Katerina welcomes all her clients like family and is committed to exceeding their expectations. In her spare time, Katerina loves spending time with her husband and 2 children, exercising, cooking and traveling.

Valerie Schaffner is the lead buyer agent for May Team Homes. She specializes in first time buyers, military and rentals. As a young, energetic agent, she brings a strong work ethic and dedication when working with all her clients. Valerie studied marketing at Towson University and worked in the customer service and training industry for over 7 years where she developed a love for working with people. She guides her clients to making not only the right choices but smart ones and truly makes their goals her own. In her spare time, she enjoys spending time with family and her dog, Max. Valerie is also a big foodie and loves to travel.

May Team Homes looks forward to helping you achieve your real estate goals as well as establishing a lasting relationship for years to come.



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# Mia Anderson

**F**or over 20 years Mia Anderson has helped clients through the sometimes perplexing Real Estate market. Every client has different expectations, dreams, and stresses about selling or purchasing a home. Mia's greatest pleasure comes from helping all of her clients navigate through the good and bad to make their housing dreams come true, every time.

Mia is an award winning Real Estate Agent and proud of being in the Chairman's Circle, Distinguished Sales Achievement Club, and the Chesapeake Real Producers Top 300 Realtors. Mia also stands out in the local community. She is currently the Vice President of the Greater Crofton Chamber of Commerce, and also enjoys mentoring other women to empower and strengthen their skillsets in the modern work world.

Living in the Crofton area for 18 years, Mia knows the region well and also serves all of Anne Arundel, Howard, Prince Georges, and Baltimore Counties.

If you're looking for a realtor that will make your housing dreams come true while making you feel as if you are her only client, look no further. Why? Because Mia Moves you!



**BERKSHIRE  
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HomeServices  
Homesale Realty

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Mia@MiaMovesYou.com



**Q:** I'm worried about my pets when I move? What can I do to make it easier on them?

**A:** Moving can be very stressful on a pet and it's important to try to keep their routine as normal as possible. On moving day, try to take your pet somewhere familiar to them, such as a friend or relatives house, doggie day care, etc. until you have moved everything in the new home. Set up their areas (food, bed, toys) and

try to make it similar to your old home. Bring your pet to the new house and show them their familiar items in the new surroundings. It will take a while for them to adjust to the new surroundings, but as long as you are with them, everything will be alright. The ASPCA and your veterinarian have great advice to assist you and your pet on moving day.

**Janice Hariadi**

Berkshire Hathaway HomeServices Homesale Realty  
Downtown Annapolis



**Q:** When is the best time to buy or sell real estate and what do we do if we think we need to do updates or repairs before the property goes on the market?

**A:** Due to the historical record setting low inventory of homes available for sale, the seasonal market has not had much bearing on today's activity as we've seen in the past. As the market starts to settle

and become more balanced, this may adjust back to the surge of homes coming on the market in the spring and fall creating increased competition for sellers and more choices for buyers. Timing the market depends on what is truly best for your own individual situation to make that decision. To get the best guidance and advice, consulting an experienced local realtor is the first step. Before undertaking any updates or repairs let us advise you of the most up to date marketing recommendations. We even have partners that will make renovations or licensed repairs to your property and delay the cost until closing. Most importantly, this way you have marketing expertise and guidance as to what is necessary and the best choices to increase your property value and avoid wasted time and money.

**Christy Bishop**

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®**

Academy Realty



**Q:** What impact could inflation and rising interest rates have on our local real estate market?

**A:** Historically, higher interest rates mean higher monthly payments which results in fewer buyers qualifying and lower demand. Inflation changes things: however, looking at mortgage rates relative to inflation, rates are still cheap. We

also have dramatically increased rental prices which can give many tenants a pause and consider buying. Today's interest rates still lead to a mortgage payment that is 10% to 20% lower than what a tenant might pay for a comparable home.

In the last 365 days in Anne Arundel County, nearly 11% of all sales were cash which means 89% required financing of some sort. Obviously, higher rates can have a negative impact and especially so if they rise beyond inflation. My prediction is that we will see rates continue to go up and down a little and perhaps be in the mid-4's by fall. This would more than likely create a bit more balance in supply and demand. The bottom line is that it is still a great time to sell, and it is also a wonderful time for buyers as rates are still historically low.

**Dominic Cantalupo**

Associate Broker/Manager  
Long & Foster Real Estate, Inc.  
Crofton/Bowie Office

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## Thank You to Our Honorable Mentions!



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Marcella DeSantis



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Jessica Garrett



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Darlene McLean



Quan McNeal



Kevin Miller



Julie Procopio



Lisa Robinson



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# ELITE

# ARCHITECTURE

THE AMERICAN INSTITUTE OF ARCHITECTS ANNUAL  
EXCELLENCE IN DESIGN AWARDS FEATURE  
EXQUISITE AND UNIQUE RESIDENTIAL PROJECTS

Inspiration leads to ingenuity. Top tier professionals in the field of architecture exemplify the long-standing truth that those who learn, evolve, adapt, and build upon past successes will advance the industry. To master a craft, become an expert of its history, and, even, challenge its principles takes passion, dedication, and creativity. The residential properties and their designers featured on the following pages exemplify these traits. They are winners of the 2021 American Institute of Architects' (AIA) annual Excellence in Design Awards; specifically, the winners of the AIA Chesapeake Bay and AIA Maryland chapters of this national organization. "Architecture is about making and re-making of the physical environment in which we live, work, play and learn," states AIA's leadership. "It's about designing at all scales and inspiring others to think from the spoon to the city, to paraphrase architect Ernesto Rogers. It's about the synthesis of past lessons and today's aspirations for the benefit of future generations." The award winners showcased herein represent those for the categories "Residential New Construction" (AIA Chesapeake Bay) and "Single Family Architecture" (AIA Maryland). These are two of several award categories, which also include commercial, institutional, and urban design projects. The AIA Awards Jury selects winners for three levels of recognition in each category: Honor, Merit, and Citation. What's Up? Media has collaborated with the two chapter organizations to present the two *residential* award categories and winning projects in print—the additional award categories/winners, as well as the 2022 AIA awards schedule including submission deadlines, may be viewed online at the following websites: **[Whatsupmag.com](https://Whatsupmag.com); [Aia.org/ChesapeakeBay](https://Aia.org/ChesapeakeBay); and [Aia.org/Maryland](https://Aia.org/Maryland).**

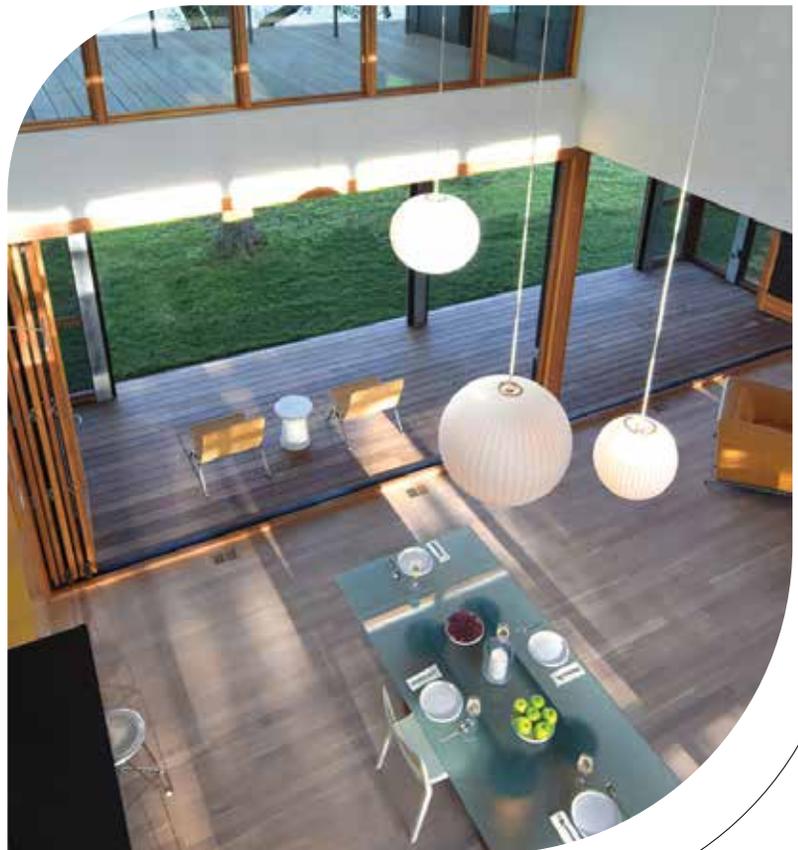
Photography, winning details, and architect statements provided by AIA Chesapeake Bay and AIA Maryland.



This architecture firm was selected by the owners to collaborate and design a special retreat to welcome and host as many as 10 families. "The major design challenge was to create a house to fulfill the large square footage program needs while appearing to belong on the site and engage the views of the surrounding landscape," states the architect. "Located on a rotating crop farm field on the Eastern Shore of Maryland, the architects knew they wanted to infuse the design with cues from the local vernacular of farm buildings and house forms from the Maryland Tidewater region. In order to break down the massing, the house is a collection of smaller buildings linked by glass hyphens and circulation spines. While some of the parts echo sentiments of a traditional farmhouse (main public entry space) or tobacco barn (kitchen), others are simple structures with more modern gestures." *Photography by Jennifer Hughes, Photographer LLC*



"Situating on a remarkable Chesapeake Bay site with water on three sides, this house occupies the exact footprint of a previous house, fallen victim to fire and deterioration," explains the architect. "The new house was permitted to maintain original, now disallowed, minimal setbacks from the water only if it conformed precisely to the existing foundation. The clients asked for a weekend/retirement house that would first and foremost take advantage of the views and the constant breezes that cool the site. The house opens fully all around, and folding glass walls can disappear entirely on the Eastern face, directing the view to the largest expanse of water. When those walls open, motorized retractable screens 10 feet beyond can drop to turn the entire house into a screened porch. This creates a convertible house that allows for several degrees on enclosure: closed house/open porch, closed house/screened porch, open house/screened, or open entirely. Substantial overhangs at two levels allow windows to be kept open so air conditioning is not used. Programmed motorized shades reduce solar gain while allowing adequate natural light. A strategically placed collection of zinc-clad roof monitors provide daylight from above the otherwise shading overhanging roof. Geothermal wells provide heating through radiant floors, and 9,000 gallons of water collected from roofs and stored in 11 large cisterns in the basement provide for most irrigation needs. Solar panels have now been added to the pool house/garage roof, reducing electrical usage by 40–50 percent. Erosion has been mitigated with 100 feet of "living shoreline" restoration. The natural beach and marsh areas were preserved and protected to encourage favorable conditions for terrapins and other fauna. About half of the lawn was converted to meadows with native plants, grasses, and FORBs (wildflowers), which helps reduce runoff. Emphasis has been placed on native plants for all new landscaping. Exterior colors and materials were chosen to recede into the wooded site and make little statement to passing boats." *Photography by Julia Heine.*



HOUSE ON TILGHMAN CREEK

MCINTURFF ARCHITECTS – MERIT AWARD, RESIDENTIAL NEW CONSTRUCTION

WEEMS CREEK LEED GOLD RESIDENCE



“ Located on a rare vacant waterfront lot in the City of Annapolis, the owners of this Modern Farmhouse wanted a home that was sustainable and reflected their love of gardening and nature,” states the architect. “The program was compartmentalized into a public wing, private wing, and open-air Pavilion linked by a glassy Gallery and Boardwalk. This enabled the footprint to skirt the more sensitive parts of the site and create outdoor spaces for a variety of gardens. This residence earned a LEED Gold certification through increased energy efficiencies, integrated storm water management, locally sourced materials, geo-thermal heating and cooling system, limited impervious surface areas, extensive native plantings, and pedestrian access to public transportation.” **Photography by David Burroughs Photography.**

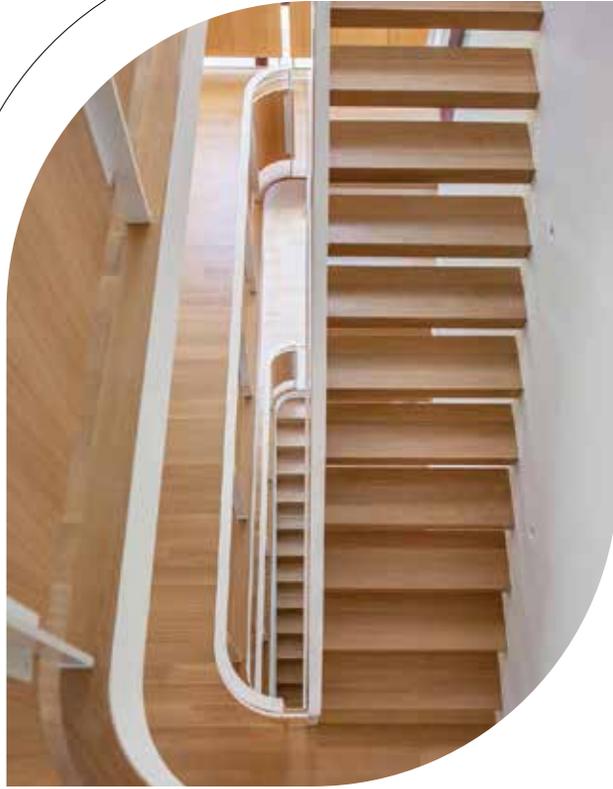
“**T**his house, located in a neighborhood along the Potomac River, is designed for an international couple with complementary backgrounds,” says the architect of the project. “One, of Moroccan and European heritage, asked for a courtyard-style house with Moroccan roots. In deference to local weather, a generously proportioned living room, in lieu of the courtyard, serves as the heart of the house. The other, a retired American businessman, asked for a substantial, sustainable house, well-built and carefully put together, efficient, well-detailed, and well-organized. The architecture team created a large, delicate, and transparent inner core of steel, glass, and zinc, flanked with two robust concrete wings, stucco-clad, containing the private spaces. All three parts share a common width and structur-

al rhythm. Upon entry, the interior, glimpsed through a wall of sliding bronze mesh screens, completely opens through walls of sliding glass doors to a porch, pool, and terraces leading to the wooded ravine below. The sustainable nature of the house is incorporated into the beauty of the details. Wood louvers provide sun control as well as privacy, as do the recessed motorized shades found throughout the house. Motorized screens pocketed into the porch ceiling can drop down to create a screened porch, and the entire sliding glass wall of the living room can open to it, turning the double-height space into a giant porch. A geothermal heating system with radiant floors, high efficiency windows, and 14” thick insulated concrete exterior walls all contribute to create a house that is luxurious, beautiful, and efficient.” *Photography by Julia Heine.*

CHAIN BRIDGE HOUSE

BY MCINTURFF ARCHITECTS – HONOR AWARD, SINGLE FAMILY ARCHITECTURE





“**T**his project involves the complete renovation of an ample center-hall Georgian house on a corner site in Northwest, Washington, D.C.,” states the architect. “Starting at the front door, a clumsy stair, completely blocking the through hall, has been replaced with a highly-crafted steel and wood stair and landings. These weave through the entire height of the three-story plus basement house. Each landing along the way hovers in a new stair tower projecting the occupants, at every level, into the garden. The design of the stair sets the materials for the entire house, where curved wood panels and built-in cabinets delineate a series of connected but discrete rooms. Extending to the exterior, similar geometries executed in white brick and bluestone negotiate level changes in the site and create another series of connected but discrete outdoor rooms. With the existing brick of the house painted white, and new exterior wall surfaces clad in black standing seam metal, a reductive palette has been used to weave new and old together. Between inside and out, a porch near the kitchen can be opened, via folding glass doors, to the interior. Screens drop from the ceiling when needed. At the other end of the house, a former sunroom has been opened to the living room and the fireplace now serves both spaces.” *Photography by Anice Hoachlander.*





