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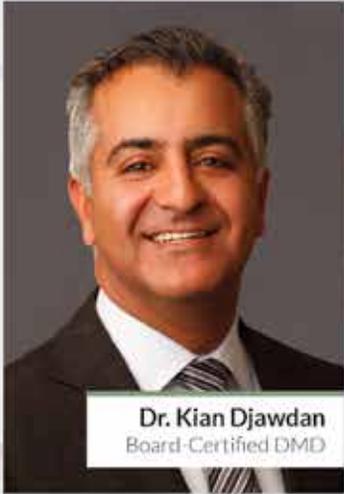
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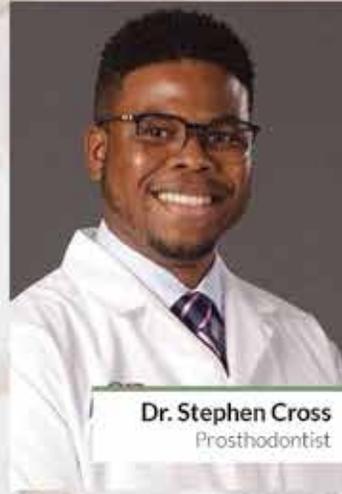
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On the Cover: We visit several local environmental nonprofits to learn about their youth programs. Design by August Schwartz. Contact *What's Up?* Central Maryland online at whatsupmag.com. Please recycle this magazine.

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editor *From the*

Whether you fly fish the humble streams of the Middle Patuxent, stack commercial crab pots for a living on the Chesapeake, or go waterskiing on weekends in the Chester River, you likely agree these resources are worth protecting. In this month's feature article "Teach Your Children Well" you'll learn about several local, environmental organizations committed to improving the Bay watershed by means of varying and dynamic education programs. (Coincidentally—okay, maybe a bit by design—if you'd like to learn the history, culture, and geography of the Chester River, the next installment in "Our Scenic & Historic Rivers" article series offers this overview.)

Trudging waist-deep through Indian Creek, near the headwaters of the Severn River, with 15 or so other students—all of us straining the water with a seine net—yielded some interesting lifeforms when the net surfaced to reveal the catch. An abundance of tiny baitfish, a perch, small crabs, grass shrimp, a few clams, and strands of vegetation, if my memory recalls correctly. The revelation of *all this life* just below the water's surface was exhilarating.

The exercise was one of many during an outdoors retreat I enjoyed nearly 35 years ago. Back then—and as many programs do today—the activity focused on the environment that surrounds us. Its purpose to reveal and educate. In Chesapeake Bay country, you don't need to go far to experience aquatic life and its connection to our everyday existence. It's everywhere. And it's important.

Now, I'm pleased to see even more opportunities for our children and young adults to learn about and experience, firsthand, the ecology of the Bay and its feeder tributaries from the Piedmont plateau of Central Maryland to the low-lying plains of the Eastern Shore. Education is so vital to our youth—to inspire the next generation of advocates, scientists, and professional leaders with the willpower to restore, protect, and preserve our natural resources, so that, yes, we *all* can enjoy them.

Equally pleasing is how our regional private schools and colleges have integrated environmental studies into their curriculums. If you're considering private school for your children, Fall is a wonderful season to visit campuses, do your homework, and begin the application process for next semester or year. Our private school open house and visitation guide, "Top Class," offers timely information and upcoming dates to circle on the calendar for many of the area's exemplary schools.

There's much more to read, learn about, and enjoy in this month's issue. Our "Towne Athlete" profile showcases a real student-athlete making a difference on the field and in the community. Likewise, we applaud a local volunteer in our "Towne Salute" column. We also examine the impact the Baby Boomer generation is having on post-retirement endeavors such as philanthropy, social activities, and the economy in Part II of the "Chesapeake Retirement Guide." Of course, the number of events from Western Shore to Eastern picks up in the Summer and seems to peak in the Fall. September is chock full of them, and "Out on the Towne" highlights many excellent event recommendations. Beyond all of this, I'm willing to bet you'll pick up a thing or two along the way as you cover the magazine from first page to last. Thank you for reading!

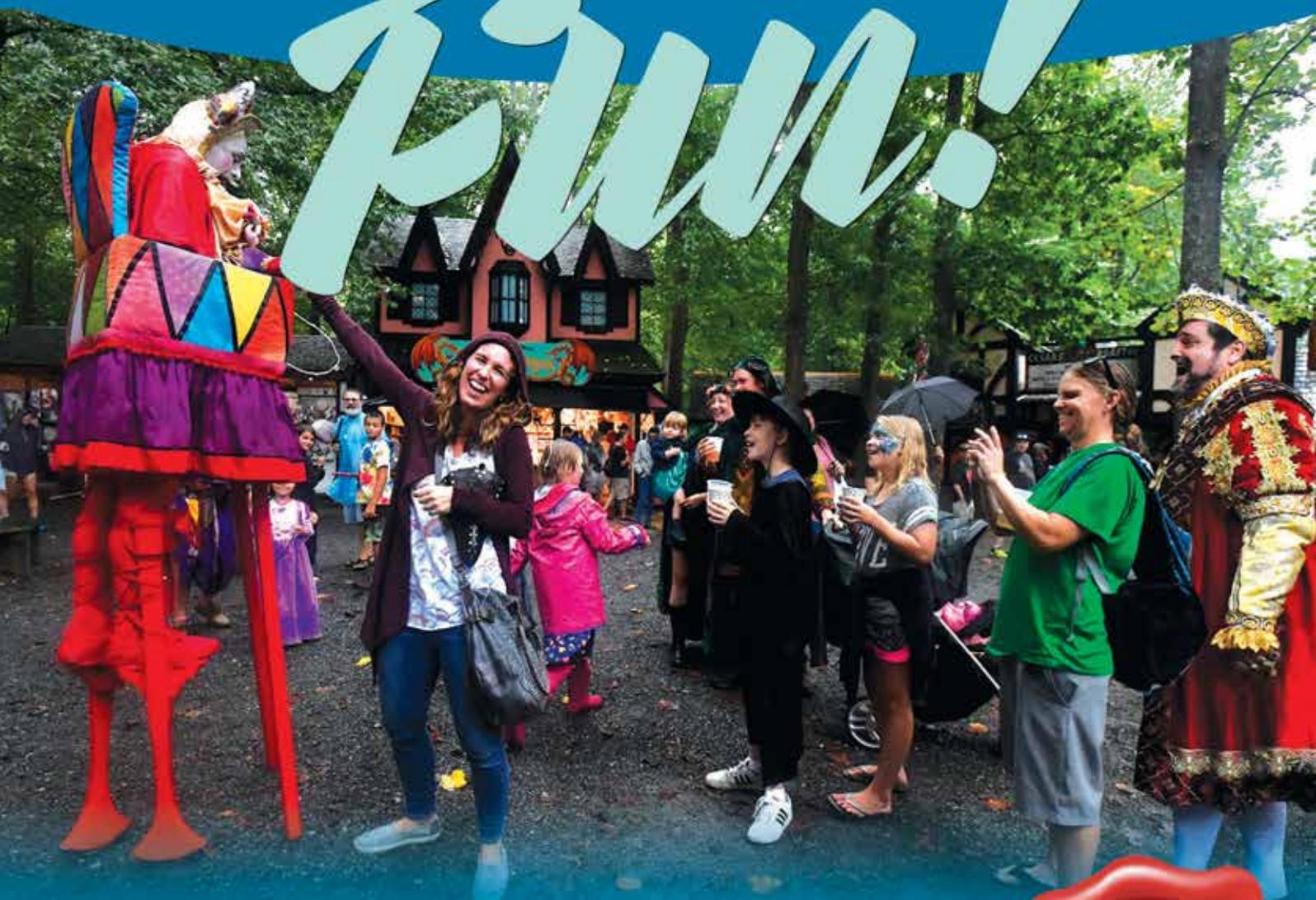
James Houck,
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Out on the **TownE**

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Piney Orchard Street Festival

The 12th Annual Piney Orchard Street Festival will be back at 2400 Stream Valley Drive on September 10th from 11 a.m. to 6 p.m. The festival will have plenty of food vendors, as well as arts and crafts, franchise and general sales, ice cream, popcorn, beer, wine, entertainment, and so much more. Find more information at pineyorchard.com.



DOGFEST WASHINGTON D.C.

Celebrate our beloved pet dogs and the joy they bring to our lives. DogFest Washington D.C will have dog-friendly activities at Reston Town Square Park on Market Street between St. Francis Street and Explorer Street on September 24th from 11 a.m. to 3 p.m. This event supports the mission of Canine Companions to enhance the lives of people with disabilities by providing expertly trained service dogs free of charge. For more information, visit canine.org/dogfestwashingtondc.

↑ Microbrewery Festival

The 16th Maryland Microbrewery Festival is back on September 24th from 11 a.m. to 6 p.m. at Union Mills Homestead Park in Westminster. This festival celebrates and promotes the best of Maryland's hand-crafted and distinctive microbrews. There will be plenty of beer to be enjoyed, food vendors, live music, entertainment, and more. This event is the highlight of Carroll County Beer Week and proceeds of the festival will support Union Mills Homestead Foundation's ongoing interpretation and preservation of the historic Union Mills site. Find more information at marylandmicrobreweryfestival.com.



↑ GREENBELT LABOR DAY FESTIVAL

Since 1955, Greenbelt has hosted the largest all-volunteer organized event to raise funds to build a Youth Center and to celebrate Labor Day. September 2nd through 5th will be the 68th year of the festival at the Roosevelt Center in Greenbelt. The festival will have a book sale, craft fair, art show, pet show and more, as well as a parade on September 5th from 10 a.m. to noon. Find more information at greenbeltlaborday.com.

Destination Prince George's: Telling Our Story Through Public Art

Gather at Prince George's Arts & Humanities Council on September 24th from 6 to 10 p.m. for Prince George's Public Art event. The event will discuss the importance of public art and Prince George's Arts & Humanities Council's mission and dedication to integrating public art and urban design in the county. Find more information at pgahc.org.



Prince George's County Film Festival

The Prince George's County Film Festival is the premier program for new film works from up-and-coming and established independent filmmakers with diverse voices. The festival will take place September 22nd through 25th at the National Harbor and Bowie State University. There will be a 60-minute or longer narrative feature, a 60-minute or longer non-fiction work that educates, informs, or historicizes events and important figures (documentary), a 35-minute or shorter short film, and an animation of any length. Find more information at pgahc.org.



↑ **BOATYARD BEACH BASH**

The Boatyard Beach Bash is back on September 10th from 5:30 to 10 p.m. Jimmy Buffet's recording and touring band, the Coral Reefers, and other world-class musicians will perform to keep you in a Key West state of mind. The night will have great music, fantastic food, and signature cocktails on the scenic waterfront campus of Annapolis Maritime Museum in Annapolis. Find more information at amaritime.org or boatyardbarandgrill.com.

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MARYLAND FLEET WEEK & FLYOVER

The Maryland Fleet Week & Flyover Baltimore returns in-person and better than ever September 7th through the 13th at the Baltimore Inner Harbor, North Locust Point, Fort McHenry, Fells Point, and Martin State Airport. This bi-annual event was virtual in 2020 and hasn't come together in person since 2018. This event celebrates the rich maritime traditions of the Chesapeake Bay and the contributions of Marylanders to the defense of the nation. There will be plenty of fleet week events including the flyovers, festivals, exhibits, and vendors stretching from the Maryland Science Center to the National Aquarium. This is a free and family-friendly festival. For more information, visit mdfleetweek.org.

Maryland Renaissance Festival

Get ready to go back in time to 1536 at the 2022 Maryland Renaissance Festival in Crownsville. As always, there is plenty of entertainment, jousting, turkey legs, and of course, outfits. Visit the website for special promotions, events, and full calendar. The festival will go on from 10 a.m. to 7 p.m. on September 3rd through 5th, 10th and 11th, 17th and 18th, and 24th and 25th, as well as weekends in October. Find more information at rennfest.com



MARYLAND SEAFOOD FESTIVAL

ABC Events is hosting the Maryland Seafood Festival on September 24th and 25th at Sandy Point State Park in Annapolis. This rain or shine event will host loads of seafood vendors, local shopping and vendor options, a fantastic beverage selection with lots of local craft beer, and tons of kids activities, all along the beautiful shores of the scenic Chesapeake Bay. Because of the limited availability of crabs and crab meat, be sure to pre-order crabs by September 15th. Find more information and pre-order crabs at abceventsinc.com.

Bay Bridge Paddle

September 25th is the Bay Bridge Paddle at Sandy Point State Park in Annapolis. Water enthusiasts of all ages and expertise are invited to the Paddle in the Chesapeake Bay. This race will bring together all levels of paddlers with multiple races available to support the Foundation for Community Betterment. Each race will present a different experience or challenge based on the bay's shifting conditions. Find more information and sign up at abceventsinc.com.



Photo by Ken Tom

↑ **Blazers.** **Bourbon. Cigars.**

Historic Annapolis is hosting their 9th Annual Blazers. Bourbon. Cigars. networking event at the William Paca House and Garden in Annapolis on September 29th from 6 to 9 p.m. Enjoy an evening of fine bourbon and whiskey tastings, beer and wine, along with cigars, delightful food from the area's top chefs, and an array of vendors. There will be a VIP entry at 5 p.m. so be sure to get your tickets at annapolis.org.



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From left to right: Laura Curry, Jon Gasior, Ayana Johnson, Alexander Pagnotta, and Beth Burgee

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TOWNE SOCIAL

2022 Central Maryland Classic

The Central Maryland Chamber held it's 2022 Central Maryland Classic golf tournament and reception on June 21st at Turf Valley Resort in Ellicott City. Over 100 golfers and volunteers enjoyed friendly competition, networking, and fun.

Photography by Olivia Hokanson.





TOWNE SOCIAL

Fashion for a Cause

A crowd of more than 350 attendees had fun and raised generous funds during the 12th annual Fashion for a Cause, bringing in over \$175,000 for Chesapeake Kids.

Held June 2nd at Porsche Annapolis, the event raised funds and awareness for the Hospice of the Chesapeake program which supports children living with and affected by advanced illness and loss. The fashion show featured looks modeled by 28 community members modeling summer fashions and accessories provided by Annapolis clothing retailers. For 40 years, Hospice of the Chesapeake has been caring for life throughout the journey with illness and loss. For more information, please visit hospicechesapeake.org.

Photography by Stephen Buchanan.





TOWNE SOCIAL

Drivers & Diamonds Golf Invitational

On June 3rd, Luminis Health hosted the Drivers & Diamonds Golf Invitational at Queenstown Harbor Golf. Sponsors and community partners who supported the event enjoyed a day on the golf course followed by an evening reception. All proceeds benefit mental health and addiction care services at both Luminis Health Anne Arundel Medical Center and Doctors Community Medical Center.

Photography by Sugar Farm Productions.

Sailing Under the Stars

On June 11th, Arundel Lodge held its annual gala fundraising event—the first in-person event in two years—at the Byzantium Event Center in Annapolis. Dubbed “Sailing Under the Stars,” the nautically-themed event drew a large crowd that enjoyed an evening of games, dancing, dinner, and both live and silent auctions. The event raised funds for the nonprofit treatment centers of Arundel Lodge that serve more than 3,000 clients with mental health and substance use disorders in the region. To learn more, visit arundellodge.org.

Photography by Stephen Buchanan.





TOWNE SALUTE

Wendy Letow

Respite Retreats

By Lisa A. Lewis

When Wendy Letow was working as a massage therapist in 2003, one of her patients, Bill, told her that his wife, Jennifer, had been diagnosed with cancer. Filled with compassion, Letow offered to work with Jennifer to perform therapies to help ease her pain as she underwent cancer treatment.

Spending time with the couple and seeing Bill selflessly and lovingly assume the role of caregiver, deeply moved Letow and profoundly changed her outlook on life. Sadly, Jennifer passed away in 2004. However, Letow's relationship with the couple ultimately inspired her to found The Little Things for Cancer in Jennifer's memory in 2006.



I AM VERY BLESSED TO HAVE THE MEANS TO DO WHAT I DO. THIS IS MY PURPOSE IN LIFE. IT FEEDS MY SOUL, AND I KNOW THAT IT'S WHAT I AM SUPPOSED TO BE DOING."

"We often take the little things for granted," Letow says. "But for families struggling with cancer, everyday things, such as meals and transportation, make a big difference. The Little Things for Cancer is a nonprofit program that provides funds for cancer patients and their caregivers. Being a cancer patient or a caregiver is exhausting. Both patients and caregivers need to take a break and not let cancer define them. It's critical to take a step back, focus on self-care, and reconnect with loved ones."

