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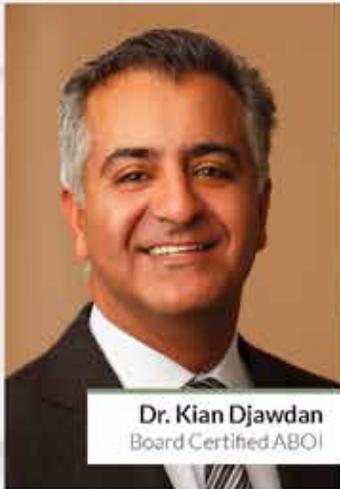
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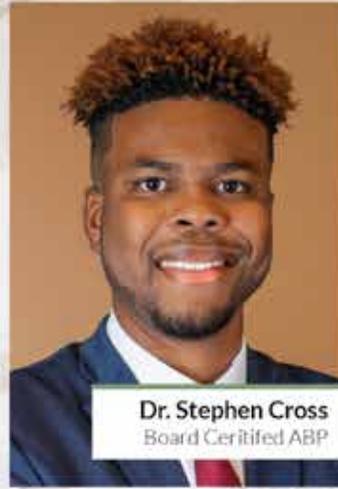
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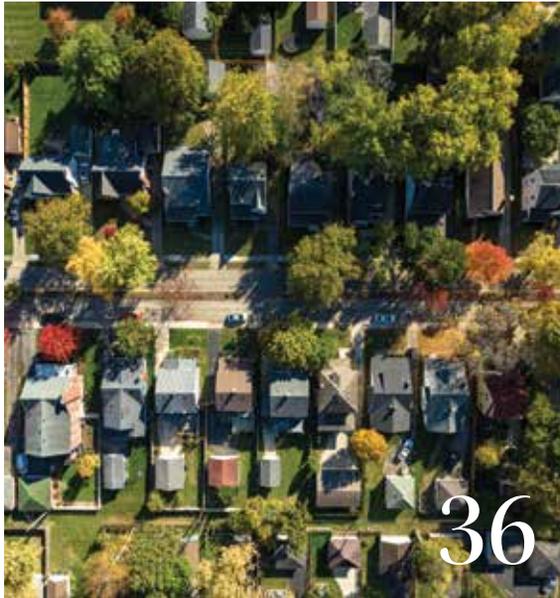
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◀ **On the Cover:** We offer top-tier dining destinations in this month's Summer Dining Guide. Design by August Schwartz. Contact What's Up? Central Maryland online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.



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WHAT'S UP? **CENTRAL**  
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**This issue of What's Up? Central Maryland employs more than 25 local residents.**

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Showcase your photography skills and furry friends!

We're calling on you to share your favorite shots of Fluffy and Fido in our photography contest.

We're looking for photos of your pet at play, being whimsical, sleepy, silly, and just plain lovable! After a month of submissions, a month of voting will take place and the winners will be published in our November issues. To learn more, scan the QR code or visit [whatsupmag.com/petphotocontest2024](https://whatsupmag.com/petphotocontest2024).



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**P.S.** Also, we revamped the front of this magazine with a new “Arts & Culture” department that expands our local events and community coverage with more content than past issues. Check it out—and as we continue to develop this section, please let us know what you’d like to read about! Send me an email at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

have decided who’s tops in our many towns for a variety of dining experiences. We offer top sailor hangouts, favorite crab houses, where to go for the best views of the Bay, beer gardens and taprooms, top tiki bars, and so much more. The guide offers something for everyone, we think.

And though you may or may not agree at first glance with who made the lists, I say, give them a try. You might be surprised. An adventurous way to do so is by picking a restaurant in a far-off town and going for a visit. Because this guide covers Anne Arundel and Prince George’s counties, plus those of the wide-open Mid-Shore, there are more opportunities to experience a new restaurant and *its hometown* than there are days in the summer. Pretty cool.

It’s been a spell since that first visit of mine to St. Michaels. Since that time, several new restaurants have popped up. But there are still some old standbys, several of which I haven’t even stepped foot within. All the more reason to clear a day on the calendar, roll down the car windows, and breeze on over to experience a world away from my own.

Have a great summer, y’all!

James

**H**

ave you ever felt a world away from home, even though you’re within a car or boat ride to-and-fro? I remember the first time I visited St. Michaels, Maryland, and how unique the vibe felt. It’s authentically small town—more so than, even, Annapo-

lis, which itself is about as well-connected a community there can be. And though there’s a maritime brotherhood among these popular enclaves, each has a character (and characters) that feed our inner traveler. Main Streets, vintage shops, watering holes, and destination restaurants—all different in their own right—offer new experiences to willing visitors.

Easton has a vibe. Eastport does, too. Crisfield...for sure. Kent Island, Rock Hall, Deale, Bowie, National Harbor. Throw a dart at the map—from the Miles River to the Severn to the Potomac, our region is dotted with very interesting places worth exploring.

A great way to experience the Chesapeake region’s vast and very different towns is to eat through them. Let our Summer Dining Guide lead the way.

This year, we took a fresh approach to this annual compendium of regional restaurants, all perfect for summer respite. Our editorial team, readers, and local restaurateurs

**HAVE YOU EVER FELT  
A WORLD AWAY FROM  
HOME, EVEN THOUGH  
YOU’RE WITHIN A CAR OR  
BOAT RIDE TO-AND-FRO?**

# The Big Dogs from the Small Firm



Rick Jaklitsch



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- Rick Jaklitsch again honored by Martindale-Hubbell as "AV Preeminent," the highest possible peer-review rating.
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- David Jaklitsch named a Top 40 Under 40 civil trial lawyer by The National Trial Lawyers



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# Arts & Culture

10 EVENTS

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HIGHLIGHTING  
ENTERTAINMENT,  
COMMUNITY,  
AND EVENTS

Summer  
Concert  
Series

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Photos courtesy Lake Arbor Jazz Festival

## 14TH ANNUAL LAKE ARBOR JAZZ FESTIVAL

Join jazz enthusiasts from far and wide for the 14th Annual Lake Arbor Jazz Festival in Prince George's County on July 17th through 21st. The festival will have an amazing lineup 30-plus artists and events including a pre-festival concert, the popular Summer White Affair, the Saturday outdoor jazz festival, and a Sunday jazz brunch. The festival will feature five days of smooth jazz and classic R&B with performances Avery\*Sunshine, Gerald Albright, Queens of Jazz Soul featuring Althea Rene and Jeanette Harris, and many more. Find more information for the weekend of music you won't want to miss at [lakearborjazz.com](http://lakearborjazz.com).



## Speak Your Truth

The Annual Speak Your Truth event is back on July 13th at ArtFarms Studios in Annapolis with the mission to stop the stigma of mental illness through a day of art & expression. Speakers at the event will include various types of

expression, from song and poetry to comedy and dance—there will five-minute open mic times for those who want to share. The listeners of the event are just as important. Listeners will help everyone feel connected, get educated, and be inspired to take action, remembering that not everyone's truth is the same. Speak Your Truth has worked since 2017 to talk about mental health in a way that is entertaining and engaging. In the past, visual and vocal artists, dancers, clothing designers, and more have come together to share their experiences with mental illness. In 2023, Speak Your Truth became a nonprofit with an aim to grow beyond one yearly event in Annapolis to other activities in the area. Find more information and get involved at [speakyourtruthcrew.org](http://speakyourtruthcrew.org).

## Whispering Winds Pow Wow

Pow-Wow, an American Indian owned and operated organization, is sponsoring the 30th Annual Howard County Whispering Winds Pow-Wow/American Indian Show and Festival at the Howard County Fairgrounds in West Friendship on July 13th and 14th. This festival is an opportunity for the public to interact with American Indian dancers, singers, drummers, artists, and crafts persons. This event is also to educate about American Indians, past and present, through the arts. The event will kick off with a parade of nations at noon on Saturday and Native American food items will be for sale: Indian fry bread, Buffalo stew, Indian tacos, Indian corn soup, and more. For more information, visit [howardcountyfairmd.com](http://howardcountyfairmd.com).



## FOURTH OF JULY

### WEEKEND IN ANNAPOLIS

Annapolis is continuing the tradition of making downtown the destination of Fourth of July weekend. Start off with Dinner Under the Stars on West Street on Wednesday July 3rd. Enjoy an evening with family and friends under a canopy of white lights while enjoying live music and art demonstrations just ahead of the City's July 4th festivities. On the big day, gather downtown in the city to salute our nation with marching bands, old and new fire engines, cars and vans, service clubs and scouts for the July 4th Parade. The parade will kick off at 6:15 p.m. at Amos Garrett and West Streets. The route will head down West Street, around Church Circle and down Main Street. Annapolis will then launch fireworks from a barge in the Annapolis Harbor at 9:15 p.m. Set up in public spaces northeast of the Severn River, City Dock, and along the Naval Academy Bridge, any of the street end parks facing Spa Creek, or aboard a boat in the Annapolis Harbor for the best views. The weekend will end on Sunday with the First Sunday Arts Festival on West Street with over 100 art and craft vendors, cafe dining, and live entertainment. Find more information on these events at [visitannapolis.org](http://visitannapolis.org).



# JON GASIOR

## Owner | Sinclair Prosser Gasior

As the owner of Sinclair Prosser Gasior, Jon Gasior's mission is to address each client's goals for their estate plan, so he can educate, guide, and counsel them regarding the tools and options to achieve these goals through all stages of life. He oversees the law firm's operations—providing ongoing support to families through times of incapacity and settling estates upon a loved one's passing.

### Why is it so important to work with an attorney to create my estate plan?

Estate planning requires the guidance, knowledge, judgment, and trusted relationship of an estate planning attorney. If you decide to "DIY" your estate plan or use forms from the internet, you miss out on legal advice, reassurance that your plan complies with Maryland state law, and information about taxes, incapacity planning, and more. You are also risking that your wishes will not be respected, and your estate could end up in litigation.

### What issues will we discuss and how can you help me achieve my estate planning goals?

Your estate planning attorney will ask questions about you, your family, your finances, and your goals. We realize these questions are deeply personal and may feel uncomfortable, but the more we understand your situation, the more we can use our practical tools and strategies to help you plan. Once we have enough information, we will recommend a plan that fits your needs. This plan may include a living trust, last will and testament, power of attorney, and/or living will. We can also assist with more advanced planning, such as Medicaid planning, business succession, and more.

### What makes Sinclair Prosser Gasior stand out from other estate planning firms in the area?

As members of the American Academy of Estate Planning Attorneys, we believe education and ongoing support are the cornerstone of a successful estate plan. We provide free estate planning workshops and encourage our clients to take advantage of free phone calls and estate plan reviews whenever they have questions or significant changes in their health, finances, or family situation. We also offer support to our clients' representatives when they become disabled or pass away. Above all, we guarantee our estate plans. If you're not 100 percent satisfied with your plan, we will revise it (to the extent allowable under law) for no additional fee within 90 days of signing.

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# Summer Concert Series

**A SELECTION OF OUTDOOR, SUMMER CONCERTS TAKING PLACE THROUGHOUT THE GREATER BAY REGION**

**Waugh Chapel (Gambrills)** – Wednesdays through August 14th; [visitwaughchapel.com](http://visitwaughchapel.com)

**Allen Pond Park (Bowie)** – Sundays, 6 p.m., through September 1st; [cityofbowie.org](http://cityofbowie.org)

**Friends of Downs Park (Pasadena)** – Sundays through August 25th; [facebook.com/FriendsOfDownsParkInc](https://facebook.com/FriendsOfDownsParkInc)

**Annapolis Town Center (Annapolis)** – 1st and 3rd Fridays, 6–8 p.m., through September 20th, at Boathouse Pavilion in the East Village (next to P.F. Chang's); [annapolistowncenter.com](http://annapolistowncenter.com)

**USNA Band Concert Series (Annapolis)** – Tuesdays, 7:30 p.m., through July 30th, at Susan Cambell Park; [annapolis.gov](http://annapolis.gov)

**Tides & Tunes (Annapolis)** – Thursdays, 7 p.m., through August 29th, at Annapolis Maritime Museum; [amaritime.org](http://amaritime.org)

**Friends of Quiet Waters Park (Annapolis)** – Saturdays starting July 20th, through September 1st; [fqwp.org](http://fqwp.org)

**Concerts in the Park (St. Michaels)** – Thursdays, 6 p.m., through August 28th, at Muskrat Park; [stmichaelscc.org](http://stmichaelscc.org)

**Free Avalon Outdoor Concert Series (Easton)** – July 6th and 27th, Harrison Street between Dover and Goldsborough Streets in Easton; select Sundays in August; [avalonfoundation.org](http://avalonfoundation.org)

**Thursdays in the Park** – Thursdays, 7 p.m., through September 26th, hosted by Queen Annes County Centre for the Arts, various locations; [queenannescountyarts.com](http://queenannescountyarts.com)

1. Tides & Tunes (Annapolis) Photo courtesy Annapolis Maritime Museum 2. USNA Band Concert Series (Annapolis) Photo courtesy USNA Band 3. Waugh Chapel (Gambrills) Photo courtesy Waugh Chapel Towne Centre 4. Concerts in the Park (St. Michaels) Photo courtesy St. Michaels Community Center 5. Tides & Tunes (Annapolis) Photo courtesy Annapolis Maritime Museum



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# Arts

**COVERING LOCAL EXHIBITIONS, ARTISTS, GALLERIES, AND MUSEUMS**



Nancy Tankersley, *The End of the Island*, oil on canvas

## Reflections: Nancy Tankersley

**Academy Art Museum, Easton, Through July 28th**

This year is quite special in Easton: it is the 20th anniversary of Plein Air Easton. To celebrate, Academy Art Museum is featuring a special exhibit highlighting Nancy Tankersley's paintings from throughout her career. For many years as the festival was getting established, Tankersley served on the Plein Air Easton Steering Committee before she returned to her career as an artist and won many Plein Air awards across the country: first place at Lighthouse Plein Air and Parrisboro Plein Air, and second place at Plein Air Easton and En Plein Air Texas. This year, Nancy will serve as the Awards Judge for the anniversary festival. Find more information about the festival and Tankersley's exhibit at [academyartmuseum.com](http://academyartmuseum.com).



Photo courtesy of Mitchell Art Museum

## TWO ART BOOKS: LOUISE BOURGEOIS AND FISCHLI/WEISS

**The Mitchell Art Museum at St. John's College, Annapolis, Through September 8th**

The Greenfield Library at The Mitchell Art Museum at St. John's College in Annapolis currently houses two small, zine-like art books, each featuring a single body of work. Both works ask fundamental questions about the meaning of life and our place in the social or natural order in different ways. *Les Fleurs* (The Flowers) includes reproductions of 28 gouache paintings by French-American artist Louise Bourgeois the year before she died. These flat, silhouetted flower images symbolize human anatomy, in structure and in hue and translucency. *Ordnung and Reinlichkeit* (Order and Cleanliness) is 15 black and white drawings by Swiss artist duo Fischli/Weiss. Come see the books while they are still in our community. Find more information at [sjc.edu/Mitchell](http://sjc.edu/Mitchell).



*Strolling Along the Seashore* by Jennifer Heyd Wharton

## Fabulous Forgeries

**Troika Gallery, Easton, Through August 31st**

The annual Fabulous Forgeries is back by popular demand for its 5th year. This year, the judged exhibit will feature select Troika artists copying the Great Master Painters of the Past and will be judged by Dr. Dan Weiss, the President and CEO of The Metropolitan Museum of Art in New York City. Art lovers who visit the show will also have the opportunity to cast a vote for The People Choice Award, one of the four award categories. Find more information at [toikagallery.com](http://toikagallery.com).



## IF YOU BUILD IT, THEY WILL COME

**American Visionary Art Museum, Baltimore, Through September 1st**

Visit the Zanvyl A. Krieger Main Building at the American Visionary Art Museum for the newest MEGA-exhibit. The exhibit invites visitors into the handcrafted environments of such visionaries as Zebedee Armstrong, Gayleen Aiken, Ruby C. Williams, Leslie Payne, DeVon Smith (pictured, with his "robot family"), and Baltimore's own Loring Cornish. This exhibit features an engaging new way for you to connect to the gallery's main theme: by using interactive touch-screen maps to explore visionary environments across the country. Find more information at [avam.org](http://avam.org).

# Music

## COVERING LOCAL PERFORMANCES, MUSICIANS, AND VENUES

**T**hough we love new music, nothing beats the 'oldies but goodies.' The songs that really get the party started. The songs for which we don't have to think about the lyrics, they just come belting out. The songs that play and we can't help but think of the special memories associated.

This month, Rams Head On Stage in Annapolis is hosting eight tribute bands; let's call it 'Nostalgia Month.' Nostalgia Month kicks off July 5th with **In Gratitude: A Tribute to Earth, Wind & Fire**, followed by **The Gathering Gloom: The Cure Tribute** on July 7th.



Photo courtesy Avalon Theatre

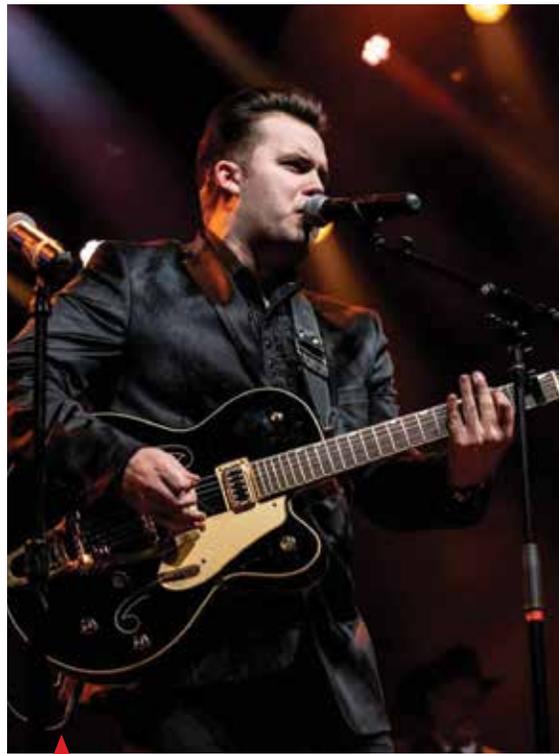


Photo courtesy Cash Unchained

**Cash Unchained: the Ultimate Johnny Cash Tribute** is on July 12th, then **Fan Halen: The World's Most Authentic Tribute to Van Halen** on July 14th.

**7 Bridges: The Ultimate Eagles Experience** is on July 15th and **The Allman Others Band: D.C.'s Tribute to the Allman Brothers** on the 21st. **The Doobie Others: A Tribute to the Doobie Brothers** will be on July 23rd, followed by **The Bangos: A Tribute to the Bangles & The Go-Go's** on July 27th.

Phew what a month of tributes! Get tickets to your favorite band-doppelgangers at [ramshendonstage.com](http://ramshendonstage.com).

On the Shore, local group **Todd Marcus Quintet featuring Virginia MacDonald** will be performing at Avalon Theatre in Easton on July 26th in the Stoltz Listening Room. Todd Marcus is a bass clarinetist from Baltimore who has been touring with Toronto clarinetist Virginia MacDonald since 2022 with their quintet. They have traveled across the United States and Canada showcasing the range of beauty and power of the clarinet in a modern jazz context. The concert will showcase a repertoire comprised of original compositions by both band-leaders, who will be releasing their debut album as co-leaders in 2025. Get tickets to the new and unique musical experience at [avalonfoundation.org](http://avalonfoundation.org).