“**T**his large waterfront farm [located in St. Michaels] had several abandoned structures, some dating back to the mid-nineteenth century which were vacant for many years,” the architects explain. “The challenge was to design the entire farm inspired by the remnants of the original. Buildings within the Critical Area were reconstructed and repurposed over their original footprints with flood resistant construction. The overarching goal was to unify the multiple structures with a consistent architectural language, including a main house, guest cottages, barns, pool house, boat house, boat shed, several equipment sheds, greenhouses and formal gardens, and other specialty structures. The firm drew upon the precedents of the Eastern Shore vernacular in the design of more than 20 buildings on the farm. The main house is inspired by the Tidewater Colonial architectural tradition of telescoping additions over time. Cedar siding and roofs were employed in the residential buildings, with brick and stone introduced in the buildings that serve the residences. Painted V-groove siding and terne coated stainless steel was introduced in the more agricultural and maritime structures, often clustered around working courtyards. Some buildings were reconstructed with new uses, such as the original dairy barn which became a dining and entertaining space. The result is a reinvention of the original farm as a unified family compound.” *Photography by Anice Hoachlander.*



BY KEVIN VANDEMAN, AIA, AND GARY JAMES INGLIS, RIBA, RIAS – CITATION AWARD, SINGLE FAMILY ARCHITECTURE

**BRIGHTON HOUSE**



“**T**he house is a new private residence for a family of five and two grandparents, located on a five-acre site in a rural setting near Brighton Dam on the Triadelphia Reservoir in Clarks-ville, Maryland,” begins the lead architect. “To preserve the natural beauty of the site and respond to the sensitive ecosystem of the surrounding area, the owners and architects created a set of sustainability benchmarks and design goals to guide them during the development of the project, with the intent that the design solution would dissolve the interior and exterior spaces into their natural surroundings. Programmatic elements include three bedrooms, office space designed for future adaptation, a prep kitchen and main kitchen, a family recreation area, a separate autonomous in-law suite, and a living space large enough to accommodate frequent multi-generational family gatherings. The design solution organized the program around two large exterior living spaces: a landscape terrace on the south that brings daylight, fresh air, passive heating, and quality views to nature from all occupied rooms on the lower level, and a north terrace that connects the living spaces on the upper level and frames views out to the meadow. The minimal composition of the house exterior veils the complexity of the building tectonics and systems



within, including a highly insulated structural panel exterior, an airtight and vapor variable envelope, and efficient building systems that are monitored and controlled by a smart home system. Sustainable design strategies focused on improving the occupants’ health and wellbeing and reducing the impact to the site and ecosystem. All water is sourced and treated within the 100 percent permeable site, and all electricity needed for the house is produced by clean renewable energy from the rooftop solar system, with load further reduced by geothermal energy. The house was verified to be net-zero energy after one year of post-occupancy data.”

# FASTEST GAME ON TWO FEET

A HISTORY OF HOW THE GREATER BALTIMORE REGION AND ITS ATHLETIC TALENT FOSTERED A ONCE-TRIBAL SPORT, LACROSSE, AND ELEVATED IT TO THE MAINSTREAM

BY ELLEN MOYER

In 2004, Mike Miller, then-President of Maryland's Senate, introduced legislation to establish lacrosse as the official Team Sport of Maryland. Since 1962, jousting, the world's oldest equestrian sport and created for calvary combat training in the Middle Ages, had been and still is the official Sport of Maryland. Senator Miller's great-grandfather had been a champion jouster. But in this new century, lacrosse was taking the world by storm and the greater Baltimore region had been a major innovator and incubator for the growth of the sport—a fast-paced game once tagged by Baltimore sportswriter W. Wilson Wingate as “the fastest game on two feet.” It is a game that requires stamina, individual skill, and especially teamwork. And so, it was. Lacrosse was officially recognized as the State's Team Sport.

Famed American writer John McPhee once opined in *The New Yorker*, “American toddlers learn to handle lacrosse sticks in certain locations more than in others...notably in Baltimore.” How did our region become this center of America's oldest sport—maybe the world's oldest, if one accepts that the Algonquian tribes of Canada and the Great Lakes, and the Iroquois of upstate New York, were engaged in this game 3,000 years ago? For the Native Americans, “stick ball” developed warrior skills, settled disputes between tribes, and involved hundreds of players determined to claim victory by throwing a wooden ball from a wooden stick made with gut webbing through the opponent's identified goal that could be miles apart. These early “games” could continue for days. They also held spiritual significance. It was called “the game of the creator.”



## EARLY INNOVATORS

The transfer of this game to white culture occurred in Canada in the 1600s when missionary Jean de Brebeuf wrote about his experience seeing the game. He dubbed it “La Crosse” after a bishop’s crosier, a replica of a shepherd’s crook. By 1850, Montreal dentist William Beers founded a lacrosse club and set about writing rules for the game; 10 players, not hundreds, on a designated field, with five-foot sticks, and a three-inch diameter ball, as per the native game equipment. Yet, this was still hundreds of miles from Baltimore.

New Yorkers and New Englanders picked up the sport outlined by Beers. New York University was the first college to create a team in 1877. Harvard and Yale soon followed. By 1881, the first intercollegiate game was played between Harvard and Princeton, with Harvard winning 3-0. Exeter and Andover High Prep Schools followed in 1882.

But a funny thing happened “on the way to Baltimore’s future.” In 1878, The Baltimore Athletic Club traveled to Newport, Rhode Island, for a track meet. They also saw a lacrosse game and were so taken by what they saw that they bought up a bunch of lacrosse sticks—the heavy wooden kind that would exist until the 1970s—and brought them back to Baltimore.

Johns Hopkins University (newly founded in 1876) embraced the sport, formed a team in 1882, and became the incubator for the growth of lacrosse in the Baltimore region. Johns Hopkins, a new powerhouse, obtained championships among its peers in 1891, 1899, 1900, 1902, and 1903. City and Poly High Schools formed teams and soon prep schools, including McDonough, St. Paul’s, Gilman, Boys’ Latin, St. Mary’s, and Severn, followed by public schools including Towson High School, Annapolis, and Glen Burnie founded lacrosse teams. Bryn Mawr School in Baltimore founded the first women’s high school team in 1926.

Sportswriters in Baltimore followed the teams as heavily as other jurisdictions publicized football. By the 1930s, with a new, major university and multiple high schools engaged in the sport, and

stoked by the media, Baltimore had a quantity and quality of skilled lacrosse players unsurpassed by any other region.

Even so, according to John McPhee, by the 1940s “nationally, about one-hundredth of one percent of the U.S. population had heard of lacrosse and five thousandths of one percent had ever played the sport.” The majority of that population found its home in the Baltimore region, with Long Island, New York, much of upstate New York, and New England also in play. Fewer than 50 colleges fielded lacrosse teams.

In 1940, the new U.S. Intercollegiate Lacrosse Association introduced competition between the senior all-star players from the colleges of the north and south. The first North/South game was played in Baltimore’s Municipal Stadium and was won by North 6-5. The next year, South won 6-5 on Hopkins’ Homewood field. And the back and forth continued. Journalist Jack Kelly would call the 1958 North/South game “one that will likely remain in the record book for many years” when a thundering South attack pummeled North with 26 goals. Fifteen of the 21 South team players hailed from the Baltimore region, including Joe Dyer from Annapolis. In total, 13 different players scored goals. The South had fielded its strongest team ever from students that had cut their teeth on the lacrosse fields of local high schools.

But it was the 1959 game that was described by sports writers as the best game they had ever witnessed. After the 1958 South win, an embarrassed North team was allowed to send as many players as they chose. The game went back and forth. In the last minutes of play, Mickey DiMaggio scored to tie the game and then assisted the game-winning goal for the South. Local headlines declared “South Serves the North Two Mickies,” referring to DiMaggio of Washington College and Mickey Webster of Johns Hopkins University—both future Hall of Famers.

In 1957, a different matchup altogether between Syracuse University and the University of Baltimore featured a scoring dueling match between star players Jim Brown and Allan Cosgrove.



Charles Deas’ circa-1843 painting titled *Sioux Playing Ball* depicts the aggressive and, often, brutal nature of lacrosse as played by Native Americans to settle disputes and territorial issues.



The vastness of early lacrosse battle fields, which could span for miles and involve hundreds of competitors, is conveyed in George Catlin’s circa-1850 oil painting *Ball Play of the Choctaw*.

Brown, from Manhasset Secondary School on Long Island and who would become one of the greatest running backs in National Football League history, scored five goals for the Syracuse Orange. Later in life, he would say, "Lacrosse is probably the best sport I ever played. I could run. I could duck. I could express myself freely." Cosgrove, a Patterson Park kid, scored seven goals in that game, tying the college record set in 1946 by Navy's Lee Chambers.

## LOCAL LEGENDS

Established as a collegiate sport in the 1800s, lacrosse nevertheless sputtered along. By the 1930s fewer than 36 colleges boasted teams. St. John's College in Annapolis was one of them, claiming three championships before dissolving sports and returning to the classic liberal arts college it is today. Regardless, Annapolis became another hotbed of talent.

In 1952, St. Mary's High School's lacrosse team would experience the battle of the DiMaggio brothers in a square off with Charlotte Hall. St. Mary's was a powerhouse with Hezzy Howard, Jim Keating, and Henry Ciccarone—all eventual Hall of Famers. Saints' goalie Don DiMaggio would be peppered by his older brother Mickey DiMaggio, who was playing opposite him for Charlotte Hall. St. Mary's won the game 8-6, however all six goals for Charlotte Hall were scored by Mickey, who would go on to play for Washington College and become an All-American midfielder. Joining Mickey at Washington College was Dick Callahan (who became a Director of Annapolis Recreation & Parks) and Joe Seivold, a midfielder cited by *Baltimore Sun* sportswriter Bill Tanton as the best in the country at his position.

Hall of Famer Seivold graduated in 1958 just as Coach Clark was shaping underclassmen DiMaggio, Callahan, and the entire Shoremen squad into a championship team in the Laurie Cox League. In the 1950s, college teams were grouped in leagues, not divisions. But there was really only one classification. All teams, from the big universities and small colleges, played each other. All-American athletes were chosen by a committee judging all

players equally. Team rosters were short with little capacity for substitution, which meant player stamina was required for those who, often from necessity, played the entire 60 minutes of games. The press identified Washington College for its outstanding midfield, followed the Annapolis duo closely, and often declared in bold headlines "DiMaggio, Callahan Shine...."

Lacrosse was a new sport for Callahan who was a basketball star (with professional opportunities in the sport) at Annapolis High School, which also had a lacrosse program with Hall of Fame pedigree. John Simmons, a 1952 graduate, landed at University of Maryland helping the Terps to two national championships in 1955 and 1956. Buddy Beardmore, who would become a lifetime coach for many programs, also landed at Maryland and set the school record at the time for 108 goals and assists. Mule Jennings became a dual All-American in soccer and lacrosse at Washington College, joining DiMaggio and Callahan, and became an extraordinary officiating legend in a field short on officials. That Washington team also featured Annapolitans Lee Curry and Buzz Brandenburg on a stout defense.

Other players, from Towson High School—Skip Rudolph, Bill Litzinger, and Herb Moore—filled the team. All-American Moore, who graduated from Washington College in 1959, had the nation's highest save rate as a goalie. The Naval Academy honored him with the Richard Seth Award, given to the best athletic performance by an opposing team member. Moore recorded 40 saves against Navy in games Washington College lost.

At the time, college championships were determined by win/loss record, so competition to win was high. A scouting report by the University of Virginia on the Washington College team stated:

"DiMaggio...small but quick and tough...this man is more than half of their total attack, so he has to be stopped. He *must* be knocked down. Callahan is big, fast, and aggressive. He is mostly right but can shoot and cut left. All of their defensemen are aggressive and even middies will go over the head for the ball."



Lacrosse became a formalized sport in Canada and the U.S. by the mid-1800s.



The Callahan brothers were star players at Annapolis schools and Washington College in the 1950s.



The Annapolis Recreation and Parks boys lacrosse league in 1959 was regarded at the time as, likely, the only such organized lacrosse program in the nation for young boys.



The National Lacrosse Hall of Fame & Museum is located in Sparks Glencoe, Maryland, and features collections of lacrosse equipment, sticks, jerseys, photography, and other memorabilia that traces the history of the sport. The museum is open to the public, but has limited hours due to the COVID-19 pandemic, which frequently adjust. Visit [usalacrosse.com/national-lacrosse-hall-fame-and-museum](https://usalacrosse.com/national-lacrosse-hall-fame-and-museum) for the most updated information. Images photographed by Ellen Moyer at the National Lacrosse Hall of Fame.

Washington won that game versus Virginia. Moore describes beating Virginia and then Washington & Lee as a thrill. The Shoremen had four winning seasons between 1956 and 1959, with a team full of All-Americans. In 1959, Annapolitans Mickey DiMaggio, Dick Callahan, Bob Schwartzberg, Lee Curry, Buzz Brandenburg, and Mule Jennings were All-Americans. Towson High School grads Skip Rudolph, Herb Moore, and Karl Rippelmeyer filled out that year's All-American list of Marylanders.

Rippelmeyer, or "Rip" as he was known, starred for Navy. A top scorer and three-time All-American, he was awarded the Naval Academy Athletic Association Sword award in 1960 for his athletic excellence. He also lettered in track and soccer, and led the Midshipmen to its first national championship that same year, which kicked off Navy's "Decade of Dominance." Under Coach Willis Bilderback, Annapolis' hometown team won eight consecutive national championships in the 1960s.

*Sports Illustrated* featured Rip's athletic prowess. Describing him as a "fast attackman with a knack for bullying his way around defensemen." DiMaggio described his encounter with Rip as totally exhausting him and Callahan, causing a tied game to be lost 8-6. A tired Washington College team with a slim roster of 13 including two new players, meant everyone was playing 60 minutes in the fast-paced game. Navy was not handicapped with a short roster. The Annapolis boys—Callahan, DiMaggio, and Jennings—kept the game tied until the last two minutes. Nevertheless, they made a good showing of themselves against a tough Navy team that was on the brink of seven more championship years.

## THE SPORT GROWS

The 1950s onward experienced a burst of activity for advancing lacrosse regionally. Eventually, this growth would extend nationally and internationally. There were many Baltimore-area high schools that trained an abundance of future All-Americans and Hall of Fame players. Towson High School began its effort in 1930. Over the years, between 1935 and 1975, it would name 53 All-Americans to the sport and a handful of future Hall of Famers. Under Coach William Thomas in the 1960s and '70s, 31 players would achieve All-American awards.

There are the Corrigan brothers—all four, including Gene and George, who played at Loyola High School, and Jim and Dick, alums of Poly—who would make countless contributions to the sport in their lifetimes. Dick and George played together on the University of Maryland team that won the 1955 championship. In 1958, Dick won the Jack Turnbull Award as nation's outstanding attackman (he even scored 9 goals in one game versus Navy that season). Dick would graduate and become an assistant coach at Navy in 1960 before taking reigns of the Yale program from 1965-70. His brother Gene led Virginia and Notre Dame's programs for years. They all stayed engaged in lacrosse athletics, passing their interest on to their kids and their grandkids, who, too, would excel in the sport as players and coaches, spreading the Baltimore connection around America.

In 1957, the National Lacrosse Hall of Fame was established to honor these outstanding men and women of the sport. Since then, 325 lacrosse greats have been honored, many from the

State of Maryland. The Hall of Fame was headquartered on the Homewood Campus of Johns Hopkins University but moved to a larger space incorporating a museum and archives in Sparks Glencoe, Maryland. Today, Ernest "Skip" Lichtfuss, a 1971 Towson High alum and Hall of Famer himself, manages the facility. Joe Finn is the archivist that can give you data on any game or person that embraced this sport.

