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H

appy New Year! Twenty-five to be exact since the turn of the millennium. Wild to think that we're already a quarter into this century, too. Where, oh where, does the time go?

Thinking back...

All those many, many moons ago, as the stroke of midnight approached the year 2000, many of my friends were celebrating in style at various clubs, concerts, and parties that 20-something-year-olds typically enjoy. I was not (though I was certainly envious).

My night was spent packing clothing, belongings, and books for a study abroad semester in the Dolomites of Italy, during what was my junior year of college. I had a plane trip the next day across the Atlantic—a nice tradeoff to the hangovers that, I'm certain, my friends woke up with. But it took a peculiar path for me to finally step foot in the Old World, for an education experience unlike any other.

First, I wouldn't have studied abroad had I not chased a girl I thought I loved. She was accepted into the program before I even knew of it, and said she'd be away for a whole semester. Cue my hot pursuit of studying abroad. I wouldn't have fallen for her—even met her—had I not gone to my first choice for college. And I wouldn't have gotten into that particular college if not for the amazing private high school I attended, in Annapolis, prior to it all. The college prep and guidance were instrumental to my development...so on and so forth.

MAKING THE RIGHT SCHOOL SELECTION IS PARAMOUNT TO BUILDING A FOUNDATION FOR LIFELONG PERSONAL DEVELOPMENT, MEMORABLE EXPERIENCES, AND PROUD ACCOMPLISHMENTS.

P.S. There's plenty more in this issue for readers not particularly interested in private schools. We have pieces on the Invasive Blue Catfish, Maryland's Poet Laureates, the Washington Capitals, Polar Bear Plunge, Dinner Parties, dining out, and the Best of 2025 voting officially opens!

Yes, I'm making an unconventional link to the importance of childhood education—high school, middle, elementary—and how making the right school selection is paramount to building a foundation for lifelong personal development, memorable experiences, and proud accomplishments. One step always leads to another.

If you're leaning toward private school for your children, there's a lot of homework that goes into the evaluation and selection process. And we've done a bit of that work for you. In "Best in Class: 2025 Private School Guide," more than 80 regional private school profiles include costs, philosophies, enrollment numbers, program offerings, and much more to help steer your decision-making. A few

schools are more than a century established, while others are newly founded. It's actually pretty neat to compare them, side-by-side, so easily. Of course, this guide only serves as a first step in the long game of one's school choices, full education, and adjacent endeavors.

As for Italy, college, and ancient flames. Studying abroad was amazing. We graduated. She dumped me. Instead of remaining in our college town, I decided to return home, here in Chesapeake country, where I picked up a part-time job as an editorial assistant with What's Up? Media. A couple of years later, I met my future wife, and we began dating—*now* 22 years ago.

Cheers to making good decisions in the year ahead!

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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

Polar Bear
Plunge

PG. 8





Photography by Steve Ruark

POLAR BEAR PLUNGE

One of the most-anticipated Maryland traditions closes out January. Plunge into the icy waters of the Chesapeake Bay to raise money for Special Olympics Maryland. There are plenty of special plunges leading up to the official plunge on February 1st at Sandy Point State Park. The Cool Schools plunges will take place on January 29th and 30th, the Police Plunge will be on January 31st, Corporate Plunge on January 31st, and, of course, the Super Plunge (can you handle plunging 24 times in 24 hours?). Push yourself to the limit while raising money for Special Olympics Maryland. Sign up at plungemd.com.

CHESAPEAKE BAY BOAT SHOW

Over 30 Maryland boat dealers with new boats, marine equipment, sportfishing boats, performance boats, ski boats, cruisers, and more will be at the 4th Annual Chesapeake Bay Boat Show on January 10th through 12th at the Maryland State Fairgrounds. Enjoy entertainment, food, beverages, educational seminars, and plenty of vendors throughout the weekend. Find more information at thechesapeakebayboatshow.com.



Dr. Martin Luther King, Jr. Awards Dinner

On January 15th, the 37th Annual Dr. Martin Luther King, Jr. Awards Dinner will be at Maryland Live in Hanover, hosted by The Martin Luther King, Jr. Committee of Maryland. Radio host, renown journalist, author, and political commentator Clay Cane will be the keynote speaker for the event. This is the largest celebration of Dr. King's birthday in Anne Arundel County, be sure to get your tickets at mlkjrm.org.



Photo credit Joe Haupt

AMFM Tribute to Carole King Benefit Concert

Annapolis Musicians Fund for Musicians, Inc. (AMFM) will present A Tribute to Carole King on January 26th at Rams Head On Stage. In collaboration with the Songbird Collective, the show will feature local artists performing the time-honored works of the legendary Carole King. Proceeds directly benefit the organization, created in 2006 to provide temporary financial relief to professional Annapolis musicians who cannot work due to sickness, injury, or any other circumstance leaving them unable to perform. Learn more at am-fm.org.



MARYLAND YULE BALL CELEBRATION

The 2025 Maryland Yule Ball is the perfect time to celebrate the end of the holiday season in your finest 16th to 19th century garb. Eat, dance, and be merry in your Tudor-to-Victorian era dress on January 4th at the DoubleTree in Annapolis. Get your tickets at mdyuleball.com.

MONSTER JAM

The Monster Jam tour is back in Baltimore January 17th through 19th. Get your adrenaline pumping with the most action-packed motorsports event on four wheels. Witness world-class driver athletes and the most recognizable trucks tear up the dirt and compete in intense competitions of speed and skill. The performances will be at 7 p.m. on January 17th and 18th and 1 p.m. on January 19th all at CFG Bank Arena in Baltimore. Get tickets at cfgbankarena.com.