### OTHER NOTABLE, LOCAL CONCERTS WORTH CHECKING OUT:

#### ◆ THE WAILERS

at Avalon Theatre, Easton; July 3rd; [avalonfoundation.org](http://avalonfoundation.org)

#### ◆ AMERICAN SALUTE

at Joseph Meyerhoff Symphony Hall, Baltimore; July 6th; [my.bsomusic.org](http://my.bsomusic.org)

#### ◆ YACHTLEY CREW

at Maryland Hall, Annapolis; July 18th; [marylandhall.org](http://marylandhall.org)

#### ◆ THIRD EYE BLIND

at Merriweather Post Pavilion, Columbia; July 19th; [merriweathermusic.com](http://merriweathermusic.com)

#### ◆ THE CONSERVATORY CLASSIC JAZZ BAND

at The Mainstay, Rock Hall; July 20th; [mainstayrockhall.org](http://mainstayrockhall.org)

#### ◆ FANTASIA

at MGM National Harbor; July 27th; [mgmnationalharbor.mgmresorts.com](http://mgmnationalharbor.mgmresorts.com)

#### ◆ O.A.R.

at Merriweather Post Pavilion, Columbia; July 27th; [merriweathermusic.com](http://merriweathermusic.com)



**1. & 2.** Guests enjoy the evening **3.** Award winner Sergeant John Sims (center) with CMC staff **4.** Award winners pose for a group photo **5.** Award winner Louis Queen (center) and family **6.** Fort George G. Meade Garrison Commander COL. Michael A. Sapp receives his award **7.** Anne Arundel County Executive Stuart Pittman **8.** Award winner Vivianette Colon

## Central Maryland Chamber Awards

The Central Maryland Chamber hosted its annual Awards Gala on April 15th at The Hall at Live! Casino & Hotel. The CMC, along with 400 attendees, celebrated the outstanding accomplishments of the Central Maryland Region's most dedicated civil servants and chamber members/volunteers. The seated dinner and reception honored the noteworthy contributions and service of individuals who make our community a better place by dedicating their passion to helping others. Learn the full list of winners at [centralmarylandchamber.org](http://centralmarylandchamber.org).

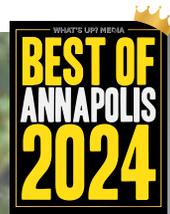


## Mardi Gras Gala

On Saturday, April 27th, Opportunity Builders, Inc. held its 25th annual Mardi Gras Gala! Held at the nonprofit’s Millersville headquarters, this festive event brought the spirit, charm, and culture of New Orleans to Anne Arundel County. The evening featured Cajun-inspired food and drinks, silent auction, roaming entertainers, games and prizes, and dancing to the lively music of Oracle—one of the area’s premier variety bands. Learn more at [obiworks.org](http://obiworks.org).



1. OBI Board of Directors President Bill Kuethe and OBI Chief Executive Officer Marsha Legg 2. OBI supporters enjoy the evening 3. & 4. Costumed performers brought Mardi Gras energy to the party 5. The band Oracle performs 6. Guests enjoyed parlor tricks 7. The Riverside Carnival Band performs 8. Dancing the night away



Attorneys Laura Curry, Jon Gasior, and Alexander Pagnotta.

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## Central Maryland Chamber Announces New President

The Central Maryland Chamber recently announced the appointment of Dewan Clayborn as its new President & CEO. Clayborn assumed leadership in early May. He brings a wealth of experience to the chamber. After a successful management career at Sam's Club and Target, Clayborn transitioned into the chamber of commerce sector in 2015. Most recently, he served as President & CEO of the League City Regional Chamber of Commerce (LCRCC) near Houston, Texas, where he placed the organization among the top 3 percent of chambers nationally. "We are honored to welcome Dewan Clayborn as our new President & CEO," said Shay Cook, Chair of the Board. "His proven track record of success in the chamber of commerce world, coupled with his passion for connecting businesses, nonprofits, and government, makes him the ideal leader to propel the Central Maryland Chamber to even greater heights." Learn more at [centralmarylandchamber.org](http://centralmarylandchamber.org).

## SHORELINE RESTORATION AT FRANKLIN POINT STATE PARK CELEBRATED

Arundel Rivers Federation was joined by Maryland's Secretary of Natural Resources, Josh Kurtz, and staff from the Maryland Department of Natural Resources (DNR) in late-May to celebrate the completion of a 1,060-foot living shoreline and marsh restoration project at Franklin Point State Park in Shady Side, Maryland. The Secretary and staff joined in the restoration effort by adding dozens of native marsh grasses to supplement more than 35,000 natives planted as part of the large-scale marsh restoration project. In 2022, Arundel Rivers Federation partnered with DNR to protect Franklin Point and Columbia Beach through the construction of the living shoreline with breakwater and marsh features to reduce the impact of waves and restore critical habitat along the shores of the Chesapeake Bay. The living shoreline project at Franklin Point State Park was made possible through a \$1.46M capital project grant provided to Arundel Rivers by DNR's Coastal Resiliency Program. The project was designed by Coastline Design and Construction and constructed by Resource Restoration Group. Learn more at [arundelrivers.org](http://arundelrivers.org).



## MATHNASIUM OPENS IN WAUGH CHAPEL

Mathnasium Learning Center recently opened in the Waugh Chapel community. Owners Kama and Paul Friedman cut the ribbon at a grand opening event on May 18th. The Friedmans hosted the free, public event to introduce the community to Mathnasium, the renowned math-tutoring center with locations worldwide. The event featured food, family math activities, and special "founder's club pricing." Learn more at [mathnasium.com/math-centers/gambrills](http://mathnasium.com/math-centers/gambrills).



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# Kate Spraul

**THIS STANDOUT STUDENT ATHLETE FROM ROCKBRIDGE ACADEMY HAS LOFTY NCAA ASPIRATIONS**

By Tom Worgo

**S**wimmer Kate Spraul couldn't get the National Club Swimming Association Spring Championships in Florida off her mind.

Spraul, a senior at Rockbridge Academy in Crownsville, had already put together an outstanding list of accomplishments in her 10-year career. Swimming for the Naval Academy Aquatic Club, the 5-foot-9 Spraul won seven individual state championships in freestyle events and competed in the International Swim Coaches Association's International Senior Cup Championships in Florida three times.



But she had her sight set on a bigger challenge: the National Club Swimming Association Championships. The prospect of not qualifying for the hyper-competitive Orlando, Florida, event bugged her.

"I have been training for years to get to this meet and training so much," says Spraul, who practices six days a week with her club team. "It's the fastest junior swim meet in the country. Those who've swam at this meet were qualifying for the Olympic Trials."

Spraul, a Bowie resident, realized her lofty goal of qualifying for the event after winning the 200-meter freestyle in the state championships in February. She did it by a razor edge—point zero two of a second. She swam a blazing 1:52.97.

In late March, she competed in the 200 at the National Club Swimming Association Championships, as well as in the 50 free, 100 free, 100 butterfly, and 200 and 400 medley relays.

Spraul and her teammates qualified in the 200 (1:45.55) and 400 (3:53.33) relays after setting Naval Academy Aquatic Club records at the state championships.

As far as the National Club Championships, she wouldn't have missed the experience for anything. "It was kind of my last hurrah as a senior," Spraul explains. "It's like the icing on the cake. It was a special opportunity to go to this meet and an unbelievable experience."

Her competitive spirit and unusual talent led to her achievements, and also to a college scholarship. Spraul will swim next season at Division II Westmont College in Santa Barbara, California. She verbally committed to the school in August of 2023 and signed a National Letter of Intent three months later.

Westmont Swimming Coach Jill Lin is excited to have Spraul on her team. "I love her commitment to swimming and being the absolute best she can be," Lin says.

**"I LOVE HER COMMITMENT TO SWIMMING AND BEING THE ABSOLUTE BEST SHE CAN BE"**



“Her swimming background is impressive. She is just willing to put herself out there and just go for it, even in an event she doesn’t have much experience. She is a good asset to the team.”

Going to college in California appealed to 18-year-old Spraul since her father grew up in the southern part of the state. And the academics and athletics at Westmont matched what she wanted in a school.

“I wanted to go to a Christian school because my faith is important to me,” Spraul says. “They had a really good swim team and I love the coach. The swim team was also super friendly and welcoming the moment I stepped onto campus. I just loved the team culture.”

Spraul has already set some lofty goals for her college career. She aims to qualify for the NCAA Division II Women’s Swimming and Diving National championships as both a junior and senior.

“I think it’s pretty realistic,” Spraul says. “The environment in college will be different. I will be doing dry land training, which I haven’t done before. It will make me stronger, which will help me in the pool.”

With her dedication to swimming, Spraul is likely right on track. She also swam for the Rockbridge Academy varsity team for four years and holds the school record in the 200 individual medley (2:18.63).

“She is very focused, goal-oriented, and ambitious with a smile,” Rockbridge Swimming Coach Ann Soltis says. “She has a humble spirit and doesn’t need to take the limelight.”



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THIS YEAR, MORE THAN 3,500 CENTRAL MARYLAND BALLOTS WERE ENTERED ONLINE DURING THE MONTHS OF JANUARY AND FEBRUARY. IN MARCH, THE EDITORIAL TEAM TALLIED THE RESULTS AND ARRIVED AT THIS YEAR'S BEST OF CENTRAL MARYLAND WINNERS!

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**Enjoy perusing this year's list and, hopefully, many of your personal favorites have won!**

# LEGACY WINNERS



Legacy businesses that won in Central Maryland's first Best Of contest in 2012 and this year's include: Hunan L'Rose, Ledo Pizza, Mamma Roma, Little Treasury Jewelers, and David's Natural Market. (Not photographed: Lures, Atlantic Lighting & Irrigation, and Cheaper Than a Geek.)



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# FOOD & DINING

## *Barbeque*

**The Hideaway** – 1439 Odenton Road, Odenton, MD 21113; 410-874-7300; [hideawayodenton.com](http://hideawayodenton.com)

## *Breakfast*

**Grump's Café** – 2299 Johns Hopkins Road, Gambrills, MD 21054; 443-292-4397; [grumpscafe.com](http://grumpscafe.com)

## *Brewery*

**Pherm Brewing Company** – 1041 Route 3 N., Gambrills, MD 21054; 443-302-2535; [phermbrewing.com](http://phermbrewing.com)

## *Brunch*

**Ashling Kitchen & Bar** – 1286 Route 3 S., Ste. 3, Crofton, MD 21114; 443-332-6100; [ashlingco.com](http://ashlingco.com)

## *Burger*

**Oversea Distillery** – 9315 Snowden River Parkway, Columbia, MD 21046; 667-240-2033; [overseadistillery.com](http://overseadistillery.com)

## *Chef*

**Blackwall Barn & Lodge / Neal Langermann** – 329 Gambrills Road, Gambrills, MD 21054; 410-317-2276; [bar-nandlodge.com](http://bar-nandlodge.com)

## *Chinese Restaurant*

**Hunan L'Rose** – 1131 Annapolis Road, Odenton, Odenton, MD 21113; 410-672-2928; [facebook.com/HunanLRose](https://facebook.com/HunanLRose)

## *Crabcake*

**G&M Restaurant & Lounge** – 804 Hammonds Ferry Road, Linthicum Heights, MD 21090; 410-636-1777; [gandmcrabcakes.com](http://gandmcrabcakes.com)

## *Cream of Crab Soup*

**The Hideaway** – 1439 Odenton Road, Odenton, MD 21113; 410-874-7300; [hideawayodenton.com](http://hideawayodenton.com)

## *Cupcakes*

**Sugar Butter Love** – 1723 Tarleton Way, Crofton, MD 21114; 410-310-1983; [sugar-butter-love.com](http://sugar-butter-love.com)

## *Desserts*

**Blackwall Barn & Lodge** – 329 Gambrills Road, Gambrills, MD 21054; 410-317-2276; [bar-nandlodge.com](http://bar-nandlodge.com)

## *Farm-to-Table Menu*

**Harvest Thyme Modern Kitchen & Tavern** – 1251 W. Central Avenue, Davidsonville, MD 21035; 443-203-6846; [harvest-thymetavern.com](http://harvest-thymetavern.com)

## *German Restaurant*

**Old Stein Inn** – 1143 Central Avenue, Edgewater, MD 21037; 410-798-6807; [oldstein-inn.com](http://oldstein-inn.com)

## *Happy Hour*

**Buck Murphy's Buck & Grill** – 378 Mt. Vernon Avenue, Odenton, MD 21113; 410-674-7000; [buck-murphys.com](http://buck-murphys.com)

## *Ice Cream*

**Daily Scoop / Always Ice Cream** – 3201 Mountain Road, Pasadena, MD 21122; 410-437-2667; [alwaysicecreamcompany.com/daily-scoop](http://alwaysicecreamcompany.com/daily-scoop)

## *Indian Restaurant*

**Namaste Fine Indian Cuisine** – 2510 Conway Road, #109, Gambrills, MD 21054; 410-721-5654; [namastemaryland.com](http://namastemaryland.com)

## *Irish Restaurant*

**Killarney House** – 584 W. Central Avenue, Davidsonville, MD 21035; 410-798-8700; [killarney-housepub.com](http://killarney-housepub.com)

## *Italian Restaurant*

**Mamma Roma** – 8743 Piney Orchard Parkway, #102-103, Odenton, MD 21113; 410-695-0247; [mamaromas.com](http://mamaromas.com)

## *Mexican / Latin Restaurant*

**Lime & Salt** – 8395 Piney Orchard Parkway, Odenton, MD 21113; 410-874-6277; [limeandsalt.co](http://limeandsalt.co)

## *Neighborhood Restaurant*

**Rams Head Dockside** – 1702 Furnace Drive, Glen Burnie, MD 21060; 410-590-2280; [ramshaddockside.com](http://ramshaddockside.com)

## *Outdoor Dining*

**Lures Bar & Grille** – 1397 Generals Highway, Crownsville, MD 21032; 410-923-1606; [luresbarandgrille.com](http://luresbarandgrille.com)

## *Pizza (Chain)*

**Ledo Pizza** – Locations in Crofton, Millersville, Severna Park, and more; [ledopizza.com](http://ledopizza.com)

## *Pizza (Local)*

**Mamma Roma** – 8743 Piney Orchard Parkway, #102-103, Odenton, MD 21113; 410-695-0247; [mamaromas.com](http://mamaromas.com)

## *Ramen / Pho*

**Akira Ramen & Izakaya** – 1417 S. Main Chapel Way, Ste. 108, Gambrills, MD 21054; 301-968-2182; [waughchapela-kiraramen.com](http://waughchapela-kiraramen.com)

## *Romantic Restaurant*

**Galliano Italian Restaurant & Wine Bar** – 2630 Chapel Lake Drive, Gambrills, MD 21054; 410-721-5522; [gallianoitalian-restaurant.com](http://gallianoitalian-restaurant.com)

## *Seafood Restaurant*

**Crafty Crab Seafood** – 6800 Race Track Road, Bowie, MD 20715; 240-245-3715; [craftycrabrestaurant.com](http://craftycrabrestaurant.com)

## *Southern Restaurant*

**Rip's Country Inn** – 3809 Crain Highway, Bowie, MD 20716; 301-805-5900; [ripscountryinn.com](http://ripscountryinn.com)

## *Steakhouse*

**Ruth's Chris Steak House** – 1110 Town Center Boulevard, Odenton, MD 21113; 240-556-0033; [ruthschris.com](http://ruthschris.com)

## *Steamed Crabs*

**The Crab Galley** – Locations in Odenton and Bowie; [crabgalley.com](http://crabgalley.com)

## *Sushi*

**Otani Japanese Cuisine** – 1153 Route 3 N., Ste. K, Gambrills, MD 21054; 410-721-7338; [otani-japanesemd.com](http://otani-japanesemd.com)

**FOOD & DINING**

*Thai Restaurant*

**Thai at Waugh Chapel** – 1406 S. Main Chapel Way, #102, Gambrills, MD 21054; 410-415-1004; thaiatwaughchapel.com

*Wine Selection*

**Harvest Thyme Modern Kitchen & Tavern** – 1251 W. Central Avenue, Davidsonville, MD 21035; 443-203-6846; harvestthymetavern.com

*Wings*

**The Hideaway** – 1439 Odenton Road, Odenton, MD 21113; 410-874-7300; hideawayodenton.com

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**Acupuncture Chesapeake Acupuncture & Integrative Medicine** – 1370 Odenton Road, Ste. B, Odenton, MD 21113; 410-694-7217; chesapeakeaim.com

**Bootcamp Future of Fitness** – 2101 Concord Boulevard, Unit A, Crofton, MD 21114; 410-451-0258; future-of-fitness.com

**Children's Fitness Class Crofton Yoga** – 2431 Crofton Lane, Unit 11, Crofton, MD 21114; 410-451-1625; croftonyoga.cowtinker.com

**Chiropractor The Joint Chiropractic (Waugh Chapel)** – 1404 S. Main Chapel Way, Ste. 108, Gambrills, MD 21054; 410-541-1109; thejoint.com

**Cosmetic Injections Center for Dermatology & Skin Care of Maryland / Dr. Lisa Kates** – 2200 Defense Highway, Ste. 201, Crofton, MD 21114; 410-451-5500; dermofmd.com

**Dance Studio Hunt School of Irish Dance** – 2431 Crofton Lane, Crofton, MD 21114; 410-212-7955; huntschool.org

**Gym Future of Fitness** – 2101 Concord Boulevard, Unit A, Crofton, MD 21114; 410-451-0258; future-of-fitness.com

**Hospice Care Hospice of the Chesapeake** – 90 Ritchie Highway, Pasadena, MD 21122; 410-987-2003; hospicechesapeake.org

**Laser Skin Treatment O'Donnell Vein & Laser** – 166 Defense Highway, Ste. 101, Annapolis, MD 21401; 877-461-1564; odonnellveinandlaser.com

**Life Coach Committed Change Health and Wellness / Courtney Capece** – 301-646-0927; committedchange-health.com

**Manicure / Pedicure Amberie Nail Spa** – 1153 Route 3 North, Gambrills, MD 21054; 443-454-4364 or 443-852-3415; amberienails.com

**Massage Giving Massage & Wellness** – 1153 Robert Crain Highway, Gambrills, MD 21054; 410-897-2388; givingmassagewellness.com

**Mental Health Services CPE Clinic** – 130 Admiral Cochrane Drive, Ste. 103, Annapolis, MD 21401; 410-979-2326; cpeclinic.com

**Nutritionist Excellence In Fitness** – Locations in Millersville and Annapolis; 410-266-6688; excellenceinfitness.com

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**Salon for Hair Coloring Intrigue Hair Salon** – 537 Ritchie Highway, Ste. D, Severna Park, MD 21146; 410-544-7251; intrigue-hairsalon.com

**Swim School Goldfish Swim School** – 989 Waugh Chapel Way, Gambrills, MD 21054; 410-413-7065; goldfishswimschool.com

**Teeth Aligner Specialist Labbe Family Orthodontics** – 2630 Brandermill Boulevard, Gambrills, MD 21054; 410-451-7202; labbefamilyortho.com

**Waxing Sunflower Skincare, LLC** – 1153 Route 3, Gambrills, MD 21054; 240-286-8498; sunflowerskin.care

**Weight-Loss Program Excellence In Fitness** – Locations in Millersville and Annapolis; 410-266-6688; excellenceinfitness.com

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**Architect**  
**Purple Cherry Architects** – 1 Melvin Avenue, Annapolis, MD 21401; 410-990-1700; purplecherry.com

**Fence & Deck Contractor**  
**Cypress Glen Outdoor** – Serving Anne Arundel, Prince George's, Howard counties, and beyond; 443-707-2846; cypressglenoutdoor.com

**Garden Center**  
**Patuxent Nursery** – 2410 N. Crain Highway, Bowie, MD 20716; 301-245-3899; patuxentnursery.com

**Gutter & Siding Contractor**  
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**C. Clary Contracting** – Serving Anne Arundel County and beyond; 410-849-2641; cclarycontracting.com

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ENVIRONS, AND URBAN PROXIMITY...  
IF YOU KNOW WHERE TO LOOK**

STORY BY **JAMES HOUCK**





Home is where the heart is, and in the greater Chesapeake Bay region, our hearts are full. We like to think we've got things pretty well in the Land of Pleasant Living. And we're right. Our local economy is humming, anchored by federal government and contractors, national cyber defense, a number of private global companies, and a wealth of residential, professional, and leisure driven industries. So much so, that home construction and development has also soared in an attempt to fulfill an ever-growing workforce's housing needs.