With national interest growing in lacrosse, the pressure was on to open doors for playing opportunities. Less than 50 colleges offered varsity lacrosse in the 1950s. This increased to 84 by 1965 and doubled again by 1975. Today, there are 600 universities with more than 417 men's programs, and 526 women's. Today 30,000 players are engaged in collegiate lacrosse.

With foundational roots in Annapolis, youth lacrosse leagues have also grown to all 50 states. A report by the Annapolis Recreation & Parks Department in 1959 featured a photo of young boys with lacrosse sticks above a caption that read, "perhaps the only boys lacrosse league in the nation is held under our department." Today, boys and girls of all ages can join lacrosse programs from East Coast to West.

Internationally, lacrosse was first contested in the Olympics in 1904, again in 1908, but never since, as a medal sport. Though Johns Hopkins University demonstrated the sport at Olympic events in the 1950s, it remained nonexistent at the games. But, by a recent vote of the International Olympic Committee, lacrosse will return as an Olympic sport at the 2028 Los Angeles Summer Games.

Spring is the time to watch the "fastest game on two feet" as teams return to the field and rivalries renew. It is the time to watch the symphony of running, dodging, ducking, and sling-shooting a three-inch ball past the net's guardian to score a goal. There is no other sport quite like the official Team Sport of Maryland.

Lacrosse may have started as a battle game to settle tribal disputes and train warriors 3,000 years ago in Canada and upstate New York. But it is the greater Baltimore region that captured the sport, nourished it, built it better, and introduced lacrosse to the rest of America...and the world.



Agostino "Mickey" DiMaggio and Karl Rippelmeyer's Hall of Fame memorialization at the National Lacrosse Hall of Fame.

# CHOPTANK RIVER, HEART OF CHESAPEAKE COUNTRY

BY ELLEN MOYER



SUNRISE OVER THE CHOPTANK  
RIVER AT CAMBRIDGE ON  
MARYLAND'S EASTERN SHORE.



**T**he Choptank River is 73 miles long and the largest on Maryland's Eastern Shore. It is bordered by Talbot County on the north and Dorchester County on the south, and it wanders through Caroline County, past its county seat of Denton, to its source in Delaware. Captain John Smith explored it in 1608 and Harriett Tubman traversed its watershed 250 years later. It is the "Heart of Chesapeake Country" bolstered by the "Queen City of Cambridge." This river has a lot of stories to tell.

In the early days of the colonial settlement, British merchant ships entered the Choptank on the way to Maryland's second busiest harbor, Oxford. Situated at the mouth of the Tred Avon River, as it enters the Choptank, Oxford was declared, with Annapolis, one of two ports of entry in 1683. It was here that Robert Morris, Sr., would build his inn and home in 1710, and serve as the agent for Liverpool, England. As a port of entry, Oxford received goods from England and exported hogsheads of tobacco from the rich farmland and wealthy plantations of Talbot County.

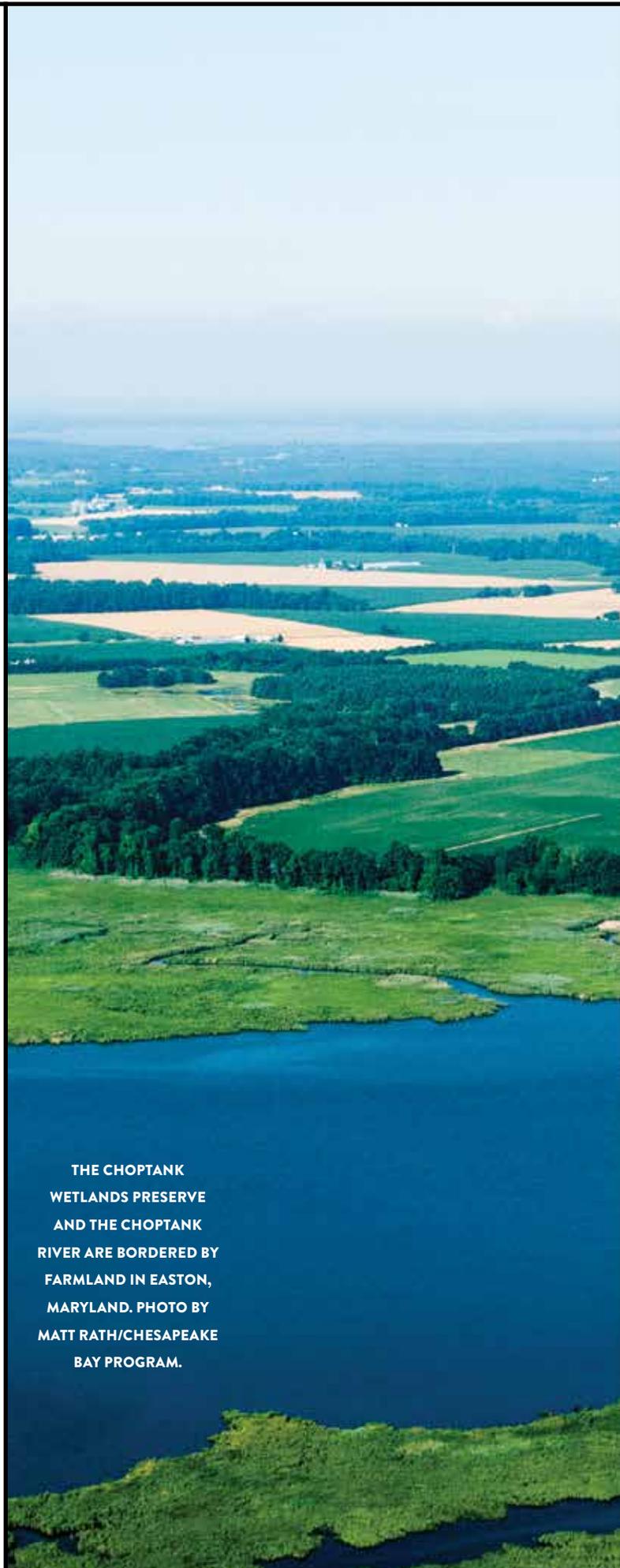
Robert Morris, Jr., financier of the American Revolution, grew up in the inn his father built. Designated a historic inn, it remains today as the oldest full-service inn in America. Post-Revolution, the Grand English Merchant ships were replaced by oyster tongers. Oxford today—population 600—is a quiet village. It is a recognized Historic District with six sites on the National Register of Historic Places. And the nation's oldest privately-operated ferry, founded in 1683, still carries people, goods, and cars 3/4 of a mile across the Tred Avon from Oxford to Bellevue and back.

Fifty miles upriver, Cabin Creek off the Choptank houses a popular gathering place for locals—the Suicide Bridge restaurant, which sits adjacent to the crossing. The first wooden bridge across Cabin Creek was built in 1888. Only 21 feet high, it has long been *the* place for depressed guys to call it a day. The first was a postmaster from Hurlock who shot himself and fell into the water. A distraught farmer did the same. A man nicknamed "Frog" jumped off the bridge and hit his head. Some said his wasn't suicide, but foul play. His autopsy was performed right there on a picnic table. So...when the popular restaurant featuring Maryland seafood was built, it took its name from what natives called "Suicide Bridge."

Looking out toward the water from the restaurant today, one might view the *Choptank River Queen*, an 80-foot replica of a 1900s-era stern-wheeler boat. It and *Dorothy and Megan*, named by Dave Nickerson for his wife and daughter, were the first built for the Choptank Riverboat Company. It operates out of Suicide Bridge on sightseeing and dinner cruises, featuring the Eastern Shore's famed fried chicken, crabcakes, tomatoes, and corn.

A century ago, steamboats frequented the Choptank with excursions to and from D.C. and Baltimore. City folk came to the Shore to spend summers away from the heat and enjoy good, old Eastern Shore fare. Tilghman Island and Taylor's Island were popular waterside retreats. Vacation cruises through historic waters were also popular. The Choptank Steamboat Company (not affiliated with today's Choptank Riverboat Company) offered a 37-hour excursion on the side-wheeler *Dorchester* to D.C. for \$7, with \$1 meals available, featuring corn bread, deviled crab, and fried chicken. By 1939, the industry succumbed to the automobile. The *Dorchester* was auctioned off, renamed the *Robert E. Lee*, and served as a short excursion river boat in D.C. It was dismantled in 1953.

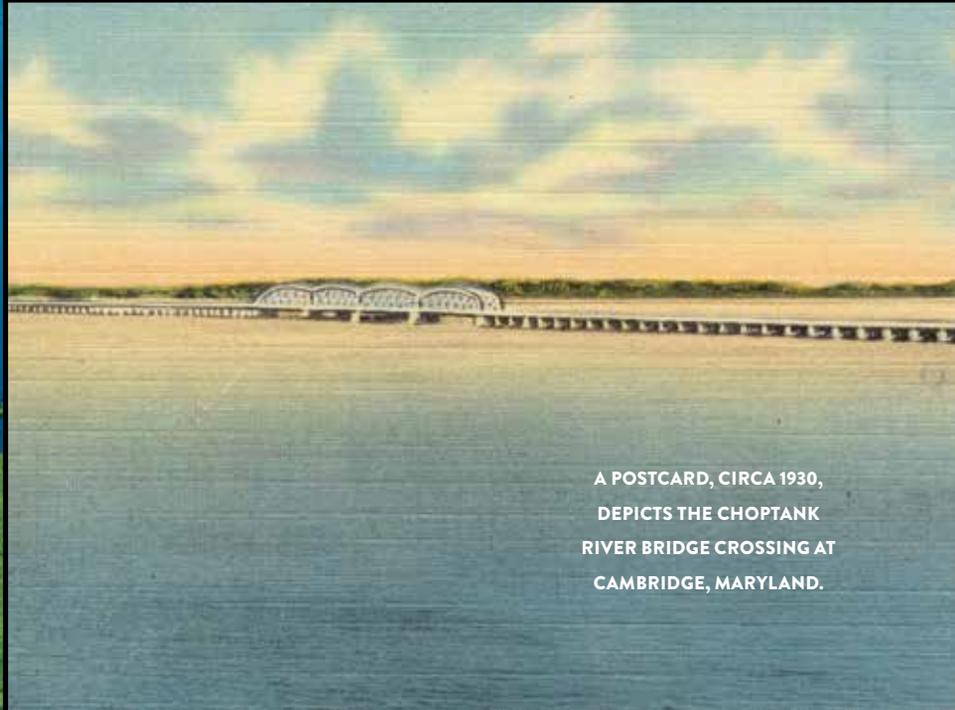
Recently, on September 25, 2021, the City of Cambridge celebrated the life of another vessel—the 25th anniversary of the skipjack *Nathan of Dorchester*. The festivities included sailing races featuring the few skipjacks—Maryland's State Boat—still on the water. There were once more than 2,000 skipjacks and bugeyes



**THE CHOPTANK WETLANDS PRESERVE AND THE CHOPTANK RIVER ARE BORDERED BY FARMLAND IN EASTON, MARYLAND. PHOTO BY MATT RATH/CHESAPEAKE BAY PROGRAM.**



A CLEAR BLUE SKY AND HIGH THIN CLOUDS REFLECT ON THE SMOOTH WATERS OF THE CHOPTANK RIVER WHILE FIVE WHITE-WASHED HULLS LAY STILL AS THEIR WOODEN MASTS AWAIT THE NEXT SAIL FROM LONG WHARF IN CAMBRIDGE. PHOTO CREDIT: U.S. NATIONAL ARCHIVES AND RECORDS ADMINISTRATION.

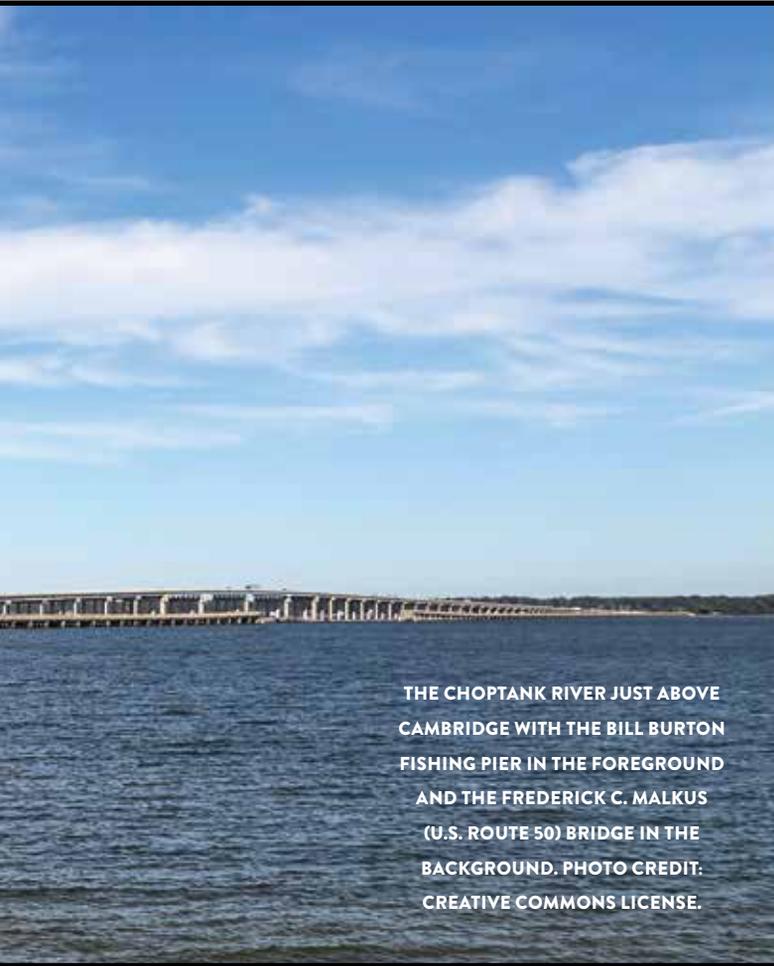


A POSTCARD, CIRCA 1930, DEPICTS THE CHOPTANK RIVER BRIDGE CROSSING AT CAMBRIDGE, MARYLAND.

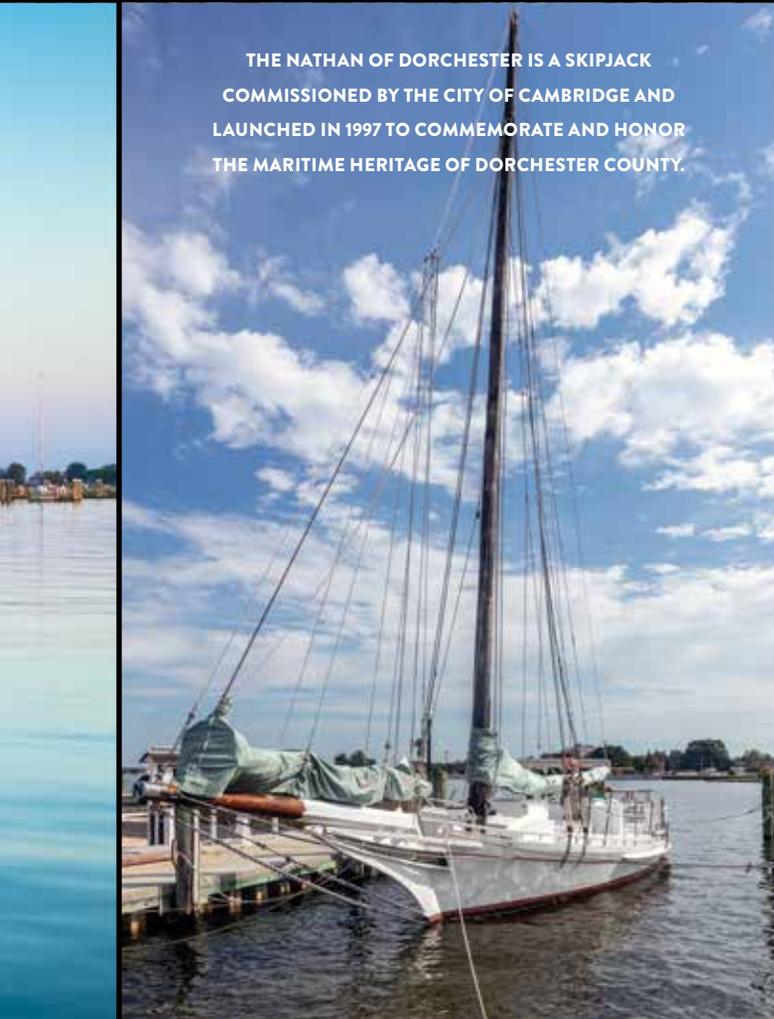


LOCATED AT LONG WHARF IN CAMBRIDGE, A REPLICA OF THE CHOPTANK RIVER LIGHTHOUSE CONVEYS THE STORIED HISTORY OF THE LIGHTHOUSE THAT ONCE MARKED THE MOUTH OF THE CHOPTANK UNTIL IT WAS DECOMMISSIONED IN 1964.