In 2016, The Little Things for Cancer merged with the Zaching Against Cancer Foundation, a nonprofit 501(c)(3) organization, which was founded by Zach Lederer and his parents, John and Christine Lederer, and "offers a wide range of programs and support for cancer patients, caregivers, family members, and others affected by the disease." The organization honors Zach, who passed away from brain cancer in 2014 at the age of 20.

Although the merger marked a new chapter in Letow's journey to help people affected by cancer, it was also an extremely difficult time for her. Sadly, her mother had been diagnosed with cancer, and Letow became her caregiver. After her mother passed away, she stepped away from the organizations to take a break and focus on healing from her loss.

Letow's husband, Larry, encouraged her to start a new nonprofit organization, but she wasn't ready to move forward yet. After a few years, she woke up one day and realized what she was supposed to be doing.

She wanted to continue to help people affected by cancer by building a center with the mission of "[providing] retreats of respite to cancer patients, their caregivers, and families and to encourage healthy living for all." And in 2018, Respite Retreats, a 501(c)(3) nonprofit organization located in Ellicott City was officially born.

Indeed, Respite Retreats represents the culmination of Letow's personal experience with cancer, including her own diagnosis and cancer journey in 2012. The organization offers an opportunity for people affected by cancer to focus on healing and reconnecting with themselves and their loved ones. After 12 years, The Little Things for Cancer had come full circle.

"Wendy is an absolute inspiration," says Veronica Stancliff, development director at Respite Retreats. "She drew [upon] her knowledge and personal experience with cancer and as a cancer survivor to launch Respite Retreats as a way for those affected by cancer to take a retreat from the negative emotions related to everyday life with a diagnosis. I've never seen anyone more passionate and hardworking. Wendy does not draw a salary for her work; she attains joy from her passion to help others—not only with Respite Retreats but with many other local nonprofit organizations. Wendy is beyond admirable. She is my hero. She is who I aspire to be!"

Although Respite Retreats was created to provide day retreats, the COVID-19 health crisis forced Letow and her program

team to pivot. When restrictions were implemented that prevented in-person contact, Letow was not discouraged; rather, she and her team adapted to the situation by developing virtual retreats that would continue to benefit those affected by cancer.

Half-day virtual retreats are provided in the comfort and safety of the participants' homes. They receive a care package filled with items that enable them to engage in fun activities, such as yoga, meditation, journaling, art, puzzles, games, and much more. Virtual retreats offer an opportunity to disconnect from cancer by providing a pleasant distraction.

In addition to virtual retreats, Respite Retreats also created new programs, including Abby's Carts of Courage, virtual bingo, ReTreat Yourself, Jess Beard's Ears Over Fears, and Capture the Love. To learn more about these programs, visit respiteretreats.org.

The founder and executive director of Respite Retreats, Letow, works alongside her husband, who is the chairman of the board of directors. The couple lives in Columbia and has three children and two grandchildren.

"I am very blessed to have the means to do what I do," Letow says. "This is my purpose in life. It feeds my soul, and I know that it's what I am supposed to be doing."

For more information about Respite Retreats, visit respiteretreats.org.

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↑ Spalding Students Help Bello Machre Residents

Student engineers from Archbishop Spalding High School's Robotics Team recently designed and constructed wheel chair accessible picnic tables for the residents and those served by Bello Machre, the Glen Burnie-based nonprofit committed to providing loving care, opportunity, and guidance for people with developmental disabilities in Maryland. Ryan (right), outreach coordinator of the "Cavineers," said, "Making sure that we serve people with disabilities is a critical objective for us." To learn more about Bello Machre, visit bellomachre.org.



↑ VUONG'S MARTIAL ARTS CELEBRATES 30TH ANNIVERSARY

Vuong's Martial Arts recently held a ribbon-cutting ceremony at the Gambrills-based studio to mark the business' 30th anniversary! Congratulations to the entire team at Vuong's. To learn more about the studio, visit vuongs.com.

Anne Arundel County Casa Receives \$40K Grant

Anne Arundel County CASA, Inc. (AACASA) has received a \$40,000 grant from the Community Foundation of Anne Arundel County (CFAAC) to support its efforts advocating for abused and neglected children in foster care, in Anne Arundel County. The award comes from the Anne Arundel Grant, a component fund of CFAAC. "On behalf of all of us at CASA, we are grateful for the ongoing support provided by the Community Foundation of Anne Arundel County," said Rebecca Tingle, Executive Director of Anne Arundel County CASA. "This funding will allow us to serve children who do not have a CASA volunteer. Together, we can ensure that the most vulnerable children in our community have a voice and find safe, loving forever homes." To learn more about CASA, visit aacasa.org.



↑ NEW CHAIR FOR MARYLAND AGRICULTURE COMMISSION

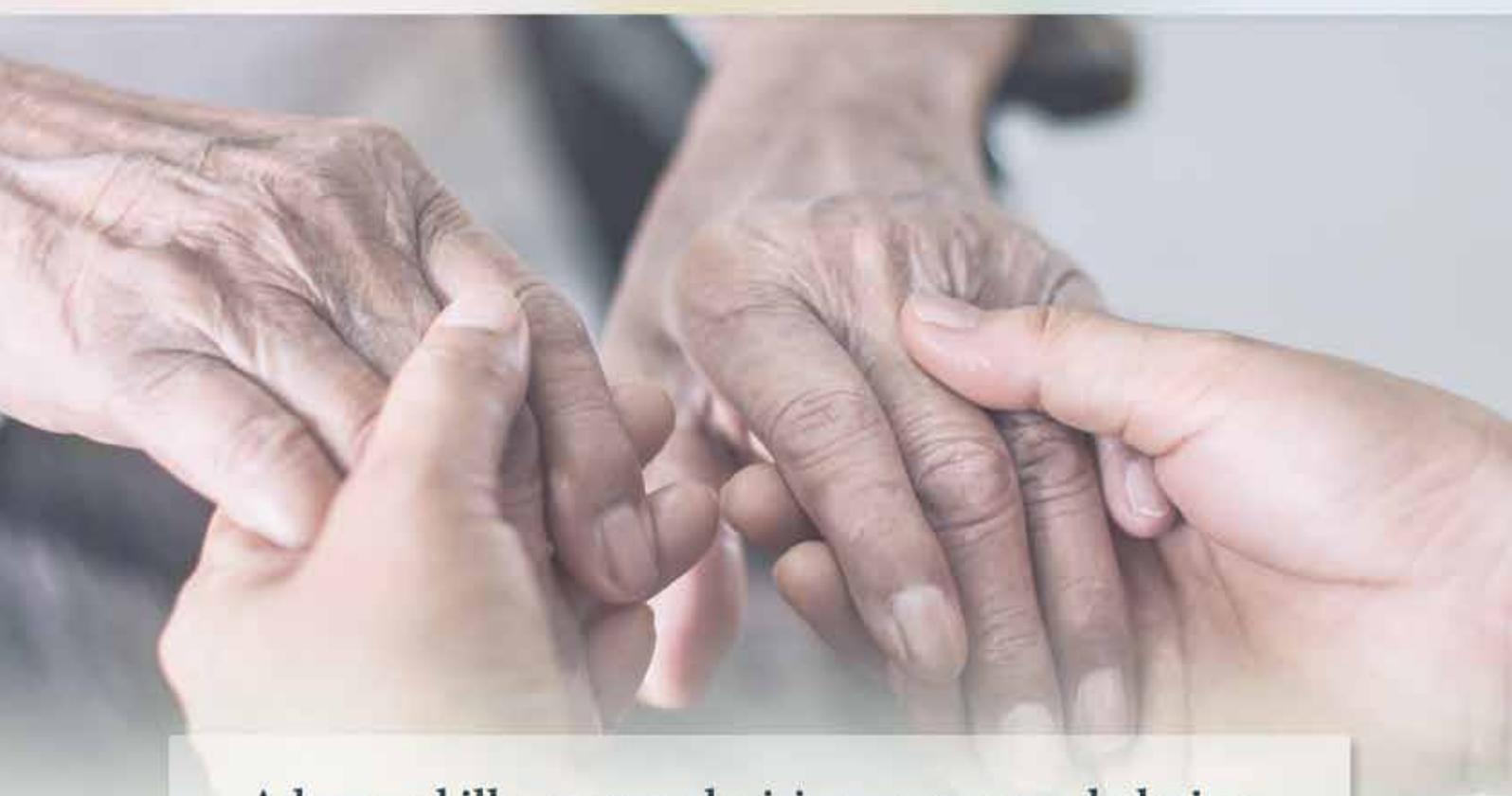
Grow & Fortify is pleased to announce the appointment of their Chief Strategy Officer, Kelly Dudeck, to the chair of the Maryland Agriculture Commission. The Maryland Agriculture Commission serves as an advisory role to the secretary and deputy secretary of agriculture and addresses legislative and policy issues that affect Maryland agribusiness. Each member of the commission is appointed by Governor Larry Hogan. Dudeck joined the commission in 2020 to represent the agritourism sector and now ascends to Chair. Maryland Secretary of Agriculture Joseph Bartenfelder said, "Kelly has been a vital part of the Ag Commission since 2020. Her knowledge and understanding of agritourism has (sic) proven to be an asset in promoting this sector. I wish her nothing but success as she takes on this new role with the Commission." To learn more about value-added agriculture and agritourism in Maryland, visit the Grow & Fortify website at growandfortify.com.



Do you have community or business news to publicize? Send What's Up? an email at editor@whatsupmag.com.

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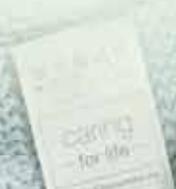
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TOWNE ATHLETE

Marley Helton

St. Vincent Pallotti High School
Lacrosse, Basketball, Soccer

By Tom Worgo

Marley Helton has two passions: lacrosse and her academic studies. Helton, a junior at St. Vincent Pallotti High School in Laurel, has carried a weighted 4.38 grade-point average. That was the highest average in her class at the time of this writing.



SHE IS ONE OF THE BEST ATHLETES ON THE TEAMS SHE PLAYS ON, BUT SHE STILL WORKS HARDER THAN ANYBODY. SHE IS ANY HIGH SCHOOL OR COLLEGE COACH'S DREAM. SHE IS THE ALL-AROUND PACKAGE."

When it comes to lacrosse, Helton's journey to play Division I is forging ahead. The 16-year-old Helton took a key step this summer in refining her skills and raising her profile. She attended five college lacrosse camps in June and July, including at Harvard, Villanova, Pittsburgh, Virginia Commonwealth, and Richmond.

"This is when you really want to start getting looks from colleges," Helton says. "I want to play Division I lacrosse and win a national championship. I think I am on the path to play Division I lacrosse because of my work ethic."

That might not have been the case as recently as the summer of last year. Though the 5-foot-3 Helton was playing her third season for the Uproar Lacrosse club, her skills needed work. But over the last year, Helton developed her skills. Now, she's a blossoming player. It's all because of her work ethic.

"A year ago, she was good," says Uproar Lacrosse's Mark Mozier, who has coached the sport for 14 years. "This year, she worked on her game and became a factor. She got

better, better, and better. You don't see a lot of kids improve that much that fast. Next year, she is going to dominate."

Mozier, who also doubles as Pallotti's girls' lacrosse coach, saw a big jump in Helton's statistics from her freshman year (15 goals, 11 assists, 39 ground balls) to sophomore (40, 30, 67). She made an impact in a lot of games in 2022, including in a regular-season finale against Beth Tfiloh (4 goals, 4 assists) and in two playoff contests versus Key School (7 goals) and Indian Creek (4 goals).

"Her lacrosse I.Q. is really good," Mozier says. "She sees everything. I think that comes from basketball. And she never gets tired. She was my horse this year."

Helton served as lacrosse co-captain this past season, and Mozier needed her to put her leadership skills to work. She became a recruiter for the team when Pallotti had a shortage of players. "She did a really good job with that," Mozier recalls. "She got four basketball players to try out."

Helton enjoys playing basketball and soccer at

Pallotti, too. The guard worked as the sixth woman both of her years on the varsity hoops team. She has suited up for AAU basketball teams in the summer since the sixth grade, including the 15-U Team Durant in 2021. She co-captained the squad and led it in assists and steals.

Helton scored the second-most goals and earned Interscholastic Athletic Association of Maryland C Conference honors from the mid-field position in her second season on the Pallotti varsity soccer team.

Helton can balance a lot. Between her sports teams, a rigorous course load, and serving as junior class president, she still finds time for activities outside of school. She loves to help with community service projects for the Bowie-based National Council

of Negro Women. The organization supports a family in need at Thanksgiving and Christmas, creating food bags for the homeless, sending cards to service men and women overseas, and individuals in nursing homes.

“She is mature beyond her years,” Pallotti Women’s Athletic Director LeeAnn Elman says. “She is one of the best athletes on the teams she plays on, but she still works harder than anybody. She is any high school or college coach’s dream. She is the all-around package.”

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

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Rashod Bateman

Baltimore Ravens' Wide Receiver

By Tom Worgo

Photography courtesy Baltimore Ravens

It's a constant search for the Baltimore Ravens: finding a No. 1 receiver. They like acquiring big-name free agents; in recent years, Derrick Mason and Anquan Boldin certainly fit that top receiver label. But Baltimore never seemed to get it right when drafting receivers—until Marquise Brown in 2019.

But Brown is gone. After emerging as a No. 1 last year with 91 catches, 1,008 yards, and six touchdowns, he requested a trade. Baltimore shipped him off to Arizona on draft day.

With Brown's spot open, second-year player Rashod Bateman appears poised to claim it. The 2021 first-round pick out of the University of Minnesota possesses the size (6-foot-1, 209 pounds) and speed (4.43 in 40-yard dash) to be elite. Bateman caught 46 passes last year for 515 yards in 12 games after missing two months with a groin injury he sustained in the preseason.

Bateman showed a glimpse of potential in a late-season loss to Cleveland, catching seven passes for 103 yards. "Marquise was traded, so I have a chance to step into his role," Bateman says. "I have all the confidence that it's going to happen."

Bateman has trained on and off the field to get ready for the jump. For nearly a week, he worked out with former league MVP quarterback Lamar Jackson—running routes and catching hundreds of passes—to improve their synergy.

Bateman, a Georgia native, who regularly works out four hours a day, on and off the field, says "I am bigger and faster. I am quicker, shiftier, and more mobile."

We talked to Bateman about running plays with Jackson, his NFL role model, his college experience, and how he splurged when he got his \$6.5 million signing bonus.

Did getting together with Jackson help you?

We worked out in Huntington Beach, California. We had talked about it prior to the season ending. We just wanted to get some work in because I would be taking on a bigger role this season. To get the work in and the chemistry down was great. I got to know him better in terms of what he's thinking on the field and him knowing what I do and think. Communication is a big thing in football between the quarterback and receiver.

What veteran or veterans have helped you in your career and have become your friends?

I would say (Oakland Raiders and former Green Bay five-time Pro Bowl wide receiver) Davante Adams. I have been

able to talk to him a lot and I have a great relationship with him. He is probably the only wide receiver I study. I model my game after him. Being able to learn from him and communicate with him has been very helpful. I met him through (Ravens) passing game specialist Kim Williams. Williams coached him at Fresno State and once I got to the Ravens, he introduced me to him.

What type of workouts do you do in the weight room and elsewhere?

I work out about four hours a day. I will be in the weight room for another two hours. When I get a break, I set up recovery time with my trainer and do yoga. Yoga was a big part of my offseason this year because I had a



AT THE BEGINNING OF THE SEASON, I GOT HURT. BUT I TOOK TIME TO LOOK AT THE WHOLE SEASON FOR WHAT IT REALLY WAS. I TOOK ADVANTAGE OF MY OPPORTUNITIES IN EACH GAME, AND I REALLY GREW. I FELT I SHOWED WHAT I REALLY CAN DO.

core muscle injury. I got more flexible, more range of motion, and worked on my hips.

What was your reaction to Marquise Brown getting traded?

I have a lot of respect for him because I had a great relationship with him. I was kind of sad. I thought about what could have been this season. After that, I thought about myself and how I can help the Ravens. It's my time to perform and step into the role.

You missed some time your rookie season because of the injury, but 46 receptions are something to build on.

At the beginning of the season, I got hurt. But I took time to look at the whole season for what it really was. I took advantage of my opportunities in each game, and I really grew. I felt I showed what I really can do.

Can you describe your relationship with your position coach, Tee Martin?

I have a really good relationship with him. I was in contact with him during the offseason a lot and let him know about what I was doing. He was giving me tips. It was a lot of communication on what I did last year and what I can improve on this year.

How did you end up at the University of Minnesota? What other schools were in the mix?

They were the first Power 5 School to offer me a scholarship, so I committed to them. There were a lot of SEC schools that offered me later: Georgia, Tennessee, and South Carolina. But I stayed committed to Minnesota.

What was the first thing you bought when you got an NFL signing bonus?