Bugatti

The Academy Art Museum in Easton opened its most ambitious exhibition to date, *Bugatti: Reaching for Perfection*, in December. The exhibition continues through April and will feature rare automobiles, sculpture, and furniture by the Bugatti family, along with other objects and ephemera related to the renowned marque. Highlights include two grand prix race cars, two Type 57 touring cars, and a miniature “Baby.” Learn more at academyartmuseum.org.



MUSIC IS HEALING DISASTER RELIEF SHOW

Kick off the new year in a special way. Music is healing, and there are many who need to be healed after Hurricanes Helene and Milton. A special benefit concert with Burnsie, Heather Britt, Madisun Bailey, and Joe Esham will be held on January 4th from 12 to 4 p.m. at Cult Classic Brewing Company in Stevensville. The goal is to raise money to benefit those affected in North Carolina and Florida. Music is healing! Learn more and get tickets at cultclassicbrewing.com/events.



Photo by Chris Parypa Photography

PENGUIN SWIM

Atlantic General Hospital’s 31st Annual Penguin Swim is back to kick off the new year! On January 1st, plunge into the ocean in front of Princess Royale Oceanfront Resort in Ocean City to support our community’s healthcare heroes. This event supports Atlantic General Hospital, a not-for-profit community hospital that provides care to the Eastern Shore. Find more information at aghpenguinswim.org.



Cambridge Ice & Oyster Festival

Since a snowstorm in 2022, a weekend in January has been dedicated to ice and oysters in Cambridge. The 4th Annual Cambridge Ice & Oyster Festival will take over Downtown Cambridge January 17th and 18th with over 50 ice sculptures and an expected 8,000 visitors. Bring the whole family for golf, thrones, and an ice slide made of ice, sculptures showcasing Eastern Shore culture, ice bars with craft beer and local oysters, a s’mores fire pit, and, new this year, an ice rink at the Hyatt. There will be a shuttle between the Hyatt, Downtown, and the Packing House (where you can enjoy the Friday night kick-off event). Find more information at iceoysterfest.com.

Expert of the Month



Euan Murray

**Euan Murray, DVM
Veterinarian
Great Scottie Veterinary Clinic**

A native of Glasgow, Scotland, Dr. Euan Murray knew from a young age that he wanted to become a veterinarian. As a teenager, he worked on a dairy farm every day after school. When he was 18 years old, he was accepted to the University of Glasgow Veterinary School and simultaneously pursued a career in professional rugby.

After graduation, Dr. Murray played the sport for 13 years, and until recently, he held the record for the most games played in his position for the Scotland Rugby team. Following his retirement from rugby, he returned to the field of veterinary medicine to continue his studies and completed several internships in the United States.

What is the most rewarding aspect of your profession?

I love seeing the medical care we provide make a tangible difference in an animal's health and quality of life—like when a dog comes back for a recheck after cruciate ligament surgery. A few months before surgery, the dog was hardly able to walk, but now he is running around and enjoying life again. And it's a great feeling when a senior cat comes back for a visit, and the owner tells us that she is jumping again and seems to have a new lease on life. Caring for our patients is incredibly rewarding!

What technological advancements/innovations are you seeing in the field of veterinary medicine?

Just like human medicine, veterinary medicine is in an exciting stage of technological advancement. Our clinic offers multiple cutting-edge treatment options, from regenerative medicine and photobiomodulation (laser therapy) to monoclonal antibody therapy. Regenerative medicine uses the body's own tools, such as blood products and stem cells, to repair damaged cells and tissues. We are also using platelet-rich plasma (PRP) therapy to help restore joint function and reduce pain in dogs, and we're seeing impressive results!

What makes Great Scottie Veterinary Clinic stand out from other veterinary clinics in the area?

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Cream of Crab Soup
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Ice Cream
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Maryland Crab Soup
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Pizza (Local)
Ramen/Pho
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Romantic Restaurant
Salads
Seafood Restaurant
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Manicure/Pedicure
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Permanent Makeup
Personal Trainer
Physical Therapy
Pilates Class
Prenatal Fitness
Resort with Spa
Speech Language Pathology (Speech Therapy)
Spin Class
Stand-Up Paddle Board Class
Swim School
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HVAC Service
Indoor Cleaning Service
Interior Design Service
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Kitchen & Bath Design
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Lawn Service & Treatments
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Luxury Home Realtor
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Painting Contractor
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Plumber
Pool Design/Build
Pool Maintenance
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Real Estate Team/Brokerage
Residential Realtor
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Professional Organizer
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Senior Living Facility (Assisted Living)
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Wedding Planner
Wedding/Reception Venue Indoor
Wedding/Reception Venue Outdoor
Wedding/Reception Venue Waterfront



Results will be published in our June 2025 issues of **What's Up? Annapolis and What's Up? Eastern Shore** and our July issue of **What's Up? Central Maryland**. **What's Up? Media** reserves the right to eliminate the least-voted categories, as needed, in the final published results.



Photo by Rich Isaacman

Step Into Maryland Hall

By Carol Denny

Maryland Hall, the crown jewel of the Annapolis Arts District, isn't resting on its laurels. Long known as the region's go-to destination for a stellar array of performances and classes, the 45-year-old arts center continues to shine, exploring new directions in its programming and courses.

"We're dedicated to 'Art for All'—that's really what we're about," says Executive Director Jackie Coleman, who has led the organization since 2022. "We want people to feel connected to Maryland Hall, to find their purpose here."