We're also fortunate to have a high number of state, county, and municipal business chambers, job development programs, and robust small business resources, enabling our communities to thrive on the shoulders of independent entrepreneurs.

Our schools—both public and private—are healthy, many of which rank well in state and national standards of performance excellence. Our local hospitals are supported by research and academic medical institutions anchored in the Baltimore-Washington corridor. Infrastructure continues to adapt and improve, as evidenced by the recent broadband connectivity across the Eastern Shore, or transit enhancements (MARC and Metro networks) and future considerations (high-speed ferries, anyone?). Crime statistics could always be rosier, but in general remain at stable averages that should keep those living in suburban communities at ease.

All of this to say that choosing to live in Anne Arundel or Prince George's counties is a pretty safe bet in terms of one's ability to find the ideal property and lifestyle, and in a range of demographics (e.g. first-time buyers, urban professionals, suburban families, plus-55, seniors, etc.).

We'll help guide the decision-making with the following guide, *Attractive Places to Live!*

Offering a mix of regional real estate and demographic data with select community, neighborhood, and new development profiles, this guide showcases myriad places and reasons to locate/relocate *here...which may be just around the corner.*

## THE BIG REAL ESTATE PICTURE

If the buzzwords you've heard around the picnic table this summer about the local real estate market have been "difficult," "slowing down," or "sellers' market," you'd have reason to be cautious as a buyer. But these sentiments don't paint the full picture of our unique region, which boasts a high number of elite properties (waterfront), specialized developments (mixed-use urban, active adult), and attracts buyers from across the globe. True, competition is strong among buyers. Prices remain elevated on limited inventory. But, with a companion realtor to walk one through the buying (or selling) process, dreams are still becoming reality...and often.

Statistics help tell the story. According to the most recent data available from Maryland REALTORS® (April 2023 compared to April 2024), the average home sales price increased year-over-year in almost every county of Maryland. Interestingly, Garrett County in the west led all with a 40.1 percent increase (\$568K up to \$796K). Calvert County saw the next highest increase at 22 percent. Anne Arundel County held "middle of the pack" status at 12.3 percent (\$540K to \$606K), while Prince George's County's needle didn't move much—just a 2.2 percent increase (\$434K to \$444K). Nearby Howard County came in at a 13.6 percent increase (\$610 to \$693K).

This makes sense, given that the active inventory during this same period of comparison decreased in most counties. (If you're considering selling your property, now could be a very good time to do so.) Some counties, however, experienced the opposite. Just across the Bay Bridge, Queen Anne's County has seen an increase in inventory and slightly lower home prices than the year before.

Regardless of inventory or price, homes are selling lightning fast! The State average for median days on market is just eight days. Eight. In Anne Arundel County, six days on market is the median, while Prince George's County takes 10 days to sell. Overall, the number of homes sold in Maryland increased year-over-year, an encouraging sign for the market.

**"Seeing the increase in sales is good news for all of us: the homeowner, the community, the local governments"**



"Seeing the increase in sales is good news for all of us: the homeowner, the community, the local governments," said Chris Hill, 2024 President, Maryland REALTORS®, "but inventory and interest rates remain huge issues. In April, months of inventory grew to 1.7 months, but a balanced market would have about six months of inventory available."

## TEACH THE CHILDREN

For many, the decision of where to live is driven by education options for their children. Public education systems in Prince George's and Anne Arundel counties remain challenged by high student enrollment coupled with staffing inadequacies. Though the most recent data available (2023) from the Maryland State Department of Education suggests shortcomings in meeting annual targets at all three levels of education (elementary, middle, and high) in terms of the indicators of academic achievement, academic progress, English language proficiency, and school quality/student success, overall graduation rates remain optimistic. Prince George's County Public School graduated 74.38 percent of its enrolled students in 2023; Anne Arundel County, 87.68 percent.

Of Prince George's County's 25 high schools, the best performing included the Academy of Health Sciences (at Prince George's Community College) with a 90.5 percent overall performance ranking, followed by Eleanor Roosevelt High at 56.9 percent.

Among Anne Arundel County's 14 public high schools, Severna Park boasts a 78 percent performance rank, Broadneck at 67.2, and South River at 65.7.

Across both counties, private school options are plentiful from pre-K education through high school and their proximity to neighborhoods, developments, towns, and cities have made them attractive options for many families. According to Niche, a "market leader in connecting colleges and schools with students and families" with over 140 million school reviews and ratings, the top ten ranking private high schools in Prince George's County are: DeMatha Catholic High School (Hyattsville), Belair Baptist Christian Academy (Bowie), New Hope Academy (Hyattsville), Elizabeth Seton High School (Bladensburg), Bishop McNamara High School (Forestville), Al-Huda School (College Park), From the Heart Christian School (Suitland), St. Vincent Pallotti High School (Laurel), Woodstream Christian Academy (Mitchellville), and Lanham Christian School (Lanham). There are at least 15 additional private high schools from which to consider.

In Anne Arundel County, the top eight private schools according to Niche, are: Key School

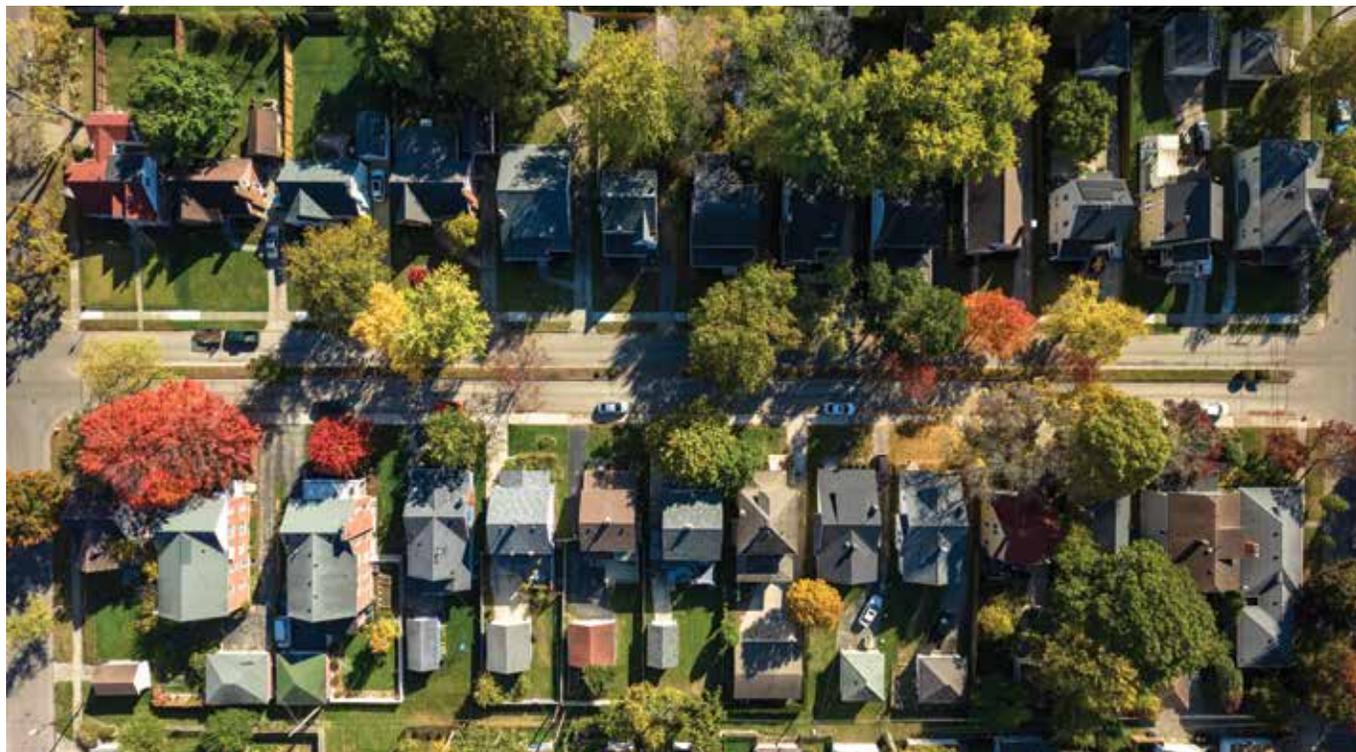
(Annapolis), Severn School (Severna Park), Indian Creek School (Crownsville), Rockbridge Academy (Crownsville), Archbishop Spalding High School (Severn), Annapolis Area Christian Upper School (Severn), St. Mary's School (Annapolis), and Odenton Christian School (Odenton). And there are at least 11 additional private high schools from which to consider, with two new elite private schools having opened in the county within the past couple years: Divine Mercy Academy and the Chesterton Academy.

**For the most complete listings of all private schools, including pre-K through high school options and data points such as tuition costs, student-teacher ratios, religious/philosophical affiliations, and more, read *What's Up? Media's 2024 Private School Guide* by scanning this code:**



## **SAFE STREETS**

It can seem that we're living in a scary society, given how often the news cycle attends to recent crime. If we hear of a gun-shooting or carjacking in a nearby neighborhood, not only are we put on alert, but we wonder if our lifestyle and safety



are compromised. You may think back to “the good old days” when front-doors and cars were left unlocked, and children played freely in neighborhoods well past sunset on summer days. The good news is that those days can still, somewhat, be had. Overall, real crime statistics paint a much better picture than daily news reporting.

Since 1975—the first year of tracked data available from the Maryland Statistical Analysis Center of the Governor’s Office of Crime Prevention, Youth, and Victim Services—overall crime has dropped in most Maryland counties. Take Anne Arundel County, for example. In 1975, more than 22,000 crimes were reported. By 2020 (the most recent year of available consolidated data), that number more than halved to about 10,000 crimes. In Prince George’s County, more than 48K annual reported crimes in 1975 reduced to 19K by 2020.

For complete, county-by-county and city/zip code crime data sets, visit Maryland’s Crime Dashboard. Scan here



Nationally, overall crime saw a 15 percent decline between 2015 and 2020. This is not all to say that we’re living our best lives in terms of

crime (violent crime, like murder, has seen an increase, especially in large cities), but there are ways to make good decisions about where to live safely.

## LEISURE & LIFESTYLE

The Chesapeake Bay region is wondrous in many ways. It’s an environmental gem with protected tributaries and swaths of land. But it’s also an infrastructure behemoth—a region with at least three major airports (Baltimore-Washington International, Reagan National, and Dulles International) within an hour’s drive for many; plus, ground transportation systems that rival some of the best in the nation. We check the box as a hotbed of world-class medical research facilities and elite healthcare providers. And the Bay region is a leisure paradise of boundless water recreation, State and local parks to explore, museums that explain our collective history, thrilling attractions, and all the fixings of stylish urban living and shopping. The four-season weather is also attractive for those that enjoy the uniqueness of summer, fall, winter, and spring!

### **IN ADDITION TO THE ROMANCE OF THE REGION, HERE’S A QUICK AND VERY RANDOM LIST OF HOW MARYLAND RANKS NATIONALLY IN A NUMBER OF RECENT SURVEYS CONDUCTED BY VARIOUS INTEREST GROUPS:**

- ◆ Maryland ranks #4 nationally in “highest paying jobs in SEO” (source: Ahrefs)
- ◆ Maryland ranks #5 nationally in “states with the best school systems” (source: Teach Simple)
- ◆ Maryland ranks #6 among all 50 states for “natural environment” (source: US News & World Report)
- ◆ Maryland ranks #7 nationally in “healthcare” (source: US News & World Report)
- ◆ Maryland ranks #7 among “cleanest states in America” (source: IT Asset Management Group)
- ◆ Maryland ranks #8 nationally among “the happiest states” (source: MentalHealthRehabs.com)
- ◆ Maryland ranks #9 in “safest states for cyclists” (source: Sweeney Merrigan Law LLP)
- ◆ Among all 50 states, Maryland showed the biggest increase in homeownership over the past 10 years, with an increase of 12.15 percent (source: Agent Advice)

And if you’re wondering what interior design trend to outfit your newly settled home with, try the “Boho” look. According to real estate research group Palm Paradise Realty, the most popular home aesthetic in Maryland is currently “Boho,” followed by “Steampunk” and “Farmhouse.”

# where exactly WE'RE LOOKING TO BUY



The following local profiles cover a range of community styles and interests in western Anne Arundel and Prince George's counties, from historic to modern, urban to the 'burbs, and family to plus-55. This list doesn't represent every amazing community; but, rather, a sampling of longtime and emerging favorites among homeowners, realtors, and the editors of this magazine.

**DAVIDSONVILLE/HARWOOD** The contiguous 21035 and 20776 zip codes are synonymous with rolling foothills, vast farmland, and plenty of acreage—the Davidsonville and Harwood dynamic is country-living. If space is what you seek or horse tacking your thing, look no further. Large lots with large homes are common, but there are a number of well-developed neighborhoods (Foxhall Estates, Cheval/Lavall, Harbor Hills, Spring Lakes, Ashley, Lake of the Pines to name a few), too, that offer a more uniform, community vibe. A scan of homes—mostly single-family in the plus-5,000-square-foot range—are selling for \$1M and up. The road arteries running through the area include Routes 2, 4, and 214, which directly connect to the more urban centers of Edgewater and Annapolis to the east, and Upper Marlboro and Washington, D.C., to the west.



**WAUGH CHAPEL** One of the first, major mixed-use developments in Anne Arundel County, Waugh Chapel is a 71-acre project by developer Greenberg Gibbons that combines 404,000 square feet of retail space, 400 market-rate senior living units, luxury apartment homes, fast food outparcels, office buildings, and a restaurant park. Nearby (within 1 mile), several communities surround the expansive development, including: Summerfield Village, Carroll's Creek, Crofton Village, Crofton Valley, Monarch, and more—each with its own character. For senior living, the Waugh Chapel area represents a “one stop shop” and has the layout, services, and amenities to appease residents. Luxury apartment homes are in the \$600K range and feature modern design and conveniences of the “town center” lifestyle.

and to the massive retail/dining/service throughfare of Route 3, The Triangle has become a desirable enclave of single-family homes and townhouses. Today, there are a range of properties offered between \$400K and \$1M.

**THE TRIANGLE, CROFTON** Central to Crofton in western Anne Arundel County is the “special community benefit district” (SBDC) known as “The Triangle.” And yep, if you look at a map, this community looks like exactly that—a triangle. Bordered by Routes 3, 424, and 450, The Triangle was developed in 1964, became an SCBD in '69, and now has three elementary schools and one middle school within its bounds (that feed into the new Crofton High School). Crofton also has four nursery schools, six churches, and an 18-hole championship golf course. Because of its SCBD status, active Crofton Civic Association, and, somewhat, sheltered proximity from

**THE TURTLE, ODENTON** Just west of Waugh Chapel and “The Triangle” is “The Turtle,” so nicknamed for its geographic likeness to a large tortoise shell. Observe Route 32 passing around Odenton and it's apparent how and why the moniker stuck. Odenton is the primary town, with several prominent communities: Piney Orchard, Baldwin Apartments, Echelon, Odenton Town Center, Flats 170 at Academy Yard, The Elms, and the list goes on, as the area continues a development renaissance more than 15 years in the making. The Odenton Town Center with upscale dining and niche shops is further buoyed by its MARC train terminal, ideal for commuting to Baltimore or Washington, D.C. With the U.S. Army's Fort George G. Meade installation anchoring the employment

base, The Turtle sees its fair share of transient residents on assignment/tour. To accommodate them, massive residential communities, like Piney Orchard, were built in the last quarter-century....and smartly so, with nature in mind and recreational attractions. The trails through the region have become favorites for day-hikes, cycling, and exploring the Little Patuxent watershed. With more, newer housing going up, options for all lifestyles are increasing. Prices for single-family homes range between \$350K on the low end to upward of \$1M; townhomes/condos, about \$450K average; and apartments closer to \$300K.

**TWO RIVERS IN ODENTON** One of the newer community developments, located in southern Odenton, is Two Rivers. Its age shows in a very good way in that it represents the latest in design, amenities, and residential resort trends, catering to two distinct, but adjacent, buyers—families and plus-55. Nestled between the Patuxent and Little Patuxent rivers, this modern, 1500-acre community (700 of which is green space, with the central Cattail Lake) is divided into an active adult community, “55 & Better,” and the all-ages “The Hamlets” with about 1,000 single-family homes. Each has its own clubhouse, pools, gardens, tennis courts (pickleball, too), and other recreational amenities. With eight active builders still developing the community, buying new means you can have the pick of plans—there are several styles of homes from which to choose. As of press time, we’re seeing pricing begin at about \$799K in 55 & Better, and \$790–945K in The Hamlets.

**BELAIR AT BOWIE** Ushering in the era of the modern community, Belair at Bowie was the brainchild of forward-thinking developer William Leavitt. In 1957, Leavitt bought the historic, 2,280-acre Belair Estate in Bowie and within three years had developed the new community and began modeling five different styles of homes: the “Country Clubber,” three and four-bedroom “Colonials,” the “Rancher,” and the “Cape Cod.” The community was groundbreaking in terms of design with curved streets and cul-de-sacs defining the layout; Leavitt even outlined plans for the surrounding town. Despite the novelty, there was an ugly truth to Leavitt and his new neighborhood—his company would not sell to people of color. It wasn’t until the late-1960s, that Leavitt’s policies became integrated. It would take another 30 years before Prince George’s County (inclusive of the City of Bowie and Belair at Bowie) would become one of the wealthiest majority-black counties in the United States (according to the 2000 census) and the community fully representative of the demographic. Today, homes in Belair at selling at an average of about \$525K for 2,000 square feet. The community is in close proximity to parks, shopping, and commuter arteries (Routes 50, 3/301, 4, and 214).



**SADDLEBROOK, BOWIE** Manor-style living at a market median price point has made the nearly-25-year-old Saddlebrook development in western Bowie attractive to the single-family homebuyer. The well-manicured community features East Saddlebrook (located east of Race Track Road), built between 1999 and 2001, and West Saddlebrook, which is slightly newer, with most homes built in 2002–2003. In the past five years, the few homes that hit market averaged a \$650K settlement price. Saddlebrook feels “away from it all” with a country vibe influenced by the old Bowie (horse) Race Track that operated from 1914 to 1985, and nearby horse farms still in operation. Yet, the community is just a couple miles west of Belair with Bowie’s shopping, entertainment, regional parks, Bowie State University, and more urban accoutrements easily within reach.