I bought my mother a house and I bought myself a car. It's a Mercedes G wagon.





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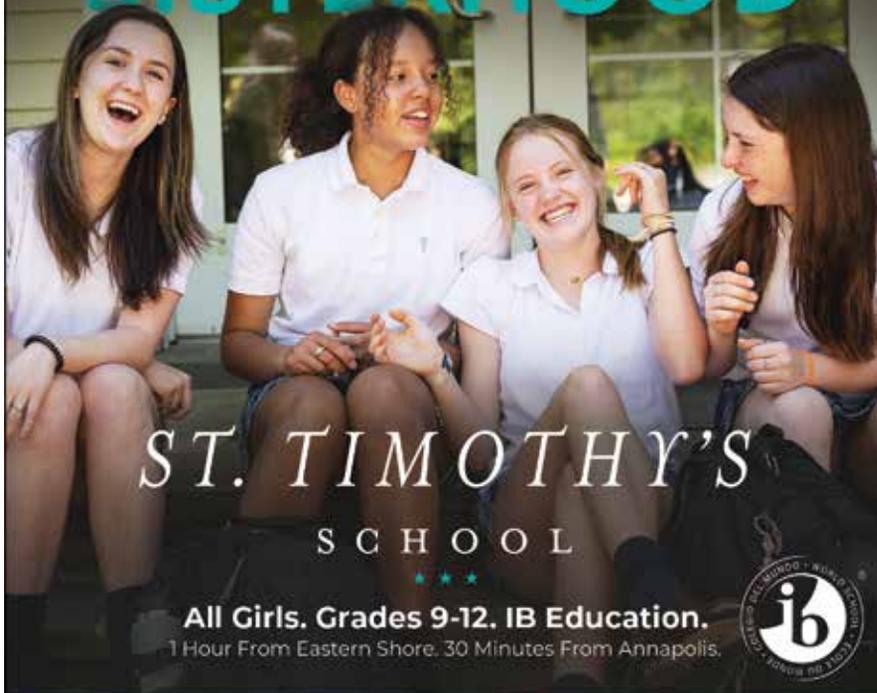
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Fall 2022 Guide to navigating school and college visitations, plus extracurricular learning centers and programs

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school.

This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

If you're considering school visitations this fall, or in the near future, here are several tips and considerations when planning. →

The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.



MAKE A LIST AND MAP THE SCHOOLS OUT Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.



ORDER MATTERS. Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.



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



EXPLORE ON YOUR OWN. The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.



TALK TO CURRENT STUDENTS It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?



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



KEEP AN OPEN MIND Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

PRIVATE SCHOOLS

Annapolis Area Christian School—Lower

Annapolis Campus—710 Ridgely Avenue, Annapolis; Severn Campus—61 Gambrills Road, Severn; 410-846-3504; 410-846-3505; aacsonline.org; AACCS is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Private tours available by appointment.

Annapolis Area Christian School—Middle

716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; AACCS is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Campus visits available by appointment.

Annapolis Area Christian School—Upper

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; AACCS is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Private tours available by appointment. Shadow Days are scheduled starting in the month of October, through April during the school year.

Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; Spalding is a coed, college preparatory school that serves students in the greater Annapolis and Baltimore areas. It is a Diocesan school of the Archdiocese of Baltimore. Private tours and Shadow Days available by appointment and registering online.

Calvert Hall

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall is an independent, all-boys Lasallian Catholic college preparatory high school attracting students from more than 100 zip codes. “Cardinal for a Day” experiences open to 8th graders. Campus tours also available by registering online and appointment.

Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through 8th grade. Shadow days available. Contact school directly for guidance on visitations, tours, etc. Open house dates 10/24 and 1/26.

Glenelg Country School

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for lifelong learning, personal integrity, and respect for others. Discovery Days scheduled for 10/21, 11/8, 12/7, 1/5, 2/22, and 3/30. Private family tours and virtual introductions are also available.

Holy Trinity: An Episcopal School

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1–4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5–8. Virtual Open House events and weekly

Virtual Drop-In Wednesdays available. Fall open house to be scheduled.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Indian Creek is a co-educational, college preparatory independent school located on a 114-acre campus in Crownsville. Students in Pre-K3 through grade 12 receive a vibrant educational experience based on excellent academics steeped in strong student-teacher connections. Open house dates: 10/15 (Middle & Upper school students), 11/3 (Lower), 11/17 (Middle), and 12/13 (Upper). Personalized information sessions and tours also available.

Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Kent School is a regional, independent day school serving students from Pre-Kindergarten through 8th grade. Virtual campus tours available by appointment.

Key School

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. In-person and virtual campus tours available. Fall Shadow Days, Open House dates, and Information Sessions to be determined.

McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder’s original mission to provide life-altering opportunities and to develop in students the will “to do the greatest possible amount of good.” Virtual

open houses, fall tours, and recordings available.

Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Monsignor Slade is part of the Archdiocese of Baltimore and located in northern Anne Arundel County on a 10.5-acre campus. Open Houses for prospective families to be scheduled. Virtual Welcome Wednesdays available by appointment. Additional information sessions available.

Montessori International Children’s House

1641 N. Winchester Road, Annapolis; 410-757-7789; org; Recognized by the Association Montessori Internationale, Montessori International Children’s House caters to students ages 18 months to 12 years on their 4.5-acre campus. Wednesday Morning tours available by reservation. Open houses might be scheduled this fall.

Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike.

Odenton Christian School

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org; Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Virtual Tour available online. Open house events to be determined.

Oldfields School

1500 Glencoe Road, Sparks Glencoe; 410-472-4800; oldfieldsschool.org; Old-

fields is an all-girls boarding school located on 140 acres of Maryland’s horse country. Open houses, personalized virtual visits, and in-person visits available.

Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne’s, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties. Virtual tours and private visitations available by appointment.

Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; A K–12 classical Christian school based on the centrality of Christ in all things, including the education of children. “Using the trivium, an age-old proven classical methodology, outcomes speak for themselves. Root them in love; surround them in truth; ready them for the world. Come, join our loving, supportive community.” Tour the new K–12 campus. Open houses one 10/10 and 11/14.

Roland Park Country School

5204 Roland Avenue Baltimore; 410-323-5500; rpcs.org; RPCS is an independent school for girls in Grades K–12, with a coed preschool (Little Reds) for children 6 weeks through 5 years. Upper school open house 10/13; middle school 10/20; lower school open house 11/3. Register online.

St. Andrew’s Day School

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew’s is an independent school located on a 20-acre campus and offers engaging After School Enrichment Programs. Open House scheduled for 11/5.



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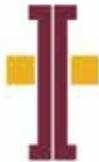
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Middle School
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Thur., November 17
9:00 - 11:00 a.m.

Upper School
(Grades 9-12)
Tue., December 13
6:30 - 8:00 p.m.

indiancreekschool.org



St. Anne's School of Annapolis

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; st.annesschool.org; St. Anne's invests in the intellectual and spiritual promise of each student in a community that celebrates diversity and upholds the dignity of every human being. Hosts several open houses annually. Private tours available by appointment.

St. John the Evangelist School

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade. Virtual and in-person tours available by appointment. Open Houses may be scheduled.

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children.

St. Martin's-in-the-Field Episcopal School

St. Martin's combines aspects of the humanities, mathematics, arts, technology, and the sciences from encouraging students to discover their potential while learning with confidence, compassion, and character. Open House dates 11/3 and 1/25. Private tours may be scheduled on school days..

St. Mary's High School

113 Duke of Gloucester Street, Annapolis; 410-263-3294; stmarysannapolis.org; As a Roman Catholic, parish high school, St. Mary's is committed to honoring the dignity of each individual as

a person created in the likeness of God. Single-family tours by appointment only.

St. Timothy's School

8400 Greenspring Avenue, Stevenson; 410-486-7401; An all-girls, episcopal boarding and day school for grades 9-12, offering the globally respected IB curriculum "in a community of inquiry, creativity, and kindness." In person and virtual visits available.

St. Vincent Pallotti High School

113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org; St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties. Fall open house date to be scheduled. Panther for a Day Shadow Visits (8th graders only) available by appointment, as are in-person tours.

Ss. Constantine & Helen Preschool

2747 Riva Road, Annapolis; 410-573-2078; sschschoo.org; SSCH provides comprehensive, hands-on curriculums that inspire curiosity and exploration. Live virtual tours offered every Tuesday.

Ss. Peter & Paul Elementary School

900 High Street, Easton; 410-822-2251; sspeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore. Shadow days, personal tours, appointments, and open houses available.

Ss. Peter & Paul High School

1212 S. Washington Street, Easton; 410-822-2275; sspeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern

Shore. Shadow days, personal tours, appointments, and open houses available.

School of the Incarnation

2601 Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org; Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore. Open Houses scheduled throughout the year. Private tours available by appointment.

Severn School-Chesapeake Campus (Lower)

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com; Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. Chesapeake Campus tours are scheduled every weekday beginning at 9 a.m.

Severn School-Teel Campus (Middle/Upper)

201 Water Street, Severna Park; 410-647-7700; severnschool.com; Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River. Teel Campus tours are scheduled every morning at 8:15 a.m. and 2 p.m. with Student Diplomats beginning in September.

The Boys' Latin School of Maryland

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. Open House scheduled for 10/16 at 10 a.m.; register online. Private tours available by appointment.

The Calverton School

300 Calverton School Road, Huntingtown; 410-535-0216; calvertonschool.org; Founded in 1967, The Calverton School is an independent college preparatory school serving students from Pre-K3 through Grade 12. Private/virtual tours available by appointment.

The Country School

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Discovery days, campus tours, and open house events to be scheduled.

The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. Open house dates are: 10/16, 11/13, 1/22, and 4/23.

The Summit School

664 E. Central Avenue, Edgewater; 410-798-0005; thesummitschool.org; Summit empowers bright students with dyslexia and other learning differences in grades 1-8. "Summit lays the foundation for success and students graduate from high school well above national averages. Find out what makes Summit's program exceptional for students who learn differently."

Wye River Upper School

316 S. Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus. Private campus tours available by appointment.

COLLEGE/ADVANCED DEGREE

Chesapeake College

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Chesapeake College is a comprehensive public two-year regional community college serving the educational needs of the residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties on Maryland's Eastern Shore. Guided Tours available year-round to groups and individuals.

Washington College

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; Washington College is a liberal arts college founded in 1782 and was the first college chartered in the sovereign United States. Campus Visits available morning and afternoons by appointment. Virtual Counselor Interviews, Campus Tours, Information Sessions, and Resource Meetings available.

LEARNING CENTERS

Anne Arundel County Public Library

16 locations throughout Anne Arundel County; 410-222-7371; aacpl.net; Public library system with a multitude of media collections, technology, community programs, and educational resources. Locations open daily to the public. Please visit website for specific location hours, contacts, and program/resources availability.

Maryland Hall

801 Chase Street, Annapolis; 410-263-5544; marylandhall.org; Dedicated to Art for All, Maryland Hall is the region's cultural core, convening and engaging all people in arts experiences that strengthen community. We welcome, connect, and enrich all with inspiring arts experiences. Classes, performances, exhibits, and more available.





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Story by **DYLAN ROCHE**



HOW LOCAL NONPROFITS ARE NURTURING THE NEXT GENERATION OF ENVIRONMENTAL LEADERS

“It’s hard to understand something you’ve never seen, and you can’t love something you don’t know.” This is why Mairin Corasaniti, education and outreach coordinator for ShoreRivers, says it’s so important for young people to learn about the environment—particularly in a hands-on way.

“I think it’s one thing to hear about something like severe erosion, or the excitement of catching a fish, or algal blooms, or dipping your oar in the water for the first time—but words can’t always capture reality the way experience can,” she explains. “Getting hands-on experience makes our environment, how much we depend upon it, and all of the stresses our ecosystems are facing so much more real and far more urgent.”

ShoreRivers is a nonprofit based on Maryland’s Eastern Shore that seeks to restore local waterways through science-based advocacy, restoration, and—of course—education. It’s one of several organizations throughout the area that recognizes the importance of getting young people involved in the effort for a greener, cleaner tomorrow.

By including children and teenagers in their mission, these nonprofits are not only setting up the next generation of environmental advocates but also giving these young people valuable skills they’ll be able to use throughout their lives.

Talk to any of the education specialists within these organizations, and most of them will note that the first step is getting young people to appreciate nature, to create what Noelle Chao, director of education and equity initiatives for the Watershed

“Connecting kids directly to these tributaries is the first step in encouraging them to care about local environmental issues that impact the Chesapeake.”



Stewards Academy, calls “positive, meaningful, hands-on experiences in the outdoors.” Similarly, Erin Howard Valentine, communications coordinator for Scenic Rivers Land Trust, talks about helping people make “a meaningful connection with the natural world when you are young.”

The big challenge here? Some of these kids just don’t have many other opportunities to be outside. Although Jessica Hammond, a student with ShoreRivers, says, “I have always preferred to be outside with dirty hands than inside,” her experience isn’t universal.

Chris Cerino, vice president of the Sultana Education Foundation, says some of the 10,000 students his organization works with annually aren’t connected to the local tributaries. “Many of our local youth here on the Eastern Shore do not have access to the water, despite the fact that they often live right down the street from a navigable stream or river,” he says.

Therefore, Sultana Education Foundation offers hands-on experiences aboard its namesake schooner as well as a fleet of canoes and kayaks. “Connecting kids directly to these tributaries is the first step in encouraging them to care about local environmental issues that impact the Chesapeake,” he says.

Through the programming these nonprofits offer, youth have in-person interaction with native plants and animals. They’ll see how native plants can slowdown stormwater runoff that brings pollution into the waterways they’ve just explored by boat, or they might get to hold a fish or a crab that calls that tributary home.

That means more time in nature and less time at home in front of a screen. “Competing with screen time is tough,” Chao says. “And it’s always important to recognize that not everyone thinks being outdoors is fun. In fact, for those who have spent a limited amount of time in green spaces with dense tree canopy, being in a forested environment might feel overwhelming; for folks with allergies or sensory sensitivities, the outdoors can feel very unsafe.” To overcome this challenge, Chao says Watershed Stewards Academy focuses on making sure its environmental educators check their own biases and remember that their programming needs to appeal to young people who might not think nature is amazing from the very beginning, instead building that enthusiasm about (and emotional connection to) nature in a strategic way.

Some youths are even outright scared of nature at first. Karen McDonald, education specialist with the Smithsonian Environmental Research Center, refers to this as biophobia. “Oftentimes when we do get students and teachers to our site, we have to spend a lot of time just allowing them to get comfortable outside, feeling sand, waves, and water, hearing insects, and feeling secure in nature,” she says. “Often the need to build security and comfort outside can overtake curriculum content or academic learning.”

Despite these challenges, many of the youth are responsive to the lessons. In the case of Hammond with ShoreRivers, who prefers the outdoors to the indoors, she’s eager to share her experience with others. “The more people who learn about the environment, the more likely they are to make changes and impact the people around them to also make changes,” she says.

Hammond refers not only to her peers but also to adults—including elected officials. “Youths should join the fight because the more of us there are, the more powerful we can become as we force adults and the government to hear and actually listen to us, which could lead to changes,” she says.

This points to another important aspect of these nonprofit missions: developing leadership and other life skills. Corasaniti says that problem solving is a major skill she sees youth with ShoreRivers pick up. “Science education encourages all of us to think critically and to act on our desires to make things better in the world around us, and that helps us grow from students to stewards,” she explains.

Chao agrees with this notion, saying children want to do the right thing, and environmental education empowers them in that way. “They understand—perhaps better than many adults do—that people need to be part of the solution, and they are eager to get involved and adopt best practices for a healthier environment,” she says.

But learning about environmental stewardship isn’t just for youth. These organizations depend on adults to take on volunteer positions and mentorship roles so that these opportunities for kids continue to exist. “Mentoring is also super important, because we need adults to help students see themselves in STEM careers such as science, mathematics, engineering, and research,” McDonald says. “This is especially true for students in underserved communities, girls, and women.”

And while adult involvement is important primarily because these organizations are dependent on it, adults shouldn’t lose sight of the fact that they’ll feel gratified that they’re paying it forward. The adults involved now are the ones who learned when they were young.

“Everyone on our team had pivotal experiences with nature as a child,” Valentine says. “Those experiences are wide ranging—fishing and crabbing our local waterways, going camping with friends and family, attending outdoor school, visiting state and national parks—and they are part of the reason that we do the work that we do.”

“Science education encourages all of us to think critically and to act on our desires to make things better in the world around us.”