Last year, an estimated 120,000 visitors made that connection, attending more than 600 classes and supporting the Hall's four resident companies: the Annapolis Symphony Orchestra, Ballet Theatre of Maryland, Live Arts Maryland, and the Annapolis Opera. Live theater, film screenings, and other local productions also fill the Hall's seats.

The Annapolis Pride Parade and Festival, the Songbird Festival, the Day of the Dead Festival

and other community events find a home here, too. Top-tier visiting performers add to the mix. A partnership with Rams Head Presents, which began in 2014, features leading names in contemporary music at the Hall, with 15 concerts last year. (Bluegrass and country music fans, take note: the legendary Ricky Skaggs kicks off the 2025 season, appearing with Kentucky Thunder on January 5th.) And when the lights go up for intermission, audience members can tour several in-house art galleries, where curated exhibits display a range of local talent.

The Hall's campus, just three blocks south of Westgate Circle, includes the three-story main building, four parking lots, and the Founders' Green, an open space with a labyrinth and sundial. The broad front steps, a local landmark, are a thoroughfare for tots in tutus, paint-stained artists, musical theater wannabes, and creatives of every stripe.

Inside, Maryland Hall's extensive catalog of art classes—music, dance, drama, painting and drawing, pottery, jewelry, photography, woodturning, and fiber arts, to name a few—keeps the building humming. Throughout the year, students find their muses here. "I often speak with parents who tell me that they attended classes here when they were young and are now bringing their own children," Coleman says. "What we hear a lot is that it's the quality of the educational experience, the quality of the instruction, that keeps people coming to Maryland Hall."

That legacy continues, and in recent years the Hall has carried it to a wider audience. Since many students can't make the trip to the campus, teaching artists are taking Maryland Hall to them with off-site, after-school sessions at Pip Moyer Center, Stanton Center, Marshall Learning Center, and Eastport Methodist Church. At the Hall itself, a number of classes are now grant-supported to lower tuition barriers and make enrollment more affordable.

Among the Hall's newest ventures is the Media Arts Hub, where students can find inspiration and develop new skills through cutting-edge courses in digital arts and creative technologies. Imani Washington, who directs the program, sees children, teenagers, and adults discovering themselves through offerings like Digital Illustration, Graphic Design, and Music/Audio Production, which uses a state-of-the-art recording studio.

"This is a space for self-expres-



Courtesy of Maryland Hall



sion," Washington says, pointing out workstations fitted with 15 Macs and 15 iPads, all connected to the Creative Cloud. "You can really feel the energy!" He's observed that the more students engage in learning the technological arts, the more vocal and expressive they become. "Kids or adults might come in with some drawing or painting background, but as they gain trust in the software and the technology, their knowledge and skills transfer right over," he notes. Registration is open now for five winter/spring classes at the Media Arts Hub, including projection

mapping, digital scrapbooking, songwriting, audio book narration, and sports photography.

With the technology piece in place, Maryland Hall is now firmly in the vanguard of arts education. But before it can embrace the future, it has to deal with the past: specifically, an aging building constructed almost 100 years ago as the Annapolis High School. Beginning this spring, a long-awaited renovation will replace the Hall's antiquated HVAC system, with work continuing in stages until September 2026. Some classroom space will be affected, but

the main auditorium, already refurbished, will remain open throughout. A capital campaign has raised \$6M for the project, with \$3M more needed to cover the projected cost of \$9M.

Considering the riches that Maryland Hall has provided to the Annapolis community, that sum seems like a reasonable payback—and a great investment. The improvements will ensure that members of the next generation, like more than a million visitors before them, will experience the joys of the arts at the Hall in the years to come.

To learn more about upcoming performances and events, buy tickets, register for classes, or share ideas for programs you'd like to see, visit marylandhall.org.

Carol Denny, the founding editor of *What's Up? Annapolis* magazine, writes about the arts in and around Maryland's capital.

Washington Capitals

CELEBRATING 50TH ANNIVERSARY SEASON

By Tyler Ingle

There's something special in the D.C. air this winter, and it's not just the weather. The feeling of excitement and anticipation has been buzzing around the nation's capital for one of the most historic sporting years in ice hockey. The Washington Capitals are celebrating the organization's 50-year anniversary this season, while aiming to capture the elusive Stanley Cup, which they last won in 2018.

Alex Ovechkin is the definition of the Washington Capitals, a player whose impact on the team goes far beyond his historic goal-scoring numbers. The heart and soul of D.C., Ovechkin has been the face of the franchise since he was drafted in 2004. The Russian native brought global attention to the Capitals, transforming them from a struggling team into a perennial playoff contender. Individually, Ovechkin is continually chasing Wayne Gretzky's all-time NHL goal record of 894. Starting off the 2024–25 season, Ovechkin was only 42 goals away, but is now withing reaching distance, with only 27 goals needed to eclipse Gretzky (as of 12/2). While he has already solidified his legacy in the NHL, breaking the record in his 20th personal season and Capitals' 50th would be the perfect storyline.

With an ever-consistent focus on the fans, the Capitals have a strong slate of events, promotions, and giveaways for the special season on home ice at Capital One Arena. "This upcoming season presents our organization a unique opportunity



Photo by Alexandar Jonesi

to celebrate our history and the great contributions our alumni have made to the Capitals franchise," says Capitals Chairman Dick Patrick. "We are excited to welcome them back and recognize their achievements with our extraordinary fanbase." The franchise's "50 Fest" opened the season festivities on October 10th, with fans having quite the experience. Welcoming over 60 Capitals alumni, participants were able to meet 'n greet some of the organization's legends, in addition to receiving a commemorative 50th Anniversary Capitals t-shirt. Other promotional gameday giveaways this season include: Capitals Marvel Comic Book, Capitol Dome Pennant, Ovechkin & Backstrom duo Bobblehead, 50th Anniversary Photo Book, and more.