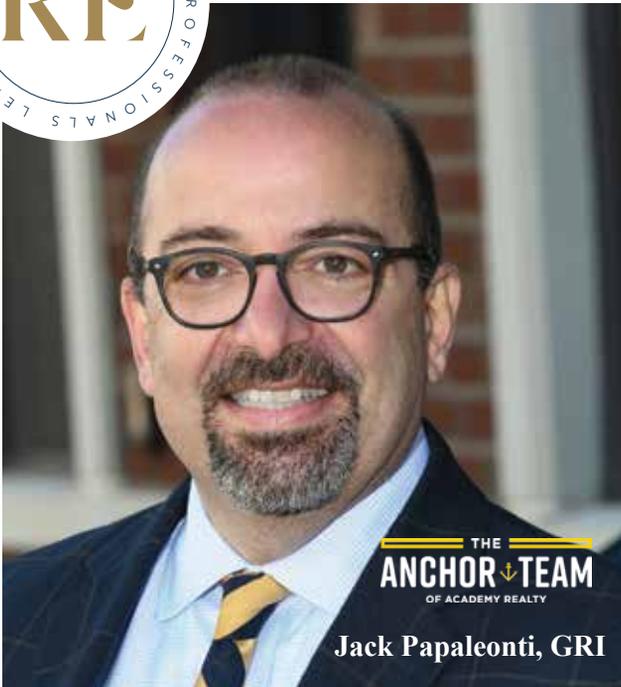
**WOODMORE, BOWIE** The area of southern Bowie known as Woodmore is loaded with residential options, many of which are esteemed and command the attention of the smart home buyer, who’s either looking to settle-in or invest. From brownstone-style townies to modern condos to single-family ranchers up to 6,500-square-foot estates, the inventory should be able to satisfy various, active home buyers. We currently see prices hovering between \$500K and \$1M depending on property-style, community, and proximity to popular features like Northhampton Lake, Enterprise Golf Course, and The Country Club at Woodmore. Developments include: Woodmore, The Hamptons at Woodmore, Palisades at Oak Creek, Canterbury Estates, and the Woodlands at Enterprise, among others.

**LAKE PRESIDENTIAL AREA, UPPER MARLBORO** Encircling Lake Presidential Country Club are several communities, several with privileges, that have long been attractive. Beech Tree, Balmoral, Kings, Council, Shipley Farm, and Marlboro Meadows are subdivisions with upscale housing, currently priced between \$540K (modern townhome built in 2018) and \$870K (5,000-square-foot Colonial). The country club is central, but nearby attractions include the renowned Watkins Regional Park to the north and Jug Bay Wetlands on the Patuxent River to the south. An easy drive to Routes 3/301 and 4 puts residents just a reasonable commute away from Joint Base Andrews, Washington, D.C., Annapolis, and points south. ■

LEADING REAL ESTATE & HOME PROFESSIONALS

# RE





Jack Papaleonti, GRI



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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.

Discover your dream home: a \$5,250,000 waterfront estate in Annapolis, MD. Contact Jack today for an exclusive tour by land or sea. This stunning waterfront sanctuary, situated on the serene shores of St. Margarets, offers deep water access, 100 feet of private shoreline, an in-ground pool, and a charming carriage house perfect for guests or a personal retreat. Embrace the epitome of luxury living with this exceptional property.



# CHRISTY BISHOP

**BERKSHIRE HATHAWAY HOME SERVICES  
PENFED REALTY**



**C**hristy Bishop, a leading figure in the real estate arena, brings an unparalleled zeal to safeguarding her clients' wealth while approaching her profession with utmost dedication. With an illustrious career spanning almost 30 years, Christy's roots in Maryland and upbringing amidst the scenic landscapes of Severna Park and Annapolis instilled in her a deep appreciation for the nuances of real estate.

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

For Christy, the essence of her work lies in fostering meaningful relationships with her clients and alleviating the inherent stress associated with buying or selling property. Whether selling with a condominium or a multi acre homestead, Christy's work ethic is characterized by unwavering integrity and professionalism. Several homes sold recently, Christy represented sellers she sold the home to over 20 years ago!

Christy's exceptional track record and commitment to ethical standards has earned her a lifetime membership in the top 1% of agents in Anne Arundel County Realtor's Masters Club.

When not immersed in real estate endeavors, Christy is relearning how to play the piano, loves her German Shepherd dog and is an avid gardener. Follow her and her dog's adventures on Instagram @ChristyCookieCake



Get started here



As seen on



## Christy Bishop

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

@MarylandWaterfront

### RECENTLY SOLD HOMES



**2794 Broad Wing Dr**  
Odenton, MD 21113  
Sold \$960,000



**1058 Red Clover Rd**  
Gambrills, MD 21054  
Sold \$660,000



**985 Danville Court**  
Crofton, MD 21114  
Sold \$500,000



# 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. The readers of *What's Up? Magazine* have voted Mia Best Residential Realtor for Central Maryland two years in a row. She 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 a board member 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  
77 Main Street  
Annapolis, MD 21401  
MiaMovesYou.com  
Mia@MiaMovesYou.com



**Q:** What are the current local market trends in real estate?

**A:** The real estate market is ever evolving, driven by supply and demand. Such factors as economic trends and interest rates play an integral role

in current market trends. In our current market, there's a healthy demand for homes, leading to swift sales and favorable prices for sellers. In Anne Arundel County, April 2024 saw a median sale price of \$482,000, marking a 5% increase from the previous year, while Prince George's County recorded a median sale price of \$432,000, up by 3%. This tightens options for buyers, creating a competitive environment. Sellers, however, are in a much more advantageous position creating a seller's market. Given these shifts, it's crucial to partner with a knowledgeable company and agent who prioritizes understanding your unique needs to navigate today's market.

**Jacqueline Reyes**  
Long and Foster Real Estate, Inc.  
Crofton/Bowie Office



**Q:** As a first-time homebuyer, am I guaranteed downpayment assistance?

**A:** As a first-time homebuyer you are not guaranteed downpayment assistance, but assistance is often

available depending on the lender and the programs available at that time. Most of these programs work via a grant and can be as much as 5% of the purchase price. There are also no-money down programs that can help a wide variety of buyers. Always consult with your trusted realtor to stay up to date with the latest programs/ offers.

**Brandon Bruce**  
Long and Foster Real Estate, Inc.  
Crofton/Bowie Office



**Q:** What do we do if we think we need to make repairs or do updates before our home goes on the market?

**A:** Before undertaking repairs or doing any updates consult an experienced local realtor to best advise

you on the most up to date marketing recommendations. Sometimes an item that you think is an issue may not be. We have even partnered with companies that will do renovations, make licensed repairs and delay the cost until after closing. You get valuable marketing expertise and expert guidance of what is necessary or recommended to increase your property value and help you avoid wasted time and money.

**Christy Bishop**

Berkshire Hathaway HomeServices PenFed Realty



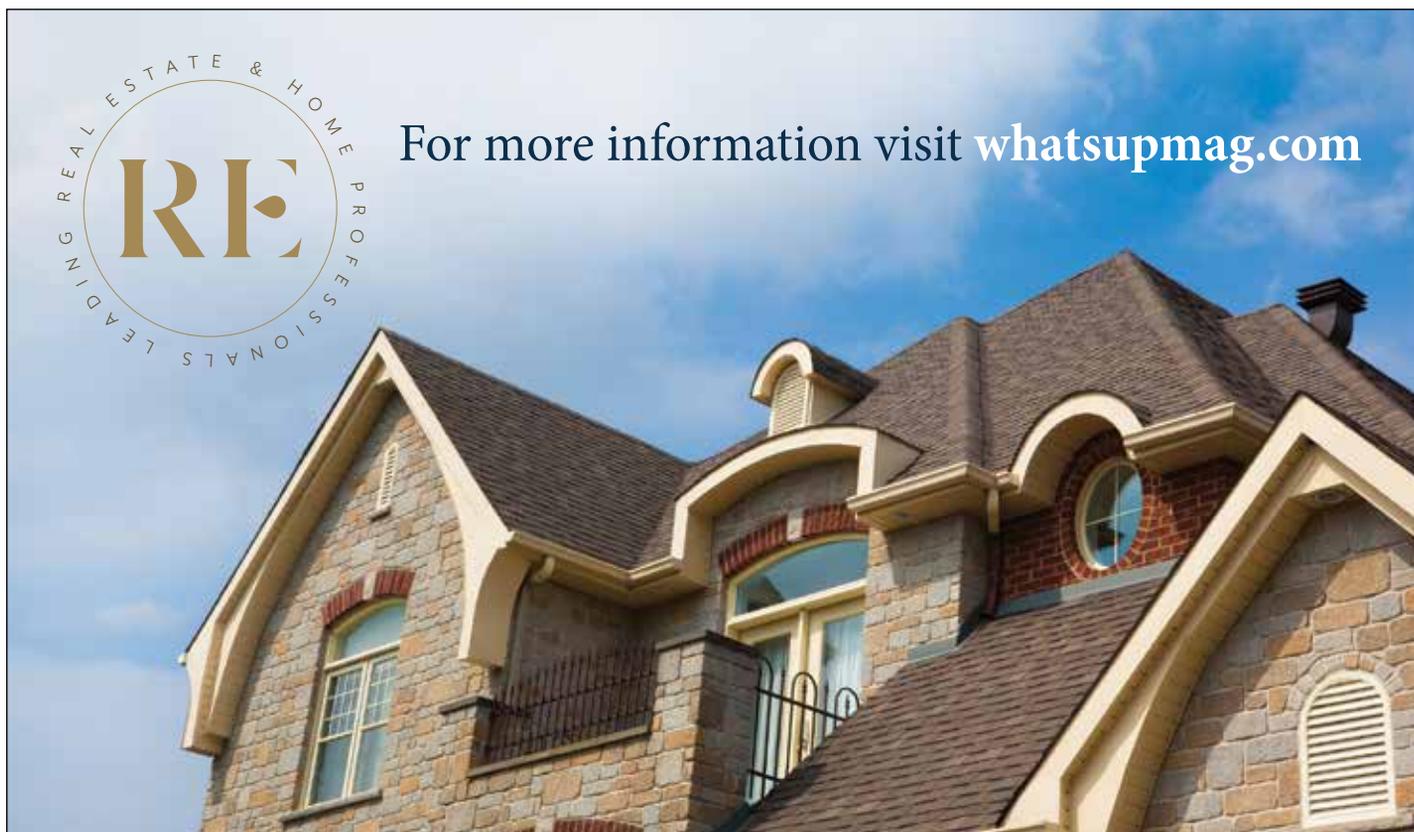
**Q:** Can I sell my investment real estate using a 1031 exchange and buy a vacation home that I can enjoy with my family during the summer months?

**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®**

The Anchor Team of Academy Realty



For more information visit [whatsupmag.com](http://whatsupmag.com)



# THE TOP SAILOR HANGOUTS, CRAB HOUSES, WATERFRONT VIEWS, BEACH BARS, RAW BARS, HAPPY HOURS, LIVE MUSIC, BEER GARDENS, TAPROOMS & OH-SO-MUCH MORE

By James Houck and Megan Kotelchuck



**RED** = advertiser within the July issues of *What's Up? Annapolis*,  
*What's Up? Eastern Shore* & *What's Up? Central Maryland*

Welcome to our brand-new summer dining guide and completely revised format! This season, we've blown the doors off the old restaurant guide and given the keys to our editors, readers, and local restauranteurs to drive the recommendations.

When you think of summer dining, what comes to mind? Where to pick crabs is near the top of the list. We've got our Favorite Crab Houses. Where do boaters like to hang after a day on the water? We've offer restaurants with a maritime attitude. Beach bars where you can get sand between the toes? It's in here.

And many more restaurants that epitomize summer relaxation, good eats, the water...the Chesapeake Bay experience!

To be included in this year's guide, a restaurant had to tickle the fancy of the editors, be recommended by our readers, be legendary, be surprising, be summery, or be in the What's Up? Media family of clients. Restaurants are listed alphabetically—not by rank—under each category.

Don't see your favorite? Let us know the restaurants you think we missed and who should be considered for next year's guide. Write to us at: [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

LET'S  
DIVE  
INTO  
GREAT  
SUMMER  
DINING!



# 10 Top

## Sailor/Boater/Angler Hangouts

▼ **Boatyard Bar & Grill** – 400 Fourth Street, Annapolis; 410-216-6206; [boatyardbarandgrill.com](http://boatyardbarandgrill.com); When the patron saint of sailing himself, Jimmy Buffet, frequented an establishment, you know it checks out! Nautical vibe...check! Trophy fish adorning the walls. Yep! Fresh, local seafood and “All killer, no filler” crabcakes—hey, it’s a slogan. Supports local conservation and angling charities—often and annually. And a darn good margarita to wash down the eats while kicking back with like-minded water warriors. It’s the Boatyard! We’re thinking owner Dick Franyo is nearing saint status as well! [Read an interview with him here:](#)



**Carpenter Street Saloon** – 113 S. Talbot Street, St. Michaels; 410-745-5111; [carpenterstreetsaloon.com](http://carpenterstreetsaloon.com); It’s the heartbeat of St. Michaels. For more than 50 years, the Saloon has served locals and

visitors breakfast, lunch, dinner, and plenty of cold drinks to wash it all down. The saloon even runs its own shuttle bus on weekends to help patrons return home or port safely. Live music is also a big draw and keeps the crowds returning season after season.

**Capsize OXMD** – 314 Tilghman Street, Oxford; 410-226-5900; [capsizeoxmd.com](http://capsizeoxmd.com); Come by boat (or land) to this relaxing seafood restaurant overlooking Town Creek in maritime-rich Oxford. This seasonal destination has free dockage while you dine and overnight space if you’re in the mood to stay a little longer. The menu leans on blue crab, lobster, scallops, shrimp, conch... you name it. And the indulgent cocktails cover all bases.

**Davis’ Pub** – 400 Chester Avenue, Annapolis; 410-268-7432; [davispub.com](http://davispub.com); Located in the heart of Eastport’s “marina district,” Davis’ is several things: a locals’

hangout, a blue-collar catchall, a quick biz’ lunch spot, a post-boating watering hole, and in recent years, tourist attraction. When famous chef Guy Fieri featured the eatery on his “Diners, Drive-Ins and Dives” television show, Davis’ instantly became a must-visit for out-of-towners seeking uniquely Annapolitan pub-grub.

**Fish Whistle** – 100 George Street, Georgetown; 410-275-1603; [fishandwhistle.com](http://fishandwhistle.com); A northern Bay destination among boaters, Fish Whistle serves classic Shore seafood, plenty of surprises, and respite right on the beautiful Sas-safra River. Located at Granary Marina, there’s plenty of transient or long-term seasonal docking and all the amenities.

**Pusser’s Caribbean Grille** – 80 Compromise Street, Annapolis; 410-626-0004; [pussersannapolis.com](http://pussersannapolis.com); Sadly, this will be the last summer to enjoy Pusser’s, which has been one of the

most attractive dockside bars and restaurants in the heart of Downtown Annapolis for several decades. The new tenant of the space—Atlas Restaurant Group (owners of The Choptank, just a block away)—will transform Pusser’s into two concepts by summer ’25: an upscale Italian chophouse (named Marmo) and a tequila cantina (named Armada). So, enjoy a famed Pusser’s Pain-killer before this party ends and another begins.

**Red Eye’s Dock Bar** – 428 Kent Narrow Way N., Grasonville; 410-304-2072; [redehyesdb.com](http://redehyesdb.com); Red Eye’s is more than lunch or dinner. It’s more than great waterfront views in Kent Narrows, or even a boaters’ destination. It’s an experience. The Red Eye’s experience. The dock bar and restaurant has become legendary among summer faithful for its stellar live music scene, bikini contests, cold drinks, and filling food. It’s always a party at Red Eye’s!





# favorite Crab Houses

**Buddy's Crabs & Ribs** – 100 Main Street, Annapolis; 410-626-1100; buddysonline.com; With million-dollar views overlooking Annapolis' Market Space and the Ego Alley harbor, Buddy's is hard to beat for cracking crabs and enjoying a cold bucketful of brews. It's all-you-can-eat buffet also is renowned. The downtown dining staple is popular with out-of-town visitors, so arrive early to secure a table or spot on the waitlist.

**Crafty Crab Seafood** – 6800 Race Track Road, Bowie; 240-245-3715; craftycrabrestaurant.com; New to the region's seafood scene is Crafty Crab and its urban "sports bar-meets-picking party" vibe with a decidedly New Orleans influence. The steamed platters are the star here, with your choice of crabs (Blue, Dungeness, Alaskan King, Snow, etc.), other steamer staples (mussels, clams, shrimp, crawdads, lobster), and type of seasoning. The menu is unique, the atmosphere active, and the food delicious! *Read our full dining review, here:*



**Fat Boys Crab House** – 1651 MD-3, Crofton; 443-292-4709; fatboyscrofton.com; It's a western Anne Arundel gathering spot for friends to pick crabs over a few cold ones while watching the game-du-jour on the flat screens above the bar. Indoors and air-conditioning make for comfy confines in which to crack jumbos!

▲ **Fisherman's Crab Deck** – 3032 Kent Narrow Way S., Grasonville; 410-827-6666; crabdeck.com; The expansive open-air seating and outdoor deck sits right on the Narrows of Prospect Bay, offering exciting views of the bustling boats, marinas, and Kent Island way of life. The Schulz family has operated the Crab Deck and adjacent Fishermen's Inn for decades—the entire operation became, and continues to be, a landmark seafood establishment serving jumbo crabs and piles of steamed seafood to patrons who arrive by both boat (ample docking) or car. *Read about the Schulz family legacy here:*



**Harris Crab House** – 433 Kent Narrow Way N., Grasonville; 410-449-5756; harriscrabhouse.com; For more than 75 years, patrons have enjoyed picking crabs freshly harvested, delivered, and steamed on site. Harris is an iconic crab house located on the northern side of the Narrows, surrounded by marina docking, the busy water passage, and maritime culture that defines Kent Island.

**Jimmy Cantler's Riverside Inn** – 458 Forest Beach Road, Annapolis; 410-757-1311; cantlers.com; Waterman-turned-restaurant Jimmy Cantler and his wife Linda founded what became a destination for crab picking and fresh seafood way back in 1974. Celebrating 50 years, Cantler's continues to delight guests from near and afar who flock to the tucked-away restaurant that overlooks quiet Mill Creek.

**Mike's Restaurant & Crab House** – 3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com; Since '58, Mike's has served locals and visitors fresh, local seafood in a dock setting overlooking the South River at the Riva Road Bridge. The picnic tables for crab picking are many, boat docking

is free and plentiful, and the market-priced blue crabs some of the best on the Bay! Bonus: the Mike's operating-family purchased the old Sunset Restaurant in Pasadena and transformed into brethren restaurant, Mike's North.

**Ocean Odyssey** – 316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com; When a restaurant has a specially-designated "Pickin' Room," they must be all about them crabs! And they are—the Todd family business dates back to the 1940s as local seafood processors before jumping into the restaurant venture in the '80s. Over time, Ocean Odyssey has become synonymous with Cambridge seafood culture.

**The Crab Claw** – 304 Burns Street, St. Michaels; 410-745-2900; thecrabclaw.com; What began as a clam and oyster shucking house in the '50s was turned in a full-service restaurant and crab house by Bill and Sylvia Jones in the '60s. The Crab Claw, which overlooks the Miles River, remained a summer institution ever since and today, though owned by the adjacent Chesapeake Bay Maritime Museum, remains operated by the same family.

**The Point Crab House & Grill** – 700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com; If the restaurant was any closer to the water, you'd need a bathing suit to enjoy your meal. Opened by chef Bobby Jones and wife Julie on Mill Creek, just off the Magothy River, The Point has a coastal-casual vibe with upscale taste with a refined dinner menu, and offers classic crab cracking on the outdoor patio or screened-in dining room.

**Waterman's Crab House** – 21055 West Sharp Street, Rock Hall; 410-639-6860; watermanscrabhouse.com; Smack dab in the middle of Rock Hall Harbor sits Waterman's. With the Chesapeake Bay just beyond nearby jetties, the setting for a complete crab feast with all the fixin's, delicious crushes, and sunset views is near perfect.

# Top Waterfront Views

**Broken Oar Bar & Grille** – 864 Nabbs Creek Road, Glen Burnie; 443-818-9070; brokenoarbarandgrill.com; Great food, a rockin’ sushi bar, and panoramic waterfront views of Nabbs Creek...welcome to Glen Burnie! Arrive by boat and get ready for some oarsome food, oarsome beer, and oarsome fun!