To learn more about these and other environmental nonprofits in the area, visit them online and reach out about educational opportunities for young people:

Sultana Education Foundation; sultanaeducation.org

Smithsonian Environmental Research Center; serc.si.edu

Chesapeake Bay Environmental Center; bayrestoration.org

Watershed Stewards Academy; aawsa.org

Scenic Rivers Land Trust; srlt.org

ShoreRivers; shorerivers.org

CHESAPEAKE Retirement



Guide

Welcome to the second of three installments of the new Chesapeake Retirement Guide, a series of short articles, useful information, and resource listings to help you begin and enjoy your retirement journey. Enjoy!

The Big Boom

AS THE BABY BOOMER GENERATION AGES INTO RETIREMENT, THERE ARE OPTIONS APLENTY TO LIVE AN ACTIVE, CIVIC, AND VIBRANT LIFE IN MARYLAND

By Lisa Nolan

Baby Boomers, the generation that has been credited with changing the cultural landscape, is also shifting what growing older—and retiring—is all about. The baby boomers are considered the healthiest, best educated, and most affluent generation ever. Their impact on society has been huge—and now, they are taking that influence with them as they move into their retirement years.

It's clear that keeping baby boomers in Maryland is important. In fact, recent studies show that Maryland's 1.4 million baby boomers represent 24 percent of the state's population, according to census numbers. In 2023, the oldest boomers will be turning 77 and the youngest will be 59. For everything from housing to healthcare to entertainment and beyond, the baby boomer generation represents a tremendous economic asset to the state.





So, what is Maryland doing to keep them here? “Options, choices, and opportunities for living and aging well in our communities and the State of Maryland are what it’s all about,” says Maureen Cavaiola, who served as chair of Maryland’s Baby Boomer Initiative Council from 2010–2015. The Council was initially established 2007 to focus on building public-private partnerships geared towards developing a statewide strategic plan for Maryland’s baby boomer population.

“We looked at creating strategies not only to meet the needs of boomers, but also to capitalize on the group’s talents, skills, and energy to benefit the state’s economic and civic development,” Cavaiola notes.

One of the Council’s key areas of focus was workforce development efforts to allow workers to continue to contribute. During Cavaiola’s tenure, “Half of Maryland’s workforce became eligible to retire, creating a significant [employment] ‘drain.’ We looked at options to keep those people engaged and productive.”

Ideas include allowing older people who no longer can—or want—to be employed full-time to work at their own pace by, for example, offering part-time or teleworking opportunities. Other possibilities include mentorship programs, in which individuals are involved in training the next generation of workers. “It takes looking at things differently, so you keep retirees here and interested,” Cavaiola says. Bottom line: enabling baby boomers to remain active in the workforce can benefit both employers and older employees.

Civic engagement is another key area of interest for the Council and represents a significant economic driver for the state. A recent report released by the Corporation for National and Community Service found that 29.4 percent of Marylanders volunteer each year, totaling nearly 200 million hours of service, with a value of \$4.2 billion to local citizens and communities.

“When you are talking about baby boomers, we have all of this education and ambition—it’s essential to who we are,” Cavaiola says. “We may not want to focus on our career anymore, but we still want to contribute to things that are important to us. Those activities can be full-time jobs, even though they are not paid.”

Livable communities are also part of the Council’s focus. The American Association of Retired People (AARP) describes a livable community as having affordable and appropriate housing, supportive community features and services, and adequate transportation options. They combine personal independence with the ability for residents to maintain a strong civic and social life.

“With baby boomers, we are often looking at people who can retire anywhere, so in Maryland, we need to look at housing, transportation, and infrastructure because as people age, those things will be critically important for them to be able to stay,” Cavaiola suggests.

Ideas include modifying housing and rental laws that reflect boomers’ desire to stay in their own homes but perhaps rent to others and transportation options that enable older people to continue to get around easily and economically.

The Council also looked at health as a major factor in baby boomers’ ability to continue working or being involved in civic activities. “It’s in the State’s best interest to encourage boomers to maintain healthy lifestyles,” Cavaiola says, who sites her own choices of going to the gym and eating right as an important part of her desire to remain healthy and independent.

Medical care, at-home care, and healthcare facilities, as well as other services that people will need as they retire, are all critically important to keeping older residents in the state. The healthcare aspect and options of retirement are huge for baby boomers. (Note: For retirees and seniors considering aging-in-place options, please refer to the accompanying article “10 Things to Know About Assisted Living.”)

While the Council focused on improvements in these key areas, “When it comes to retiring and staying in Maryland, it really comes down to the quality-of-life factors that brought you here in the first place,” Cavaiola says. “Still, wouldn’t it be wonderful for Maryland to be a national leader in creating opportunities for boomers? What if younger people saw lifelong options for baby boomers and knew those options would be here for them when they retire? That would be great for the state and for Maryland’s baby boomers.”

10 THINGS TO KNOW ABOUT

Assisted Living

SPECIAL CONSIDERATIONS FOR TRANSITIONING TO SUPPORT-CARE FACILITIES



1. WHEN IS IT TIME FOR ASSISTED LIVING?

Deciding to move a family member into an assisted living residence can be a difficult situation. When a family member begins to require a level of care that you can no longer safely handle on your own, assisted living may be your best option. Assisted living provides an alternative for long-term care for your loved one who does not require skilled nursing care in a nursing home.



2. WHAT IS ASSISTED LIVING?

Assisted living is a type of housing for older adults that provides 24-hour supervision and support services to help individuals who require assistance with activities of daily living.



3. WHAT SERVICES ARE PROVIDED?

Meal preparation, household chores, medication management, and assistance with bathing, dressing, and grooming are some of the services an assisted living facility can provide. Assisted living facilities are required to contract with a licensed registered nurse to oversee the clinical care provided to its residents.



4. HOW DO I CHOOSE AN ASSISTED LIVING RESIDENCE?

Begin by speaking with family and friends to obtain information and personal recommendations. Next, make a list of features that will be important for your family member. Things to take into consideration include the price, location, and any amenities that are offered by the facility.



5. ARE THERE ANY RESOURCES TO HELP WITH FINDING AN ASSISTED LIVING RESIDENCE?

To help you narrow your search, you may want to contact the Assisted Living Program of your county's department of aging and disabilities or department of health. Staff are available to answer your questions and assist you with narrowing your choices based on your individual needs and preferences. Once you have a list of residences to visit, you can begin to set up appointments to take a tour.



6. WHEN SHOULD I SCHEDULE MY VISIT?

Consider visiting the facility during mealtime to get a better picture of the routine of the facility. It may also be beneficial to schedule a second visit at a different time in the day to observe activities and staff interactions with residents. Address any concerns with the assisted living manager.



7. WHAT SHOULD I LOOK FOR WHEN I VISIT?

When you tour a residence, be sure to request a copy of the residence's Uniform Disclosure Statement. This document provides information about which services the residence provides and whether the fee for that service is included in the monthly housing fee. It is important to know what is included in the base monthly rate, what services are available at an additional cost, and the circumstances under which fees may increase.



8. MY FAMILY HAS CHOSEN AN ASSISTED LIVING RESIDENCE. WHAT NEXT?

Request a copy of the Resident Agreement (contract). Be sure you understand the commitment you are making before signing. Consider having the Resident Agreement reviewed by an attorney.



9. ARE THERE ANY FINANCIAL RESOURCES?

Generally, the cost of assisted living is covered by the individual's income and savings. Long-term care insurance policies may cover some of expenses for a specific period of time. Veterans and their spouses may be eligible for the Aid and Attendance benefit to help with the cost of assisted living. For low-income seniors, the Medicaid Community Options Waiver and Senior Assisted Living Subsidy are two programs offering financial assistance.



10. IS THERE ANYTHING ELSE I NEED TO KNOW?

Do your homework. Take time to visit different residences, interview staff and residents, and check survey reports. Get all of your questions answered to your satisfaction by the assisted living staff and trust your instincts.

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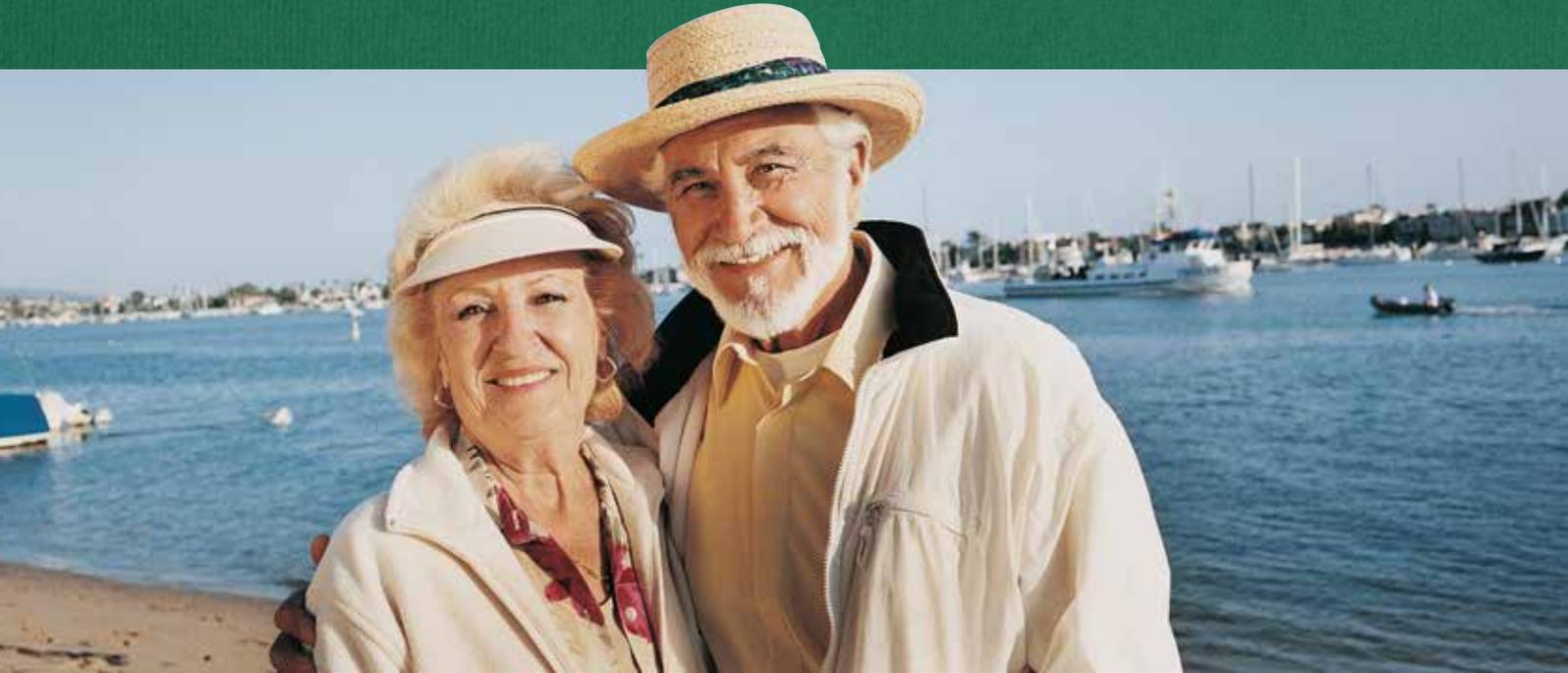
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CHESAPEAKE RETIREMENT GUIDE

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CHESAPEAKE
RETIREMENT
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THE MONEY POT

YOUR HOME IS AN INVESTMENT; BUILD AND LEVERAGE ITS VALUE | BY JAMES HOUCK

The end of the rainbow might not be as far, far away as we perceive. In fact, the pot of gold may be at your feet—assuming you're standing or sitting within your own home. In the last three years, the Chesapeake Bay real estate market (and the entire nation's) experienced quite a boom—so much so, in fact, that homes have been selling like hotcakes. Those sitting on desirable properties saw their home values soar to levels not seen since the early 2000s—and the opportunity to cash in, bigtime, convinced more than a few to sell.

Low inventory coupled with low interest rates created both a sellers' and competitive buyers' market, so to speak. Home prices soared during the pandemic as fewer homes were on the market. Yet, buyers were plentiful, as they could borrow great sums of money at some of the lowest interest rates in history. Bidding wars ensued. Available properties sold in a flash. Some of them resold for even higher prices. And the expectation of a flood of foreclosures coming to market in the aftermath of the pandemic hasn't come to fruition...yet. Low supply and high demand remain.

But—and there's always a “but”—how long will this market continue? After all, we saw similar activity up until 2008 when the subprime mortgage market crashed, triggering the Great Recession. Are we due for another market correction? The Federal Reserve thinks so, effectively raising interest rates by a half-point in early May and another three-quarters of a point in June—moves intended to curb excessive borrowing by making it more expensive, thus softening consumer spending and helping

mitigate additional variables that trigger recession. In fact, 30-year fixed interest rates subsequently climbed to the 5 percent rate—the first time we've seen this in more than a decade.

Economist Anirban Basu states the effect on the housing industry bluntly: “When interest rates rise, the quantity demanded of homes goes down. That also drags down sales prices. But let's keep things in perspective. The average price of a new home is up 48 percent since February 2020 (they increased just 35 percent over the preceding decade).”

The interest rate increases also indicate we may have learned enough lessons from 2008 to forge ahead, promote market stability, and help create growing property value over the long term. The consensus among economists and realtors is that we won't fall off the cliff a la '08, but that, yes, the real estate market will start cooling off sooner than hoped. However, there remains plenty of upside. After all, inflation is temporary.

“We were addicted to low interest rates and massive stimulus,” Basu says. “And now we're about to go through withdrawal. The sweating and cramping has begun. The sooner it starts, the sooner it ends.”

So, let's dive into how current homeowners can develop property value in the short-term, with a keen eye on long-term growth beyond a potential recession. Plus, we offer strategic advice for bringing a property to market.

EASY MONEY (SO TO SPEAK)

Perhaps the best way to build immediate value in your property is by investing your own cash into it—renovations, additions, major interior and exterior upgrades, updating appliances, and systems’ efficiency top the list of improvements homeowners can make right now to add value. Since borrowing money costs more today than has in recent years, project your real cash flow, cost out projects on your wish list, and plan those you can afford, accordingly.

Of all the rooms and spaces in your home, there are three that traditionally have been the most attractive and desirable when it comes to upgrading, enjoying, and even selling your home. The kitchen, baths, and flooring. In every annual poll of local real estate agents and brokers that What’s Up? Media has conducted over the past decade, kitchen, bath, and floor renovations were consistently mentioned as top amenities that build value and help sell a home.

And *Remodeling Magazine* confirms that kitchen remodels retain the most return on investment. According to the industry publication’s data, both minor- and major-kitchen remodels rank in the top four of their home improvement return on investment list. The most popular remodels and their average returns include:

HOME IMPROVEMENT RETURN ON INVESTMENT

PROJECT	AVERAGE COST	AVERAGE RESALE VALUE ONE YEAR LATER	% RETURN
MINOR KITCHEN REMODEL	\$14,773	\$13,039.00	87%
TWO-STORY ADDITION	\$67,743	\$56,770.00	83%
BATHROOM ADDITION	\$14,216	\$11,704.00	81%
MAJOR KITCHEN REMODEL	\$38,769	\$31,344.00	80%
FAMILY-ROOM ADDITION	\$46,738	\$37,217.00	78%
DECK	\$5,865	\$4,498.00	75%
MASTER SUITE	\$63,275	\$47,699.00	74%
ATTIC BEDROOM	\$31,366	\$23,232.00	73%
HOME OFFICE	\$10,526	\$5,723.00	54%

Figures are national averages Source:
Remodeling Magazine (www.remodeling.hw.net)



In the Chesapeake Bay region—noted for prime waterfront properties and at least 8–9 months of temperate-to-tolerable weather during which the outdoors and related amenities are enjoyed—the real estate and hardscaping industries have experienced an extreme uptick in the building of *and* appreciation for outdoor living spaces. Elaborate porches and patios, outdoor kitchens, stone fireplaces and firepits, pergolas, gazebos, and related accoutrements (think overhead fans and misters for hot summers, heaters for winter, digital audio systems, etc.) have become hot ticket items for consumers. Homeowners and buyers in all price ranges are seeking these spaces, perhaps more so in the aftermath of the Covid-19 pandemic, as home living has taken on new meaning.

Additionally, consider upgrading the “extra” spaces in your home if you’re looking to add value. That un-used bedroom or an unfinished basement can be remodeled into a very functional or fun space. Nicely finished basements have been gaining in popularity over the past 10 years, offering a good return on investment for home offices, theaters, game rooms, built-in bars, and au pair suites. If home is where the heart is, it can pay short- and long-term to make it the most lovable space in your life.

Ultimately, when considering these updates, upgrades, and additions, keep in the back of your mind that one day, you’ll likely be selling your property. Consider how the discriminate home buyer would perceive your parcel. It may make sense to consult a real estate agent prior to contracting any major changes to your property. Knowledge could be your best investment.