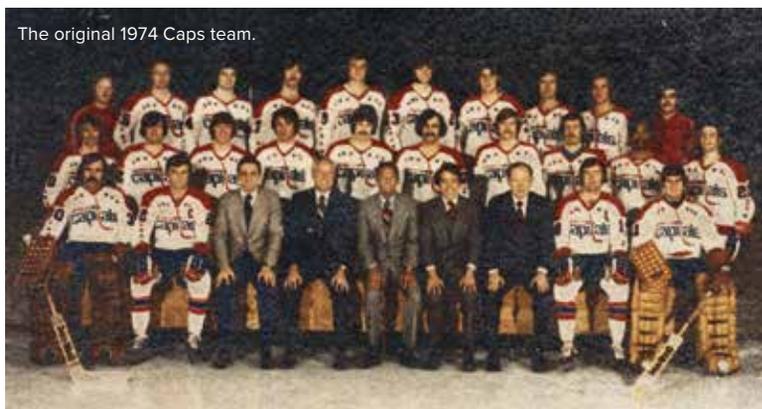
If you're at a home game, stop by Section 103 in the arena to view a special display of Caps memorabilia and game worn equipment. From the iconic 2015 Winter Classic skates worn by Ovechkin to gloves and pads used by Capitals players over the many years, this is an exhibition the history buffs won't want to miss. Celebrating the five different decades, the Capitals also are offering "Era Nights." Each night on the schedule will see alumni from the celebrated era in attendance for meet 'n greets and panel discussions. Attendance of the era nights includes pregame ceremonies, an area of the arena themed to the specific decade, and a limited edition 50th giveaway item, along with fun food and beverage items.



Looking to scope out the Caps' future talent? The Hershey Bears are the team's AHL affiliate, playing all their home games at the Giant Center in Hershey, Pennsylvania. The Hershey Bears regular season runs until April 2025, with playoffs commencing the following month. The team has won the coveted Calder Cup two seasons in a row. Tickets can be bought online and normally range between \$15 and \$110. Closer to

home at Piney Orchard Arena in Odenton, the Maryland Black Bears, a tier II minor league team, skate on local ice. This group of Bears tend to be on the younger side, playing in more of a developmental league rather than professional. Tickets can be bought online and range between \$12 and \$20. The season also follows a similar timeline to the pros, wrapping up in April 2025 ahead of the playoffs.

Whether you're a seasoned hockey fan or are a newcomer to the sport, there's no better time than this season to "Rock the Red" and attend a Caps game. To view the full 2024–25 schedule and to purchase tickets, head to the official Washington Capitals 50th anniversary website: nhl.com/capitals/history/50th-anniversary.



The original 1974 Caps team.

Photo courtesy of Washington Capitals



(Almost) Ready to Rock the Red

WASHINGTON CAPITALS DRAFT PROSPECT RYAN LEONARD DISCUSSES HIS FUTURE WITH THE TEAM

By Tom Worgo

Washington Capitals prized prospect Ryan Leonard won't shy away from talking about playing in the NHL—and real soon—even though his sophomore season for the Boston College men's ice hockey team is midway. Athletes use the axiom often: one game at a time.

Leonard's first game in a Capitals uniform could be only months away. Drafted in 2023, Leonard was Washington's first top-10 pick since 2007 and he possesses the skills teams desire: physicality, grit, smooth skating ability, accurate and booming shot, and excellent leadership. ➤

The 6-foot-195-pound Leonard played in USA Hockey's National Team Development Program (51 goals in 57 games) before a stellar freshman year at Boston College (31 goals, 60 points).

In April of the 2023–2024 NHL season, Capitals General Manager Brian MacLellan told the 19-year-old he could play with the team in the playoffs' first-round against the Rangers. For many highly regarded players, that's probably a pipedream. But Leonard declined, to stay at Boston College for the team's own playoff run to the national championship game (ultimately losing to Denver).

"It was a once-in-a-lifetime opportunity," Leonard admits. "It was such a difficult thing to turn down knowing I could have made my debut at Madison Square Garden." We talked with Leonard ahead of the 2024–2025 season.

How would you describe your style of play?

I think I am a power forward and leader on the ice. That was a learning process once I got to the National Development Program. Coaches (Adam) Nightengale and (Greg) Moore were both very good to me and taught me the right thing: play two-way hockey. I attribute a lot of my success as a well-around player to those two.

You played in the National Development Program with two NHL first-round draft picks, Will Smith and Gabe Perreault. Was it a lot of fun? It was great. I think we took off as a line and it's really great to represent your country. I take a lot of pride in that. And there's a lot of connections you have in the National Development program when you are involved in it. They go a long way in your hockey life. USA Hockey has done a lot for me.

How did you look at your freshman year at Boston College, after scoring 31 goals and playing in the college national championship? It was really cool. I didn't care about individual success or breaking the rookie scoring record. Individual success can only go so far in life. We were one win away from a national championship. We just really wanted to get that win and that's the reason I am going back for my sophomore year.

Talk about how participating in Capitals' summer rookie camp in both 2023 and 2024 aided in your development. It really helps getting closer



with all the management and the coaching staff. You need to build those types of relationships. It's been a really good experience and it's important to ease your way in. I am looking forward to calling that place home soon.