THE CHOPTANK RIVER JUST ABOVE CAMBRIDGE WITH THE BILL BURTON FISHING PIER IN THE FOREGROUND AND THE FREDERICK C. MALKUS (U.S. ROUTE 50) BRIDGE IN THE BACKGROUND. PHOTO CREDIT: CREATIVE COMMONS LICENSE.



THE NATHAN OF DORCHESTER IS A SKIPJACK COMMISSIONED BY THE CITY OF CAMBRIDGE AND LAUNCHED IN 1997 TO COMMEMORATE AND HONOR THE MARITIME HERITAGE OF DORCHESTER COUNTY.

plying the Choptank and its tributaries, when oyster harvesting was king for the Shore’s watermen. Today, they are ghosts rotting along shoreline swamps; only 26 known remain.

*Nathan* was launched in 1997 to honor the heritage of the Eastern Shore and, specifically, Dorchester County in a landscape with 1,700 miles of shoreline from which grew a traditional way of life unique to the Chesapeake Bay. Skipjacks would ply shallow waters and return bounty to rugged watermen in the howling winter months between November and March. Boat builders designed these vessels in their yards with an innate sense of how the pine trees selected for the build fit together. *Nathan* was the last skipjack ever built.

Today, the Richardson Marine Museum in Cambridge supports the nonprofit Ruark Boatworks, which keeps alive the art of boat building and restoring of vintage wooden boats. The *Nathan* is named for a peddler that arrived in Cambridge in 1873 and founded a furniture store that produced a fortune. The building of *Nathan* by volunteers employed traditional methods based on a design of a boat built by Ruark’s great grandfather.

The *Nathan* isn’t the only Cambridge effort to keep Eastern Shore heritage alive. In August 2021, the fifth annual Light Night Party was held to benefit the Cambridge Lighthouse Foundation, which oversees a replica of the screw pile lighthouse that once marked the mouth of the Choptank River until decommissioned in 1964. The original house and all within, including its keeper aboard, was moved from Cherrystone Bar, Cape Charles, by barge 70 miles up the Bay to its final resting place along the Choptank in 1921. The replica of this “Jewel of the Chesapeake” and the *Nathan of Dorchester* can be viewed by visitors at Cambridge’s Long Wharf on the Choptank, located off High Street.

This Chesapeake Bay history, the folklore of our State’s traditional way of life and the effort to keep our rich water heritage alive, may not have happened but for a program promoted by President George H.W. Bush in 1988 called “Thousand Points of Light.” The Nation’s economy was failing at the time; small towns were faltering. Recognizing the need to engage citizens in their communities, the President called upon all to work together in finding new ways to stimulate their economies. Cambridge rose up and appointed a committee of 100 leaders, chaired by Harold Ruark, to envision ideas to promote Cambridge. In the interest of preserving the maritime heritage of Cambridge and Dorchester County, four projects emerged. They were: to establish the Richardson Maritime Museum; build a replica of the Choptank Lighthouse at Long Wharf Park; build a Visitors Center at Sailwinds Park; and create a skipjack dedicated to education and community building. All are in place today earning Cambridge and the Choptank River the title “Heart of the Chesapeake Country.”

But times are changing once again. As 1,700 miles of shoreline erode, due to sea level rise along the Choptank watershed, silt smothers the grass nurseries for fish and the oyster beds. The “Great Choptank Island,” Tilghman Island, which was granted in 1659 and settled by the Tilghman Family who farmed it with slave labor for 175 years, is losing 10 feet of shoreline a year. Small barrier islands, like James and Sharps, once connected with Tilghman. Sharps Island at the mouth of the Choptank foretells the future for life in the heartland of the Bay. In the 1800s, Sharps was a 600-acre island. It was good farmland and boasted a popular resort built by a Baltimore investor. By 1914, the island had shrunk to 100 acres. During WWII, the Army used it for a rifle range. Today, the island is among those that have disappeared.

Yet the Choptank River remains a popular heritage, recreational, and fishing site...and will go on. It’s flora and fauna may change. Thankfully, there are ongoing efforts to restore oyster reefs, water quality, and shoreline throughout this watershed. And the story of its heritage will carry on, thanks to the volunteers and patrons living in the cities and towns that have dotted the Choptank riverfront for centuries.

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# Home & Design

62 NOTHING COMPARES | 68 LURING POLLINATORS TO OUR GARDENS  
70 REAL ESTATE



# Nothing COMPARES

Tranquility lives where the Magothy River meets Mill Creek

Story by **LISA J. GOTTO** Photography by **A DIGITAL MIND**

A typical day turned tremendously memorable for a couple in Arnold and their teenage sons when the call (and the lot) of a lifetime came in.

“I was at home, getting our house ready for Commissioning Week—we rent our house out for Commissioning Week every year,” Jaime says, of the moment, when she realized that nearly two years of searching for just the right home and lot became in reach for her family.

To appreciate what that moment was really like, we will need to turn the clock back a few years, to when Jaime and husband, Steve, began their journey to their current Magothy River waterfront address—a journey that was both short and very long at the same time.

## A Little Help from Friends

Short because the family already lived in a close-knit, planned community near the water that they just loved in Arnold. They were outgrowing that home, however, and were ready to realize their dream to someday have a multi-generational waterfront property. Close friends of theirs who had once lived in their development, bought such a property and they visited often; loving every moment of their friends’ Magothy River and Mill Creek views.

“So, we knew we wanted to try and find something around this area and that’s kind of a challenge,” Steve says. “Finding something, obviously the view is important, but also finding the right size lot.”

The process to find something just a short distance away from where they were living, whether it was an existing home or a workable lot, kick-started a long process of looking.

It would be those friends with the enviable waterfront home that would alert them to another property just a few doors down from them. While it wasn’t for sale, they learned that its current owner was no longer living there since being placed in nursing care, and that the owner’s grown children were hoping to manage the property, at least in the short-term, until they could decide how they wanted to proceed with it.

Through diligence and research, the couple was able to leave a message with the owner’s family about their interest in the property, so if the day ever came that they did wish to sell, the family would let them know. The family was kind enough to take Jaime’s phone number, should just an occasion arise.

In the meantime, their search continued. “We kept looking, but compared everything we saw to this,” Jaime says. Fast forward to that typical day, which arrived almost two years later.

“I had entered the first name of the family contact in my phone with the words, ‘dream property’ in parenthesis,” Jaime says. “One day I was doing stuff around the house and my phone was ringing and I looked at [the display] and I saw [those words] come up, I was like, Oh, my God!”







## Now That's a Lot!

With the greatest challenge to having their waterfront dream property come to fruition being met, they could now focus on what needed to get done. There was a small home on the property, which needed to be taken down before they could execute the new residence complete with the in-law suite for Steve's parents that the couple had envisioned.

When it came to choosing who would execute the design and then the build of the home, Steve wanted to have a friend he knew through his brother have a shot at it. That friend was Brent Paquin of Paquin Design Build of Grasonville.

The couple's final decision to go with Paquin, was an easy one. Jaime explains that they met with Brent on a Friday and by Monday, he was able to present them with plans that solved some logistical site challenges.

"Trying to get everything we wanted on the allowable square footage of this property was proving more difficult than we initially thought it would be," Jaime says.

While the "everything we wanted" list was ambitious, the optimization of water views for everyone who would be living there was "job one," especially since Steve's parents were still living on Kent Island and would have to leave a home with great water views. So, a view "downgrade" was not an option.

The couple also wanted to provide a nice view for each of their sons, ages 16 and 18. To make that happen, the plans went vertical, creating a third level to the floorplan just for the sons' bedrooms.



“Brent did this without us signing with him; that was just the initial consultation,” Steve says. “He took it upon himself that weekend to do some leg work on his own and that really sold us; that he was willing to go the extra mile.”

Their builder’s ability to provide them with upfront cost numbers, broker the best material deals, and his unwavering goal to keep the build on-budget, were all signs to the couple that their decision was a sound one.

### Floored by the Design

The home’s floorplan now provides 4,200 square-feet of living space. Much of that living space faces the water by design; the lay of the home’s land working in tandem with the plan to offer maximized vistas.

“It’s a very nice, elevated lot that kind of drops off into the water,” says Paquin, who adds that the style of the home is unique with its multiple levels and a hip, modern roof line. To accomplish all the goals the couple wanted for the home, it would need to be unique.

Upon entering, one can quickly see that the main floor of this home is exceptional, as it sets a stage of sorts that looks out to an audience that is aquatic in nature, dotted with boats and all the elements of a much-desired waterfront lifestyle.

“I call it my happy place. It’s tranquil and relaxing,” Jaime says. “I just always want to be here.”

And “here” is a pretty great place to be for many reasons. Gorgeous, engineered bamboo “Mojave” hardwoods help set the tone at the entryway, and at first, flow to the right and the left down a perpendicular hallway, and then straight ahead to the great room with its panoramic water views. This is achieved through a series of contemporary window styles that flow from the left in the kitchen, across the center of the large dining space with its sliding glass doors and floor-to-ceiling side panels, and then to the living room with a tri-panel of vertical picture windows.

The visual impact of this living space is stunning and defies being labeled as one style, per se, as the homeowners loved exploring twists on traditional design. A great example of this is the treatment of the fireplace with the living area’s feature wall.

“I didn’t want a typical fireplace in the middle, with the TV above, et cetera,” Jaime says. “I wanted something different there...and that’s where Dawn was great, too, because I showed her one idea that I particularly liked and she drew it out like that,” adds Jaime, referring to Paquin’s in-house interiors expert, Dawn Crovo.

That fireplace wall, and its aesthetic treatments, give the room a moody, yet glowing warmth, set off by the metallic sheen of Dorian Graphite large-format ceramic tiles. With the linear gas fireplace uniquely situated to the far left of the wall adjacent to the window, natural light reflects and dances off the tile creating a spectrum of colors within it depending on the time of day.

The accent wall extends along the length of the living area and is highlighted with a flat screen television in the center and offset by a series of floating shelves on either side and above. Storage is efficiently provided below with a series of large, pull-out drawers—perfect for cushions, throws, and seasonal storage.

Where the accent wall ends, begins the living space’s bonus area, the home’s dedicated office. Jaime, whose father is also a skilled woodworker and remodeler, helped the couple devise the perfect



work-from-home zone for Steve's legal staffing firm. A separate entry provided by a set of large sliding barn doors painted in a rich, dusty blue, pull the look of the two spaces together effortlessly.

A large central console desk with contrasting wood top that comfortably seats two, is connected to a custom built-in unit for file and office supply storage. The look is smart and contemporary. This room is large enough to accommodate a credenza on one side and a custom, comfy, built-in seating area with storage drawers underneath, on the other. A creative use of space that adds convenience and overall value to the home.

Speaking of convenience, this home's kitchen was executed to provide a beautiful space to mingle with friends and family, and offers a wealth of utility for the home chef to do their thing. A must-have for Jaime, in addition to the traditional pantry, was a separate appliance pantry, where the larger, bulky countertop appliances could have a home of their own. This smart space allows all the appliances to be out for accessibility, but not in the way. It's like a having a mini-kitchen just for the appliances. Not a fan of wires on countertops, Jaime has her dream solution in this handy extra room with beautiful shelving and décor that makes grabbing a cup of joe, look like you're in a coffee shop.

Along with a six-burner gas stove with double oven and two islands—one just for food prep and the other to act as a buffet and gathering space, the kitchen has a clever feature built into its window design that already offers stunning water views. These window



panels also function as a pass-through to a countertop dining area on the other side, as part of the family's amazing outdoor living area.

Probably the crown jewel in a home just packed with perks, this outdoor living area was designed with gorgeous PVC decking in Brazilian walnut from the AZEK Arbor Collection. It provides both covered seating with a luxe gas fire pit, and an additional outdoor dining space adjacent to the countertop dining area. An architecturally stunning set of stairs descend along two sides down to the lawn and the water's edge below.

### Multi-Generational Living Done Right

Based on the merits of main level living alone, the home is an award-winner, but this residence was designed to do so many other things. Two elements of conveyance were contrived to accommodate just that.

To the right of the entry, is the home's unique staircase feature. From the exterior of the home, it looks as though the home has a tower. It extends to accommodate four levels of living.

"It's a pretty cool visual when you're in there," Paquin says. "You see how it wraps all the way [around], from story to story."

Take one floor down and you're in the home's large family and game room. The space extends to an additional guest bedroom and bath for when their sponsored midshipmen come to stay.



Ascend one floor up from the main and you'll find the home's gorgeous primary suite with its tranquil water views and a balcony that extends to the home's in-law suite along the waterfront. This suite, which can easily be accessed via elevator located on the opposite side of the home from the main staircase, is a marvel in itself.

"When you say suite, it's really like an in-law house," Paquin explains. "It has a kitchen, a living room, and a bathroom." It creates the perfect amount of space for Steve's parents when they are in Maryland during the summer months.

Jaime's family is also accommodated on this floor when they come to visit with an additional guest suite with full bath.

Take the elevator or the gorgeous modern staircase to the top floor and you will find the nerve center for the couple's two teenage boys, complete with a shared bath and designed with window views of the water. It's an exceptionally unique space that two young men can call their own, much like the rest of the home, which is a testament to what can be accomplished when smart design is applied so there's a space for everyone and everyone has their space.

And no one is more aware of that than Jaime who took that long-awaited call on that typical day in Arnold.

"I mean, who doesn't want to live on the water?," Jaime says. "And the fact that we were able to do this at this point in our lives, when our kids are still here and can enjoy it. This is absolutely a dream fulfilled."





HOME GARDEN

# Luring Pollinators to Our Gardens

By Janice F. Booth

Spring is on our doorsteps and wisps of delights-to-come are floating through our gardens and with some of these March winds, racing through. And we're often gladdened now by early crocuses, snow drops, and the green stems of soon-to-be daffodils and tulips poking up, growing hour-by-hour. In our gardens, pollinators—those helpful bees, beetles, and even a few moths—are making their way among the awakening plants, sipping any nectar that may be available and carrying pollen from bud to bud, flower to flower.

Let's consider how we can improve our gardens and help the pollinators who help our gardens glow with life and color. What is pollination? Who pollinates? What's the importance of pollinators to us? How can we make small and large changes in our gardens to support these busy birds, bees, and other animals?

## Pollination Defined:

To produce flowers or fruit, plants require the addition of pollen; insects and some animals collect pollen on their bodies from male plants and deposit that pollen on female plants of the same species.

## Types of Pollinators:

Bees are our most prolific and efficient pollinators. Birds (particularly Hummingbirds), butterflies, moths, beetles, and bats distribute the pollen clinging to their bodies among the plants. Even some small mammals do their part to move that pollen around, capturing pollen on fur and snouts.