THE LONG GAME

Beyond the immediate satisfaction of, say, a gourmet kitchen remodel and you endeavoring to become Julia Child, the long-term value of one's property is what excites savvy homeowners who count on their home to grow the value of their overall financial portfolio. And the data agrees.

According to the U.S. Census Bureau, "Median home values adjusted for inflation nearly quadrupled over the 60-year period since the first housing census in 1940. The median value of single-family homes in the United States rose from \$30,600 in 1940 to \$119,600 in 2000, after adjusting for inflation. Median home value increased in each decade of this 60-year period, rising fastest (43 percent) in the 1970s and slowest (8.2 percent) in the 1980s."

Federal Reserve Economic Data (FRED) confirms that real estate prices continued to rise indefinitely up until the financial crisis of 2008 when the housing bubble burst. Though the market crashed, it did begin to rebound by Q3 of 2011 with home sales prices resuming an upward climb—a trend that has continued into 2022, despite bumps along the way (Covid-19). Some markets, particularly the Mid-Atlantic and Northeast, experienced unprecedented increases in average sale prices as the country began to emerge from the pandemic.

Overall, the average sales price of new homes in the United States climbed from \$39,500 in 1975 to \$420,900 by 2021. FRED offers cautious optimism: "A home is a good investment only if you can afford it...You are unlikely to see any profits that you can spend if you plan to live in the same house all your life. But if you buy with an exit strategy in mind, there is a much better chance of realizing a cash profit...From a practical standpoint, even if your primary residence doubles in value, your real estate taxes have gone up. The gains you experience are on paper until you sell the property. Of course, for many homeowners, that's alright. A home that doubles in value is a nice asset to pass on to the kids and grandchildren."



THE EXIT STRATEGY

Preparing your home for sale can feel daunting, overwhelming, and without guarantee that you'll actualize the long-term value and investment of the property. The market is king. But there are more than a few best practices to consider and employ when putting up the "For Sale" sign.

We recommend consulting with a real estate agent well-versed in the local market, who knows the historic values, seasonal pricing fluctuations, inventory, most-desired amenities, buyer demographics, and has deep contacts in multiple home industries that can help prepare a home for sale. Preparation can include minor-to-major home repairs, cosmetic enhancements, decluttering, interior staging, landscaping, and property inspections.

You hear it time and again because it's true—curb appeal is crucial to selling a home. Power wash the exterior, get your windows professionally cleaned, and spruce up your garden. Take out furniture—the home shows best when two-thirds furnished, as buyers need to envision their belongings. Think about space, light, flow, and function. Clean and declutter. It can take quite a while to prepare a property for the market and any homeowner who doesn't take the time to prepare is making a mistake. "Most buyers in our busy world don't have time and/or vision to work on serious structural updates to their new purchase (kitchen, master bath, etc.)," stated one realtor in our annual survey. "The 'options' that help to sell a home are for the seller to offer clean, de-cluttered rooms in a setting that looks well-maintained."

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

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



LEADING REAL ESTATE & HOME PROFESSIONALS

The following individuals are the people who can lead you through the complex world of all things home related. They are not only experts in the field, but they are your neighbors...people who support the community you care about. In short, these are professionals you should know.

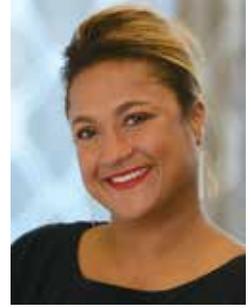
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Emily Marsh



Ginnie Henry



Jessica Manning



Kathy Whitlock



Zack Papaleonti



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The Anchor Team of Academy Realty

Experience matters! Introducing the Anchor Team led by Jack Papaleonti GRI, who brings years of experience and a team mentality to real estate. There are so many obstacles and challenges that come up during a real estate transaction. An agent has to be in several places at once, so having a team that is always there pays off. With over 65 years of combined experience, we have extensive experience with waterfront homes, historic homes, condos, COOPs, investment properties, retirement homes, condemned homes, foreclosures, bank owned homes, and commercial real estate, as well as dealing with homeowner's associations, well and septic properties, and more.

Buying or selling a home is one of the biggest financial and personal decisions for anyone, whether for personal usage or investment. Academy Realty is an organization you can trust that brings a team of experience with integrity and commitment to get the deal done right. At Academy Realty we also offer special incentives for first responders, teachers and veterans when using our service. Part of our mission is to give back to our community and support those that dedicate their lives to the betterment of our communities. Contact us to preview waterfront homes from Anchor Time, or to preview homes in Historic Annapolis or Heritage Harbour from our street legal jazzy golf cart to experience home buying at a whole new level!





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“Moving you forward with technology, experience and innovation.”

Velocity Title, a leading title company headquartered in Crofton, Md, focuses on moving every client forward with the most innovative and customer-focused closing services possible. Named *“Best Title Company in Central Maryland”* for 2022, Velocity Title makes the final step in the home buying process easy, efficient and informative.

Velocity Title’s team of industry experts continue to exceed client expectations while making the closing process as seamless as possible. Velocity Title’s experts each have 20+ years of experience in the Title Industry and will ensure a smooth settlement experience. The Co-Founders, Glenn Russell Donaldson, Esq., and Christina Garvey Berman, are staples in the MD title industry, and are hands-on with each case to ensure its success!

The Velocity Title Difference for Consumers and Real Estate Professionals

At Velocity Title, we understand the importance of your real estate transactions. The agents and consumers we work with every day appreciate the Velocity Title difference in the following areas:

The Best Investment Protection

When settling on a property, Velocity Title provides clients with peace of mind knowing our expert underwriters, attorneys and processors are managing their title insurance and escrow needs.

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We do more than simply issue a title insurance policy. We take pleasure in educating our partners and clients, while empowering them with the latest title technology.

The Latest in Title Technology- Remote Online Notarization

At Velocity Title, one thing we understand is the value of your time. As the First in Maryland for using Remote Online Notarization (RON), our clients and partners can now safely and securely finalize many real estate transactions from their own home or office! Today, RON is used for seller signings, cash purchases, and other transactions that qualify. We also offer the Best Onsite Notaries that can come to you for signing documents. In addition, our Secure Online Portal is available for you to access your closing information 24/7!

E-Pay for Earnest Money Deposits (EMD’s)

E-Pay is the best way to get your EMD’s deposited fast and secure. Real Estate agents love Velocity Pay because it delivers funds 24/7 and is fully electronic, encrypted and can initiate a transfer within 90 seconds!

Velocity’s Real Estate Contract Questions Hotline (for Real Estate Professionals)

Velocity recently launched its complimentary Real Estate Contract Questions Hotline to help professionals get accurate answers to their contract questions. Simply call 1-800-MY-RE-LAW, or 1-800-697-3529.

Ryan Briggs, with the Briggs Team of Anne Arundel County, says, “I have had the pleasure of working with Velocity Title on hundreds of properties and have had an incredible experience with every transaction. I cannot speak highly enough about this entire company, from the processors to the owners!”

VELOCITY TITLE
MOVING YOU FORWARD 

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Solar Energy Services, Inc.

We spoke to SES President, Rick Peters about the growth of solar energy in our region.

Residential Solar Energy seems to be booming these days. Is this mostly due to cost declines?

Reduced cost has made solar available to a wider audience, but the two biggest drivers of recent demand growth are 1) a desire to freeze energy inflation and 2) a desire to embrace the energy transition, including a trend towards more electrification.

I understand how a solar system can freeze your energy inflation, because you are essentially buying 25-30 years of energy at a steep discount to traditional energy. But how is the energy transition driving this?

Solar inverter manufacturers like SolarEdge are driving the future of home electrification with solar inverters that can act as the home's "energy hub". The Energy Hub Inverter does more than convert solar energy into household energy, it also accommodates battery backup, so you can have power when the sun and the grid are down. The Energy Hub can accommodate a car charger accessory, so you can charge an EV faster with the sun (and the grid)! The Energy Hub also offers individual solar panel monitoring of your solar production as well as consumption monitoring, so you and your family can see how you are generating and consuming electricity.

Wow, that seems like an exciting trend. Are there still incentives for these investments?

Absolutely. The federal tax credit of 26% can be applied to solar as well as energy storage. There are several Maryland state incentives for solar as well as a significant \$5000 state tax credit for residential energy storage. Anne Arundel has a property tax credit to add to your savings!



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Christy Bishop

Christy 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 CollectionSM 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 26 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

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2322 Turnbridge Ct.
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 Coming Soon



Mia Anderson

For over 20 years, Mia Anderson has assisted thousands of individuals and families in making their dreams of homeownership become reality. Through the ups and downs of fluctuating rates, escalating home prices, inventory challenges, and a host of personal decisions for each family, Mia has seamlessly guided each client through the process of buying and selling real estate.

Mia is an award-winning Realtor, who has proudly been named one of the Top 300 Realtors in Maryland (Chesapeake Real Producers), Baltimore's Best Realtor (*Baltimore Magazine*), and has received the Chairman's Circle Award. Mia is passionate about being engaged with the community. She's Vice President of the Greater Crofton Chamber of Commerce, and is honored to sponsor their quarterly blood drives, keeping this much needed resource right here in the County. She's also an avid gardener. Ask her about her vegetable garden and award-winning May Day Baskets!

If you are considering purchasing your first home, selling the home you brought your kids home from the hospital to, or preparing to sell your childhood home, call Mia. She'll protect your interests throughout the process while simultaneously making you feel like you're her only client. Why? Because Nobody Moves You Like Mia Moves You!



(410) 693-3354
 91 Main Street,
 Annapolis, MD 21401
 MiaMovesYou.com
 Mia@MiaMovesYou.com



May Team Homes

May 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.



1166 MD Route 3 S, Ste 106
 Gambrills, MD 21054
 (410) 980-6210 Katerina
 (443) 255-1173 Valerie
 mayteahomes.com





Mr. Handyman®

COST VS. VALUE

According to industry data, not a single one of 22 common home upgrade projects in the Annapolis area 'paid' for themselves in 2021. The average cost for a mid-range bath remodel was nearly \$24,000, but increased resale value by just under \$12,000, for a cost recouped of 50.1%.

The highest recoupment costs, were for a stone veneer upgrade at 97%, followed closely by a garage door replacement at 95%. All other projects return below 95%. Deck additions come in next at 70.9 followed by a steel entry door returns 65.8% and vinyl windows at 56.7%. But windows and doors also offer additional savings due to increased energy efficiency, and may even qualify for a tax credit.

So, what can you do with this knowledge? First, undertake these projects for your enjoyment, not for resale value. Second, do not let your homes condition deteriorate to the point that it requires major investments to put it on the market; where it is unlikely that the full cost of those investments will be recovered. Enjoy your home while you live in it, and maintain it well so you aren't stuck with major repairs just to get the house ready for market.

Mr. Handyman can help with any of these projects and many more. Visit our website at www.MrHandyman.com or give us a call at 410-881-5683.



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Jess Young Team

Jess 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.



8432 Veterans Hwy
Millersville MD 21108
443-274-1938
www.jessyoungrealestate.com



Q: How is buying a home in the Historic Annapolis District different from buying other homes?

A: One of the reasons Annapolis has retained its unmatched charm is because Historic Annapolis was founded in 1952 to

preserve the architecture of the city. They made sure our priceless homes were protected by limiting any changes to them. We know that when we buy them. And we applaud the work that went into saving Annapolis's historic originality.

Because of the age of many of these historic homes, what we may not know are historic restrictions that are attached to houses we might purchase. The historic marker may tell us the Architectural period of the house but only a detailed title search will tell us of any long term restrictions that may be attached to that house. You should always consult with a real estate professional who specializes in historic homes. They will have information on the historic district, homes, as well as experts in the field to assist you.

Nancy Almgren

Berkshire Hathaway HomeServices Homesale Realty



Q: Is it true that my rooftop solar system shuts down if the electric grid goes down?

A: It depends. Until a few years ago, just about all grid-tied solar systems would deenergize during a grid

outage. The reason for this has to do with electrical code and the requirement for "islanding". If you are not islanded during an outage, your solar energy could feed back to the grid and put the utility workers at risk of injury.

Today it is easy to achieve "islanding" by incorporating a battery (energy storage) into your solar project. If you incorporate a battery into your solar energy system, you can operate your own little, independent microgrid during an electric grid outage.

Rick Peters

Solar Energy Services, Inc. | www.solarsaves.net



Q: With the rising interest rates, does it really make sense to buy now?

A: Those old enough to remember can recall interest rates that were way more than twice

the current rates. It's always a good time to buy real estate because of the laws of leverage. The reality is that you need to be able to afford the payment and, if you can, the rate doesn't mean as much. Where else can you control a \$500,000 asset with as little as 3% or less down payment. If you want to buy \$100,000 in stocks, it will cost \$100K, but you can buy a \$500K home with as little as \$15K. When appreciation kicks in, it's not based on the money you put down, it's based on your home's value. Although appreciation isn't guaranteed, history has shown home values to always rise and be a great hedge against inflation.

Dominic Cantalupo

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



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: Late summer showed significantly less market activity as the interest rates have increased. The Fall

real estate market currently underway should continue to show a surge of homes for sale increasing the inventory substantially with more choices for buyers and greater competition for sellers. Timing the market depends on what is truly best for your own individual situation to make that decision. To get the very 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. You get valuable marketing expertise and guidance as to what is necessary or recommended 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: If every party verbally agrees to a contract, and everyone is ok with not adding it in writing, is it still binding?

A: By not putting into writing all verbal changes, agents can be severely disciplined by the Real Estate Commission

disciplinary board for breaching their fiduciary responsibility to their clients. This is because the Statute of Frauds says that all terms of a real estate contract must be in writing and signed by the parties to be enforceable.

For more answers to your real estate contract questions, call Velocity's Real Estate Contract Law Hotline at 1-800-MY-RE-LAW, or 1-800-697-3529.

Glenn Russell Donaldson, esq.
Velocity Title



Q: My husband and I bought our house before the wedding, is there a benefit to retitling our real estate?

A: Yes, owning a property as husband and wife (tenants by the entireties) creates certain creditor protections

that Tenancies in Common and Joint Tenancies don't have. The ownership does not automatically change when you get married, you will need to record a new deed to get the benefits.

As always, consult with your attorney and tax advisor whenever changing ownership of your assets.

Feel free to reach out for a quick conversation about your real estate needs with an experienced Real Estate Attorney. Call Cooch, Bowers & Schuller to discuss in more depth. 410-974-1900.

M. Clare Schuller, Esq.
Progressive Title / Cooch, Bowers & Schuller

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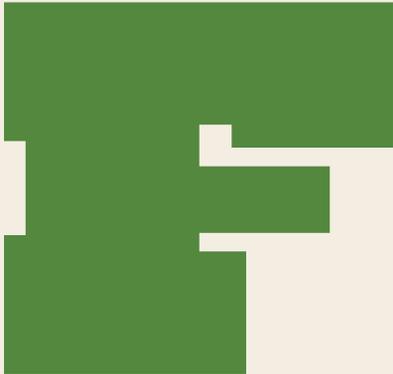
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The Chester River
harbors colonial
history, quaint towns,
natural resources,
and recreational
opportunities

BY ELLEN MOYER



Forty-two rivers crisscross Maryland. The Chester River on our state's Eastern Shore is one of them. For 43 miles, it flows through Kent and Queen Anne's counties' prosperous farmland, beginning near the town of Millington and widening to three miles at its confluence with the Chesapeake Bay. It is a river rich with fish, wild game, and, at one time, oysters, which attracted Native Americans to the region for thousands of years. Signs of their villages can be seen in oyster middens emerging from ancient shorelines. Thankfully 2,300 acres of the ecosystem on the river's southern end are untouched and protected as the Eastern Neck National Wildlife Refuge sanctuary for migratory birds.

In 1670, however, along Grays Inn Creek on Eastern Neck, one of 30 creeks that feed into the Chester, two colonists, James Ringgold and Samuel Tovey, laid out the first planned town in the New World. A courthouse and other public buildings became New Yarmouth, but tobacco harvests from surrounding farmland demanded better river access and encouraged a new town to be built along the Chester.



The new town would be founded in 1706 as Chestertown, a Royal Port of Entry, and government seat of Kent County. The town grew quickly as four years of tax freedom was promised to skilled artisans. A center for planter merchants and a harbor busy with sloops and schooners fueled a wealthy populous, who built magnificent homes along the waterfront. These homes are visible today in one of the best-preserved colonial seaports.

Prior to the American Revolutionary War, Chestertown also staged a tea party revolt. The town was also an important gathering place for national leaders from Virginia and Maryland moving by ferry from Annapolis across the Chesapeake Bay to Rock Hall, en route to Continental Congress meetings in Philadelphia. It was the route followed by Tench Tilghman to announce Cornwall's surrender in the 1781 Battle of Yorktown. A replica of a Royal Navy 1768 schooner, *The Sultana*, that patrolled the river coastline during the war years, sits in the harbor today; a center for storytelling and educating 5,000 students annually on the years of struggle for a new

LEFT PHOTO:

The Chester River flows through Queen Anne's County. Photo by Will Parson/Chesapeake Bay Program with aerial support by LightHawk.