When the Capitals offered you a chance to play in the playoffs, how tough was the decision to turn it down? I have trust in the team that they will one day get back to the playoffs. Maybe if it wasn't for that last loss in the national championship game, I would be a professional now. I talked to (Pittsburgh Penguins center) Kevin Hayes, who is from Boston and went to Boston College, about my decision after I made it. He said I made the right decision for sure.

Talk about the relationship between you and your brother John, who has played professionally. He is my biggest role model in life. We both went through the National Development Program. At the end of the year, when I had to face that tough decision of going back to BC or playing for the Capitals, he was the one I leaned on most. Brotherly love really goes a long way. I am very motivated—100 percent—to play professional hockey because of him.

Will playing for the Capitals fulfill a dream for you? Every hockey player's dream as a kid is to play in the NHL. When that day comes, hopefully it will be a very happy moment for the people that helped me get to that point. I hope to have a long and healthy career. I am really keeping tabs on them like they are keeping tabs on me.

I HAVE TRUST IN THE TEAM THAT THEY WILL ONE DAY GET BACK TO THE PLAYOFFS.

Cavalier Open

Archbishop Spalding High School hosted an unforgettable day on the links at Compass Pointe Golf Course on September 30th. The Cavalier Open golf tournament featured sponsors and the Spalding community coming together to play a round, post-tournament eats, and awards, with the proceeds directly benefiting Spalding athletes. Spalding President Brian Kohler delivered opening remarks. Learn more at archbishopspalding.org.



Arundel Lodge

CELEBRATING 50 YEARS OF REIMAGINING HOPE IN THE COMMUNITY

By Lisa A. Lewis

When Arundel Lodge commemorates its 50th anniversary this year, the organization will celebrate its journey from a small residential program to a regional leader in behavioral health. Tracing its origins from humble beginnings, Arundel Lodge was founded in 1975 by a group of parents and community members in Anne Arundel County who were concerned about the lack of resources for individuals with mental health disorders.

Originally located in a small building on Renard Court in Annapolis, the organization created residential rehabilitation and day programs to provide support to individuals living with mental health challenges and to help them build essential life skills. Arundel Lodge moved to its current location (and main campus) in Edgewater in 2005. The organization, which is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), served approximately 3,700 clients in 2023.



Executive Director Kevin Hazucha speaks to lodge patients



Arundel Lodge Main Campus in Edgewater

“We serve as a safety net provider for the community, and our staff is dedicated to providing the care and support that our clients need to lead healthy, productive lives,” says Kevin Hazucha, executive director and CEO of Arundel Lodge. “Raising public awareness and decreasing the stigma associated with behavioral health is critical to our mission. We take pride in the breadth of our services and our status as a trusted leader in the community.”

A 501(c)(3) nonprofit organization with the mission of “improving the lives of children, adults, and families impacted by mental health and substance use disorders,” Arundel Lodge has continued to grow and evolve throughout the years.

NOTEWORTHY MILESTONES

Arundel Lodge has achieved several milestones during its 50-year history. The following is a snapshot of a few of its accomplishments, which underscore its dedication to expanding its services for adults, children, adolescents, families, military service members, and veterans.

“Arundel Lodge is known for its strong commitment to providing comprehensive services to those in need—often those who are not served by others,” says Beverly Marcus, president of Arundel Lodge’s Board of Directors. “A dedicated, innovative, and passionate staff provides the care needed to improve the quality of life of those we serve.”

In 2008, the organization opened its Outpatient Mental Health Clinic (OMHC), which initially served 225 clients. The full-service clinic provides assessment of mental health and substance use disorders, psychiatric diagnostic evaluations, medication management, and individual, group, and family therapy. In 2023, OMHC served 2,400 clients—a testament to the need for behavioral health services in the community.

Arundel Lodge established the Open Eye Gallery and Studio Program in 2010 to offer clients an opportunity to express their emotions through art and earn income. Artwork is for sale in galleries across the region and in Arundel Lodge's gallery.

Another notable milestone is Arundel Lodge's expansion of services for children and adolescents. In 2015, the organization established the Marcus Youth and Family Center. In addition, when Arundel Lodge received a grant from the State of Maryland in 2023, it launched the RAY Team (Rapid Access for Youth), which offers walk-in treatment services.

And in 2017, Arundel Lodge created the Service Members, Veterans & Families Program to meet the needs of veterans and their families.

One of Arundel Lodge's most significant milestones is the opening of its Behavioral Health Urgent Care Center in 2022. The facility, which is the first of its kind in Anne Arundel County, was funded by a grant awarded in 2021 by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is located in the Sajak Pavilion on the campus of Luminis Health Anne Arundel Medical Center.

"We're extremely proud of this new facility, which provides immediate care to individuals experiencing mental health or substance use crises," Hazucha says. "One of our goals is to expand crisis care and related services in Anne Arundel County"



50TH ANNIVERSARY EVENTS

In honor of 50 years of service to the community, Arundel Lodge will host special events throughout 2025. Its 50th Anniversary Kickoff and Ribbon Cutting Ceremony to rededicate its building will take place on January 17th from 11 a.m. to 1 p.m. on its main campus. The event, which will feature speakers and light refreshments, is open to the community.

Arundel Lodge will host its Golden Anniversary Gala on June 28th from 6 to 10 p.m. at The Westin Annapolis. The black-tie-optional celebration includes dinner, dancing, live and silent auctions, and more. Tickets are \$160 and can be purchased by e-mailing Carter Heim in the development office at heim@arundellodge.org.