**Carrol’s Creek** ▶ – 410 Severn Avenue, Annapolis; 410-263-8102; carrolscreek.com; Did you know Annapolis’ bustling Spa Creek was once named “Carol’s Creek”? A map discovered in France and brought to Annapolis in 1976 showed that the waterway was originally named after Charles Carroll of Carrollton, our most locally famous signer of the Declaration of Independence. Today, Carrol’s Creek restaurant takes pride in its name by offering an elite menu of fresh and delicious seafood and steaks with amazing views of the creek, marinas, and maritime activity. *Read our interview with owner Jeff Jacobs here:*



**Doc’s Sunset Grille** – 104 W Pier Street, Oxford; 410-226-5550; facebook.com/docssunsetgrille; Looking for a spot in Oxford with the perfect view of the Tred Avon River? I’m saving a barstool for you at Doc’s Sunset Grille. Grab a steam pot of your choice, a great crush, and amazing views!



**Dock House Restaurant** – 110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com; The wrap-around deck gives Dock House the perfect panoramic views of the Kent Narrows. You choose whether you are docking your boat at their slips or parking your car in their lot; either way, you’ll enjoy delicious food and crafty cocktails.

**Harrison’s Harbour Lights** – 101 N Harbor Road, St. Michaels; 410-745-9001; harrisonsharbourlights.com; In 2019, Harrison’s Harbour Lights Restaurant set out on a goal to create the best waterfront restaurant in the state. How do you think they are doing? Harrison’s offers a pear and pecan salad, bacon wrapped scallops, crab imperial stuffed mushrooms, and so many more fresh selections, all with a Miles River view.

**Latitude 38** – 12 Dock Street, Annapolis; 667-204-2282; latitude38waterfront.com; Historic Annapolis is full of gems, and not all of them seem to be hidden. Right on the water in downtown Annapolis, overlooking Ego Alley, is your seafood destination—Latitude 38. Latitude 38 even has a banquet room to host you and up to 300 of your closest friends!

▼ **Libbey’s Coastal Kitchen + Cocktails** – 357 Pier One Road, Stevensville; 410-604-0999; libbeyscoastalkitchen.com; Along



the Eastern Shore, tradition is paramount, and so is family. You may be familiar with the building on the Chesapeake Bay, but meet the family that now owns it. Walt Petrie combined his wife and daughters’ names (Lisa, Lindsay, and Abbey) to create Libbey’s, where the views are stellar and the fresh, local cuisine is even better! *Read our interview with the executive chef here:*



**Marker Five** - 6178 Tilghman Island Road, Tilghman; 410-886-1122; markerfive.com; There is something special right between the Eastern Chesapeake Bay and the Choptank River on Knapp’s Narrow: Marker Five. This hidden gem offers a scratch kitchen with fresh ingredients. In addition to delicious seafood, Marker Five offers house-smoked meats, making for the perfect tacos, ribs, pizza toppings, and more.

**Rosa Mexicano** – 153 Waterfront Street, National Harbor; 301-567-1005; rosamexicano.com; Ready for a fiesta? Elevate the experience at Rosa Mexicano. Rosa Mexicano is a destination born of a unique vision to combine the rich heritage, culinary techniques, and global impact of Mexican cuisine, all while overlooking the National Harbor on the Potomac River.

**Severn Inn** – 1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com; There is no view quite like what you will get from the eastern side of the Naval Academy Bridge at the Severn Inn. Sit on the patio or inside with floor to ceiling windows to truly enjoy a dinner and view of the Academy and Annapolis Harbor.

**The Choptank** – 110 Compromise Street, Annapolis; 443-808-1992; thechoptankrestaurant.com; Local seafood takes the spotlight on The Choptank’s menu. The Choptank is a modern take of a fish and crab house, serving Maryland’s famous bay cuisine, cocktails, crushes, oysters, and craft beer. Since Summer 2022, Choptank in has been an indoor/outdoor dining destination overlooking Annapolis’ Ego Alley and Market Space.

**Yellowfin** – 2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com; There is plenty to look forward to at Yellowfin. Whether it’s fresh fish, crabcakes, steak, scallops, or sushi, there are more than enough reasons to dine on the South River, especially when you time your visit with an amazing sunset view!

# favorite

## Beer Gardens/Taprooms

**Chessie's Wharf** – 609 Melvin Avenue, Annapolis; 443-603-12135; rarbrewing.com; From RaR Brewing with love, comes Chessie's Wharf, a new taproom in West Annapolis with a beer hall atmosphere where you'll make new friends over cold pints. We especially enjoy the wall of "Big Mouth Billy Bass" that sings on the hour!

**Crooked Crab** – 8251 Telegraph Road, Ste. D, Odenton; 443-569-9187; crookedcrabbrewing.com; With large vats of actively brewing beer visible from the taproom, what you see is what you're getting! Serving a 36-tap rotation of seasonals and classic style beers (including mead!), Crooked Crab also offers brick oven pizzas to help tame the buzz. And the outdoor seating in the parking lot has that pop-up vibe that feels like a Sunday afternoon tailgate.

**Cult Classic Brewing** – 1169 Shopping Center Road, Stevensville; 410-980-8097; cultclassic-brewing.com; Since opening in summer 2018, Cult Classic has become a Kent Island destination—a place to enjoy fresh, local brews in an expansive taproom that also hosts rousing live music, talent and trivia nights, and more.

**Forward Brewing** – 418 Fourth Street, Annapolis; 443-221-7277; forwardeastport.com; If sipping fresh, on site-crafted beer with your besties in the rich maritime Eastport community sounds like a fun idea, look no further than Forward Brewing.

**Garten** – 849 Baltimore Annapolis Boulevard, Severna Park; 443-261-3905; garten-eats.com; The Old World never felt so new and exciting. Garten is the brainchild of Jeremy and Michelle Hoffman, owners of Preserve in Annapo-

lis. The farm-to-table concept is refined with German and French influence, and both indoor and outdoor dining areas in which to toast fine food with good friends.

**Heroes Pub** – 1 Riverview Avenue, Annapolis; 410-573-1996; heroespub.com; A pub that pays homage to first responders, Heroes was, perhaps, the first of its kind in Annapolis—a bar with *more than 40 taps* lined up and primed to deliver quality craft beer. Play darts over a couple pints, order the best wings in town, and enjoy Annapolitan camaraderie.

**Lures Bar & Grille** – 1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com; The woodsy vibe of the outdoor beer garden lends well to shady summer and fall days spent enjoying a few beer selections from Lures' expertly-curated menu, along with fresh nibbles (rockfish bites!) and chef selections that lean on daily market fish and seafood.

**Old Stein Inn** ▶ – 1143 Central Avenue, Edgewater; 410-798-6807; oldstein-inn.com; Authentically German from stein to schnitzel, this south county gem has been a destination since the 1980s when Karl & Ursula Selinger emigrated from Rhineland Pfalz to open the restaurant (now run by son Mike). Today, Old Stein's outdoor biergarten is a four-season experience not to be missed. *Read our latest interview with owner Mike Selinger here:*



**Pherm Brewing Company** – 1041 MD-3, Gambrills; 443-302-2535; phermbrewing.com; It seems the west Anne Arundel County community can't get enough of

Pherm's heady brews. The young company has already expanded its footprint, doubling in size to craft delicious concoctions. The taproom features live music, open mics, trivia nights, and, sometimes, yoga sessions. Bottoms up!

**RaR Taproom** – 504 Poplar Street, Cambridge; 443-225-5664; rarbrewing.com; The flagship taproom of RaR Brewing is located in Cambridge. It's an original, from the onsite brewing to cedar top bar and local artwork—a place where gathering

with friends to share a pint is a uniquely rewarding experience.

**Jailbreak Brewing Company** – 9445 Washington Boulevard N., Ste. F, Laurel; 443-345-9699; jailbreakbrewing.com; HoCo's first production brewery, Jailbreak gained a following in Laurel and the surrounding communities for its precision crafted brews and approach to accompanying eats. The "Foodworks" side of the taproom offers a hearty menu of handhelds, flatbreads, and dry-aged meats.



# Top

## Beach/Tiki Vibes

**Big Owl Tiki Bar** – 3015 Kent Narrows Way S., Grasonville; 410-827-6523; thebigowl.com; From live music to Sunset DJ Parties, Big Owl Tiki Bar is a glorious beach bar right on the Kent Narrows just waiting for you to bring the party!

**Coconut Joe's Bar & Grill** – 48 South River Road, Edgewater; 443-837-6057; coconutjoesmd.com; Feel like you are at the beach with indoor/outdoor dining, three bars, including two tikis overlooking the South River. Make the day even better by enjoying the large sand-filled play area with a brand-new pirate ship for the kiddos.

**Foxy's Harbor Grille** – 125 Mulberry Street, St. Michaels; 410-745-4340; foxysharborgrille.com; Ready to visit paradise without a passport? Foxy's offers Caribbean-style dishes, Maryland crab-

cakes, local seafood, and more right in the St. Michaels Marina.

**Harbor Shack** – 20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net; In 2006, the plan was to create Rock Hall's go-to place for drinking, dining, and entertainment; it is safe to say this neighborhood hangout has succeeded. The Harbor Shack has one of the best views of the Rock Hall Harbor with an eclectic, fun, and upbeat atmosphere on the Upper Eastern Shore.

**The Jetty Restaurant & Dock** – 201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com; The Jetty has a packed social calendar, with live music all the time, but there is also a chance for you to get involved. Enjoy trivia night, karaoke, bingo, and so much more on the Kent Narrows.

### Lowes Wharf Bayside Grill & Tiki Bar

– 21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com; Ice cold beer, cocktails, tasty treats...is there anything else we are missing? Oh yeah! Live weekend music. See ya at Lowes Wharf soon!

### Pirate's Cove Restaurant & Dock Bar

– 4817 Riverside Drive, Galesville; 410-867-2300; piratescove-md.com; The Dock Bar at Pirate's Cove overlooks the West River with weekend entertainment, locally caught seafood specials, and a vast selection of beers, cocktails, and wine. Anyone want to join us for happy hour?

### Rams Head Dockside

– 1702 Furnace Drive, Glen Burnie; 410-590-2280; ramsheaddockside.com; Rams Heads' pub grub and delicious entrees are served in a casual roadhouse-meets-beach bar atmosphere that overlooks Furnace Creek, complete with sandy beach, picnic tables, and palm trees!

### The Sandbar at Rolphs Wharf Marina

– 1008 Rolphs Wharf Road, Chestertown; 410-778-6347; rolphswharfmarina.com; Rolphs Wharf Marina offers more than just a great place to dock the boat on the Chester River. Grab a cocktail and watch the sun set tonight with sand between your toes.

### The Shanty Beach Bar at Tolchester Marina

– 21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchestermarina.com; Want me to spill what is considered the best kept secret on the Bay? The Shanty Beach Bar with their live entertainment and mudslides holds the key.

### Snappers Waterfront Cafe

– 112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfrontcafe.com; Cambridge Creek looks great from a place where locals and tourists alike can gather and relax: Snappers! Snappers has something for everyone whether you are in the mood for local crabcakes or Jamaican-inspired seafood and chicken dishes.





## favorite

### **Ice Cream Shops**

▲ **Always Ice Cream** – Locations in Annapolis, Edgewater, Pasadena, Crofton, Severna Park, and more; [alwaysicecreamcompany.com](http://alwaysicecreamcompany.com); Downtown Annapolis locals and visitors have long enjoyed the flagship scoop shop on Main Street, and as the company's delectable, creamy creations became increasingly popular, the Cohen family grew the business into neighboring communities—and always gives back, supporting local charities. *Read our interview with the Cohens here:*



**Kilwins** – 128 Main Street, Annapolis; 410-263-2601; [kilwins.com](http://kilwins.com); There's amazing ice cream, yes... but Kilwins is much more than that with cases of handmade chocolates, candies, dipped pretzels, cookies, fudge, so on and so forth.

**Scottish Highland Creamery**  
– 103 S. Morris Street and 314

Tilghman Street, Oxford; 410-924-6298; [scottishhighlandcreamery.com](http://scottishhighlandcreamery.com); Using fresh, locally-sourced milk and cream and traditional techniques, the creamery has made each batch of ice cream by hand since its opening in 2005.

**Storm Bros. Ice Cream Factory**  
– 130 Dock Street, Annapolis; 410-263-3376; [stormbros.com](http://stormbros.com); Since 1976, this straightforward scoop shop has served strollers along Annapolis' Ego Alley. No frills, all chills ice cream flavors keep the lines long all summer long.

**Sugar Doodles Sweet Shop** – Locations in Chester, Centreville, and Chestertown; [sugardoodlesweetshop.com](http://sugardoodlesweetshop.com); Serving delicious Vanderwende Farm Creamery's ice cream, plus every imaginable topping, Sugar Doodles has become a go-to for Kent Islanders and Shore-bound visitors for sweet treats, shakes, and even healthy acai bowls.

**Beacon Waterfront Galley & Bar** – 2020 Chesapeake Harbour Drive E., Annapolis; 443-949-8456; [beaconwaterfront.com](http://beaconwaterfront.com); Located in the heart of Chesapeake Harbour's marina and surrounded by the bayfront community of the same name, Beacon is ship-shape to serve cold drinks, nibbles, steamed seafood, crabcakes, hand-helds, and filling entrees.

**Bridges on Kent Narrows** – 321 Wells Cove Road, Grasonville; 410-827-0282; [bridgesrestaurant.net](http://bridgesrestaurant.net); Water, water everywhere! The Narrows, Wells Cove, and Prospect Bay surround this peninsula restaurant that boasts indoor and outdoor seating; a robust menu of surf 'n turf selections, sandwiches, pizzas, and sweets; docking; and close proximity to multiple marinas.

**Deep Blue at Kitty Knight**  
– 14028 Augustine Herman Highway, Galena; 410-648-5200; [deepbluerestaurant.com](http://deepbluerestaurant.com); Overlooking the bustling marinas along the Sassafra River, Deep Blue offers both white tablecloth dining

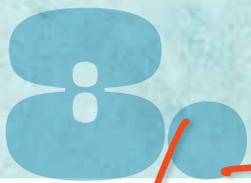
and more casual outdoor seating; perfect respite for refined palettes after a day of boating.

▼ **Harper's Waterfront** – 1107 Turkey Point Road, Edgewater; 410-798-8338; [harperswaterfront.com](http://harperswaterfront.com); Nestled between Selby Bay and Ramsay Lake just off the South River, Harper's is the go-to for coastal cuisine in this marina-packed spot. Opening in 2023, Harper's has quickly earned its reputation as a fine dining establishment with a maritime vibe and top tier service. *Read our full dining review here:*



**Osprey Point** – 20786 Rock Hall Avenue, Rock Hall; 410-639-2194; [ospreypoint.com](http://ospreypoint.com); Located in Rock Hall's protected harbor enclave, Osprey Point is near docking port and starboard, and even welcomes transient guests to their own, full-service, all-amenity marinas. The restaurant is white-tablecloth with a seasonal American menu.





# destination

## Worthy Restaurants

**Agave** – 106 Annapolis Street, Annapolis; 410-449-3980; agaverestaurants.com; Serving traditional and modern Mexican cuisine, hand-squeezed margs, and more than 100 fine tequilas to try, Agave blends upscale ethnic dishes and craft drinks within a newly renovated space that has a bright, uplifting, hacienda aesthetic.

**Akira Ramen & Izakaya** – 1417 S. Main Chapel Way, Ste. 108, Gambrills; 301-968-2182; waughchapelakiraramen.com; Served in a slick, modern dining room in which the waft of Japanese cuisine temps you to order everything on the menu, the ramen (noodle/broth based dishes) and izakaya (Japanese style pub) experience is worth trying...and repeating.

▼ **Ava's Pizzeria & Wine Bar** – Locations in St. Michaels, Cambridge, and Rehoboth Beach; avaspizzeria.com; Crisp, artisanal, brick-oven fired and deep-dish pizzas are the hallmark here, but other popular dishes include the homemade meatballs and Italian entrees. The wine and cocktail selections offer perfect pairings for every palate. *Read our recent interview with owner Chris Agharbi here:*



**Bella Italia Annapolis** – 609 Taylor Avenue, Annapolis; 410-216-6061; bellaitaliamd.com; Across Rowe Boulevard from the Navy-Marine Corps Memorial Stadium, Bella Italia draws Midshipmen,

locals, and all fans of homemade Italian cuisine served in a casual setting. Owner Lino Chiaro brought home cooking from his native Italy direct to Naptown. *Read our interview with him here:*



**Carpaccio Tuscan Kitchen / Wine Bar** – 1 Park Place, Ste. 10, Annapolis; 410-268-6569; carpacciotuscankitchen.com; Located in the uptown "piazza" at Park Place, Carpaccio offers an upscale experience with classic Italian cuisine and an expertly crafted wine list. Lunch and dinner crowds can be a who's who of townies and on gorgeous afternoons, sipping a Bellini while nibbling charcuterie on the outdoor veranda might have you second-guessing if you're in the Old World or new.

**Della Notte** – 1374 Cape St. Claire Road, Annapolis; 410-757-2919; dellanotterestaurant.com; New and exciting, Della Notte has quickly gained favor among Cape locals as the go-to restaurant for hearty Italian fare, fine drinks, and welcoming atmosphere. *Read our full dining review here:*



**Galliano Italian Restaurant & Wine Bar** ▶ – 2630 Chapel Lake Drive, Gambrills; 410-721-5522; gallianoitalianrestaurant.com; Galliano has elevated the dining scene in Gambrills/Crofton's Waugh Chapel complex with the white tablecloth, refined Italian cuisine experience. Attention to detail, from front-of-house to the line to each plate served, is a hallmark.

**Harvest Thyme Modern Kitchen & Tavern** – 1251 W. Central Avenue, Davidsonville; 443-203-6846; harvestthymetavern.com; Harvest Thyme has all the fixings of a trendy-meets-traditional, farm-to-table dining experience. The menu leans heavily on the craft and skill of the kitchen (open and visible to diners) with fine meats, seafood, and veggies expertly prepared. The wood-fired pizzas

are a hit, and you won't go thirsty from the floor-to-ceiling wine racks/selections ready to pop. *Read our full dining review here:*



**Jalapenos** – 85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com; Long revered for authentic Spanish and Mexican-influenced cuisine, Jalapenos offers upscale, full-service dining perfect for a special night out. *Read our full dining review here:*



**Jesse Jays** – 5471 Muddy Creek Road, Churchton; 240-903-8100; jessejays.com; The Latin-inspired kitchen of Chef Jesse Ramirez and talent of wife Jayleen have made one of the newer South County restaurants an absolute hit among diners eager for delicious street tacos, slow roasted meats, traditional dishes, and inspired cocktails.