**So what?** Just a few facts about the impact these sometimes-pesky little bees, beetles, and birds have on our lives:

- 75 percent of Earth's flowering plants rely on insect and animal pollinators.
- Healthy plants of all types clean the air, stabilize the soil, provide oxygen, and support wildlife.
- That's approximately 180,000 types of plants, 1,200 of which are food crops.
- One-third of the food we regularly consume depends directly on the efforts of pollinators.
- In the U.S. alone, pollination by Honeybees accounted for \$19 billion of our nation's crop productivity, according to the 2010 National Parks Services records. An additional \$10 billion in crop productivity was attributable to other pollinators.
- Add to our nation's agriculture productivity, approximately \$700 million flowed into the economy from U.S. Honeybee products and services.

## But there are big problems facing our tiny pollinators:

- Tragically, Honeybees have diminished by over 50 percent since 1974. According to the U.S. Fish & Wildlife Services; a great part of that loss of our bee population can be traced to Climate Change.
- Monarch Butterflies, those beautiful, golden creatures that travel over 3,000 miles in their fall migration, have decreased in 25 years from counts of 383 million to 4.5 million; that's a loss of 88 percent of those glorious butterflies.

---

That's only a bit of the big picture on pollinators. You may be wondering what all this information has to do with us and our flowerbeds and gardens here in Maryland? Well, possibly quite a bit! In our own small ways, we may be able to support and protect our pollinators, even encourage their adaptation and survival. Here are some easy garden adaptations that can make a difference:

- When you're shopping for a few new plants to add to your beds, consider "*host*" plants, such as parsley and fennel, that are favorite eggs laying locations for moths and butterflies.
- *Avoid* introducing and remove *invasive* plants; they choke out native varieties. Among those culprits are some all-too-familiar plants; burning bushes, pampas grass, and golden bamboo. Even rose-of-Sharon and butterfly bushes are problematic.
- *Add a water* feature—a birdbath, a small pond, or simply a dish of water that can supply insects and birds with fresh water on warm days.
- *Avoid pesticides* since their purpose is to destroy insect populations. Even microbial and botanical pesticides are going to kill insects. Instead, why not add insect-repelling plants to your garden? Here are a few safe choices:
  - Anticipating trouble with flies and mosquitoes? Plant **basil**.
  - Moths and fleas worry you? Lovely **lavender** can help.
  - For mosquitoes, **lemongrass and marigolds** are effective repellents.
  - *Long-blooming and big-blossoms plants* are two big favorites with pollinators. Our state flower, the Black-Eyed Susan, zinnias, hydrangea, coreopsis, marigolds, and many more will please you and your helpful pollinators.
  - *A little bit messy is good*: This may be a tough one to stick to, but avoid over-tidying, keep some light garden debris—fallen leaves, tiny sticks, and other detritus. They can serve as nesting material for birds and as hiding places for the tiny beetles and ants who can help with pollinating your plants' blossoms.

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When you implement some of these simple suggestions, you'll be joining over 50,000 landowners across the country that have completed over 60,000 Habitat Restoration Projects on more than 6 million acres, under the leadership of the U.S. Fish & Wildlife Service. You may want to join that project; check it out at [fws.gov](http://fws.gov), or learn more at the Pollinators Partnership [nappc.org](http://nappc.org).





# Resort-Style Luxury on Maynadier Creek

By Lisa J. Gotto

A grand set of mahogany doors with inset accent windows lead you to the spacious, two-story foyer of this 7,000-square-foot waterfront home in Crownsville. Once inside, the new homeowners will enjoy the benefits of an abundance of natural light streaming in from its many windows offering wraparound views to Maynadier Creek and out toward Round Bay and the Severn River.

There is also a striking custom staircase off the entry that curves its way to the upper level making a statement with every step. Off to the right, a welcoming family room awaits with its central wood-burning fireplace. Gorgeous, chestnut-colored hardwoods flow throughout. Above, the room has a stunning coffered ceiling treatment, below which a wall of windows affords peaceful views of the tree canopy that fall to the waterfront below.

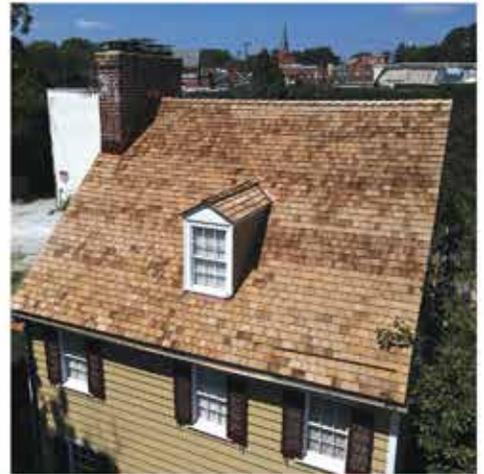
This space flows into a spacious gourmet kitchen with a huge, multi-purpose center island with cooktop, breakfast bar seating for four, and prep sink. This space was definitely designed with more than one cook in mind, with granite countertops that seemingly go on for miles. Lovely custom cabinetry abounds so everything one needs is easily assessable. And, while the home has a separate and luxurious formal dining room, the kitchen's informal dining area is exquisitely placed within a panoramic wall of windows with eyes to the water.

A fabulous outdoor living area—the word, “porch” just doesn’t cut it here—has an attractive stone fireplace wall with gas insert, beadboard ceilings, rustic wood floors, and a nostalgic belt-driven fan, all creating an amazing treehouse effect.



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The floorplan of this home is remarkably accommodating with excellent situations for working from home, that include a dedicated home office, a library with fireplace, and a loft office space on the upper level of the library.

Upstairs, the spacious primary bedroom suite also benefits from a panoramic window effect. Its separate seating area offers a handy coffee bar and cozy, wood-burning fireplace. There's tons of room for handbags and such in the large, walk-in closet, and the bathroom is every bit as spacious with large separate vanity areas, granite countertops, and a two-person, jetted soaking tub. Radiant heat can be found underfoot.

The home offers three additional bedrooms with their own assorted perks such as water views and a fireplace. An in-home elevator is available for transport to the home's lower level where a home theater and an all-inclusive home gym experience complete with an indoor endless swimming pool can be found.

Completing our tour, there is an impressive pier complex with more than eight feet of water depth capable of housing a 120-foot yacht with additional slips for smaller vessels.

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**Primary Structure Built:** 2005  
**Sold For:** \$3,650,000  
**Original List Price:** \$4,195,000  
**Bedrooms:** 4  
**Baths:** 5 Full, 2 Half  
**Living Space:** 7,171 Sq. Ft.  
**Lot Size:** 2.03 acres

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**Listing Agent:** Reid & Charlie Buckley; Mr. Waterfront Team of Long & Foster Real Estate; 320 Sixth St., Annapolis; m. 410-279-1843; o. 410-266-6880; reid@waterfronthomes.org; waterfronthomes.org

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# Creek & River Postcard Views

By Lisa J. Gotto

With panoramic views across Clements Creek and beyond to the Severn River, this magnificent property offers 427 feet of water frontage and the sought-after lifestyle prized by many a Maryland boat owner.

Work from home here, take off on a nautical adventure from here, or just relax and take a breath here, because this home has everything today's busy lifestyles and changing work worlds require.

"Breathtaking" is the most accurate way to describe the impression this home makes with its more than 4,700 square-feet of living space and the view you get when you're standing above on the main stair overlooking the great room. A soaring ceiling with a panel of windows inset to maximize waterfront views opens to a real-life postcard of what Chesapeake Bay living is all about.

A serene center hall leads from the entry along rich, dark hardwoods passing a grand architectural staircase to this sublime gathering space. Highlights of crown molding and well-placed feature windows, that flood the space with light, surround you. Neutral colors abound so natural beauty can flow in.

At the heart of the great room is a lovely wood-burning fireplace instantly adding warmth to the large room. Just to the right of the entry is an impressive hallway outfitted with built-ins on either side to house a family's curated collections and located to the left of the great room is a tranquil sunroom with built-ins and French doors leading to the home's incredible outdoor entertaining area.

The center hall leads into the home's all-white light and bright gourmet kitchen. This room, which includes a large center island and separate breakfast nook area, offers two walls of

windows overlooking the water. Highlights also include all stainless-steel appliances, glass-front accent cabinetry and a large, farmhouse sink.

A formal dining room also offers two walls of windows to the water making every meal partaken there a special occasion. In addition, this main floor offers a sizeable guest bedroom and bath.

The home's exquisite primary suite is located on the upper level. This room provides a sublime escape with its vaulted ceilings, a lovely, separate seating area facing a full fireplace, soothing water views from large windows, and entry to a private top deck via French doors.

The suite's amazing bathroom also has a vaulted ceiling, an impressive sunken-in tub, two separated vanity areas, and a massive walk-in shower. There is one additional bed and bath on this floor, and two more on the home's lower level.

Outside, the property offers a deep-water dock with eight feet of depth and two boat lifts accommodating one 8,000- and one 20,000-pound boat, and more than 1,000 square feet of outdoor decking. A huge, sun deck off the main level living area provides a picture postcard view of Clements Creek, which is the true beauty and rare jewel of this superb Severn River setting.



**Primary Structure Built:** 1984  
**Sold For:** \$3,000,000  
**Original List Price:** \$2,960,000  
**Bedrooms:** 5  
**Baths:** 4  
**Living Space:** 4,709 Sq. Ft.  
**Lot Size:** 1.22 acres

**Listing & Buyer's Agent:** Brad Kappel;  
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# 2022 TOP Dentists

The 2022 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.



**STARTING MARCH 1ST, TO NOMINATE A DENTIST SCAN QR CODE WITH YOUR PHONE CAMERA OR VISIT THE WEBSITE BELOW.**

If you have any questions about the process, please contact our Editorial Director at [editor@whatsupmag.com](mailto:editor@whatsupmag.com) or Chief Operating Officer at [alyons@whatsupmag.com](mailto:alyons@whatsupmag.com).

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**WHATSUPMAG.COM/TOPDENTISTS2022**

# Health & Beauty

**80** FRESH TAKE | **81** IS THE GRAY HAIR TREND HERE TO STAY?  
**82** FITNESS TIPS | **84** CHEMICAL-FREE CLEANING? *plus more!*



# Fresh Take

## ARTICHOKES

By Dylan Roche



If you've ever looked at a raw artichoke and felt intimidated, you're not alone. With their thick covering of inedible leaves, these vegetables leave many consumers unsure of what they're supposed to do—how to create something delicious out of something so hard and prickly. And that's a shame, because not only are artichokes rich in nutrients but when they're skillfully prepared fresh, their savory taste is worth the effort.

Although we think of artichokes as a vegetable—and prepare them as such—they are actually a type of thistle flower. If you let an artichoke grow to maturity, it would bloom into purple magnificence. But for culinary purposes, the buds are plucked prematurely, and from there, savvy chefs will pull apart the leaves, trim off the spiky floret at the base, and prepare the artichoke's soft, flavorful center known as its heart.

Artichokes as a food source go back centuries. Although artichokes are thought to be native to North Africa, they spread to the Mediterranean region where they were prominently enjoyed by the Ancient Greeks and Ancient Romans. In fact, renowned philosopher Pliny the Elder is said to have described artichokes as one of “earth's monstrosities” and observed that even animals avoid eating artichokes in nature, but humans turn them into a “corrupt feast.” How's that for praise?

Nevertheless, artichokes became such a well-loved part of Mediterranean culture that Italian immigrants brought them to North America in the 1800s. Artichokes flourished in the climate of California, where they continue to be much more popular than they are in other parts of the country. Artichokes are even California's official state vegetable.

Artichoke season starts in March and usually peaks in April and May. While artichokes can still be grown throughout the summer, it isn't until fall that they usually have another peak that lasts October through early December.

From a nutritional perspective, the artichoke's best feature might be its fiber content. Just one artichoke can provide approximately one-quarter of your daily fiber needs, which helps your body

control blood sugar levels and improve digestion. Studies have also shown that artichokes promote your body's production of bile, which will help your liver's performance as a natural detoxifier.

Artichokes are high in vitamin K, vitamin C, magnesium, manganese, and potassium, and according to the USDA, they are one of the highest-ranking vegetables for content of antioxidants, which help you stave off chronic disease and prevent aging.

When you're shopping for fresh artichokes at your grocery store or farmer's market, look for buds that have dark green leaves held tightly together like a clenched fist—avoid any with leaves that are loose or splayed apart, or if the leaves look dry and brittle. Ideally, the artichoke will feel heavy for its size; lighter weight or sponginess indicates that it has likely gone bad. Finally, you might see artichokes with brown or white streaks, which are the result of frostbite. Although these streaks don't look so nice, they won't affect the taste or quality of the artichoke. Pick up a raw artichoke on your

next shopping trip so you can overcome your intimidation and impress those around you with your culinary skill in turning this “monstrosity” into a flavorful meal nobody would have any reason to be afraid of.



### Low-Fat, High-Protein Spinach Artichoke Dip

1 1/2 cup prepared artichoke hearts  
5 cups fresh spinach  
1/4 cup fat-free Greek yogurt  
1/4 cup mashed avocado  
1/3 cup parmesan cheese  
3/4 cup shredded part-skim mozzarella cheese  
2 cloves garlic, minced  
2 tablespoons olive oil

Preheat oven to 400F degrees. Heat a pan over medium heat and add olive oil. Slowly add spinach and allow to sauté until it is soft. Remove from the heat and allow to cool. In a large bowl, combine yogurt, avocado, parmesan, mozzarella, and garlic. Slowly add in artichoke and spinach. Transfer the mixture to an oven-safe casserole dish and bake for 20-25 minutes. Serve hot with chunks or whole-grain bread or crudité.

## PREPPING THE ARTICHOKE HEARTS

The first step to many recipes involving artichoke is prepping the hearts. While canned artichoke hearts are fast and convenient, fresh always tastes better. Here's how to prep approximately 1 1/2 cups of artichoke hearts, the amount usually found in a standard 14-ounce can.

Start with five large artichokes. Trim leaves off the artichokes and bring a saucepan of water to a rolling boil. Add two lemon slices, two cloves minced garlic, and one teaspoon salt to the water, followed by the artichoke. Boil for approximately 30 minutes. The artichokes are done when you can easily push a knife through the stem of the artichoke.

Remove the artichokes from the water and allow to cool. Peel back the petals and scrape away the white fuzzy flesh covering the artichoke's heart. Remove the heart and chop into quarter-inch pieces. (If you wish to skip boiling a fresh artichoke, you can use a 14-ounce can of artichoke hearts instead.)

MORE RECIPES AT [WHATSUPMAG.COM](http://WHATSUPMAG.COM)



# Is the Gray Hair Trend Here to Stay?

By Dylan Roche

For the longest time, women (and let's be honest—men, too) visited the salon to cover up gray hair. It's a little ironic then that gray hair would become trendy. Not only are older women embracing their naturally gray hair, but younger women are even dyeing their hair gray to emulate the look.

What's the reason behind the trend? For some women, it's about empowerment. Gray hair has long been associated with elder age, and that's why they've always felt the need to cover it up. But over the past few years, society has started to acknowledge beauty transcends age. In other words, even when hair color starts to fade, women are still glamorous and sexy.

The science behind the graying of hair is fairly simple. Hair gets its color from a pigment called melanin, which diminishes in the cells of hair follicles as a person gets older. Those hairs turn gray at first, and eventually they become white. Although age is the primary factor in this change, it can be exacerbated by short-term or long-term stress. Not all people will lose their hair color the same way. Some go silver whereas others have a salt-and-pepper color.

Part of the movement to embrace gray hair has come from the Instagram account @grombre, which features pictures of women with their silver hair and reflections from them on why the trend resonates. As one user, @laurabess606, puts it, "I'm feeling comfortable and empowered as I let go

of the need to try to look a certain way, and instead, accept my changing as a reflection of my growing wisdom."

And yes, now young women are dyeing their naturally colored hair to look gray, achieving the cool, soft appearance they admire on the women who have gone gray naturally. As far back as 2011, celebrities such as Kelly Osbourne, Lady Gaga, Nicole Richie, and Rhianna have all made fashion statements by going silver.