"Our Golden Anniversary Gala will celebrate 50 years of innovation and expansion of programs and services," Marcus says. "We look forward to continuing to fulfill our mission to improve the lives of children, adults, and families impacted by mental health and substance use disorders in the years to come."

"Our motto is 'hope reimagined,' and it's critical to our mission," Hazucha adds. "Hope is an integral part of recovery. It enables our clients to move past their limitations and heal."

For more information about Arundel Lodge, visit arundellodge.org or call 443-433-5900.

Special thanks to Carter Heim.

Meet Bronwyn Bolton

THIS SEVERN SCHOOL SENIOR EXCELS ON THE GYMNASTICS FLOOR, LACROSSE FIELD, AND IN THE CLASSROOM

By Tom Worgo

Bronwyn Bolton looks to the past before she talks about her future in lacrosse. Bolton, a Severn School senior, says playing one sport (gymnastics) and participating in a form of dance (ballet) before she started attending high school made her an elite lacrosse player.

The three-sport athlete developed a tremendous work ethic by practicing up to seven hours a day, four or five times a week for First Class Gymnastics in Crownsville.

“In gymnastics, you never settle, and you have to be the best you can possibly be,” Bolton explains. “That translated over to lacrosse very well.”

Bolton, a defensive midfielder, participated in ballet for the Washington School of Ballet across six years. Outstanding footwork and positioning came from that activity. “I was always on point,” she says. “It really helps with your feet, leg strength, and change of direction.”

“SHE IS SUCH A GREAT ATHLETE. SHE REALLY PUTS IN THE WORK OUTSIDE OF PRACTICE AND GAMES.”

Bolton, a two-time New Balance and Under Armour All-American, blossomed into a coveted college prospect. She made the U.S. U-18 National development team in August. “Probably about 1,000 from around the country tried out for the national team,” Bolton says.

Bolton, who carries a 4.27 weighted grade-point average, will attend Stanford University in Northern California on an academic and lacrosse scholarship. By the time she graduates Severn, she will have taken eight advanced-placement classes, including five this school year—something few students do.

“I have only ever taken AP and honors classes,” Bolton says. That may be a reason the Naval Academy, Villanova, and Virginia Tech universities also aggressively recruited her. She signed a National Letter of Intent in mid-November and verbally committed to Stanford in September of 2023. Her career goal is to be an orthopedic surgeon.

“I picked Stanford because it offered the best mix of academics and athletics,” Bolton says. “I want to pursue something in the medical field like sports medicine. That’s what I was seeking. I am looking past college. Lacrosse is for the next four years. The lacrosse team also plays at a high-level.”



The 5-foot-5 Bolton excels in games because of her athleticism, speed, high lacrosse IQ, grit, and superior stick skills. Her reputation centers on shutting down an opponent's leading scorer.

"She has everything it takes to be a great college player," Severn Girls Lacrosse Kathy Rudkin says. "She is such a great athlete. She really puts in the work outside of practice and games. She gets better on her own."

Playing three years for M&D Lacrosse, which refers to itself as the No. 1 club program in the country, also has been crucial to the development of Bolton's skills. The 17-year-old competes for nine months a year for her club team and plays in about 30 games traveling up and down the East Coast for tournaments and games. She suited up for Chesapeake Lacrosse Club (three years) and Sky Walkers Lacrosse program (one).

For Severn, Bolton, a three-year starter, plays a defensive midfield position. She consistently ranked among the Admirals leaders in ground balls and caused turnovers.

"What separates her from other players is her battery," Rudkin says. "She is like the Energizer bunny. She never stops going hard or takes a play off, even when we are down. I really love that about her."

Bolton, a Severna Park resident, also plays varsity soccer as a fullback and swims for Severn. She specializes in the butterfly and swims a leg on a relay team that finished second in the Interscholastic Athletic Association of Maryland B Conference championships in 2023. On top of those things, Bolton started a club at school called Morgan's Message, which helps athletes with mental health.

"She is a three-sport athlete, and we only have a few of them at Severn," Rudkin says. "Her athleticism pretty much separates her from everyone in her age group. She stands out in every way. For her to be able to juggle academics and athletics at a high level is so impressive."



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BEST IN CLASS

2025 PRIVATE SCHOOL GUIDE

Welcome to the definitive 2025 Private School Guide! Selecting a private school that plays a critical *and* fitting role in your child's education requires considerable time and research. The format of the guide allows you to easily navigate local private schools' vital information (tuition, student/teacher ratios, key contacts, etc.) and quickly learn about their education philosophies, affiliations, student clubs, extracurricular programs, sports offerings, and more.

PLEASE NOTE: This information is up-to-date as of our print deadline in mid-December. Because some schools have varying data points, you will see "N/A" (Not Applicable) for several schools' categories that do not apply. Some categories have varying data references because some schools have a specific number of programs, while other schools vary year to year. If you have questions or concerns, please contact the school directly.

FOR THE COMPLETE LIST OF EASTERN SHORE-BASED SCHOOLS, PLEASE REFER TO OUR DIGITAL VERSION OF THE GUIDE AT WHATSUPMAG.COM.