ABOVE PHOTO:

A rower scoots along the still waters of the Chester River at dawn.

nation. In 1789, Washington College was founded by and named for America's new president.

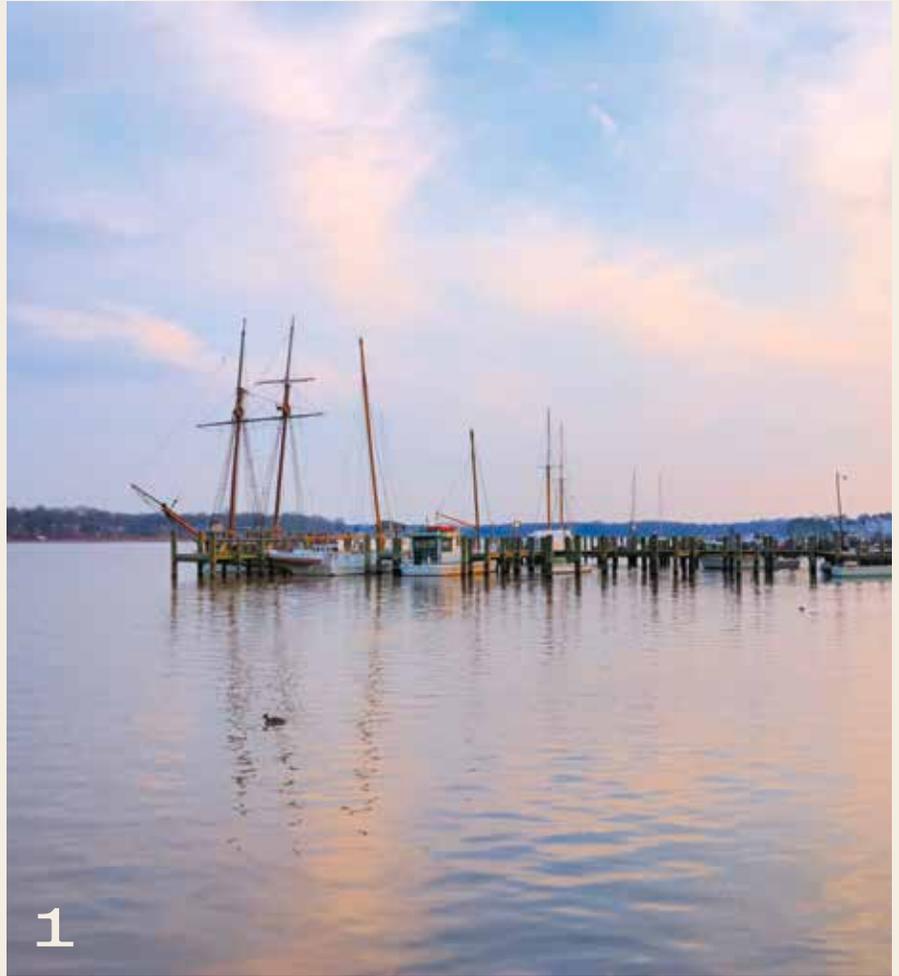
Upriver from Chestertown is the town of Crumpton. It too was a port town and a mill town serving the grain farmers. Here, Henry Callister, an indentured servant, ran a ferry across the narrowing river in 1753. Later, the steamboats, including *Dreamland*, known as the fastest boat on the Bay, would carry passengers to Crumpton, a center for peach harvests. But when the peaches developed a fungus and died, steamboats stopped running to the town, and by 1923, Crumpton slowed down its wild ways. Then, famously, Crumpton began its open-air antique markets and auctions, which replaced the peach or-

chards. Though the covid pandemic recently shut down the energized bidding on antiques, this year there has been 25 auctions scheduled—a welcome return for patrons.

Further upriver, Millington is as far as one can navigate the Chester. A village of 549 souls (just 200 more than its 1860 population) houses the John Embert farm, identified as a historic site built in 1800 and described as an “exceedingly rare and almost pristine example of a small-scale Tidewater house.”

That the Chester is home to many historic structures is not surprising. It enters the Chesapeake Bay on the northern boundary of Kent Island—the 31-square-mile island is the largest in the Bay. Settled in 1631, it is the original colonies’ third oldest permanent settlement, after Plymouth, Massachusetts, and Jamestown, Virginia. Captain John Smith, who charted 3,000 miles of waters around the Chesapeake Bay, noted Eastern Bay and the mouth of the Chester. Today, the Capt. John Smith Chesapeake National Water Trail, under the direction of the National Park System, follows his journey of discovery.

Kayakers and canoers can explore 100 miles of water trails along the Chester from its mouth at Love Point (once a hotel jumping off point for a train to Ocean City), up its many creeks or toward the Corsica River at Centreville. Interested water trail buffs can book guided water tours or put in at sites identified in maps





1: Chestertown dock at dusk with boats, including the *Schooner Sultana*. **2:** Historic estates of Chestertown, some of which date back to the colonial period, line the waterfront. **3:** Fanel Branch, a tributary of the Chester River, is bordered by a mature riparian forest buffer separating the water from surrounding farmland in Kent County. Photo by Will Parson/Chesapeake Bay Program with aerial support by LightHawk. **4:** The Chester River wraps around Eastern Neck National Wildlife Refuge in Kent County, Maryland. Photo by Will Parson/Chesapeake Bay Program. **5:** Birdwatching is a popular activity at Eastern Neck National Wildlife Refuge.

by the Maryland Department of Natural Resources. Walking trails also parallel the river. The Wayne Gilchrist Trail, named in honor of the local congressman and environmentalist, follows an old railway through Chestertown to Washington College. And the Eastern Neck preserve includes a

10-mile circumference water trail, as well as walking boardwalks to view the wildlife it protects.

In nearby Rock Hall, watermen focus on plentiful fish and crabs, supplying many of the local restaurants that offer the bounty of the bay and the river for all to enjoy.

The diversity of ecosystems that Native Americans enjoyed is still in place along the historic Chester River. It is a river enjoyed for leisure and for those who make their living on the water. It is a river with many stories to tell about the people that settled along its shoreline. It is a river to be enjoyed.

LEADERSHIP BEACONS

HOW ONE-TIME STUDENTS OF LEADERSHIP
ANNE ARUNDEL ARE, NOW, LEADING THE
ORGANIZATION, ADAPTING TO A CHANGING
WORLD, AND BUILDING COMMUNITY RESOLVE

BY DYLAN ROCHE



IT

Left: Kris Valerio Shock speaks at the LAA 25th Anniversary celebration. **Top Right:** Current LAA President & CEO Kris Valerio Shock with former LAA President Griff Hall. **Bottom Right:** Nancy Hartzell and Kris Valerio Shock.

was March 12, 2020. Kris Valerio Shock, newly hired to her position as president and CEO of Leadership Anne Arundel, the county's premier leadership training and networking institute, was observing Law and Public Safety Day with more than 50 leadership students by visiting the Emergency Command Center in Glen Burnie, where county leaders go if and when some sort of crisis arises.

"And people's phones started going off," Shock recalls. "The very next day, the county executive was there declaring a local state of emergency because of COVID."

Suddenly, Law and Public Safety Day took on a whole new meaning. Shock and her peers were getting what she describes as "a front seat in seeing how our key leaders were leading us through this crisis."

Like nearly every other organization, Leadership Anne Arundel went virtual that spring. Its Class of 2020, only a couple of months away from finishing the institute's September–June program, switched to virtual platforms. And Shock saw Leadership Anne Arundel's mission become much more important.

"Our role as an organization was to be able to provide the kind of community and connection to allow them to support one another," she says, noting that Leadership Anne Arundel brings together for-profit businesses, nonprofit organizations, private citizens, and government employees—in short, pretty much everyone who values and wants to learn successful, proactive leadership skills.

As a 2006 graduate of the program herself, Shock first encountered LAA when she was working for the Anne Arundel County Chamber of Commerce and describes the experience as a "very swift way to get a 360-degree understanding of the community." When she accepted the position of president and CEO nearly a decade and a half later, she had all kinds of fresh ideas of what she wanted to do. Those ideas included an alumni development program to keep graduates of the programs—approximately 1,600 to date—involved even after they finish, as well as outreach efforts to bring in new people who wouldn't otherwise know about Leadership Anne Arundel.



Griff Hall, LAA graduate of 1996 who served as president and CEO while Shock went through the program in 2006, sees her and Nancy Hartzell, director of operations, as a dream team for pushing the organization forward. "Kris is the right person—she's got the right skills, she's got the right background, she's got the right approach," he says. "And I give Nancy a lot of credit because she's been with the organization now for a long time, and I just think it's at new heights. They're willing to try out new things. You've got to experiment. If you're going to be adaptable, you must experiment."

Adaptable is a fitting word. In fact, Shock prefers using the word "adapt" as opposed to "pivot," which seemed to be the word of choice for so many other businesspeople during the worst of the pandemic. But when the world changed, leadership wasn't about changing direction—leadership had to change tactics to continue pushing through in a different environment.

While adaptability has always been an important leadership quality, Shock believes it's one that is much more highly appreciated in a post-pandemic world. "I think we've all had to adapt, and we've really gotten inside how challenging that is," she says. "Especially for small organizations, when you're already stretched to a certain point to be able to do what is needed to do, to be adaptable is challenging."

Hall says that although Leadership Anne Arundel's mission remains the same as it was before COVID changed the world, there is now a greater opportunity. "The definition of leadership

to me, the one that I really ascribe to, is really mobilizing people to tackle tough problems and tough issues. Well, we still have those,” he says. “Those tough issues show up in different ways, sometimes in unimaginable ways. But the idea is to mobilize people into actions, positive actions. So, for me, the definition doesn’t change. How we go about it clearly does.”

Leaders with skills developed by the program proved to be real changemakers. Shock acknowledges Monica Alvarado, owner of Bread & Butter Kitchen in Eastport, who launched the Feed Anne Arundel initiative during the pandemic. The collaboration on the part of local restaurants; the Anne Arundel County Partnership for Children, Youth & Families; and Anne Arundel Connecting Together (ACT) helped address food instability while stabilizing the shaky foodservice industry by raising donations so local restaurants could distribute meals to people in need. It was, in Shock’s words, “just one incredible example” of the leadership demonstrated in Anne Arundel County during a time of uncertainty. Alvarado not only kept her own business alive but also “created a whole other organization that was able to solve a big problem,” Shock explains.

Leadership Anne Arundel ultimately teamed up with Feed Anne Arundel, along with the Anne Arundel County Food Bank, to hold a food drive in November 2020. The event gave movers and shakers throughout the community a chance to gather in a safe, outdoor environment after months of isolation to work together toward solving a problem. More than 40 volunteers came together to collect about 3,000 pounds of food from about 75 donors.

“Our types of organizations, these community leadership organizations, are now playing such a key role in helping people get on the other side of this pandemic and figuring out how we adapt and change moving forward,” Shock says.

Leadership Anne Arundel was also able to build on its Leadership Speaker Series, part of its alumni development program, with guest speaker, Dr. Nilesh Kalyanaraman from the Anne Arundel County Department of Health, who stepped into his role as health officer only six months before the pandemic. Shock explains that Kalyanaraman was able to talk about his experience as a leader and how that changed in the face of crisis.

“In discussing the opportunity with Dr. Kalyanaraman, we

explained, ‘We don’t really want an update on COVID; people can get that from you a lot of different ways. We want you to come talk about what it’s like to be brand new in this leadership role and have something like a global pandemic on your plate,’” Shock says. “It was such a neat conversation because he was really able to dig into his challenges. That was exactly the type of programming that I had hoped we would do one day when I was interviewing for this role: Getting a key leader in our community to not just talk about the specifics of their industry but their journey as a leader.”

After so much change in the past two years, it’s nearly impossible to predict what other ways Leadership Anne Arundel will continue meeting the needs of the community, but the organization has proved it’s ready to adapt to anything.

And its value as an organization is clearly resonating with people—so much so that people aren’t just enrolling because of work. They’re doing it just because of a simple interest in learning. “In the past,” Hall says, “many companies would often send many of their employees or their leadership team through the course... and they might foot the bill. Now there’s a lot more people in the community who aren’t depending on a company to do that. They’re doing it on their own.”

Learn more about Leadership Anne Arundel and how to enroll in the program at leadershipaa.org.



Top Right: In March of 2020, LAA’s Class of 2020 visited the Emergency Command Center in Glen Burnie the day before state and county Covid-19 pandemic quarantining and safety precautions were enacted. **Left and Bottom Right:** Anne Arundel County Health Officer Dr. Nilesh Kalyanaraman talks to LAA students about his experience as a leader and how his role was affected by the pandemic.

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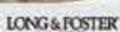
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Bespoke Goals

DESIGNING THE ULTIMATE PERSONALIZED KITCHEN

By Lisa J. Gotto

Photo courtesy of Abimtis.com



Save that cookie cutter for the holidays because your kitchen can be like no one else's when you choose to go bespoke.

Bespoke. It's an interesting term. Used to define the design and creation of tailored wardrobe items for a specific individual, the term has been used in recent years to define specified design within the home, as well. In no other space has this become more applicable than the kitchen.

And while you may already have a kitchen with customized aspects like cabinetry, design experts caution that the terms "custom" and "bespoke" are not necessarily interchangeable.

Fueled by Imagination

Bespoke denotes a level a specificity that goes beyond customization, however. While a customized kitchen designer will optimize your workspace and use exceptional materials to accomplish that end, bespoke designers take things to the next level. For instance, did you know that stainless steel can be painted and look remarkably luxurious? Bespoke designers can offer many more options to their clients because they don't just work within ranges of high-quality options.

Another great example would be consumer options for countertop heights. In the mainstream marketplace, countertop heights are standardized. In the customized market, consumers can choose within a range. In the bespoke market, your countertop height can be the exact height you require; down to one-sixteenth of an inch, if need be.

Accordingly, if you are working with a space or room that has less than standardized configurations, you also won't become frustrated having to work with an appliance that just "sort of" fits into a tricky corner or inadequate working space under a slanted ceiling. Which leads us to an added bonus of going bespoke—your kitchen can be ergonomically optimized just for you.

So, if you can and are willing to pay the considerable up-charge for this service, your only limitation is your imagination. But for many with means, the ends justify the means.



Photo courtesy of Abimtis.com

Before proceeding, however, you will want to create a wish list. Now, before heading to your favorite online inspiration board, experts recommend that you start by considering the kitchen you are currently using and even those you have worked with in the past. What shortfalls did they have? In what specific areas did they not meet your expectations? What problems did they cause? This is your opportunity to address everything that wasn't just as it should be. Recall the times you moved into an existing home and had to make do with the kitchen as it was for whatever reason.

Once you have nailed down those detailed logistics, you can consider what your style must-haves will be. Again, online inspiration boards are great for this if you are not already certain, but experts caution that in the bespoke world they could actually restrict you. Bespoke designers create within the realm of the limitless, so bring your imagination, as well as photo examples, to your bespoke consultations.



in-depth look at what they can offer to consumers who have a new-found understanding how their home's interiors can affect mood and productivity. Samsung, for example, who has introduced an entire bespoke movement for the home, is currently offering consumers their version of the personalized kitchen with their Bespoke Design Studio.

This line seeks to address both style sensibilities and function with its Kitchen Suite of Bespoke options. Skirting the true definition of "bespoke" this high-end options package offers a range of appliances, including three- and four-door French Door refrigerators with interchangeable glass color panels. Going for a sleek, two-toned or even three-toned look? For \$2,500 you can "design" your French fridge to have clementine-colored upper carriage doors, a white center freezer compartment, and an emerald-green bottom freezer door, if that suits your aesthetic. And from the looks of things, consumers continue to opt for customization when offered.

Understated by Design

Perhaps the most remarkable kitchen industry trend we've seen that seems perfectly suited to bespoke design because it is so unlike anything else, is the non-kitchen, kitchen. While most of us are completely comfortable with a room that is clearly defined with elements that evoke the true culinary utility of the space, there are some consumers who wish to re-think what this part of the home should look like entirely. And that said, they aren't totally averse to functionality, they just want a more seamless meld with their adjacent living area. The result is a space that can be understated as well as dramatic. A bespoke designer is uniquely qualified to find your sweet spot between style and substance.



Photo courtesy of Alimtis.com

"We're thrilled with the response to Bespoke appliances since their introduction to American families last year," says Shane Higby, Head of Home Appliance Business, Samsung Electronics America. "Bespoke brings a new level of personalization and choice that wasn't offered in home appliances before, and we're excited to see how people express their unique style with our new products this year."