**Julep Southern Kitchen & Bar** – 2207 Forest Drive, Unit 2, Annapolis; 410-571-3923; julepannapolis.com; The brainchild of owner/chef/pitmaster Bob Krohn, Julep represents an affinity for southern charm and comfort food in a refined atmosphere—think classic barbecue with, yes, a mint julep in hand. *Read our interview with Julep's pastry chef, Kate Boccanfuso here:*



**Lasang Pinoy** – 1000 Annapolis Mall, Space 187, Annapolis; 443-949-9580; lasangpinoyllc.com; New, hip, fine, and fusion begin to describe Lasang Pinoy. The eatery offers a Filipino-influenced menu with wide range of exotic flavors and comfort concoctions that nod to traditional dishes and hint at innovative concepts. *Read our interview with owners Neil and Quiza Nichols here:*





**Lime & Salt** – 8395 Piney Orchard Parkway, Odenton; 410-874-6277; limeandsalt.co; A taqueria and agave bar (that’s code for choice tacos and tequila), Lime & Salt is so much more than handhelds and rimmed glasses. With a full fleet of authentic dishes and fresh cocktails, the restaurant has garnered local acclaim and a loyal following. *Read our full dining review in this magazine on page 92.*

**Main & Market** – 914 Bay Ridge Road, Annapolis; 410-626-0388; mainandmarket.com; With a Euro-café feel and expertly prepared dishes and delights to match, Main & Market has drawn the Bay Ridge community to the eatery for more than a quarter-century. And chances are you’ve been to an event catered by them—they’ve won Best Caterer honors in the annual Best of Annapolis readers’ poll for many years. *Read our full dining review here:*



**Mamma Roma** – 8743 Piney Orchard Parkway, Odenton; 410-695-0247; mammaromas.com; Mamma Teresa rules the roost (she still takes orders front-of-house), but sons Bruno and Rino Romeo have taken over operations and the kitchen, and made this family-style restaurant one of the most comforting, authentic, and filling in the region. Odenton residents and visitors from afar can’t get enough! *Read our latest interview with here:*



**Mi Lindo Cancun Grill** – 2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com; Mi Lindo represents the dream of owner Fredy Salmoran who came to the U.S. from Mexico at age 17 in 1999. He began working in the restaurant industry and by 2016 opened his own...Mi Lindo. Today, Fredy and his sons own and operate several more Mexican restaurants, including **Senor’s Chile** locations in Edgewater, Arnold,

and Severna Park. Their success is built upon authenticity and consistently excellent food. *Read our interview with the Salmoran family here:*



**Miss Shirley’s Café** – 1 Park Place, Annapolis; 410-268-5171; missshirleys.com; Breakfast, brunch, or lunch on your mind? Miss Shirley’s epitomizes all three with a robust menu of creative dishes, which boast southern and Chesapeake influence...to the max! Skillets, chicken ‘n waffles, signature omelets and pancakes, and creative sandwiches, salads, and more are all adored! *Read our full dining review here:*



**Osteria 177** – 177 Main Street, Annapolis; 410-267-7700; osteria177.com; Owner/chef Arturo Ottaviano had a dream to bring his native Italian recipes and experience to the states and by 2006 opened

Osteria 177 on the most famed street in Annapolis. In short, the restaurant instantly elevated the restaurant scene and remains one of the finest dining experiences downtown. *Read our full dining review here:*



**The Galley** – 305 S. Talbot Street, St. Michaels; 410-200-8572; thegalleysaintmichaels.com; An annual *Best of Eastern Shore* winner for breakfast and brunch, The Galley is a locals’ favorite and visitors’ discovery, offering a hearty menu of classic a.m. cuisine, lunchtime specials, and delectable drinks. *Read our full dining review here:*



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# Home & Garden

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**A re-build of  
phoenix-like  
proportions**

**PG. 60**



# Back to the Beach

## A RE-BUILD OF PHOENIX-LIKE PROPORTIONS

By Lisa J. Gotto

**W**hen the nightmare scenario that no homeowner wants to imagine, fire, struck the vacation home of an Annapolis-area resident, the grandmother of 17 quickly counted her blessings and committed to building back as soon as possible; not wanting her family to miss one precious summer of quality time with her on the beach in Dewey, Delaware.

JoAnn DeCesaris and her large family, which includes five daughters, had been enjoying their previous summer residence located just a short distance from neighboring Rehoboth Beach since the early 2000s, until a fire reduced it to ashes in 2018.

Understandably heartbroken, the family soon rallied and resolved to re-build; the sublime location of the lot with its 80-feet of ocean waterfront and back views to Silver Lake would not be replicated any place else.



Photography by Dana Hoff





## **SMARTER DESIGN**

Having the opportunity to better accommodate her ever-growing family definitely gave DeCesaris the bright side she was looking for as she envisioned what her new home would look like and how it would work.

To help further this vision, DeCesaris reached out to someone she had heard about in the beach-home building space; Marnie Oursler of Marnie's Custom Homes of Bethany Beach, Delaware.

Oursler remarks about what those early meetings were like. Little by little, she says, she would get to meet most of the family because all of DeCesaris's five daughters and their families live on the same street in their neighborhood in Davidsonville.





“So, it was a fun build for me, because I got to know everybody, and they all would have their own room at the (new) house,” Oursler says. “Getting to know the family well always makes for a better build because it’s more personal.”

Oursler would also get to know that DeCesaris was going to be a decisive client, who understood what she had before, what she wanted to keep, and what might be advantageous for her to change.

While the new, 6,100-square-foot house did not grow larger than its predecessor in size, it would grow smarter in design and utility.

“I wanted to keep the basic layout and size of the house...and I knew how I wanted it laid out because I loved the layout of the old house,” DeCesaris explains. “But we did change quite a few things. The main level stayed pretty much the same, but I took out a fireplace and put the bar area in because we didn’t really use the fireplace.”

Bigger changes would be made upstairs for overnight visitors. “I made a couple of the bedrooms a little smaller, so that I could make five bedrooms up there.”

The home would be completed with a total of nine bedrooms—and each of those would have its own bath.

With 17 grandkids, you may be thinking the math still does not work out. However, Oursler had some answers. Three charming bunk rooms would be crafted on the main level to accommodate several sleepers at a time. And these rooms were created specifically for the siblings of each family so they could all stay together in their own personal space

One of the bunk rooms, designed to look like you’re in the cabin of a ship with porthole windows, has a custom, four-berth bed. The lower bunks are connected to the upper bunks on either side by sets of stairs that efficiently double as drawers for clothing storage.

**“GETTING TO KNOW  
THE FAMILY WELL  
ALWAYS MAKES FOR A  
BETTER BUILD BECAUSE  
IT’S MORE PERSONAL.”**



## SWEETER DREAMS

And if you're thinking that after all that customization, it is only fitting that the matriarch of this special family would have a distinctive space all her own to retire and recharge, you would be right.

Pure sand beach and ocean water can be seen from the wall of windows and sliders in DeCesaris primary suite; the sliders providing access to the private third-floor deck. As is featured throughout the home, the ceiling has a unique treatment. In this room, there's a pillowy white, pitched ceiling of shiplap boards and then white beams set on the diagonal to converge in the center. A nostalgic vintage style Gyro fan light by Minka-Aire polishes off the calming, coastal vibe.



In her adjoining private bath, a swirled palette of pastel blues converges with tile to provide all the comfort and verve of a spa in a free-flowing bath and shower room. This part of the bath is a spacious walk-in with a sand-colored, crosshatch patterned luxury tile floor running underfoot and throughout the third level.

DeCesaris says her daughters helped her with all the home's tile selections, including the two styles on the walls of what she describes as the primary bath's wet room with its free-standing soaking tub and overhead rainfall shower system.

"I just thought it was a cool idea and I could do it there. So, I did. I just wanted it all open," she says. Marnie did ask, "Don't you want to put a glass wall here?" And I said, "No, that's just more to clean. I'm just fine."

There's another relaxing soak to be had just one level above on the primary suite's open-air rooftop deck. DeCesaris loves the unobstructed view of Dewey Beach and the ocean from the propitiously placed hot tub on that level, providing another well-deserved respite for the busy matriarch.





## **BETTER WHEN THEY'RE TOGETHER**

This new home build needed to connect the DeCesaris family with a renewed sense of normalcy, and this beachfront has always been a particularly well-suited location for how this family likes to spend its time.

“We’re so fortunate on the ocean. The kids can go out in the evening and play lacrosse, or throw lacrosse balls around, or whatever they want to do,” DeCesaris says.

Outside activity notwithstanding, re-creating the home inside the four walls, and more specifically its main level living area would take what was already a good thing, and just make it better.



To start with, DeCesaris chose a beachy-white porcelain “Isla” tile from the Charm collection. It flows throughout the main level, connecting all the living spaces with an easy-to-keep-clean option that mimics the look of hardwood beautifully.

The great room, which runs perpendicular to the shoreline and is easily seen through two sets of floor-to-ceiling windows with sliders, melds a coastal-infused conversation area with an adjoining space for streaming movies or watching the big game. The two areas are visually separated by a mere color factor on the ceiling, where Marnie suggested the most subtle of ocean-inspired blues to offset the space and distinguish its individuality.

An accent wall that adorns the conversation area now presents as an attractive bar with an intriguing application of Blue Ombre mosaic tile with hints of brass from Fan Club on the backsplash.







The comfy, oversized upholstered swivel chairs are favorites of DeCesaris and were re-sourced from the same craftsman to replace the ones lost in the fire. The chunky iron and wood table is a staple from the DeCesaris family collection; retrieved from her primary home in Davidsonville.

The extra elongated couch was a cushion-less, custom design of DeCesaris' vision that she commissioned a decorator to have made. "I wanted a couch that didn't have a bunch of pillows. They all end up on the floor," she says.

The kitchen, too, presented a few opportunities to just tweak some details leaving the highly functional space with the familiar flow in which DeCesaris works best. Two faucets at the main sink became a reality—and having five grown daughters and many other hands and feet a-foot, that second faucet actually becomes a necessity.

Originally, DeCesaris says, she had an idea to paint the bottom cabinets in a light blue. "But the color didn't turn out, so we ended up with all white, which I love. I love the kitchen. So, I did a blue stove, instead."

To that she added two, blue dishwashers. And above the stove, the view to the lake would be obstructed with a standard hood vent, so Oursler suggested going with a flush, integrated ceiling range vent.

A wall of smart and stylish integration keeps the rest of the room looking streamlined and low maintenance. Inside, however, behind all those doors much organization is going on with places for all the essential daily appliances, dishes and glassware. A pantry, which her previous home did not have, was custom-built for additional food storage. Casual meals, DeCesaris says, are often enjoyed on the screened-in side porch just steps from the kitchen.

In fact, much family time happens on that porch, she says, with its proximity to the water, taking in the breeze and the view. And at the end of the day, when the summer sun sets on this coastal home with the pretty fuchsia front door, it leaves the family inside grateful for what they have been able to re-envision, and for another day back at the beach.

**AT THE END OF THE DAY, WHEN THE SUMMER SUN SETS ON THIS COASTAL HOME WITH THE PRETTY FUCHSIA FRONT DOOR, IT LEAVES THE FAMILY INSIDE GRATEFUL FOR WHAT THEY HAVE BEEN ABLE TO RE-ENVISION, AND FOR ANOTHER DAY BACK AT THE BEACH.**

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# Brilliant!

## 5 TOTALLY STEAL-ABLE BRITISH DÉCOR TRENDS

By Lisa J. Gotto

**A**lthough we have long since declared our independence from the King and Crown of Great Britain, that doesn't mean we shouldn't make note of some of their more steal-able design trends when we see them. Here are what we would like to call, our "fab five."

### LAYERED & BESPOKE LIGHTING

When we think of British interiors, often times we think of a sense of richness and luxury. One way this is achieved is through the use of a combination of ambient, task, and accent lighting that is layered throughout a room scheme.

Oftentimes a room collectively incorporates a mix of fixtures that are modern, antique, and traditional and yet they all blend together "swimmingly." A hallmark of English Country homes: no harsh lighting, as that would run counter to their sensibilities for comfort, charm, and abundance. Sensibilities many of us share, here on the other side of the pond.



Courtesy of Pooky.com



Courtesy of The London Home

### Pattern-on-Pattern Play

This is something the Brits are famous for because they see the interplay of colors and pattern as a device that adds energy to a space. Look into an English country house or urban abode and you will often see a pattern-on-pattern aspect that you probably would never think to curate. But curate they do! Whether it's upholstery, drapery, wall, or floor coverings (or a combo of all of them) the experts say you can start small with fabrics by just using a trim or border and add from there.

With upholstery, you can also consider using a pattern that is more unique or bold not on an entire chair, but perhaps on just the back and sides of a chair. This approach not only creates a visually interesting piece, it's also economical as these parts of an upholstered chair experience less wear.

Our regional location already provides us with some quint-essential concepts such as stripes, stars, and other nautical elements that we can enhance by adding complementary florals and/or even abstract patterns to lend an unexpected aspect to your design scheme.



Courtesy of thebritishhome.co.uk

## **BOTANICAL INCLINATIONS**

The very King of England, himself, is a huge fan of the natural world which is clearly seen in his country home interiors at Highgrove. Before being green was at all cool, the then ‘Prince’ Charles often championed the beauty and simplicity of plants as not only essential to our ecosystem, but as decorative elements to be coveted and enjoyed.

The natural beauty of England’s indigenous plants and blooms represented as floral patterns, botanical prints, and artworks are often used as decorative elements inside the home; cultivating a sense of the gardens they so love whether they are indoors or out.



Courtesy of pooky.com

## **Passion for Hardware**

What goes better with the soft, cozy, charming environs of the English country home? The juxtaposition of weighty, statement-making hardware. Classy, toney, and brassy make for a bold look in this British look.

Top designers in the UK are all about the advent of architectural design in hardware because it takes what can be considered mundane elements and can turn them into works of art, elevating that important connection to home we create through everyday items.

And while styles can vary widely from industrial, to vintage to contemporary, Brits have an appreciation for transformational aspect that hardware can bring to a room.



Photo by Super Snapper for Unsplash

## **A DEEP LOVE OF “COLOUR”**

Intense, deep color in all aspects of interior design is another hallmark of historical British design. This affinity for bold, rich color is associated with various cultural and artistic movements throughout its history. The reign of Queen Victoria, for instance, ushered in an era that was opulent and rich in designs that incorporated vibrant colors. Experts note that the nation’s long-standing history of cultural diversity and their climate, which can be a wee bit dreary, are additional potential influences for this passion surrounding color.

Should you choose to embrace Britain’s love of intense color, start with small elements such as lampshades, pillows, or an upholstered chair in a rich, saturated velvet. Certainly, just the furnishing in which to curl up with some Shakespeare and the quintessential “proper cuppa.” **CHEERS!**

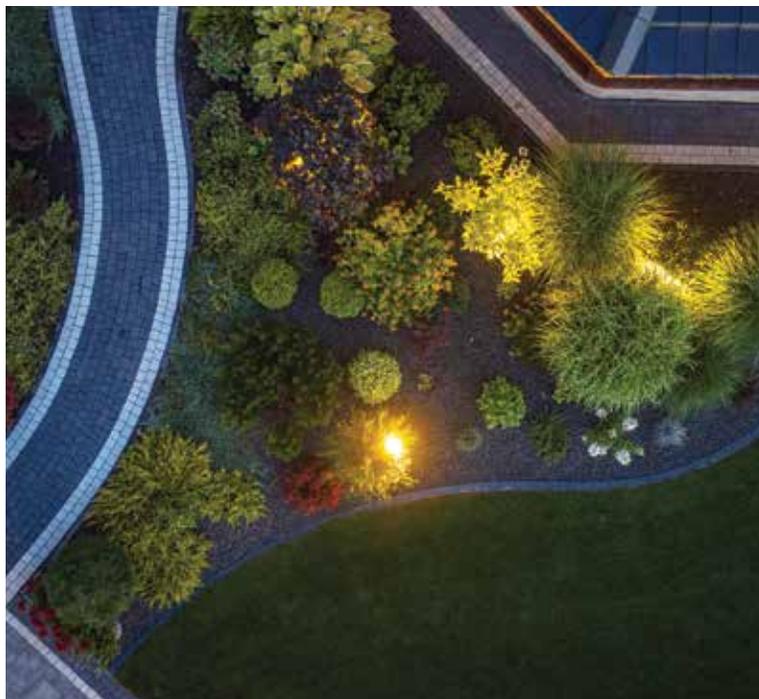
# Moonbeam Gardens

## SEEING OUR GARDENS IN A DIFFERENT LIGHT

By Janice F. Booth

**W**e're all a bit overheated now that summer has settled in. We wilt when we spend much time outside during the day, and our gardens are wilting a bit too. Don't be too frustrated. There is a fresh approach to our beloved gardens now that the heat is on. Consider the evening hours when cooler, quiet breezes waft through. Perhaps you already have a "Night Garden." Or maybe you can enhance some areas of your garden to create a garden to be enjoyed after dark.

Let's consider **(a)** the definition of a Night or Moonbeam Garden, **(b)** the advantages of gardens and gardening after dark, **(c)** how to create or enhance your evening garden's delights, and **(d)** mistakes to avoid in your Moonbeam Garden.



A Moonbeam Garden entices us out-of-doors once the sun has set. In these long days of summer heat and humidity, you may find untapped pleasures while wandering through your garden once night falls. After dark, temperatures drop, responsibilities diminish, and there is time to breathe and reflect. Your trees, flowerbeds, and paths may enhance your all-too-rare hours of reflection. It's not too late in the season to add and relocate plants for just the serene and glowing experience a Moonbeam Garden can provide.

So, you may be thinking, is it worth the effort to make changes in my garden for those few hours of evening relaxation before I tumble into bed, exhausted by the day's demands? Once you've spent an evening or two under the stars, I predict your response will be a resounding "Yes!"

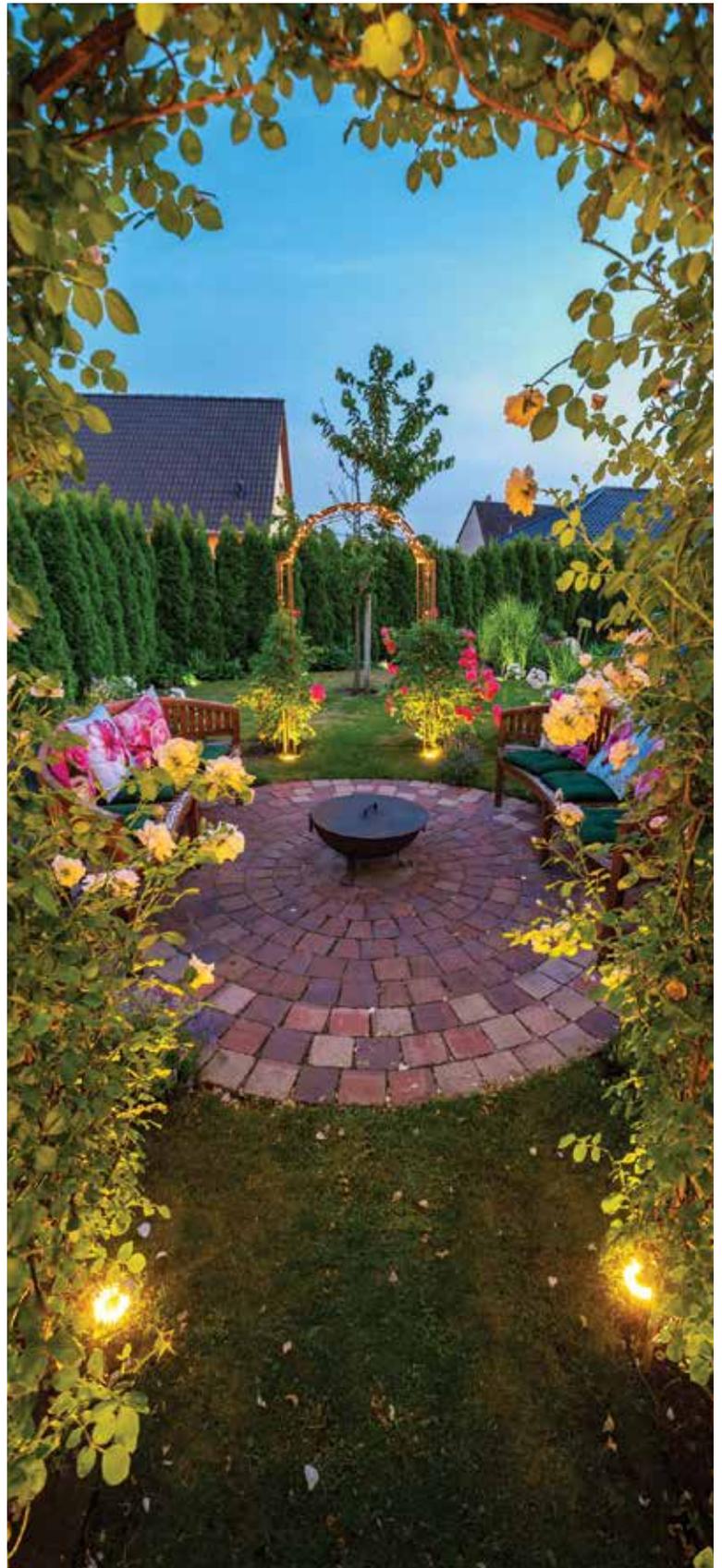


## There are three main advantages to gardening and gardens after dark:

- After a day stuck inside our air-conditioned homes and offices, we're able to step outside and enjoy the solace that nature and our gardens offer. Our Moonbeam Gardens encourage us and others to turn off the TV and the internet, and sit outdoors for a while listening and watching the natural world.