Interested in giving silver a try? If you have to dye your hair to get the look, you should keep in mind that silver is much more easily achieved by blondes than by those with other hair colors. Unless you have platinum-blond hair, going gray will require bleaching, which could damage your hair when done on a long-term basis. You can still try going gray for a season, but just know that if you have naturally dark brown hair, it's going to be difficult to maintain a silvery gray color and healthy hair at the same time.

If you have a warm skin tone, you might want to leave your roots their natural color to avoid looking washed out against the soft, cool gray.

And finally, whether your hair is naturally gray or whether you're dyeing it gray, don't be afraid to be adventurous. Streaks or tips of subtle blue or purple will give your hair a pop of color and complement the gray well without looking too ostentatious or funky.



## READY TO TRY OUT A STAIR WORKOUT?

Here are three basic exercises to get you started. As you become more comfortable, consider wearing ankle weights or carrying light dumbbells to boost the intensity.

### STAIR PUSHUPS

Stand at the foot of the stairs and lean forward to place your hands on the steps in front of you. Keep your arms directly under your shoulders. Extend yourself so that your body is in a plank position. Your toes should be pressed into the ground and your core should be supporting your body. Bend your elbows to lower your body toward the stairs. Pause when your chest is about an inch away from the stairs. Straighten your arms and push your body back to your starting position. Repeat 20–30 times. Perform three sets.

### STAIR CRABWALKS

Seat yourself at the top of a set of stairs with your legs bent at 90-degree angles in front of you and your feet resting on lower steps. Your feet should be about shoulder width apart. Bend your arms and grip the edge of the stairs you're sitting on. Push yourself up. While continuing to face forward, crawl crab-style down the stairs, going down one step at a time. Move your left arm at the same time you're moving your left leg, and your right arm when you're moving your right leg. When you reach the bottom of the stairs, go backwards back up. Repeat 10–20 times. Perform three sets.

### STAIR JUMPS

Stand at the bottom of the stairs with your feet shoulder-width apart. Lower your hips and bring your body into a squatting position. Jump up and forward onto a stair about three or four steps up. Swing your arms to give yourself momentum. Turn around and jump back down to the bottom of the stairs. Repeat 10–20 times.

HEALTH & BEAUTY FITNESS

# Fitness Tips

## WHY STAIRS ARE A GREAT WORKOUT

By Dylan Roche

No matter how convenient the treadmill or the elliptical machine might be, you can easily get tired of them after a while. Or maybe getting to the gym just isn't convenient or inspiring to you right now. The good news is that all you need to break out of your fitness rut and give yourself some variety is a set of stairs—yes, seriously.

Whether you're using a staircase in your home or the stairs that go up the bleachers at a local stadium, you can use these steps to give yourself a great aerobic workout that strengthens your entire lower body. You'll also get some resistance training and balance work in there as well.

The Mayo Clinic encourages stair workouts as an addition to your fitness routine because the aerobic nature of the exercise will improve your cardiovascular health and even help

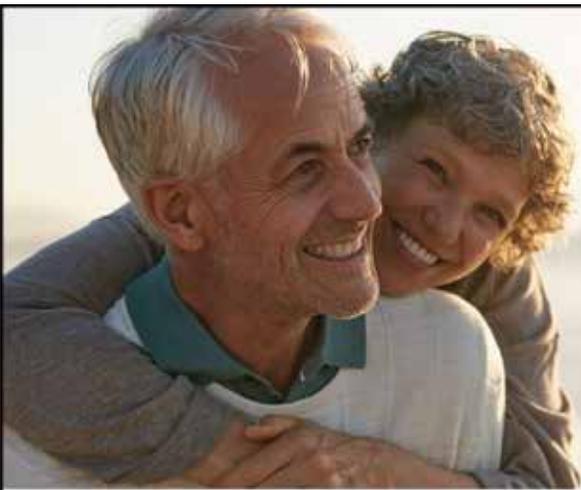
maintain blood sugar levels. Just three minutes of going up and down stairs following a large meal will reduce blood sugar spikes that leave you feeling tired or lethargic.

Ascending or descending a set of steps targets many of your major muscle groups, including your glutes, quads, and calves. Working these large muscle groups will burn a lot of calories, which is great for people who are trying to achieve or maintain a healthy weight.

For runners, a speed workout up and down stairs provides a nice alternative to hills. Stairs tend to be much steeper than gradual hills, so they're more challenging. A high-intensity ascension or descension will spike your heart rate, which will train your body to use oxygen more efficiently. This translates to faster speed when you later go back to training on a flat course.

It's important to remember that stairs pose a bit of risk for those who aren't steady on their feet. Before starting a stair workout, test your balance by standing on one foot for 45 seconds, followed by 45 seconds on the other foot. If you can't do this, undertaking a stair workout might be risky for you. People with bone loss or osteoporosis are especially at risk because falling on stairs could mean greater injury to them than to someone with healthy bone strength.

Be sure to move with straight posture when going up and down stairs so you avoid neck or back injuries. Maintaining focus on your posture will help improve core strength as well.



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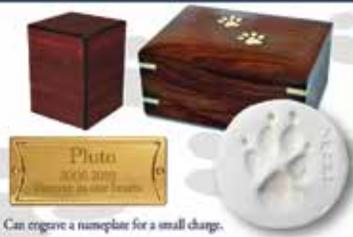
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# Chemical-Free Cleaning

By Dylan Roche

If you're prepping to do some serious spring cleaning, you might want to think twice before you reach for your go-to chemical disinfectant. Although health leaders, including those at the American Academy of Pediatrics, acknowledge that chemical-based cleaning products are an important part of maintaining a healthy home because they reduce germs and bacteria that can cause illness, you need to be careful. When used improperly or in excess, common chemical-based cleaning products can be hazardous. In many cases, you can achieve the same results with nontoxic, all-natural products you probably already have around your house—and while some of them require a little more scrubbing effort on your part, your lungs and skin will thank you for the reprieve.

There's some disagreement about how safe the typical household cleaning product is. The American Chemistry Council maintains that cleaning products are safe and effective when they are used properly, and a product's toxicity is going to depend on how much a consumer is exposed to it. This is why the Federal Haz-

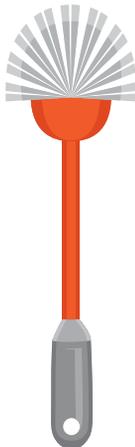
ardous Substances Act dictates that all products have labels that state what risks they pose to consumers, how the product should be stored, how the product should be used, and what immediate first-aid steps should be used in case of an accident.

That might not be much comfort for people who are already wary of chemicals. Additionally, the Environmental Working Group reports that many substances found in common cleaning products haven't been evaluated for safety by government agencies or third-party research agencies. You could be looking at fumes that trigger respiratory problems, skin exposure that results in irritation or chemical burns, and even cancer or reproductive issues from long-term use.

You might be surprised how easy it is to accomplish many of your cleaning tasks with nontoxic products, whether it's the stuff you do daily or the seasonal deep cleans. Plus, these DIY natural cleaners will reduce your environmental impact, so they're just as good for the health of the planet as they are for your health.



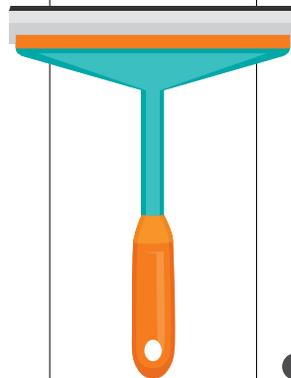
**TO MAKE A GENERAL ALL-PURPOSE CLEANER,** combine a half-cup of white vinegar with a half-cup of water. Add about eight to 10 drops of essential oil for scent. Add the mixture to a spray bottle and add 2 tablespoons of baking soda. Screw the top to the spray bottle on tightly and shake to mix. Use for countertops and other nonporous surfaces.



**TO SANITIZE YOUR TOILET,** simply sprinkle citrus-flavored powdered drink mix (like lemonade or orangeade) into the toilet bowl and start scrubbing. The citric acid in the drink mix will kill germs and help remove gunk and grime. It will also smell great!



**TO REMOVE STAINS FROM FABRIC AND UPHOLSTERY,** combine a half-cup of liquid dish soap with a quarter-cup baking soda and two cups of warm water. Dab the mixture onto the stain and let it sit for approximately 30 minutes. If the fabric is washable (such as an article of clothing), launder the way you usually would. For fabric that isn't washable (such as a rug or a sofa), scrub the cleaning paste away with water. If any baking soda remains, allow it to dry out completely before vacuuming.



**TO REMOVE MOLD OR SOAP SCUM FROM YOUR SHOWER,** combine a half-cup liquid dish soap with a half-cup white vinegar. Slowly stir in a quarter-cup of baking soda. Apply the mixture to your shower tiles or your tub. Scrub vigorously if necessary; then rinse with warm water.



**TO CLEAR A CLOGGED DRAIN,** use vinegar and baking soda. Sprinkle a generous amount of baking soda down the clogged drain, followed by a generous pour of white vinegar. Allow the baking soda and vinegar to fizz, which will loosen any gunk or buildup in the drain. When the fizzing subsides, pour about a half-gallon of steaming hot water down the drain to flush it clean.



**TO POLISH WOOD,** combine one cup olive oil with a half-cup white vinegar. Shake or stir to combine. Use a soft rag to apply the polish to wooden furniture or hardwood floors. Allow to sit for five minutes before wiping away any excess with a dry rag.

## IF YOU STILL WISH TO USE CHEMICAL-BASED CLEANING PROJECTS...

That's okay too! Some people just prefer the ease and convenience, even if exposure to chemicals is a little risky. You can still protect your health by being diligent and responsible. **MAKE SURE YOU:**

Keep all products in their original containers with the original label intact. This will allow you to easily refer to proper use and any emergency first-aid steps you should take in case of unhealthy exposure.

Never combine chemical-based cleaners under any circumstances. Although this might sound like a good way to create a super cleaner, you could create a dangerous reaction by combining certain chemicals. For example, if you mix bleach and ammonia, the combination will produce chloramine gas, which will irritate in your eyes and respiratory system. If you suffer prolonged exposure, you could go into a coma or even die.

If you must dilute a chemical cleaning product, such as bleach, put it in a new, clear plastic spray bottle and mark the bottle with what it contains. Reserve that bottle for that specific chemical only—do not refill it with a different type of chemical when it is empty.

Remember to be careful about spraying any chemical cleaners around small children. High-strength, undiluted bleach should not ever be used in a childcare setting.

If you have reservations about any chemicals or the cleaning solutions that contain them, you can access health data through the Occupational Safety & Health Administration at [osha.gov](https://www.osha.gov).



# Azelaic Acid— What's That?

By Dylan Roche

No two people have exactly the same skin types—so it doesn't make sense to assume that the same skincare treatment would work for everyone. Thanks to the growing prominence of azelaic acid, those struggling with conditions like acne and rosacea, both of which can cause pimples and redness, now have a new option that's not as harsh as what's typically found in most medicated facial cleansers.

Azelaic acid is a natural compound found in grains like barley, wheat, and rye. The American Chemical Society notes that these plants release azelaic acid to protect their cells from dangerous pathogens, and it's this same antimicrobial nature that makes it so effective on human skin. Azelaic acid kills the bacteria that infects your skin's pores and reduces its production of keratin, a protein that, when present in excess, can cause acne to develop.

The primary benefit behind azelaic acid is that it's milder, so it suits those with sensitive skin who are battling acne or rosacea. Brand names containing azelaic acid include Azelex, a cream cleanser, and Finacea, which comes in gel or foam varieties. These medicated facial cleansers can improve minor blackheads, refine your pores, even out your skin tone, and even give your complexion an overall brighter appearance. Additionally, products with azelaic acid can boost cell turnover in your skin, so things like acne scarring heal faster.

If you're interested in trying azelaic acid, consult your dermatologist first to make sure it's right for you. Most azelaic acid products can be purchased over the counter. Begin by washing your skin gently with a mild cleanser, then applying the azelaic acid, and gently massaging it in your skin. Don't rinse it off—instead, allow it to set. Afterward, you can apply makeup or sunscreen over it.



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# Dining

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# Globally Inspired Catered Cuisine

By Tom Worgo

Photography by Stephen Buchanan

**K**evin Devine debated for a while about whether he should start his own catering business. He'd spent 20 years catering for different companies, including a stint as a contractor for Google, where he won two catering-related awards. He got his perfect opportunity to venture out on his own when his mother, Susan Cordner, suggested he organize a party for about 100 people for the company Advance Air, where she worked in 2018.

The catering job was a big hit. And with about \$2,000 in profits, he launched his own company—Crave Catering Co.—in Bowie in December of 2018. He plans to relocate to Edgewater in 2022. “I decided to go after it then and there,” Devine explains.

Examples of food themes he offers on his menu include Americana, Rustic Tuscan, French Countryside, and Simply Done Well. “Being able to take different bits and pieces of various cultures and applying them to dishes here in America has given us a nice spin on offerings,” Devine says.

Devine runs the company with his wife, Etoye. They both earned culinary degrees from Johnson and Whales University in Rhode Island. We talked to Kevin about what separates Crave Catering Co. from other similar businesses, his food themes, and some of the customer's favorite foods.

## Tell me about your background as a chef.

I went into the health care industry first. Cooking for hospitals and a retirement community. That was as a lead chef. After that, I realized I wanted to have a better outlet to express my creativity. So, I worked for a catering company for four years. After that, I went into corporate dining doing café service for various law firms in Washington, D.C., for 10 years. We did a lot of catering. Everywhere I have worked there has been a heavy presence of catering.

## Did working as a contractor for Google at their D.C. office give your career a boost?

It did. Being able to put that name next to yours is a huge plus. It took what I was offering and helped me rise to another level. It made me top tier. The awards were for excellence in our events, food and service, and as best catering team in the Americas. That's out of all the hundreds of offices in North and South America.



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cravecateringco.com

## Why did you decide to start your own business?

We felt we had to move on with what was going to be best for us. My wife is my partner. It was time to move into something that was going to be ours. We had taken the 20-plus years in the catering and food service industry and wanted to use what we learned to make our own statement and put our own spin on it. I have always enjoyed working at weddings and providing great food is the cornerstone of what we love to do. So being able to do that on our own terms is what really propelled us forward.

## What type of events are you catering now? What event do you cater most often?

Most of what we cater is weddings. People held off getting married and we are now having a resurgence. We had nine weddings in late summer. We also are doing a lot more social events—anything outside of a wedding. Anniversaries, bar mitzvahs. That's because cor-

porate America has not quite returned to full capacities, like in Baltimore, Washington, and, even, Annapolis.

## Why did you decide to go with Americana as a theme?

It's really taking what we know as typical American Cuisine—great meats vegetables and things like that and elevating them by adding different nuances. My time cooking with Google gave me a tremendous international perspective on foods—being able to take different bits and pieces from different cultures and apply that to dishes we know well here in America. It has proven to give us a nice spin on our offerings.

## Did you develop the Tuscan and French themes because people were asking for them?

I always found when I talked to clients—specifically wedding clients—a lot of them had themes in mind for their events or weddings. I thought it would be great to take some of the world's



## Whipped Sweet Potatoes with Citrus

Serves 4

1-1/2 pounds Whole sweet potatoes about the size of a baked potato (smaller size)  
 4 Tbsp Unsalted butter, at room temperature, cut into small pieces  
 1 Tbsp Kosher salt  
 1 small orange zested and juiced, discarding flesh  
 1 Tbsp maple syrup

### Method of Preparation

1. Preheat oven to 350 degrees
2. Line a baking sheet with aluminum foil and wash potatoes, do not peel
3. Place potatoes on baking sheet and put in the oven for approximately 40 minutes. (Cooking times may vary depending on size of potato.)
4. Potatoes should be soft and easily mashed
5. Remove potatoes from the oven and allow to cool until they are able to be handled.
6. With your hands, peel away the skin and place into a mixer bowl.
7. Add butter, salt, orange zest and juice, and maple syrup. Then whip with a whisk attachment or beaters until all ingredients are incorporated well and potatoes appear smooth and fluffy.
8. Serve warm.