Private School

*Most recent statistics provided
Advertisers in RED

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/ HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

GREATER ANNAPOLIS

Annapolis Area Christian School - Lower

61 Gambrills Road, Severn
410-519-5300; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

Karl
Graustein

K–5

110

Annapolis Area Christian School - Lower

710 Ridgely Ave, Annapolis
410-519-5300; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

Elizabeth
Williams

K-5

151

Annapolis Area Christian School - Middle

716 Bestgate Road, Annapolis
410-846-3505; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

Benjamin
Peddicord

6–8

230

Annapolis Area Christian School - Upper

109 Burns Crossing Road, Severn
410-846-3507; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

David
Intlekofer

9–12

395

Book of Life Academy*

913 Cedar Park Road, Annapolis
410-263-2600;
bookoflifeacademy.com

Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.

1982

Christian

Rebecca
Lemus

K2–5

115

Calvary Center School*

301 Rowe Boulevard, Annapolis
410-268-3812; calumc.org/ccs-about
calvarycenter@calumc.org

Calvary Center School is a preschool for children ages 3 and 4, and also offers extended care options.

1986

Methodist

Claire
Zarrilli

PreK 3-5

75

Chesapeake Montessori School

30 Old Mill Bottom Road North,
Annapolis; 410-757-4740
chesapeake-montessori.com

We believe that education is an exciting process of discovery that builds a foundation for critical thinking, self-discipline, and a life-long love of learning. We respect that children and adolescents should be encouraged to progress at their own pace, regardless of age or ability.

1977

Non-Sectarian

Robert
Wirts

18 months–
8th grade

150

Chesterton Academy of Annapolis

31 Rowe Blvd, Annapolis 410-855-3216;
chestertonacademyofannapolis.org

We are raising up joyful leaders, educated in the classical tradition and the truths of the Catholic faith. Our rigorous curriculum prepares students to succeed in college and professional life, to excel in service of family, of country, and of Christ our Lord.

2018

Catholic

Thomas
Thoits

9th-12th

43

The Harbour School*

1277 Green Holly Drive, Annapolis
410-974-4248; harbourschool.org

The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.

1982

Non-Sectarian

Linda J.
Jacobs

1–12

189

Heritage Learning Center*

1740 Forest Drive, Annapolis
410-263-6680 ext 105
heritagelearningcenter.org

Quality early learning experience in a loving, safe, inclusive environment where children develop a love for learning

1985

Non-
denominational

Vickie
Whitley

2 years to
PreK 4s and
5s

50

Indian Creek School

1130 Anne Chambers Way, Crownsville
410-849-5151; indiancreekschool.org

Indian Creek School is a premier college-preparatory school for students in grades Pre-K3 through grade 12, located on a beautiful 114 acre wooded campus just minutes north of Annapolis. At Indian Creek, kindness is currency, well-being is priority and excellence in education is relentlessly pursued.

1973

Non-Sectarian

Booth
Kyle

PreK 3-
Grade 12

580

The Key School

534 Hillsmere Drive, Annapolis
410-263-9231; keyschool.org

Key is renowned for its rigorous academic program, which emphasizes inquiry-based learning and interdisciplinary studies, and produces unparalleled student outcomes. Key is a diverse community where students are transformed through authentic connections with their teachers and peers.

1958

Non-Sectarian

Matthew
Nespole

Key-Wee
(2.5
years)–12th
grade

650

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	15-20	11:1	\$17,159/year	January 23rd, March 5th, April 11th, May 8th	Coed	Yes	Yes	Yes	Spanish	Yes	No	N/A
	15-20	11:1	\$17,159/year	February 20th, March 12th, April 23rd, May 19th	Coed	Yes	Yes	Yes	Spanish	Yes	No	N/A
	18-25	11:1	\$20,190/year	Visit aacsonline.org	Coed	Yes	Yes	Yes	Spanish, French	Yes	Yes	N/A
	18--25	10:1	\$25,625/year	visit aacsonline.org	Coed	Yes	Yes	Yes	French, Spanish, ASL	Yes	15	8 hours per year (encouraged, not required)
	12	6:1	\$5,000–6,000/year	Call for Information	Coed	No	Yes	Yes	Spanish	Yes	0	N/A
	12–15	6:1	\$340–760/month	Call for Information	Coed	No	No	No	N/A	Community Events/Service Opportunities	0	N/A
	Varies	Varies	\$14,700–\$20,600/year	Contact Admissions	Coed	No	No	Yes	Spanish	Multiple	0	72 hours per year (grades 7 and 8)
	11	11:1	\$11,700/year (Offer Sibling Discount)	Call for Information	Coed	Yes	Yes	Yes	Latin, Spanish, Italian	Yes	Soccer, Volleyball, Tennis, Baseball, Ultimate Frisbee	Elective
	8–10	2:1	\$41,726/year	Call for Information	Coed	No	Dress code	No	No	5	4	75 hours for seniors
	10-15	6:1 to 10:1	See website for details	Call for Information	Coed	No	No	Yes	No	No	No	No
	16	8:1	\$21,400–\$32,300/year	Call for Information	Coed	Yes	Yes	Yes	Spanish, Latin, Arabic, Japanese	30+	18	75 hours recommended
	16–18	6:1	\$10,305–\$35,220/year	Call for Information	Coed	Yes	No	Yes	Arabic, French, Latin, Spanish	45	40	No