- In our gardens, under the starlight, we won't be tempted to pull those stray weeds or deadhead that brown marigold blossom. There'll be no need to worry about the tasks—small or large—that confront us in our gardens during the hours of daylight. After dark, we can enjoy our flowers, trees, and other features guilt-free, without “To-do” lists at our elbows. Or, completing some of our gardening tasks in the cool of the evening might be just the ticket for a more satisfying means of handling summer gardening chores. Even watering, at ground level, is enhanced after dark. Be sure water does not remain on leaves.

- After birds, bees, and butterflies have gone to rest, our night gardens are alive with nocturnal creatures. The frogs in their pond, the scurrying raccoon, and meandering deer may draw near. (I know...you're probably thinking, “Yes, the mosquitoes will be out there too!” True, but we can take precautions to deal with mosquitoes. And, by the way, they're pretty aggressive during the day, too.) Sitting on a bench in the moonlight may bring us closer to some of our four-legged neighbors.





**How then can we easily create a Moonbeam Garden or enhance the Night Garden portion of the gardens we have at hand? There are three elements to consider:**

**PLANTS:** Choose plants that reflect moonlight and release their fragrance and bloom after dark. For silvery foliage try Artemisa (Mugwort—too bad about that ugly name for a lovely plant), Painted Fern, Dusty Miller, and Lamb's Ears. For fragrance try the Moonflower Vine, Casa Blanca Lily, Gardenia, Night Phlox, and Star Jasmine. After dark, these beauties show off their blossoms: Angel's Trumpet, Pee Gee Hydrangea, Moonflower, Nicotiana, Night-Blooming Jasmine, Cleome, Sweet Autumn Clematis.



**ACCENTS:** In addition to plants that are evening's stand outs, we can add objects such as statues made of some white substances, perhaps a water feature if the garden doesn't have one already; the sound of moving water is particularly relaxing after dark. Small lights that twinkle or glow without filling the area with light. A quiet, electric fan set low to the ground can enhance airflow and even blow away some of those pesky bugs that nibble on us at night.

**SAFETY:** An easy way to keep our gardens safe havens is to keep the paths safe. Use white pebbles on our paths to reflect whatever light sources are available. If your garden path is pavers or concrete, buy some reflective tape and cut small strips to attach to the pavers. Trim back plants that might impinge on paths or hang low overhead. Be sure you will be able to get back indoors after enjoying the garden; don't lock yourself out of the house.

**FINALLY, HERE ARE  
A FEW CAUTIONS  
WHEN PLANNING  
AND ENJOYING OUR  
MOONBEAM GARDENS:**

- Think about your neighbors. Some of us have lots of privacy around our gardens, while some of us have neighbors' bedroom windows and patios very close to our gardens. When creating or redesigning your garden for the evening hours, think about *light and noise pollution*. Direct any garden lighting so it is low and soft. We want the moonbeams and stars to take center stage anyway.

- Be sure any *electrical outlets or equipment* is safely out of our way when we wander along the dark paths or sit on a bench or lawn chair. And, be sure that water cannot short-out your electric equipment. If our lights and pumps were a do-it-yourself project, we might bring in an electrician to check that there are no dangerous situations waiting to happen.

- Keep a *flashlight* near a favorite bench or at the garden gate. Sometimes, even in the most familiar of places, we can become confused or noises may distract or worry us. Click on that flashlight to put ourselves at ease. The small creature will scurry, and the path we were looking for will become apparent.

As the summer slips away and autumn approaches, we may find ourselves counting the hours until the sunsets and we wander again through the garden beneath the moon and stars.

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airy great room space. Crisp, clean lines are blended with the texture of a stone-front, gas fireplace which is flanked by sets of sliding glass doors on either side for easy access to the home's partially covered back deck that overlooks 116-feet of water frontage.

An architecturally enticing tray ceiling also highlights the living area of the great room which then flows effortlessly into an all-white, custom kitchen with an all-stainless steel appliance package and large, center prep island that seats three for breakfast. There's also a cozy, informal alcove with great views for the morning meal and coffee, and a formal dining area opposite the living space for gracious and effortless entertaining.

This level of the home also offers a generous guest suite with full bath and a main level office with oversized windows for plenty of natural light at the front of the home.

An enormous primary suite opens through double doors to the maximized water views from the second story. There's plenty of space here for a separate seating area and prized access to another of the home's three outdoor decks. This room is

# Every-Day Bay Living

By Lisa J. Gotto

**B**rand new and ready for waterfront adventures, this 4,100-square-foot home provides three floors of spacious living with tremendous views and state-of-the-art amenities and aspects of design.

Located on a lush lot with mature trees along Cedar Point in Shady Side, the new homeowners will enjoy views out to Kent Island, the Bay, and its famous bridge from its positioning along the West River.

A spacious open floorplan with beachy-toned, luxury vinyl planked floors in wide widths and custom molding and woodwork, offers an open and

**Primary Structure Built:** 2024

**Sold For:** \$2,000,000

**Original List Price:** \$1,995,000

**Bedrooms:** 5

**Baths:** 5 Full

**Living Space:** 4,179 Sq. Ft.

**Lot Size:** .49 acres



enhanced with crown molding and the benefits of a spacious walk-in closet. Making this personal oasis complete is a spa-like bathroom with heated floors, an extended custom tile shower, and dual vanity.

There are three additional bedrooms on this floor; one is a suite with a private bath with heated floors, and two, large guest rooms that share a Jack and Jill bath.

And just one floor above, this home offers a special bonus space called the “lighthouse room,” which has the most extraordinary of all the views out across the river and to the Bay beyond. And from here you can step out to the home’s top deck where the property’s private pier with five feet of MLW is in full view—an unforgettable experience that they lucky new owners will get to live every day.

“The seller, a repeat client, had just completed an amazing house,” says Listing Agent Reid Buckley. “We fully staged it and, with our targeted marketing, had immediate interest. We were thrilled to get an over full price offer the first day.”



**Listing Agent:** Reid Buckley, The Mr. Waterfront Team of Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org

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# South River Sunsets, Personified

By Lisa J. Gotto

**W**ow, if this property isn't a dream on the water come true, we don't know what is! South River sunsets take center stage in this 6,700-square-foot signature residence with adjacent guest cottage.

A testament to good taste is evident the moment you walk through the door of this spacious, but charming, home that is rich in architectural detail and natural light throughout.

Visitors are welcomed to an awe-inspiring entry with its gorgeous staircase ascending to an open loft above and captivating river views straight ahead from the home's main living area, which provides the ultimate in open plan living for gracious entertaining.

The all-white, traditional-style kitchen is every cook's dream with a wealth of custom cabinetry throughout, some with glass fronts. The space is highlighted with gorgeous wood trim treatments and two center islands; one a prep island with sink and a warm, butcherblock top, and the other topped with iconic Danby marble that offers breakfast seating and additional storage options. Professional grade appliances live throughout, and this room's natural light and water views make this space as beautiful as it is functional.

**Primary  
Structure  
Built:** 1998

**Sold For:**  
\$6,000,000

**Original  
List Price:**  
\$5,995,000

**Bedrooms:**  
5

**Baths:** 4  
Full, 2 Half

**Living  
Space:** 6,711  
Sq. Ft.

**Lot Size:**  
1.24 acres

The kitchen opens to a panorama of views flowing from the adjacent breakfast room and a sunken extended seating area with fireplace and custom built-ins flanking each side. A charming, upholstered window seat runs the length of six, large vertical windows, perfect for daydreaming or night reading.

This level also features a formal living room with another wood-burning fireplace with built-ins and extended window seating, a formal dining room for special celebrations, and a first-floor guest suite that provides the convenience of aging in place when necessary.

Upstairs, the primary suite is spacious and dreamy with majestic views to the water, a separate work-out space, an incredible walk-in closet with gorgeous built-ins, and a bright, white, and beachy primary bath with a marble-topped dual vanity, soaking tub, and attractive wainscoting treatment.

Two additional bedrooms with enchanting water views that share a bath are located on this level.

The lower level of the home provides just one of the on-site options for family fun time with its large, informal gathering space, perfect for movie night.

Outdoors, the residence offers a generous pool and patio area overlooking the river. The property's private pier will no doubt be the staging area for many a South River excursion.



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# Health & Beauty

**82** FOCUS ON FUNCTIONAL FITNESS

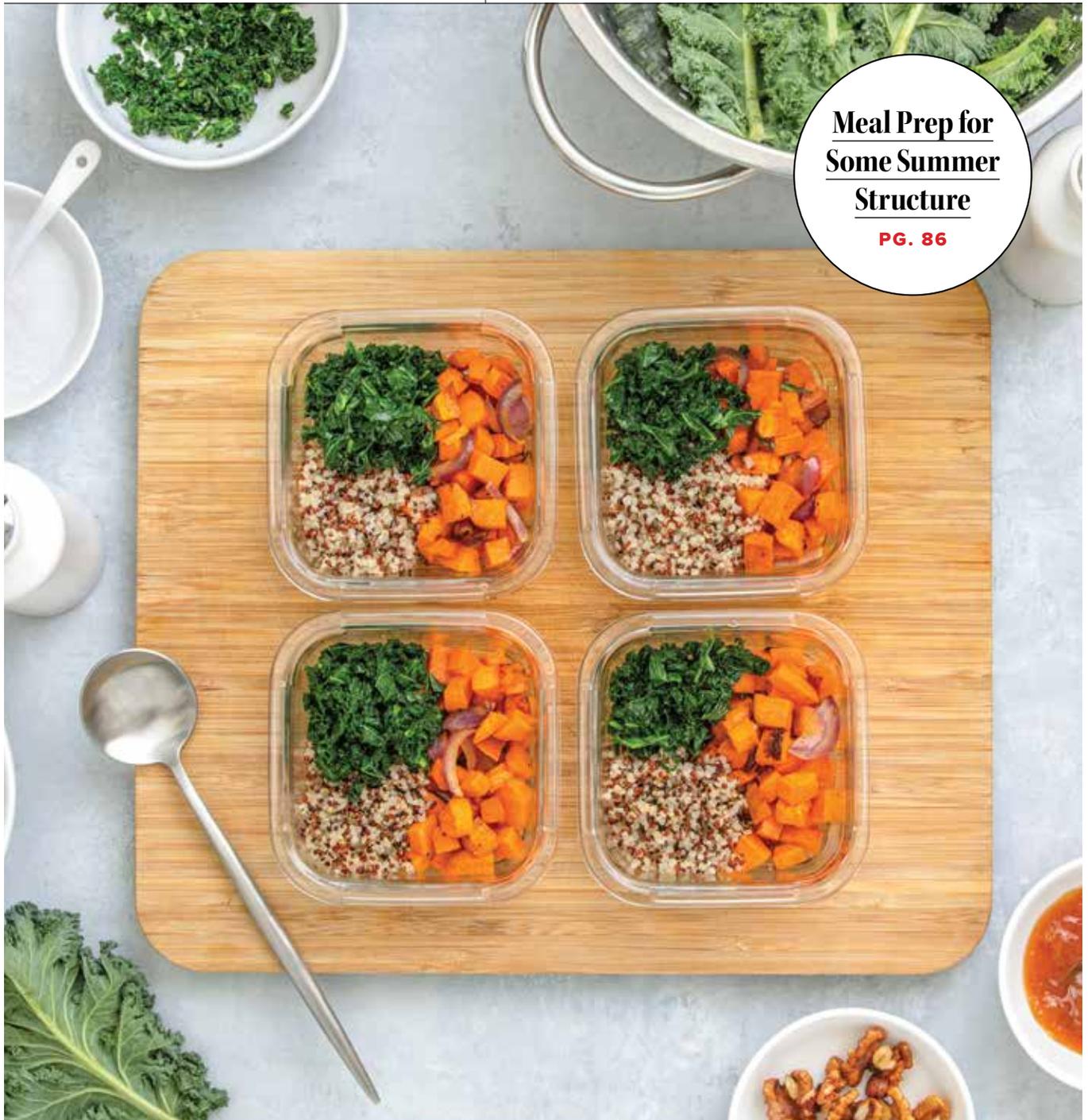
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**Meal Prep for  
Some Summer  
Structure**

**PG. 86**



# Focus on Functional Fitness

By Dylan Roche

**A**dopting a fitness routine can be challenging—there’s a lot to learn and a lot to plan. Having goals keeps you motivated, but what happens when your goals end up being harder to achieve than you expected?

In the case of functional fitness, the goal isn’t necessarily about weighing a certain amount or looking a certain way. Instead, functional fitness puts the emphasis on, well, function. It’s all about training your body to do what it needs to do in daily life.

Like any other exercise plan, functional fitness routines vary, but most of them focus on movements you would use in the real world: Think squatting, pulling, pushing, bending, climbing, or running. By engaging in these activities, you can still reap the benefits of exercise, such as reduced joint pain, better protection from injuries, improved mobility, and better maintenance of strength throughout your entire life.

Functional fitness helps you prepare to carry a heavy suitcase, pull a cumbersome object down from a shelf, climb a flight of stairs, or do any number of things you ideally want to be ready to do at a moment’s notice.

The other benefit of functional fitness? You don’t have to worry about much fancy equipment. Dumbbells, kettlebells, or bands can add resistance to certain moves, but using your bodyweight is often sufficient. Focus on movements that target major muscle groups, such as squats, lunges, pushups, and planks.



Finally, remember that functional fitness adapts to your abilities and your situation. Use functional fitness movements to build up your mobility for a more aggressive training regimen, recover from an injury, or take your routine with you on vacation.

Check out the sidebar for a list of movements and activities that can give you a full-body workout and improve your function in everyday life.

**LIKE ANY OTHER EXERCISE PLAN, FUNCTIONAL FITNESS ROUTINES VARY, BUT MOST OF THEM FOCUS ON MOVEMENTS YOU WOULD USE IN THE REAL WORLD**

## TOP 12 FUNCTIONAL FITNESS EXERCISES

- ◆ Pushups
- ◆ Chin-Ups
- ◆ Burpees
- ◆ Squats
- ◆ Lunges
- ◆ Box Jumps
- ◆ Russian Twists
- ◆ Planks
- ◆ Mountain Climbers
- ◆ Jumping Jacks
- ◆ Farmers Walk
- ◆ Wall Sits

# Kicking Caffeine to the Curb

## 5 WAYS TO BOOST ENERGY WITHOUT IT

By Dylan Roche

**C**lassify caffeine within the “Yes, there can be too much of a good thing” category. While it’s true caffeine can provide the stimulation you need to perk you up and get you through a busy day, caffeine has plenty of negative side effects when you consume too much. Is it any wonder many people are second guessing their caffeine habit and trying to figure out alternate ways of getting energy?

This isn’t to suggest that caffeine is bad for you—the Mayo Clinic says it’s safe for most adults to have up to 400 milligrams of caffeine per day, the amount you would get from 4 cups of brewed coffee. But when you go over that amount, you could suffer restlessness, an increased heart rate, and nausea. If you consume that caffeine too late in the day, it could even set you up for trouble sleeping at night, which in turns affects your energy levels the next day.



**SO, IF YOU FIND YOURSELF LAGGING DURING THE DAY, DON'T DEFAULT TO POURING YOURSELF ANOTHER CUP OF COFFEE. INSTEAD, CONSIDER ONE OF THESE FIVE NATURAL RESOLUTIONS TO YOUR LOW ENERGY LEVELS:**

**1. HAVE A NUTRITIOUS SNACK.** Poor nutrition could have a lot to do with feelings of sluggishness. A deficiency in vitamins and minerals deprives your body of what it needs to perform various functions, and too many refined carbohydrates (e.g. high-sugar foods) could leave you crashing after a short-term high. Instead, you should focus on complex carbohydrates, such as oatmeal or whole wheat bread, to provide long-lasting, sustained energy. B Vitamins and zinc can help your body convert food into energy, and iron helps create blood cells that carry oxygen all over your body.

**2. STEP OUTSIDE.** Getting some fresh air and sunshine, even for just a few minutes, will lift your mood and rejuvenate you. Many studies have linked being in natural surroundings to decreased stress levels, deeper breathing, and improved mood. Although stepping outside for a few minutes won't be a replacement for a good night's sleep, it can lift you up after you've spent too much time breathing stale air in a windowless room.

**3. ENGAGE IN SOME LIGHT PHYSICAL ACTIVITY.** A good workout helps energize you, but you don't even have to do anything intense to reap some of the benefits. Light physical activity to break up the monotony of the day, such as a lap around the parking lot of your office building, can release endorphins to make you feel good. You'll also increase your heart rate and your

breathing, which will help deliver more oxygen all over your body. Finally, even light physical activity has been shown to prompt our bodies to produce norepinephrine, a chemical that makes you feel awake and alert.

**4. STAY HYDRATED.** Are you tired or are you just dehydrated? One of the first symptoms of dehydration is fatigue—and if you're waiting until you feel thirsty to pour yourself a glass of water, you may be too late. Sipping on water at a slow but steady rate is the best way to ensure you're staying hydrated without overdoing it. Aim for 6 to 8 glasses per day, or if you want to be more specific in your amount, consume approximately 1 ounce of water per pound of bodyweight.

**5. TAKE A POWER NAP.** Of course, this will depend on the demands of your lifestyle. Some people may not be able to get a nap until they get home from work at the end of the day, which could either rejuvenate them enough to get through a busy evening or disturb their sleep cycle later that night. If you have the option of taking a nap when you're feeling fatigued, go for it. Stick to 20 minutes, which gives you enough to reap the restorative effects without entering such a deep phase of sleep that you'll feel groggy when you wake up. Avoid napping within six hours of when you plan to go to sleep for the night or else you could end up interfering with your sleep cycle.

# 4 Ways to Fall Asleep Faster

By Dylan Roche

**A**mericans aren't sleeping too well. A Gallup poll released in April revealed only 26 percent of adults said they got the recommended eight hours of sleep, and 20 percent said they were getting five hours or less on most nights.

That's not good, because the health benefits of sleep are well documented. Proper rest improves your immune system, reduces stress levels, reduces risk of chronic disease, and provides you the energy you need to perform your best through the day.

Lack of sleep can affect your productivity and your performance at work and school, and it's associated with obesity, type 2 diabetes, and poor mental health.

Sleep experts say most healthy adults should fall asleep within 10 minutes. If you've been trying for longer than 20 minutes, past wisdom used to be that you should get up and do something relaxing until you feel tired. That doesn't always work though.

**ON THOSE OCCASIONS, HERE ARE FOUR WAYS YOU CAN LULL YOUR BODY INTO SLUMBER:**

## **1. TELL YOURSELF YOU'RE NOT GOING TO FALL ASLEEP.**

It sounds counterproductive, but telling yourself *not* to fall asleep could end up putting you to sleep pretty quickly. This is a psychological therapeutic technique called paradoxical intention, in which you are supposed to face your worst fear. Instead of telling yourself, "I need to fall asleep," you tell yourself, "I am not going to sleep. I am going to stay awake all night." Lie still with your eyes open. If your body is tired, you'll eventually find it hard to keep your eyes open for long.