For more recipes, including "Simple Salt & Pepper Salmon" and "Roasted Coriander Carrots," visit [Whatsupmag.com](http://Whatsupmag.com).

most loved cuisines and develop something around them. With our Tuscan theme, you will see Italian foods in there. French Countryside is a cuisine you may experience outside of the big cities in France. Everybody can find something they will like, and their guests will like. We are not limited to those. We can come up with something custom to meet your vision of what your event is going to be. We have a great idea of just about any cuisine across the world. We are well-versed in many global cuisines. We want to build something custom, fun, and event-driven.

### What is most popular theme? What item do the customers crave?

I will be very honest. The American menu. It's casual in nature, but it's well-elevated. There's something at the event

that everybody will like, from grandpas to nieces. It's great American foods everybody will love. Customers love the Citrus Sweet Potatoes. It's something we take that is very familiar and we just amplify it with fresh orange, maple syrup, and a dash of cinnamon. It just takes it to another level and is phenomenal.

### What other food items are very popular?

It's not on any of the themed menus. It's on the plated options. The red wine braised beef short ribs with the porcini mushrooms is one of those cold-weather, stick-to-your-bones flavor bombs. You can cut the short ribs with a spoon. It's just a savory explosion in your mouth. If I had to call one of our things a signature dish, it would be that. It's grandma's beef stew on steroids.

### Where do you source your food from?

We use a lot of local vendors. We utilize farmer's markets in Anne Arundel County whenever we can, and also the small mom and pop producers for other items. We probably get half of our items from Maryland. It's important to source as much as we can from local farms. We are pretty solid about our mission and supporting them.

### What is the difference between your catering company and others?

We are chef-driven with a heavy emphasis on service—just on another level. We are very thoughtful on how we construct our menus and how we construct our experience as a whole, from the bar service to the lemons on the table. Everything is put together in a seamless package. We will fulfill everybody's vision for their event.



# Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By Kelsey Casselbury

## What's on Tap

Severna Park has a new neighborhood spot for casual drinks and elevated food. **The Social** opened in mid-January on Ritchie Highway, welcoming in patrons for bar service at 4 p.m. and dinner service at 5 p.m. Get this—they have two house cocktails on tap. Don't mind if we do! **139 Ritchie Highway, Suite A | thesocialsp.com**

The owners of downtown Annapolis' Preserve, Jeremy and Michelle Hoffmann, have another restaurant in the works: **Garten**, a new take on a German beer garden. They plan to serve wine and beer, along with elevated German cuisine in the former space of Cafe Bretton. **849 Baltimore Annapolis Boulevard, Severna Park | facebook.com/garteneats**

Speaking of what's coming, there's something in the works for the space that used to house Union Jacks, near the Annapolis Towne Center. **Vibe** will be a 10,000-square-foot multi-use concert and venue space that will also feature two large

cocktail bars and a full catering kitchen. As of press time, there wasn't any word yet on an opening date. **2072 Somerville Road, Annapolis | facebook.com/vibe-102458378884901**

Feeling hangry? Stop by **Hangry Joe's Hot Chicken**, a fast-casual restaurant over in the Festival at Riva where Cheeburger Cheeburger used to be. They serve up Nashville hot chicken sandwiches at five different spice levels, along with chicken fingers and bites, chicken and waffles, Korean chicken nuggets, loaded fries and salad (if you're into that sort of thing). **2329 Forest Drive, Annapolis | hangryjoes.com**

Over on the other side of the Bay, plans are in the works for **Dock House Restaurant** in Chester in a brand-new 6,000-square-foot building being built adjacent to the water. Jody Schulz, owner of Boatels and operator of Fisherman's Inn and Fisherman's Crab Deck, is one of three operators, along with Justin Kiernan and Ron Kirstien from the Jetty Restaurant and Dock Bar. They hope for a May opening.



## A World of **Flavors**

Over here, we're all about enjoying food and drinks for all their worth. It's worth acknowledging, however, that we should consider the nutritional value of food every once in a while. March happens to be National Nutrition Month, a holiday from the Academy of Nutrition and Dietetics, and this year's theme is one we can get behind: *Celebrate a World of Flavors*.

Over the years, various global cuisines have been touted as "the next big thing," but that's not giving them enough credit. These cuisines are full-blown cultures, full of traditions, history, and incredible flavors. With that in mind, here are three global cuisines full of flavors that you should try out:

**Indian-Chinese.** You've had Indian. You've had Chinese. But there's a whole different cuisine, Indo-Chinese, that you may not have encountered. It combines the warm, spicy flavors with traditional Chinese ingredients, such as soy sauce, to create something entirely different and unexpected. **Try These Dishes:** Chicken (or Vegetable) Manchurian, Hakka Noodles

**Peruvian.** Cuisine from this South American country is a collision of indigenous populations, such as the Inca, and ingredients brought from colonists and immigrants coming from Europe, Asia, and Africa. It's often marked by local foods, particularly potatoes—which were first cultivated in the soaring Andes mountain range—and native aji chiles. **Try These Dishes:** Lomo Saltado, Papa a la Huancaína

**Portuguese.** Perhaps overshadowed by its larger, culinary dominant neighbors like Spain and France, Portuguese food has a rich history, yet it's woefully underrepresented outside the borders. Portugal was an influential part of the spice trade, and its food still makes great use of those spices, including the small, fiery piri chili peppers. **Try These Dishes:** Cozido à Portuguesa, Feijoada

## It Ain't Easy Being **Green**

St. Patrick's Day is just around the corner, so let's talk about the elephant in the room: green beer. While it might seem like the domain of fraternities and dive bars, you might be surprised that green beer actually has some longevity in the U.S. It was first mentioned in a 1914 article about a St. Patrick's Day party in *The Evening Independent* out of St. Petersburg, Florida: "Everything possible was green or decorated with that color, and all through the banquet, Irish songs were sung and green beer was served. No, it wasn't a green glass, but real beer in a regular colorless glass, but the amber hue was gone from the brew and a deep green was there instead."

The article goes on to explain that green beer was the "discovery" of coroner's physician Dr. Thomas Curtin. "All the doctor would tell inquisitive people was that the effect is brought about by one drop of wash blue in a certain quantity of beer." How mysterious, how vague!

These days, all you need for a green brewski is a light beer and some blue food coloring (yes, blue, not green—it mixed with the light yellowish hue of beer to create a nice shamrock color). But, really, when you live in the vicinity of North America's only Guinness brewery (**Guinness Open Gate | 5001 Washington Blvd, Halethorpe | [guinnessbrewerybaltimore.com](http://guinnessbrewerybaltimore.com)**), there's no real reason to be celebrating St. Pat's with anything other than traditional Irish beer.



**Have culinary news to share?** Send an email to Kelsey Casselbury at [kcasselbury@whatsupmag.com](mailto:kcasselbury@whatsupmag.com).

# Dining Guide

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## Crofton / Gambrills

### Allison's Restaurant

2207 Defense Highway, Crofton; 410-721-0331; Allisonrestaurant.com; American; lunch, dinner \$\$ ☎ 🍴

### Ashling Kitchen & Bar

1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; lunch, dinner \$\$ 🍴 🏆

### Blackwall Barn & Lodge

329 Gambrills Road, Gambrills; 410-317-2276; Barnandlodge.com; American; lunch, dinner, weekend brunch \$\$\$ 🍴 🏆 🌊

### Blue Dolphin Seafood Bar & Grill

1166 Route 3 South, Ste. 201, Gambrills; 410-721-9081; Bluedolphingrill.com; Modern American, seafood; lunch, dinner \$\$\$ ☎ 🍴

### Bonefish Grill

2381 Brandermill Boulevard, Gambrills; 410-451-5890; Bonefishgrill.com; Seafood; brunch, lunch, dinner \$\$ ☎ 🍴

### Coal Fire

1402 South Main Chapel Way Ste. 110, Gambrills; 410-721-2625; Coalfireonline.com; Pizzas, sandwiches, salads; lunch, dinner \$\$ 🍴 🏆

### The Crab Shack

1260 Crain Highway, Crofton; 443-302-2680; thecrabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

### Crave Catering Co.

1510 Danewood Ct; Crofton; 443-302-9169; Cravecateringco.com; Catering 🏆

### Di Meo's Pizzeria

1663 Crofton Center, Crofton; 410-874-4726; Pizzacrofton.com; Italian, pizza; lunch, dinner \$\$ 🍴

### Fat Boys Crab House

1651 Route 3 North, Crofton; 443-292-4709; Fatboyscrofton.com; Seafood, American; lunch, dinner \$-\$\$ \* 🏆

### Frank and Luke's N.Y. Pizza Kitchen

1153 MD-3, Crofton Md 21114; 443-292-8510, fandlpizza.com; italian, lunch and dinner \$\$, 🍴 🏆

### Frisco Taphouse

2406 Brandermill Blvd, Gambrills; 443-292-4075; Friscotaphouse.com; American; lunch, dinner, weekend brunch \$ 🍴 🏆 \*

### Fuji Japanese

#### Steakhouse

1406 S. Main Chapel Way, Gambrills; 410-721-6880; Jcfuji.com; Japanese; lunch, dinner \$\$ 🍴

### Kodo Empire Garden

1166 MD-3 Suite 210, Gambrills; 410-721-5777; Empiregarden-gambrills.com; Japanese; lunch, dinner \$\$

### Ledo Pizza

1286 MD-3, Crofton; 410-721-5200; Ledopizza.com; Italian; lunch, dinner \$ 🍴 🏆

### Molloy's

1053 MD-3, Gambrills; 410-451-4222; Molloy-sirishpub.com; Irish, American, Seafood; lunch, dinner, weekend brunch \$ 🍴 🏆

### Nonna Angela's

2225 Defense Highway, Crofton; 443-584-4038 Nonnaas.com; Italian; lunch, dinner \$-\$\$

### Mi Casita Mexican Restaurant

1334 Defense Highway, Gambrills; 410-451-0025; Micasitainc.com; Mexican; lunch, dinner \$ 🍴 🏆

### Mission BBQ

2503 Evergreen Road, Gambrills; 410-697-1002; Mission-bbq.com; American, barbecue; lunch, dinner \$ 🍴

### Namaste Indian Cuisine

2510 Conway Road, Gambrills; 410-721-5654; Indian; lunch, dinner \$\$ ☎ 🍴

### Nautilus Diner

#### & Restaurant

1709 Transportation Drive, Crofton; 410-451-8515; American diner; breakfast, brunch, lunch, dinner \$ 🍴 🏆

### Newk's Eatery

1360 Main Chapel Way, Gambrills; 443-302-2734; Newks.com; Sandwiches, soups, salads, pizza; lunch dinner \$ 🍴

### Otani Japanese Cuisine

1153 Route 3 North, Gambrills; 410-721-7338; Otanijapanese-cuisine.com; Japanese, sushi; lunch, dinner \$\$ ☎ 🍴 🏆

### Pherm Brewing Company

1041 MD Route 3; Gambrills; 443-302-2535; phermbrewing.com; Food trucks on Weekends

### Querétaro

1406 S Main Chapel Way, Ste. 110, Gambrills; 410-721-1392; Queretaroinc.com; Mexican; lunch, dinner \$ 🍴 🏆

### Renos Restaurant

1344 Defense Highway, Gambrills; 410-721-0575; American; breakfast, lunch; \$ 🍴

### Royal Kabab Restaurant

738 Route 3, Gambrills; 410-697-3216; facebook.com/royalkabab-online; Indian; lunch, dinner \$ 🍴

### Rutabaga Juicery

1131A MD-3 North; Gambrills; 410-970-2437; Rutabagajuicery.com; Juice and quick eats 🏆

### Thai at Waugh Chapel

1406 S Main Chapel Way #102, Gambrills; 410-415-1004; Thaiat-waughchapel.com; Thai; lunch, dinner \$ 🍴 🏆

### V N Noodle House

2299 Johns Hopkins Road, Gambrills; 410-721-6619; Vnoodle-house.com; Vietnamese; lunch, dinner \$

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## Hanover

### George Martin's Grillfire

7793 Arundel Mills Boulevard, Hanover; 410-799-2883; Georgemartinsgrillfire.com; Modern American; breakfast, lunch, dinner \$\$ ☎ 🍴 🏆

### Little Spice Thai Restaurant

1350 Dorsey Road, Hanover; 410-859-0100 Littlespicethaicuisine.com; Thai; lunch, dinner \$\$ 🍴 🏆

### Maiwand Kabob

7698 Dorchester Boulevard, Hanover; 443-755-0461; Maiwand-kabob.com; Afghan, kabobs; lunch, dinner \$\$ 🍴

### Timbuktu Restaurant

1726 Dorsey Road, Hanover; 410-796-0733; Timbukturestaurant.com; Seafood; lunch, dinner \$\$ ☎ 🍴

### Vivo Trattoria & Wine Bar

At the Hotel at Arundel Preserve; 7793 B Arundel Mills Blvd., Hanover; 410-799-7440; Vivotrattoria.com; Italian, pizza; lunch, dinner \$\$ 🍴 🏆 \*

## Millersville / Glen Burnie

### Arturo's Trattoria

1660 Crain Highway South, Glen Burnie; 410-761-1500; Arturostrattoria.com; Italian; lunch, dinner \$\$\$ ☎ 🍴

### Broken Oar Bar & Grill

864 Nabbs Creek Road, Glen Burnie; 443-818-9070; Brokenoarbarand-grill.com; American; lunch, dinner, Sunday brunch \$\$ 🌊 🍴 🏆 🎵

### The Grill at

#### Quarterfield Station

7704 D Quarterfield Road, Glen Burnie; 410-766-6446; Thegrillatquarterfieldstation.com; American; breakfast, lunch, dinner, Sunday brunch \$-\$\$ 🍴 🏆

### Hellas Restaurant and Lounge

8498 Veterans Highway, Millersville; Hellasrestaurantand-lounge.com; 410-987-0948; Greek, American, Seafood; lunch, dinner \$\$ ☎ 🍴 🏆

### Ledo Pizza

8531 Veterans Highway, Millersville; 410-729-3333; Ledopizza.com; Italian; lunch, dinner \$ 🍴 🏆

### Lee's Szechuan

672 Old Mill Road, Millersville; 410-987-6111; Leeszzechuan.com; Chinese; lunch, dinner \$

### Libations

8541 Veterans Highway, Millersville; 410-987-9800; Libationsmd.com; American; lunch, dinner, weekend brunch \$\$ ☎ 🍴 🏆 \*

### Mi Pueblo

7556 Ritchie Hwy, Glen Burnie; 410-590-1616; Mipueblo1.com; Mexican; Lunch, Dinner \$-\$\$, 🍴

### Pappas Restaurant & Sports Bar

6713 Ritchie Highway, Glen Burnie; 410-766-3713; Pappasrestaurantglenburnie.com; American, seafood; lunch, dinner \$\$ ☎ 🍴

### Tijuana Tacos VI

7703 Quarterfield Road, Glen Burnie; 410-766-0925; Mexican; breakfast, lunch, dinner \$

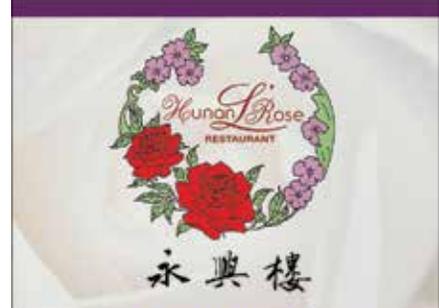


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Willy's Kitchen

7271 Baltimore-Annapolis Boulevard, Glen Burnie; 410-761-8001; Willyskitchenandcatering.com; American; breakfast, lunch, dinner \$ 🍴