The manufacturer is offering 12 color options for their glass panels that provide an aesthetic range from bright contrast, to warm tones, to a more traditional look. The panels are also available for their Bespoke line of range and dishwasher options, as well.

While the true definition of bespoke is indeed being stretched in this regard, Samsung's approach is an opportunity for more consumers to get creative in the kitchen.

Should you decide, however, that your personalized desires require the full-room approach, do your homework and consult with an expert, because an investment in true bespoke means you will want for nothing after that last precious piece of tile is set.



Photo courtesy of Future.com

Enhanced by Necessity

The ever-increasing interiors trend toward customization fueled by the pandemic and millennial sensibilities even has manufacturers of appliances and technology taking an



A Few Exotic Suggestions for Your Garden

By Janice F. Booth

Looking back over the summer's rich bounty in my garden, it occurred to me that I've relied almost exclusively on plants and shrubs that are "sure things." I know the habits and requirements of these old friends, and they're pretty happy in their places in my garden. Perhaps, it will be fun to shake things up a bit—visually. Why not add a few surprises to my lovely, familiar ferns and asters?

So, if you're ready to take a few chances, make a few changes, here are some suggestions for unusual and exotic beauties to delight the eye and pique the curiosity of admirers.



Let me begin with a few cautionary suggestions.

Potting: Since you and your exotics will be getting to know one another's requirements, I recommend you pot the new plants. Handsome or pretty pots give you the flexibility to move your new plants if they seem unhappy and need to a change from less to more sun, from breezy to protected spots. Additionally, keeping your exotics in pots allows you to bring them indoors when cold weather arrives—into your sheltered garage or your family room, where they can be admired and looked after.

Records: Since exotics are sometimes rather finicky, keep a simple diary or notebook. Record the names and where and when you received these plants. Note any recommendations concerning the plant's care: sunlight, watering, fertilizing, pruning, tolerance of heat and cold. As time goes on, you can update your records and take a few pictures along the way. If, heaven forbid, your exotic begins to droop, you can take your diary and photos to a botanist or master gardener for some advice.

That said, let's look at some types of exotics you may want to adopt. Think of them as **House Plants**, visiting indoors until spring. Since autumn is roaring down upon us, you may want to choose an exotic plant that will fit into your décor—perhaps a sleek palm or plump cactus for a modern look, or a lush fern in a more traditional room.



Hanging Plants: Here's where it gets fun! If you can identify a low tree limb or a ceiling hook, indoors, there are some lovely plants that trail and vine beautifully.



String of Pearls and String of Bananas: These two succulents are easy to grow, unusual, and pretty, either hanging or situated on a surface where there's room for the "strings" to trail. The plant keeps its lovely green color and responds well to pruning. When spring comes, hang them outdoors, after all danger of frost has passed.

These are just some of the dramatic or exotic plants you might want to introduce to your garden and your home. Gardening is an art as well as a craft. Experimentation is part of the fun.



Variegated Spider Plant: We've probably all been given spider plants at some point. They seem to grow without any need for assistance and produce pretty stems that cascade down with tiny, new spider plants dangling from each stem. You can find some exotic varieties with variegated colors—green edged with crème or pink. And, when they're set outdoors, hanging from the branch of your dogwood, they grow lush and full, readying themselves for another indoor winter.



Dramatic Plants: For that low flowerbed with its pretty creeping phlox and petunias, you might want to introduce a vertical, dramatic plant, something that will lift the eye and add a bit of pizzazz.



Palms: An obvious choice for a bit of razzle-dazzle is a palm. There are lots of varieties. Usually, they are sold potted, so you need only drop the pot into a temporary hole in the ground or a handsome pot, and you're set. Fan and Majesty Palms are the most familiar types, with fronds emerging from the base. Parlor Palms resemble miniature bamboo, with clusters of stems each topped with fronds. Ponytail Palms are fun, looking like an overly curled hairdo. They require a bit more room to show off properly.



Yucca: These very dramatic and less familiar beauties do require floor space and room in the garden. The Color-Guard and Variegated Yuccas produce firm, sharp leaves that burst out of the plant's core. They will discourage animals from getting too close, if you're trying to get Rover to stop running through the flowerbeds. Indoors, the yucca will be handsome in a broad, open area where it can be admired from a distance.



Bromeliads: Bursting with drama—leaves and blossoms or the Bromeliad can be pink, purple, gold, or orange. While these exotics are slow to bloom—up to three years before they mature—they are undemanding plants and the colorful leaves alone make them noteworthy additions to your home and garden. The only cautions I'd give you for these beauties; be careful to fertilize them during the nine months of growing season, and don't overwater.



Orchids: Finally, we come to those gorgeous and most exotic of flowering plants, the orchid. There are countless articles and books explaining how to grow orchids, so I won't even attempt to advise you. The Moth Orchid or Phalaenopsis is the most cooperative variety with its pretty "face" and undemanding temperament. The Lady Slipper Orchid or Paphiopedilum is almost as easy to grow as any other houseplant. And of course, there are lots of other varieties, as well as orchid growers' clubs and competitions to win prizes for your orchid.



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Sweet Southern Living

By Lisa J. Gotto | Photos by Tony J Photography

Best described as a premier waterfront residence, this property located on Church Creek is a quintessential retreat from daily stressors. The 6,700-square-foot, brick, colonial-style home offers traditional appeal with luxurious modern amenities.

“This timeless ‘Southern Living’-style home offers a superior level of craftsmanship and amazing attention to detail. Truly, not a corner was cut in the materials, design, or construction throughout,” says Listing Agent, Brent Allen of Long & Foster Annapolis Fine Homes.

An impressive tree-lined drive and circular driveway make a stately first impression, as does the large front porch with its grand architectural columns, bluestone pavers underfoot, and charming beadboard ceilings above.



Primary Structure Built: 2003
Sold For: \$3,400,000
Original List Price:
\$3,675,000
Bedrooms: 5
Baths: 6 Full, 2 Half
Living Space: 6,700 Sq. Ft.
Lot Size: 3.92 acres



Listing Agent: Brent Allen; Long & Foster Annapolis Fine Homes; 145 Main St., Annapolis; o. 410-263-3400; m. 410-349-7764; brent.allen@longandfoster.com; longandfoster.com **Buyers' Agent:** Amie Chilcoat; Long & Foster Real Estate; 2300 Calvert St., N.W., Washington, D.C.; o. 202-483-6300; m. 410-903-8859; amie@inf.com; longandfoster.com

Once inside the custom Mahogany front door, guests are greeted to a large, formal entry with its majestic, architectural staircase and random-width, old-growth hardwoods that flow into a spacious formal dining room with custom, built-in cabinetry framing a lovely brick-front fireplace on either side.

Just adjacent is the stunning gourmet kitchen with two-tone cabinetry of cherry wood and offsetting, black and white painted wood cabinets. A cherry center island with dark granite to match the rest of the countertops, heated limestone flooring, and a statement-making carved wood hearth of cherry are just some of this room's attractive and practical appointments. A stainless-steel appliance package including a six-burner commercial-grade gas stove with stainless-steel hood and patterned stainless backsplash completes the space for any gourmet chef.

A large architectural archway leads into the adjoining family room. An expansive, 16-foot-wide barrel window treatment above a series of French doors, allows natural light to stream into the welcoming informal space. The room is also warmed with lovely hardwood floors and an attractive stone fireplace.



From here the new homeowners can access their courtyard that leads to a soul-soothing outdoor living area with several adjacent gardens, mature and expertly maintained landscaping, and a glorious, heated, multi-season pool with waterfall features and a retractable cover.

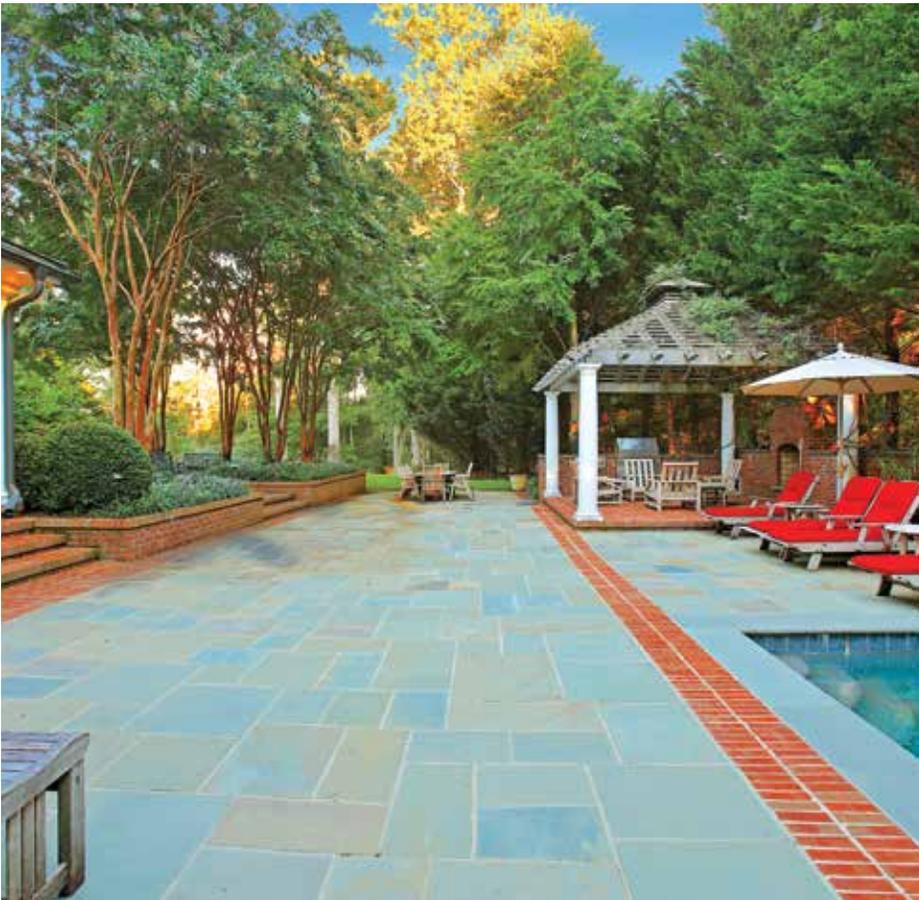
Back inside, this home features two separate offices on the main level, as well as a formal living room with custom built-ins and another attractive brick-front fireplace.

The home's luxurious primary suite is a spacious retreat with a fireplace and a separate seating area with a wet bar/entertainment area that leads out to a roomy upper balcony. The primary bath features an over-sized soaking tub, dual vanities, heated limestone floors, and a steam shower.

This second level of the home also offers a guest suite, and an entire guest wing; all offer *en suite* baths. A well-appointed, third-level guest suite is also available for larger overnight family gatherings.

Outside, the property boasts a private pier with multiple slips, two boat lifts, 10-plus feet of depth, and 138 feet of shoreline on the protected waters of Church Creek with eyes just out to the South River.

“This was the first home we viewed when my buyers casually started considering the idea of moving to Annapolis from D.C.” says Buyers’ Agent, Amie Chilcoat. “The combination of charm, location, privacy, and layout made a lasting impression.”



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Move-In Marvel

By Lisa J. Gotto

Just walk in and say “wow,” because otherwise you will be speechless entering this exquisite modern farmhouse residence that offers nearly 6,000 square-feet of living space in one of Naptown’s most prestigious waterfront neighborhoods.

The architecturally-stunning, open-plan great room features vaulted ceilings with warming Mahogany beams, and attractive skylights. The entire space, which offers window-after-window of picturesque views of Little Aberdeen Creek, is adorned with sandy-colored hardwoods keeping the space light, bright, and beautiful, and seamlessly connecting it to the outdoors. Stunning finishes on fixtures, doors, and trim can be found throughout.





Primary Structure Built: 2019
Sold For: \$7,000,000
Original List Price: \$7,000,000
Bedrooms: 5
Baths: 5 Full, 1 Half
Living Space: 5,803 Sq. Ft.
Lot Size: 1.08 acres



Straight ahead is the home's spacious prime dining area, and to the left is a gourmet chef's kitchen with an eye-catching center island topped with a sumptuous layer of marble with waterfall edge detail. The integrated neutral cabinetry tastefully blends with the home's contemporary coastal vibe. A convenient and sleek butler's pantry located nearby is equipped with a prep sink, wine fridge, and lots of space to conceal top-of-counter appliances.

To the opposite side of the large room is the prime living area with its statement-making floor-to-ceiling stacked stone fireplace. The true beauty of the space is how it effortlessly connects with the ultra-modern outdoor living area, with its raised IPE deck platform and covered lanai. Its clever, rail-less design provides for unobstructed views, but its scope allows space for a fully-equipped outdoor kitchen with integrated firepit, an extended seating area, and a waterside, saltwater Pebble Tec pool.



Listing & Buyer's Agent: Brad Kappel; TTR Sotheby's International Realty; 209 Main St., Annapolis, m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; ttrsir.com



The pool makes for the perfect morning eye-opener with its creek backdrop from the home's first floor primary suite. This room also features views out to the property's pier and a spa-like primary bath retreat with huge separate vanities, and a gorgeous, free-standing soaking tub. There are four attractive and roomy bedrooms located on the home's second floor, and all offer their own *en-suite* baths.

Back outside, the new homeowners will enjoy expertly manicured gardens and pathways that lead down to their private deep-water pier with eight feet of Mean Low Water, multiple slips, two boats lifts, two jet ski lifts, and a one-of-a-kind integrated hammock setup that offers sunset views across the water.



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Health & Beauty

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Fresh Take

GREEN BEANS

By Dylan Roche

Don't let the name fool you—yes, green beans are green most of the time. But these nutritious vegetables can come in other colors too, including yellow, white, and purple. They're also sometimes known as string beans or French beans. But no matter what color they are or what name they're going by, these beans deliver some serious health benefits.

Plus, they're versatile, which is why they feature prominently in all kinds of global cuisine. In America, they were a staple among Indigenous tribes and are still a popular side dish on U.S. dinner tables. They are equally popular in the United Kingdom, France, and other parts of Europe, as well as countries in Asia and Africa. In short, you can find green beans in dishes all over the world.

Green beans are great because they're easy to grow, and they're often harvested slightly before full maturation, which explains why they are so crunchy in their raw form. While there's nothing wrong with enjoying them raw (hint: add them to your next crudité platter and eat them with hummus or ranch dip), some sensitive stomachs may have trouble breaking them down—in this case, it's best to have them cooked.

Thanks to their high fiber content, green beans are considered a low-glycemic food, so you don't have to worry



Green Beans with Onions and Almonds

INGREDIENTS:

1 pound green beans
1 large onion, sliced
1 tablespoon plus 2 tablespoons extra virgin olive oil
2 tablespoons vegetable broth
cup slivered almonds, toasted

Heat 1 tablespoon olive oil in a skillet over medium heat and add sliced onion. Allow the onion to brown as you stir occasionally for 15 to 20 minutes. Add vegetable broth and turn the heat to low, allowing to simmer. Bring a pot of water to boil and blanch the green beans by immersing for 2-3 minutes. Drain and rinse with cold water. Transfer the blanched green beans to the onions and vegetable broth. Combine and allow to heat for approximately five minutes. Add 1 tablespoon olive oil and stir well. Toss in slivered almonds. Season with salt and pepper to taste.



Cranberry-Walnut Green Bean Salad

INGREDIENTS:

1 pound green beans, trimmed and halved
2 tablespoons extra virgin olive oil
2 cloves garlic, minced
1/4 cup candied walnuts
1/4 cup dried cranberries
1 cup feta cheese, crumbled
1 teaspoon lemon juice
1 teaspoon salt
teaspoon rosemary

Bring a large pot of water to a rolling boil over high heat. Set green beans in the water and boil for up to five minutes. Green beans should be slightly tender but still crisp. Drain the green beans and rinse with cold water. Set a large skillet over medium heat and warm the olive oil. Add garlic and rosemary, followed by the green beans. Allow the green beans to heat for about a minute, then remove from the heat. Toss with lemon juice, followed by walnuts, cranberries, and feta. Finish with salt and serve warm.

about a sudden blood sugar crash after eating them. Green beans have twice the plant-based iron that you would find in spinach. Iron is necessary for transporting oxygen to every cell in your body, and someone who is deficient in iron can become anemic. Green beans are a great vegetable source of iron for vegetarians and vegans—eat them with a source of vitamin C, such as bell peppers, to boost iron absorption.

You can also count on green beans to help keep you healthy all throughout your life because they're packed with antioxidants, which fight oxidation and free radical damage that can lead to cancer. Green beans are especially rich in carotenoids, a type of antioxidant that staves off macular degeneration.

When you're selecting green beans, keep an eye out for beans that are long and firm—ideally, you want something that is stiff enough that it will snap easily rather than anything limp or pliable. When you bring home your green beans, keep them in the crisper drawer of your fridge. Don't wash them until you're ready to use them.