## **2. RELAX ONE MUSCLE GROUP AT A TIME.**

Lying in bed shouldn't be an activity where we're tense. But if you're forcing yourself to fall asleep, it's hard *not* to be tense. This can make sleep even more elusive, unless we find a way to relax ourselves. Focus on one major muscle group at a time, working your way from your neck all the way down to your feet.

To release tension and relax your muscles, tense the muscle as you count backward from 10. Then relax the muscle, taking several deep breaths as you do. Repeat as needed until the muscle is completely relaxed before moving on. Relaxing your muscles one by one in this way helps most people achieve sleep before they've even worked their way through every major muscle group.

## **3. ENGAGE IN DEEP BREATHING.**

Try this deep breathing exercise that uses the same principle as counting sheep—by engaging in some mindless counting, you can distract your brain enough that

it is able to relax. This is especially good if you think your sleeplessness is caused by having a lot on your mind.

Remember the numbers 4-7-8. Start by inhaling slowly for four seconds. Then hold your breath for seven seconds before exhaling slowly over the course of eight seconds. Repeat this exercise until you've relaxed your mind enough to find sleep.

## **4. THINK OF GUIDED IMAGERY.**

Guided imagery requires you to picture a serene setting in your mind that will relax you—a tranquil lakeside, a snowy forest, or a flowery hillside, for example. Take slow, deep breaths as you focus on each one of the sensory details in this scene. Imagine everything you would see around you, what sounds you might hear, and what you might feel. As you focus on each detail one by one, imagine the stress leaving your body as you exhale your deep breaths. You could imagine this guided imagery on your own, or you could try a recording (search for a free one online) that can direct your thoughts.

WHAT'S UP? MEDIA

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# Meal Prep for Some Summer Structure

By Dylan Roche

**F**or being a season associated with vacations and relaxation, does it ever feel like summer gets a little bit...hectic? You're not in the same routine you're in for the rest of the year, and trying to find structure for your day can feel impossible, whether you're coordinating childcare while the kids are

on break from school, pulling double duty at work while a co-worker is on vacation, or simply spending long days at the pool and coming home exhausted.

The first thing you might sacrifice is healthy eating. After all, takeout is easier, right?

Instead of pulling up your favorite delivery app on your phone, stop and consider this: Meal prepping could save you time and money while bringing your entire household together to share in the joy of good nutrition.

## WHY MEAL PREP?

Most people rely on meal prep—the practice of preparing meals ahead of time—to ensure they have something

nutritious to eat for every meal despite how busy their lives can get. And if summer is feeling a little too busy to figure out meals in the moment, then consider these five noteworthy benefits of meal prep:

**1. Meal prep saves you time.** By preparing and portioning meals ahead of time, all you have to do is heat and eat later. No more dedicating a half hour or even an hour to fixing something when you walk in the door. Plus, you have far fewer dishes to wash.

**2. Meal prep is less expensive than takeout.** Ordering something from even a fast-casual restaurant these days can cost somewhere between \$10

and \$20 per person. With that amount of money, you could buy groceries and prepare lunches for the entire week. Plus, you'll be generating a lot less waste.

### 3. Meal prep helps you make healthier choices.

When you meal prep, you're making something with ingredients you control, so you don't have to worry about the excess fat, sodium, or sugar you could get from takeout. You can focus on whole grains, fresh vegetables and fruits, low-fat dairy, and lean protein.

### 4. Meal prep reduces decision fatigue.

Trying to figure out what to make for lunch or dinner in the moment gets overwhelming. It's one more choice you have to make throughout the day when you're already worried about so much else. Meal prep allows you to plan out the menu ahead of time and portion out those meals for thought-free enjoyment later. Lunch and dinner are already made and waiting for you when you want them.

### 5. Meal prep can be a fun bonding activity.

The only downside of meal prep is that even though you're saving time throughout the week, you have to set aside a longer period of time—usually on the weekend—to figure out when you're going to make everything. If you collaborate on meal prep with your partner, kids, roommate, or a friend, it becomes a bonding activity where you're able to explore new recipes and discuss nutritious choices together.

## SO, HOW DO I DO IT?

The great thing about meal prep is there's no one-size-fits-all rule as to how you approach it. You can tailor meal prep to fit your lifestyle. Want to cook a week in advance? Go for it! Is it easier to take it two or three days at a time? You can do that too!

HERE ARE COMMON APPROACHES TO MEAL PREP, AND SOME SUGGESTIONS ON HOW YOU CAN MAKE IT BEST FIT YOUR NEEDS:



Cook a large batch of a dish and portion it out in Tupperware containers—this works especially well for casseroles and similar style dishes. One batch might make enough for a dozen meals, or even more if you double it. You can even freeze some portions for longer-term storage.



Focus on the meals that are the most stressful. There's no need to meal prep for every single meal, especially if dinner, for example, is never a problem but breakfast always seems like an inconvenience as you're trying to get out the door in the morning. Prep the meals that you need to and forget about the ones you don't.

Focus on preparing ingredients that you can use later. Not everyone is a fan of leftover-style pre-portioned meals, but you can always chop a week's worth of vegetables, roast and shred chicken, cook a large pot of pasta or rice, and even whisk together dressings or sauces during your meal prep time. Then it's easy enough to throw everything together when you're ready to eat.



Remember snacks! Portioning out favorite midday bites can be helpful, especially if your kids are home and endlessly hungry. Baggies of apple slices or grapes, washed and cut carrots or cucumber, or tiny containers of trail mix are all great options.

# Try the “5 Senses” Approach to Stress Relief

**PLUS, 4 MORE WAYS TO  
STOP WORRYING SO MUCH**

By Dylan Roche

**A**re my kids safe right now?” “How am I going to afford that big car repair?” “Will I be able to make this deadline for work?”

Sometimes it can feel as if your daily thoughts are just a series of one worry after another. Maybe some of those worries are about things that are within your control. Maybe some of them are things you have no control over at all. Regardless of whether they are justified worries or not, it just gets overwhelming. You feel as if you’re worrying way too much—and you don’t know how to make it stop!

The reality is you’re not alone. Practically everyone worries. Worrying can be a good thing in a healthy amount, because it indicates that you care about what’s happening to you. Your care or interest is what keeps you motivated and gets you to tackle problems.

The problem is that many of us don’t even realize we’re conflating our healthy worrying with our unhealthy worrying. People start to perceive their constant worrying as positive, because it



**THE NEXT TIME YOU  
HAVE A WORRISOME  
THOUGHT, STOP  
AND ASK YOURSELF  
THESE QUESTIONS:**

- ◆ Is this worry about something I can control with tangible, practical steps?
- ◆ Is this worry so great that it’s distracting me from what I’m doing right now?
- ◆ Is this worry affecting the way I treat those around me?

If you answered *no*, yes, yes to those questions, you’re looking at an unhealthy form of worrying.

empowers them to control as much as they can. What they don’t realize is that too much worry affects their daily function and their relationships.

The Mayo Clinic explains that excessive worrying can manifest itself in such symptoms as fatigue, irritability, restlessness, appetite changes, and even poor concentration or lack of focus.

So, what are you supposed to do about it? Dealing with worry can be a short- or long-term resolution. Catching yourself with an overwhelming worry in the moment requires you to shake off that negative thinking so you can focus on what you need to do during the day. Over time, you want to reduce these overall instances so that worry isn’t your default mental state.

**WHEN YOU FIND YOURSELF WORRYING ABOUT SOMETHING IN THE MOMENT, TRY TO SHAKE IT OFF BY FOCUSING ON YOUR FIVE SENSES:**

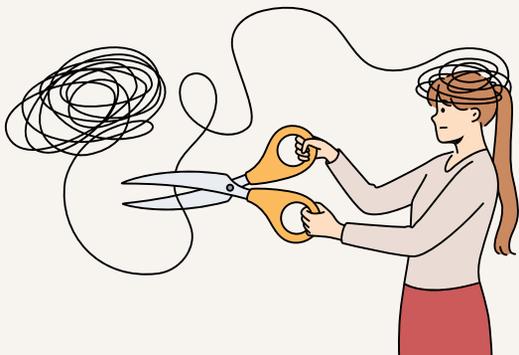
**5 things you can see:** Identify objects or people immediately around you, whether they are loved ones, buildings, trees, animals, cars, or furniture.

**4 things you can feel:** You might be able to feel something with your fingertips, such as the texture of nearby furniture, or something in the atmosphere, such as the warmth of the sunshine on your face.

**3 things you can hear:** Listen and name three sounds. They might be obvious, such as the song playing on the radio, or more atmospheric, such as the hum of your air conditioner or the clack of a coworker typing at the computer.

**2 things you can smell:** Take a deep breath and try to name what's in the air around you. Is it the scent of freshly cut grass? A candle? A cleaning product?

**1 thing you can taste:** Finally, identify what taste is in your mouth. It could be the after-flavor of lunch you just finished, the coffee you're drinking, or the mouthwash you just gargled.



The Mayo Clinic encourages this exercise because focusing on sensory elements like these takes your mind off whatever it is that's consuming you and brings you back to the here and now. It grounds you in your present time and location. Once you've interrupted your unhealthy thought pattern, it's easier to stay away from it, at least temporarily.

Over the long term, you need to figure out how you're going to minimize your worrying so that you don't have to engage in this exercise regularly. A few steps that experts recommend are:

**1. Scheduling time to worry:** This sounds like an unusual approach, but studies with Penn State University found it helped test subjects get their worry under control in less than a month. Set a designated appointment with yourself when you're allowed to worry—for example, 10 minutes at the beginning of the day. By giving yourself this specific time to worry, you can keep it from consuming your entire day.

**2. Journal about your worries:** Take a chance to write down your worries. Seeing them on paper can help you rethink them and put them in perspective. After you've written them down, list the actionable steps you can take to address those worries.

**3. Get physical activity:** Worrying can sometimes be a manifestation of our excess energy. By getting plenty of exercise, we not only get distraction from whatever it is that bothers us, but we also reaffirm our own abilities and release endorphins, leaving us empowered to solve our problems.

**4. Talk to someone:** In some cases, you might be able to talk through your worries with a friend or a family member who can offer advice and support. In other situations, it may be more appropriate to seek professional counseling with a licensed therapist who can teach you positive coping mechanisms.

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**BEST OF CENTRAL MARYLAND 2024**

# Food & Dining

92 FIESTA OF FLAVOR

94 SAVOR THE CHESAPEAKE

Traditional Mexico  
City regional dishes  
are Lime & Salt's  
specialty.



# Fiesta of Flavor

By James Houck

**A** couple years ago, Lime & Salt opened in a nondescript, small shopping plaza in the heart of Odenton and quickly gave the location life. Occupying an end unit with a corner pocket of outdoor patio space, the Mexican restaurant has become quite popular among locals, especially the vast Piney Orchard community. Quite simply, folks are happy to enjoy traditionally-prepared cuisine with vibrant drinks served in a comfortable, engaging atmosphere. And that, friends, was my immediate takeaway from a recent visit on an early-summer evening.

Through a few spits of rain during a quick drive into Odenton, my dinner party (wife and son for this trip) arrived at Lime & Salt at about 5 p.m. on a Thursday and had the choice of indoor or outdoor seating. We stayed indoors, being wary of the weather. The atmosphere was active with patrons starting to fill out the spaces, which includes a full bar with seating, stocked with select tequilas, mezcal, and agave. The décor is tame with hints of Mexican influence—a decoratively painted wall near the open kitchen stands out with patterns that mimic tile. Rust, earthtone, cream, and black colors dominate the other visuals, from floor to

**FROM THE MOMENT WE WALKED INTO THE RESTAURANT, WE FELT COMFORTABLE AND, FURTHERMORE, HAD A HUNCH THAT EXCELLENT, AUTHENTIC MEXICAN CUISINE MUST LIVE HERE.**



## LIME & SALT

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tabletop to ceiling. And there's a few bovine skulls adorning walls, reminding you that it's a taqueria you're about the experience.

We had the pleasure of Jennifer serving us this dinner, and she was fantastic with her answers to our questions and recommendations. She took time explaining options, ingredients, and standout

dishes and drinks. House nachos and salsa are a palate pleasure from the get-go, and we amped-up our nibbles by ordering homemade guacamole and a zesty queso. The trio of salsa/guac/queso was a great start to dinner; fresh, fun, and filling.

Appetizer options include taquitos, flautas, loaded nachos, ceviche, traditional soups, quesadillas (however you like them—with chicken, steak, shrimp, carnitas, etc.), and a couple unique takes: Chesapeake-style guacamole with lump crab, and jalapollos (chicken stuffed peppers).

And what visit to a self-described taqueria and agave bar would be complete without a craft margarita? Jennifer steered me to the 8395 House marg with hibiscus. The tequila used is marinated with several peppers, which gives the drink a noticeable kick of spice. I enjoy “spicy hot.” So, I loved this drink. There are several refined margarita and cocktail options, all with well-curated liquors and ingredients. Choosing wisely is rather easy, and the menu labels which choices are spicy.

We went straight to main courses, having no difficulty finding dishes that spoke to us. Among the fleet of taco offerings, which includes “street” and “house” style selections, I chose Lengua—beef tongue with a verde salsa, cilantro, and onion—to get a taste of Lime & Salt’s take on the traditional dish. My other selection was an entrée of Mole Enchiladas. My wife ordered Fajitas “Agape”—with chicken, steak, and shrimp. And for the boy—a Chicken Taco and side of French fries (Lime & Salt smartly knows that nine-year-olds tend to gravitate to fries versus refried beans).

Beef tongue in a taco makes sense. The meat has the full beef flavor, but the texture is soft, unctuous—an almost melt-in-your-mouth feel. Within the fold of a soft corn tortilla, it felt and tasted delicious. The complementary ingredients enhanced the taco without overpowering the meaty taste. A fine example of the tacos that Lime & Salt puts together.

But what really makes me sing praise for this restaurant is their mole sauce, which drenched the chicken enchiladas. It was stunningly good. I’m a sucker for mole sauce. See it on a menu, any menu...I order it. This sauce is house made with about seven different chilis, nuts, and chocolate. And cinnamon. To my taste



buds, the touch of cinnamon put this sauce over the top. Incredibly delicious. The enchiladas themselves were simple. Just seasoned, grilled chicken inside corn tortillas. No extra, filling cheese. The sauce took care of this entrée, served with rice and refried beans for sides.

My wife would agree that the best things enjoyed in life—in this case, dinner—are sometimes the simplest. Such is the case with fajitas. Grilled meats, peppers, and onion slivers served sizzling hot on a cast-iron platter with accompanying toppings (salsa, guac, sour cream), all to stuff into warm flour tortillas (which have that super soft texture, different than corn-based), are straightforward ingredients prepared simply and enjoyed easily. Plump morsels of chicken, beef, and shrimp were perfect for mixing and matching into custom, little handholds. She enjoyed them so much that not a bite was left to take home. And our son cleaned his plate. More evidence that what Lime & Salt is doing in the kitchen is working quite well!

We eschewed a sweet ending. But judging from the available desserts of Pastel Tres Leches, Mayan Chocolate Cake, Fried Ice Cream, and Churros, we won’t make that mistake on our next visit.

From the moment we walked into the restaurant, we felt comfortable and, furthermore, had a hunch that excellent, authentic Mexican cuisine must live here. We left Lime & Salt satisfied that every bite, every sip, and every touchpoint of service—from front-of-house to back—lived up to those expectations...and then some.



# Savor the Chesapeake

## RESTAURANT NEWS AND CULINARY TRENDS THROUGHOUT THE CHESAPEAKE BAY REGION

By Megan Kotelchuck

**W**e have nothing but positive things to say about the restaurant industry this month, which is always exciting to announce. Our dining options are expanding while chefs are getting promotions and awards—what more could you ask for in our community? And, Happy Independence Day! I can think of a couple ways to celebrate...

### ON THE DINING SCENE...

One of our favorite grab-and-go barbecue joints has expanded! At the beginning of March, **Bayside Bull** opened a second location in Lothian. At 5078 Solomons Island Road, enjoy the same pit beef, sliced turkey, homestyle potato salad, and more that we love from the Edgewater location. Grab a sandwich for dinner or catering for your next big event! Find more catering information and menu at [baysidebull.com](http://baysidebull.com).



**Atlas Restaurant Group** recently announced that two restaurants will be taking over the space that currently houses Pusser's Caribbean Grille at the Annapolis Waterfront Hotel. Marmo, an Italian restaurant, and Armada, a Mexican cantina are planning to open summer 2025. Each restaurant will have its own charm. Marmo will have an extensive wine list from Italy's renowned vineyards as well as a second story terrace bar. Atlas will also take over the hotel's catering and room service, as well as adding a large banquet area capable of hosting 350 guests. Pusser's will continue to occupy the space until November 2024.

Good vibes are coming to Gambrills soon! **Mucho Gusto** is opening in Waugh Chapel. Mucho Gusto is a Mexican restaurant and craft cocktail bar which also has locations in Bel Air and Towson. The restaurant will have live music, small plates, food, and drinks prepared with local ingredients and with a goal to support other local businesses. Find more information, a full menu, and live music schedules at [muchogustogroup.com](http://muchogustogroup.com).

It's no secret that some of the best bagels in Annapolis are **Naval Bagels**, and now, you won't need to go into Annapolis for a breakfast bite. Keep an eye out at 3139 Solomon's Island Road in Edgewater for your smear of the day. The bagel options are endless: Sesame, Garlic, Spinach, Jalapeno, and, of course, Old Bay bagels are available with cream cheeses in Old Bay, jalapeno, olive, walnut raisin, and more fun flavors. Find more information at [navalbagels.com](http://navalbagels.com).

## Red, White, & Booze...

The celebration of the summer is here, and a cocktail and barbeque are the ways to celebrate! Enjoy the fireworks with an Independence Day Sangria or with a Firecracker!

### INDEPENDENCE DAY SANGRIA

#### Ingredients

16 ounces Strawberries  
12 ounces Blueberries  
1 Lime, juiced  
1 teaspoon Sugar  
750 mL White Wine  
1 L Sparkling Water  
1/4 cup Orange Liqueur  
Orange Slice for Garnish

#### Instructions

Slice strawberries and add to a large pitcher. Add blueberries and lime juice. Sprinkle with sugar. Let sit for about 10 minutes so the strawberries release their juices. Stir in wine and triple sec. Cover and refrigerate for at least four hours or up to 24 hours. When ready to serve, stir in chilled sparkling water or club soda. Serve chilled or over ice. Enjoy! *Recipe courtesy of [blog.memeinge.com](http://blog.memeinge.com).*

### FIRECRACKER

#### Ingredients

2 1-inch cubed Watermelon Chunks  
1.5 ounces Aged Rum  
1/2 ounce Triple Sec  
1/2 ounce Lime Juice  
1/2 ounce Simple Syrup  
1/6 teaspoon Cayenne Pepper

#### Instructions

In a mixing glass, muddle the watermelon. Add remaining ingredients and ice and shake until well-chilled. Strain into a cocktail glass. Garnish with a lime wedge. *Recipe courtesy of [liquor.com](http://liquor.com).*

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# Where's Wilma?

**FIND WILMA AND WIN!**

The Spirit of St. Wilma will be flying high this July! Our faithful pilot mascot, Wilma, loves to visit the many towns and cities that dot the Chesapeake Bay region during the summer months. And during July, she gets to experience local fireworks, parades, events, retail shops, restaurants, services, and culture of these many great places. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Joseph E.** of Bowie, who won a \$50 gift certificate to a local restaurant/business.

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