Bangkok Kitchen Thai Restaurant

1696 Annapolis Road, Odenton; 410-674-6812; thairestaurant-md.com; Thai; lunch, dinner \$

Buck Murphy's Bar & Grill

378 Mt Vernon Ave, Odenton; 410-674-700; American; dinner, weekend lunch \$ 🍴

Crab Galley

1351 Odenton Rd, Odenton; 410-923-2722; Crabgalley.com; Seafood; lunch, dinner \$\$ 🍴

Grace Garden

1690 Annapolis Road, Odenton; gracegardenrestaurant.com; 410-672-3581; Gourmet Canton and Sichuan Chinese; lunch, dinner \$\$ 🍴

Hong Kong Gourmet

1215 Annapolis Road # 109, Odenton; 410-672-3970; Hongkonggourmetmd.com; Chinese; lunch, dinner \$ 🍴

Hunan L'Rose

1131 Annapolis Road, Odenton; 301-621-9388; Hunanlrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$ 🍴 🏆

Mamma Roma

Village Center Shopping Center, 8743 Piney Orchard Parkway #102-103, Odenton; 410-695-0247; Mammaromas.com; Italian, catering; dinner \$\$ 🍴 🏆

Orchard Café

8777 Piney Orchard Parkway, Odenton; 410-695-0666; American; breakfast, lunch, dinner \$ 🍴

Perry's Restaurant

1210 Annapolis Road, Odenton; Perrysrestaurant.com; 410-674-4000; American, Greek; lunch, dinner \$ 🍴 🏆

Riconcito Mexicano

1103C Annapolis Rd, Odenton; Rinconcito-mexicanoinc.com; 410-305-0882; Mexican; lunch, dinner \$ 🍴 🏆

Rieve's Deli

8376 Piney Orchard Parkway, Odenton; 410-674-4292; Rievesdeli.com; Deli, sandwiches; breakfast, lunch, dinner \$

Romeo's Pizza

8389 Piney Orchard Parkway, Odenton; 410-674-2700; Romeospizzamd.com; Italian; lunch, dinner, catering \$ 🍴

Ruth's Chris Steak House

1110 Town Center Blvd, Odenton; 240-556-0033; Ruthschris.com; Steak, seafood; lunch, dinner \$\$\$ 🍴 🏆

The Hideaway

1439 Odenton Road, Odenton; Hideaway-odenton.com; 410-874-7300; Barbeque; brunch, lunch, dinner, catering \$\$ 🍴 🏆 🍷

Three Brothers Italian Restaurant

Odenton Shopping Center, 1139 Annapolis Road, Odenton; 410-674-0160; Threebrotherspizza.com; Italian; lunch, dinner, catering \$ 🍴

Severna / Severna Park

Brian Boru Restaurant & Pub

489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$ 🍴 🏆 🍷

Café Mezzanotte

760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezzanotte.com; Italian; lunch, dinner \$\$ 🍴 🏆 🍷 🎵

Casa Della Nonna

8141 Telegraph Road, Severna; 410-551-8000; casadellanonna.com; Italian; lunch, dinner \$ 🍴

Founders Tavern & Grille

8125 Ritchie Highway, Pasadena; 410-544-0076; Founderstavernandgrille.com; American; lunch, dinner \$ 🍴 🏆

Garry's Grill & Catering

Park Plaza Shopping Center, 553; Baltimore Annapolis Boulevard, Severna Park; 410-544-0499; Garrysgrill.com; American, Seasonal, catering; breakfast, lunch, dinner \$\$ 🍴 🏆 🍷

Gianni's Pizza

2622 Severn Square Shopping Center, Severn; 410-551-5700; Giannispizzasevern.com; Italian; lunch, dinner \$ 🍴

Lisa's Deli

2608 Mountain Road, Pasadena; 410-437-3354; Sandwiches; lunch, dinner, \$

Mi Pueblo II

554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$ 🍴 🏆

Park Tavern

580 Ritchie Highway, Severna Park; 410-793-5930; Parktavernsp.com; American; lunch, dinner \$\$ 🍴

Mike's Crab House North

1402 Colony Road, Pasadena; 410-255-7946; Mikesnorth.com \$\$ 🍴 🏆 🍷 🎵

Annapolis Area & Beyond

Blackwall Hitch

400 6th Street, Annapolis; 410-263-3454; blackwallhitch.com; Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$\$ 🍴 🏆 🎵

**ENJOY EASTER AT OUR TABLE, OR YOURS**

OPEN FOR BRUNCH 11AM-3PM  
DINNER 3PM-9PM  
CURBSIDE 11AM-7PM

ANNAPOLIS BALTIMORE - PIER 5

**RUTH'S CHRIS STEAK HOUSE**

ODENTON PIKEVILLE

**Broadneck Grill & Cantina**

1364 Cape St Claire Road, Annapolis; 410-757-0002; 74 Central Avenue West, Edgewater; 410-956-3366; Broadneckgrill.com; Contemporary American and Mexican Cuisine; serve breakfast Saturday and Sunday; lunch, dinner \$\$ 📞 🍴 🍷 🎵

**The Crab Shack**

3111 Solomons Island Road, Edgewater; 443-837-6279; the-crabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

**Davis' Pub**

400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$ 🍷 🍴 🎵 🐾

**G&M Restaurant & Lounge**

804 N. Hammonds Ferry Road, Linthicum Heights; 410-636-1777; Gandmcrabcakes.com; Seafood; lunch, dinner \$\$ 📞 🍴 🍷

**Grump's Café**

117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$\$ 🍴 🍷 🍷

**Harvest Thyme Modern Kitchen & Tavern**

1251 West Central Ave, Davidsonville; 443-203-6846; Harvestthymetavern.com; American; lunch, happy hour, dinner 🍴 🍷

**Herald Harbor Hideaway**

400 Herald Harbor Road, Crownsville; 410-923-4433; Heraldharborhideaway.com; American; lunch, dinner \$ 🍴 🍷 🎵

**Jesse Jay's Latin Inspired Kitchen**

5471 Muddy Creek Rd, Churchton, 240-903-8100, jessejays.com, Latin, Lunch, dinner \$\$ 📞 🍴 🍷

**La Sierra**

2625 Riva Road, Annapolis; 410-573-2961; Lasierrestaurantinc.com; Mexican; lunch, dinner \$\$ 🍴 🍷

**Lista's Grill**

2412 Mountain Road, Pasadena; 410-437-8999; Listasgrill.com; American, steak, seafood; dinner \$\$ 📞 🍴

**Lures Bar and Grille**

1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$\$ 📞 🍴 🍷 🎵

**The Melting Pot**

2348 Solomons Island Rd, Annapolis; 410-266-8004; meltingpot.com; Fondue; dinner \$\$ 📞 🍴

**Mi Lindo Cancún Grill**

2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, dinner \$ 🍴 🍷

**Milano Pizza**

1021 Generals Highway, Crownsville; 410-923-0093; Milanopizzaofcrownsville.com; Italian, lunch, dinner \$ 🍴

**Mother's Peninsula Grille**

969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American; lunch, dinner \$\$ 🍴 🍷 🎵

**Old Stein Inn**

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ 🍴 🍷 🎵 🍷

**The Point Crab House & Grill**

700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Seafood; lunch, dinner \$\$ 🍴 🍷 🎵 🎵

**Rams Head Roadhouse**

1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍴 🍷 🎵

**Rips Country Inn**

3809 N. Crain Highway, Bowie; 301-805-5900; Ripscountryinn.com; Rustic country cooking and Chesapeake eats; breakfast, lunch, dinner \$\$ 🍴 🍷 🍷

**Rutabaga Juicery**

4 Ridgely Ave; Annapolis; 410-267-0261; Rutabagajuicery.com; Juice and quick eats 🍷

**Ruth's Chris Steak House**

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris.com; American; dinner \$\$\$ 🍴 🍷 🍷

**Señor's Chile**

105 Mayo Rd, Edgewater, 410-216-2687, senorschile.com, Mexican, lunch, dinner, \$\$, 🍴 🍷

13	25	37	50	67
12	26	40	58	66
3	24	FREE SPACE	57	65
10	22	31	56	73
8	19	33	49	68



# Where's Wilma?

## FIND WILMA AND WIN!

Though it may be blustery up high in the sky this month, our fearless flying mascot Wilma is still soaring throughout the Chesapeake Bay region. Wilma is landing at towns that dot the landscape, from waterfront downtowns to rural escapes, searching for the best deals, dining, and services. Where will she land next?

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations** to **Tina Deifallah** of Bowie, who won a \$50 gift certificate to a local business.

**Mail entries to:** Where's Wilma? Central Maryland, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions)



Please Print Legibly

**I FOUND** \_\_\_\_\_ Advertiser \_\_\_\_\_  
**WILMA** \_\_\_\_\_ Advertiser \_\_\_\_\_  
**ON PG.** \_\_\_\_\_ Advertiser \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! \_\_\_\_\_ No, thanks \_\_\_\_\_

Entries must be received by March 31, 2022. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Central Maryland.

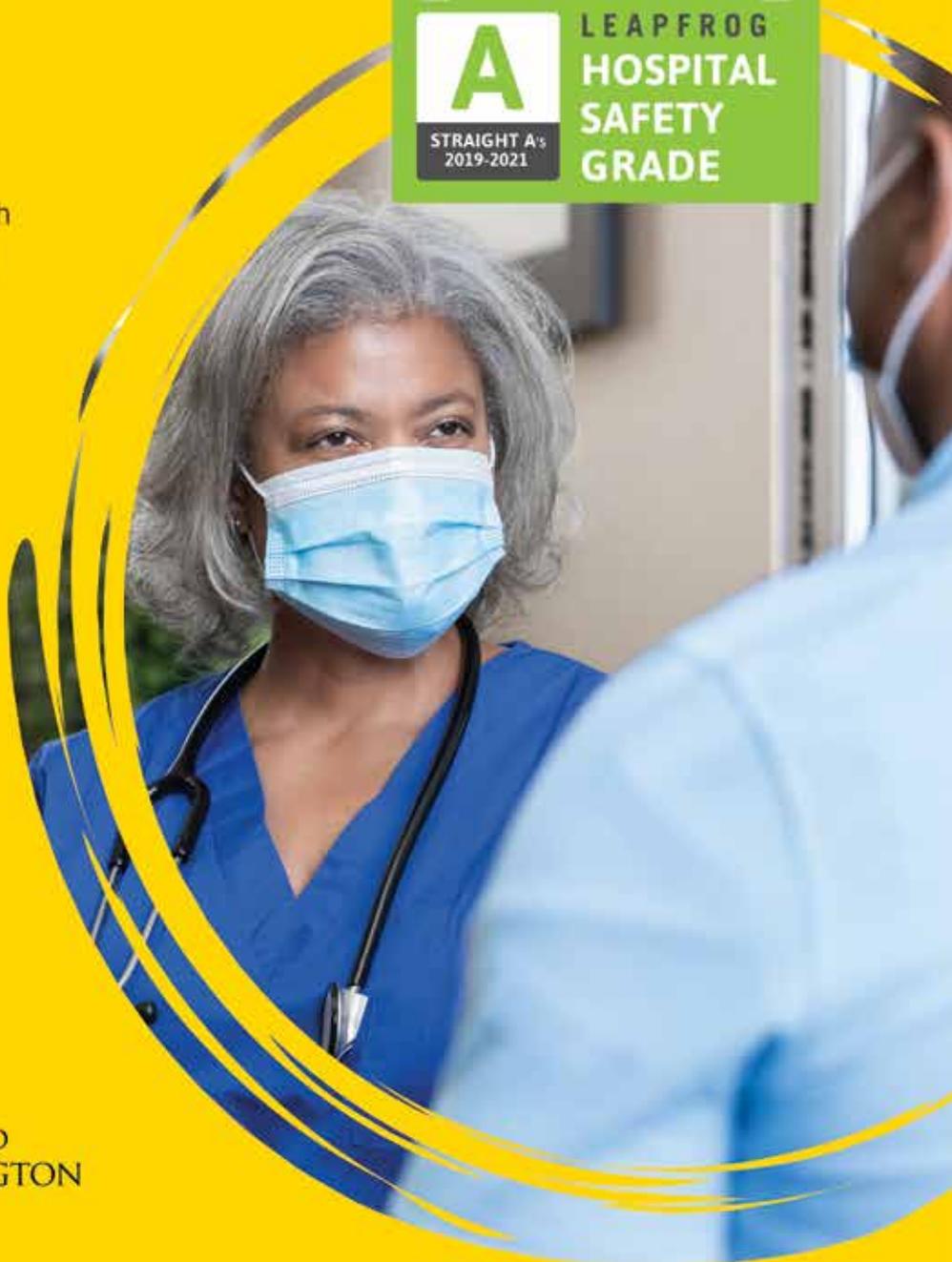
Academy Realty Inc.....	LREP
Anne Arundel Gastroenterology Associates .....	28
Anne Arundel Medical Center–AAMC Foundation.....	17
Archbishop Spalding High School.....	24
Ballet Theater of Maryland.....	24
Baltimore Washington Medical Center.....	IBC
Berkshire Hathaway Homeservices Homesale Realty.....	40, LREP
Bowie Siding & Roofing Inc.....	73
Christy Bishop CB Moves–Berkshire Hathaway PenFed Realty.....	LREP
Ciminelli's Landscape Services Inc.....	74
David's Natural Market.....	86
Divine Mercy Academy.....	27
Djawdan Center for Implant and Restorative Dentistry.....	1
Drs. Walzer Sullivan & Hlousek PA.....	5
Elite Starr Academy.....	24
Fichtner Services.....	71
Hague Quality Water of Maryland.....	77
Harvest Thyme Modern Kitchen & Tavern.....	86
Homestead Gardens.....	74
Hospice of the Chesapeake.....	BC
Hunan L'Rose.....	93
Indian Creek School (Upper Campus).....	19
Jess Young Real Estate Team–ReMax Executive.....	LREP
Long & Foster–Crofton.....	60, LREP
Long Fence.....	8
Luminis Health AAMC.....	3
Mamma Roma.....	93
Maryland Oncology & Hematology.....	83
Maryland Pet Crematory.....	83
May Team Homes–Re/Max Leading Edge.....	LREP
Mia Anderson–Berkshire Hathaway HomeServices Homesale Realty.....	LREP
Monsignor Slade Catholic School.....	24
Naval Academy Athletic Assn.....	28
Odenton Christian School.....	27
Odenton Masonic Lodge No. 209.....	95
O'Donnell Vein and Laser.....	IFC
On The Green Inc.....	77
Perfect Pet Resort.....	95
Rehab 2 Perform.....	21
Rutabaga Craft Juicery.....	93
Ruth's Chris Steak House.....	94
Seyern School.....	27
Sinclair Prosser Gasior.....	21
Skin Oasis Dermatology.....	11
Solar Energy Services Inc.....	73
The Jaklitsch Law Group.....	2
Titan Hospitality Group.....	13
Whoof on the Wharf.....	28
Wild Birds Unlimited.....	83

# THE POWER OF CARING

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University of Maryland Baltimore Washington Medical Center earned the nation's top distinction for patient safety with an "A" grade from the Leapfrog Hospital Safety Grade. The "A" recognized our high standards in patient safety. This honor belongs to every one of our team members, who are committed to delivering the highest quality care to our community. That's the power of caring.

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**Saturday • April 9, 2021**

**5:30pm - 11:00pm**

**Live! Casino & Hotel Maryland**

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For tickets, please visit [hospicechesapeake.org/2022-gala](https://hospicechesapeake.org/2022-gala)  
or call 443-837-1531.



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chesapeake  
Foundation

PEACE &  
*Amore*