If you're not able to eat your green beans within four to five days, consider freezing them to extend their storage life. Steam them quickly for about three minutes, then soak them in cold water to allow them to cool. Place them in a freezer-safe container and store in your freezer for six months to a year.

And while roasted green beans with olive oil, salt, and pepper will practically *always* be a hit, here are several other creative sides you can prepare to impress anyone at your table:



Sclerotherapy

WHAT TO KNOW ABOUT SPIDER VEIN REMOVAL

By Dylan Roche

If you're looking to clear away the spider veins that have been troubling you for years, your doctor may recommend sclerotherapy, the most common treatment option for this condition. Although spider veins don't pose a particularly high risk, their appearance can put a damper on a person's confidence.

Nicknamed such because they can sometimes look like extensive purple spiderwebs across a person's leg, spider veins are formally known as varicose veins. They develop when the walls of your blood vessels weaken and blood collects in them, causing these veins to enlarge and become prominent.

For some people with varicose veins, or spider veins, the cause could be hereditary. They could also be caused by hormonal fluctuations, such as those you would experience during pregnancy or menopause, or they could develop from long hours of standing, which is required in professions like nursing and teaching.

Complications associated with varicose veins include discomfort as well as risk of blood clots.

Doctors have used sclerotherapy for close to 100 years, so its success is well established. The procedure entails injecting a chemical solution into the vein via a needle. When this solution enters the vein, the veins close up and the blood is then redirected to other, healthier veins. The closed-up vein is then absorbed into any body tissue surrounding it.

The procedure is minimally invasive and usually takes less than an hour—sometimes as little as 15 minutes. While some varicose veins might require repeated administration, many can be treated with just one injection. The most complicated part of recovery could be minor discomfort immediately following, and in the weeks afterward, your doctor could instruct you to wear compression socks, as these will help with swelling and overall healing.

Fitness Tips

START A CYCLING ROUTINE

By Dylan Roche

You've got a bike—now what?

Getting into cycling is probably a lot easier than you think. And that's good news for people who have been out of the habit of physical activity for a while, because cycling provides all the benefits of aerobic exercise while still being familiar, relatively low risk, and lots of fun. If you learned how to ride a bike as a kid, there aren't any new skills you need to develop. You just need to brush up on your cycling safety rules, invest in the right gear, and develop a plan.

What makes cycling a great workout is that it's something you can do solo (no need to sign up for a class or wait for a facility to open) but it's also something that can be made social if you need the accountability.

When you're cycling, you're able to control the intensity of your workout by going at your own preferred pace. An advanced cyclist can push themselves to a vigorous speed to get their heart racing, but even a moderate pace constitutes aerobic activity and offers the health benefits you're looking to get from exercise, such as increased energy, reduced risk of disease, better weight maintenance, and improved stress levels.



PRE-CYCLING

CHECKLIST

If you're getting serious about cycling, there are several tips you should keep in mind to ensure your ride is the safest and most rewarding it can be:

For starters, keep your tires pumped up. This will make it easier to ride and reduces the risk that a tire can deflate midway through a workout. Carry a puncture repair kit with you in case you hit a nail or a piece of glass somewhere along your route.

Always wear not only a helmet but also proper eyewear. It's also smart to bring fuel and hydration with you if you are going on a long ride. If you will be out for 90 minutes or more, you'll want light snacks to keep your energy levels up.

Take your bike to a repair shop at least once every six months to make sure everything is working properly. You may need to replace your brake pads, tires, or chain, and it's easier to be proactive about replacing these instead of waiting until you're in trouble.

Unlike other methods of aerobic exercise, such as running, cycling is much lower impact, so it's easier on your joints. This makes it ideal for people who have arthritis, back pain, or similar conditions. Some health experts even say low-impact activities can *improve* joint health. Cycling works all the major muscle groups in your lower body, strengthening your glutes, hamstrings, quads, and calves. Cycling also requires balance, and it will engage your core while you're riding. However, cycling doesn't work your upper-body muscles to the extent that it works your lower, so it's best to cross-train with resistance exercise to maintain or build strength.

Finally, cycling is an activity that is easy to keep fresh and exciting. You can always explore different roads and trails, so you're more likely to stick with this routine instead of abandoning it because of boredom. And because riding your bike doubles as a transportation method, whether it's as a way of getting to work or just doing errands around town, there are more opportunities to get your exercise in beyond your designated workout time.

SET A SCHEDULE

If you're not an avid cyclist but you want to get into distance cycling, don't be afraid to start small. A few short rides a week can help you build aerobic endurance very quickly. Here's an eight-week sample plan to help you go from a newbie to someone who is going for hour-long rides three times a week:

Week 1-2: 15-minute cycle twice a week, 30-minute cycle on the weekend

Week 3: Cycle 30 minutes once a week, cycle 1 hour on the weekend

Week 4-5: Cycle 30 minutes twice a week, cycle 1 hour on the weekend

Week 6: Cycle 45 minutes once a week, cycle 1 hour on the weekend

Week 7: Cycle 45 minutes twice a week, cycle 1 hour on the weekend

Week 8: Cycle 1 hour three times a week

If you want to cycle more frequently, go for it! Aim to increase your time or mileage by 10 percent each week, allowing yourself 1–2 rest days throughout the week. Remember, if you need accountability or just want to make your workout more social, seek out a weekly group ride with a cycling club in your area.

Yes, How Your Child Wears Their Backpack Matters

By Dylan Roche

When you worry about health and safety at your child's school, the way they wear their backpack might be the last thing that comes to mind. After all, things like food allergies, germs, and playground injuries might be a much bigger concern. But a backpack that is too heavy or worn improperly could set a child up for back pain and even long-term skeletal problems if not addressed.

The Problem Weighing on Us...

The big problem is that backpacks can easily be overloaded and made too heavy—all it takes is an extra textbook or two. With children wearing backpacks for a significant portion of the day, often as they go to and from school and (for older students) in the hallways between classes, that means heavy weight bearing on their shoulders and back for hours at a time.

There's some disagreement among health experts about whether these extended hours of wearing a heavy backpack can cause scoliosis, a condition in which the spine grows in a curve, sometimes resulting in an uneven waist or one hip that's higher than the other.

However, there is agreement that a heavy backpack will cause spinal problems, sometimes even pushing a child's spine out of alignment. According to the Scoliosis Institute, some of the back deformities caused by heavy backpacks can't be easily corrected. Additionally, there's concern that the straps on a child's shoulders can pinch the nerves that travel from the neck to the arms, causing pain and nerve damage.

How to Wear a Backpack Properly

If you're a parent, the sight of your child hunched under an overstuffed backpack very likely stresses you out. But how do you know exactly when a backpack is too heavy and if you should intervene?

In general, if a child looks uncomfortable, that's indication enough. Children should never stoop or lean forward when they have their backpack on. If your child complains of back or neck pain, that's another sign their backpack might be too heavy.

Start by checking the weight. A backpack should never exceed 15 percent of a child's weight, although keeping it under 10 percent of their weight is ideal.

Children should not wear their backpack over one shoulder, as this puts all the weight on a single side of their body. Instead, wear both shoulder straps *and* the waist strap if your child's



backpack has one. Choosing a backpack with wide straps with padding will improve comfort. You should also help your child tighten the straps, so the backpack sits close to their back—never sagging down past their hips.

If your child's school allows it, you might consider swapping out a backpack for a different type of tote, such as a small carry-on-style bag on wheels. (These types of bags pose a tripping hazard in packed hallways, so they are not allowed by some schools). If this is an option, this could be the way to go for especially small children, who will have a harder time carrying a heavy backpack compared with a physically larger child.

Tips for Parents and Teachers

Teachers and parents can be helpful by demonstrating (and encouraging) the proper way of wearing a backpack. If you see a child wearing a backpack on one shoulder or trying to carry too many books at one time, don't hesitate to correct them.

Depending on school rules and resources available, other great options include allowing more time to use lockers between classes to cut down on the number of books a child has to carry and opting for paperback books or even e-books when available.



Are Omega-3s Still a Nutritional Alpha?

By Dylan Roche

One of the biggest nutritional crazes of the past 20 years, omega-3 fatty acids were hailed as being able to do everything from boosting brain power to protecting your skin from ultraviolet rays. It wasn't enough to just eat foods rich in omega-3s either—supplement brands started making omega-3 pills so consumers could get as much omega-3 as they could.

Is the hype still around today? Not so much—it's given way to other health trends. But just because omega-3 fatty acids aren't being hailed as miracle workers in 2022 the way they were in the past, doesn't mean they don't have health benefits. And yes, you *should* be including them in your diet.

It's important to note that omega-3s aren't the cure-all people used to think of them as. They won't cure any disease, and they won't magically make you healthy despite other foods in your diet. (Take note—whenever anything is hailed as a “superfood” or a miracle cure, it probably isn't.) Omega-3 fatty acids are a specific strain of polyunsaturated fats, which lower your blood cholesterol levels, ulti-

mately reducing your risk of heart disease. Omega-3s also play a role in the membranes of cells all over your body, making your cells receptive to extracellular molecules.

There's growing evidence to support the idea that omega-3s can help fight inflammation. And although they cannot cure any disease, some research indicates that certain types of omega-3s will boost the effectiveness of chemotherapy in fighting cancer. They're good for mental health too, as they are able to boost mood and alleviate symptoms of clinical depression.

What makes consuming omega-3 fats especially important is that your body is not able to make them on its own. You need to get them from your diet. Food sources of omega-3s include fatty fish, such as salmon, sardines, and tuna, as well as nuts and seeds, such as walnuts, flaxseeds, and chia seeds. While there's nothing wrong with supplemental pills, your body will absorb omega-3s more readily from food sources. If you do decide to go with a pill, consult your doctor first.

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Entries will be accepted through 9/30 and then posted to an online gallery where you can vote for your favorites. Voting will take place from 10/1 - 11/7. Winners and chosen favorites (by you and our staff) will be showcased in the January 2023 issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*. And maybe even on the cover!



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Dining

90 SAVOR THE CHESAPEAKE | 92 DINING GUIDE



The Harvest Pizza, a specialty at Harvest Thyme in Davidsonville

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Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

So much has been going on in our area, keeping us on our culinary toes. New restaurants have opened, old favorites have closed, and food festivals are taking place. What new foods are you going to try this month? And what cocktail are you going to pair it with?

On the Restaurant Scene...

Are you ready for another brand-new restaurant in Annapolis? **First Watch** is here. Set to open in August, First Watch will take place of Chuy's Tex-Mex restaurant in Festival at Riva next to Buffalo Wild Wings. First Watch is a brunch eatery that will feature fresh fruits and vegetables as well as muffins and French toast with a toast batter made from scratch. Find more information and a full menu at firstwatch.com.

After two years of serving pies to our community, **Dangerously Delicious Pies** has officially closed their doors. The pie shop was located on West Street. Instead of having a store front, they have announced that they will be offering their pies in select farmers' markets. As of now, the farmers' markets that they can be found at include Anne Arundel County, Crofton, Kent Island, and Severna Park.

As the Village at Waugh Chapel expands, the original Waugh Chapel location is getting some major updates. **Mod Pizza** opened at the end of June in the vacancy left by Pier 1. The pizzeria had a grand opening on June 23rd and is the 19th Mod site in Maryland, the 3rd in Anne Arundel County. The pizzeria offers made-to-order classic pies and salads, with more than 40 toppings and 8 finishing sauces. Find more information and a full menu at modpizza.com.



Sprout owners Emily and Ryan Groll

◀ Another great addition was made to Annapolis Plaza in July. **Sprout**, an eatery that prides itself on cooking healthy meals with local and organic ingredients, opened on July 12th. This is the third location of Sprout, with the other two on the Eastern Shore in St. Michaels and Easton. In the winter of 2016, Sprout started as a food truck. There are plenty of dairy- and gluten-free options as well as a great vegan selection. Check it out for breakfast soon! Visit eatsprout.com for details.



Experience Local...

We love a good food-based event just as much as we love dinner with a view. Best is that the Chesapeake Bay region offers both of those things.

Make some plans with the following events:

One of the best things about living in Maryland is our access to seafood. ABC Events is hosting the **Maryland Seafood Festival** at Sandy Point State Park on September 24th and 25th. This festival hosts loads of seafood vendors, local shopping, and other vendor options. There will also be a large local craft beer selection and plenty of kid's activities, all along the beautiful shores of the scenic Chesapeake Bay. Find more information at abceventsinc.com.

Wildberry Farm + Market in Crownsville is always having something going on. This time around, they are teaming up with Graze Gourmet for a **Farm to Table Series**. The meal will be made by Chef Adrienne Shoots of Graze Gourmet with ingredients sourced completely from Wildberry Farm and dinner will be hosted under the shade of the mature trees on the farm. Each ticket includes a

three-courses plated meal and a complimentary Mint Tea, a famous Wildberry recipe. Get tickets at wildberryfarmmarket.com.

▲ All summer and fall, you can enjoy your dinner in Annapolis in the beauty of the night. **Dinner Under the Stars** continues along the first block of West Street through September 24th. Every Wednesday and Saturday, try a new restaurant to enjoy. Participating restaurants include Luna Blu Ristorante, Tsunami Sushi Bar and Lounge, 49 West Coffeehouse Winebar & Gallery, Stan and Joe's Saloon, and Rams Head Tavern. Dinner Under the Stars also includes culture and fun. Take a game room challenge at Mission Escape Room and check out the new art exhibits at The Annapolis Collection Gallery, Gallery 57 West, 49 West Coffeehouse, Tsunami, and Level. Find more information at dinnerunderthestars.org.

Drink Up...

September is here and has my favorite weather of the year—the time when I enjoy a nice, light cocktail on the front porch and read my latest book. Enjoy these refreshing cocktails to complement your September day.



Minty Mandarin Bourbon Smash

Ingredients

- 2 ounces Bourbon of your choice
- 4-6 dashes Aromatic Angostura Bitters
- 1 heaping bar spoon Sugar
- 4 segments fresh Mandarin Orange
- 4 leaves fresh Mint
- Sparkling Mineral Water

Instructions

In a large mixing glass, add a bar spoon of sugar. Pour 4 dashes of Angostura Bitters over the sugar. Toss in the mandarin orange and mint leaves. Muddle thoroughly until everything is crushed, and mint leaves release their fragrance. Add a good amount of ice and bourbon, stir until cocktail is well-mixed and nicely-chilled. Strain into a rocks glass over fresh ice and top off with a splash of sparkling mineral water. Garnish with mandarin orange slices and fresh mint.

Photo and recipe courtesy of redwinedragons.com



Peach Limoncello Bourbon Sour

Ingredients

- 1/4 Peach diced
- 1.5 ounces Bourbon
- 1/2 ounce Limoncello
- 1/2 large Lemon
- 1/4 ounce Maple Syrup
- Spring of Sage and Peach slices for garnish

Instructions

Add peach to a cocktail shaker and muddle until broken down. Add bourbon, limoncello, lemon juice, maple syrup, and ice. Shake until chilled. Strain into a glass over fresh ice and garnish with peach slices and sage sprig

Photo and recipe courtesy of thesocialsipper.com

Have culinary news to share? Send an email to the editor at editor@whatsupmag.com.

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Crofton/ Gambrills

Allison's Restaurant

2207 Defense Highway, Crofton; 410-721-0331; Allisonsrestaurant.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 \$ 🍷 🍷

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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 \$ 🍷

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

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

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

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

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

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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; Vnnoodlehouse.com; Vietnamese; lunch, dinner \$

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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 Littlethicaiuisine.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 \$\$ ☎ 🍷 🍷

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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; Brokenoarbarandgrill.com; American; lunch, dinner, Sunday brunch \$\$ 🍷 🍷 🍷

The Grill at Quarterfield Station

7704 D Quarterfield Road, Glen Burnie; 410-766-6446; Thegrill-atquarterfieldstation.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; Leesszechuan.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 \$\$ ☎ 🍷



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

Willy's Kitchen

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

Odenton**Baltimore Coffee & Tea Company**

1110 Town Center Boulevard, Odenton; 410-874-3573; Baltcoffee.com; American café, coffee and tea; breakfast; lunch \$

Bangkok Kitchen Thai Restaurant

1696 Annapolis Road, Odenton; 410-674-6812; thairestaurantmd.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; Hunanrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$

Lime & Salt

8395 Piney Orchard Parkway, Odenton; 410-874-6277; facebook.com/limeandsaltrestaurant

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 \$

Rieves'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 \$

Severn / 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; Founders-tavernandgrille.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 \$

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 \$

Lures Bar and Grille

1397 Generals Highway, Crownsville; 410-923-1606; Lures-barandgrille.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, \$\$

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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 for another opportunity to win a prize.

Congratulations to **Sydnee** of Odenton, 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



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