Private School

*Most recent statistics provided
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DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/ HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT
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<p>Maryland Curiosity Lab 461 College Parkway, Arnold 303-909-4958 marylandcuriositylab.org</p>	<p>We believe school should spark curiosity and ignite a lifelong love of learning. Our Acton Academy program has grown to ages K-8. It mixes real-world projects with online learning and Socratic discussions in a multi-age classroom. Plus an adventure trip every week!</p>	2022	Non-denominational	Roman Hardgrave	K-8	30
<p>Maven Academy* 1908 Forest Drive Suite 2J 410-216-7070; themavenacaemy.com</p>	<p>The Maven Academy is unique among Annapolis Area private schools. We are a small school offering core subjects and electives to students in grades 6 through 12, Tuesday through Thursday. While we strive to adhere to biblical and moral principles, we do not teach religion and we are respectful to all faiths.</p>	2014	Christian	Gina Vogel	6-12	25
<p>Montessori International Children's House 1641 North Winchester Road, Annapolis; 410-757-7789 montessorinternational.org</p>	<p>Recognized by the Association Montessori Internationale, Montessori International Children's House educates students ages 18 months to 12 years. Extended day available</p>	1985	Non-Sectarian	Kathy Sage - Educational Director	18 months-6th grade	160
<p>Naval Academy Primary School 74 Greenbury Point Road, Annapolis 410-757-3090; napschool.org</p>	<p>Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike.</p>	1949	Non-Sectarian	Robyn M. Green	PreK-8th grade	315
<p>Rockbridge Academy 680 Evergreen Road, Crownsville 410-923-1171; rockbridge.org</p>	<p>Celebrating 30 years as a classical Christian school, Rockbridge Academy is ready to welcome K-12 students into a transformative learning community, where children grow to be the compassionate, thinking leaders of the next generation. Come tour our new campus!</p>	1995	Christian	Roy Griffith	Junior K-12th grade	445
<p>St. Anne's School of Annapolis 3112 Arundel on the Bay Road, Annapolis; 410-263-8650 stannesschool.org</p>	<p>Our diverse and inclusive community celebrates each child's unique gifts and talents, educating students in Values of the Heart and Values of the Mind. Our families share our vision of delivering a challenging, high-quality academic, social, and emotional program.</p>	1992	Episcopal	Connie Coker	Twos-8th grade	300
<p>Saints Constantine and Helen Preschool 2747 Riva Road, Annapolis 410-573-2078; sschs.school.org</p>	<p>Preschool that provides a safe and loving Christian environment dedicated to creating lifelong learners who are prepared for the next academic level</p>	2015	Greek Orthodox (welcome children of all faiths)	Emily Soeffing	Ages 2-5 (twos must turn 3 by December 1)	50
<p>St. Martin's Lutheran School of Annapolis 1120 Spa Road, Annapolis 410-269-1955; smartinsonline.org</p>	<p>Saint Martin's Lutheran School provides private, Christian education in a safe, secure and inclusive environment with a focus on small class sizes.</p>	1963	Lutheran	Greg Whitley Lower School: Bobi Glava	PreK 3-8	138
<p>St. Margaret's Day School 1605 Pleasant Plains Road, Annapolis; 410-757-2333 stmargaretsdayschool.org</p>	<p>St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children and is Green Certified through MAEOE</p>	1995	Episcopal	Aleshia Marshall	2 years-K	132
<p>St. Mary's Elementary School 111 Duke of Gloucester Street, Annapolis; 410-263-2869 stmarysannapolis.org</p>	<p>Explore our community, which is anchored in faith, rooted in tradition and committed to excellence. Our programs and continuous build lifelong learners ready for the life's challenges. Our students become positive contributing members of their communities through leadership and service.</p>	1862	Catholic	Megan Back	PreK-8	847
<p>St. Mary's High School 113 Duke of Gloucester Street, Annapolis; 410-263-3294 stmarysadmissions.org</p>	<p>For over 75 years we have had a rich tradition of academic excellence. St. Mary's boasts a 100% college acceptance rate. In addition to a rigorous academic program our students have the opportunity to participate in 30+ clubs and with 36 athletic teams there is something for every student.</p>	1946	Catholic	Joseph Keenan	9-12	517
<p>Divine Mercy Academy 8513 St. Jane Drive, Pasadena 410-705-0778; divinemeracy.md</p>	<p>Divine Mercy Academy offers a Classical Liberal Arts Education in the Catholic Tradition to children in Kindergarten through Eighth grade. We are incredibly proud to provide this time-tested and highly successful curriculum paired with a thoroughly Catholic ethos at an affordable tuition.</p>	2019	Catholic	Patrick Sullivan	K-8	148

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	10	10:1	\$14,500/year	Call for Information	Coed	No	No	Yes	No	No	No	No
	13	7:1	\$5,900/year	Call for Information	Coed	No	Yes	No	Out-sourced	Varies	0	Encouraged, not required
	9-30	Varies	\$12,350 to \$14,600/year	Call to Schedule Tour	Coed	No	No	Yes	Spanish	Varies by year	0	No
	16-18	12::1	\$9,180–13,908/year	January 26th	Coed	Yes, In house assessments	Yes	Yes	French and Spanish	16	Cross Country, Basketball, Soccer, Cheer	Yes, for Middle School
	14	8:1	\$7,800–18,500/year	February 3rd	Coed	Yes	Yes	Yes	Latin, Spanish, Biblical Greek	31 (Excluding Mock Trial and Orchestra where students receive a grade)	8	Daily service duties, mentoring opportunities, school-wide service projects
	14	8:1	\$8,170–25,565/year	Call for Information	Coed	No	Yes	Yes (Pre-school–grade 8)	French (MS Only), Spanish (PK-8th)	15	6	10 hours (grade 8)
	8–10	1:10	Please go to website for latest tuitions	January 15th	Coed	No	Yes	Not at this Time	English and Greek	Music, STEAM, Visiting Reader Programs	No	No
	13	8:1	\$6,600–14,700/year	January 24th, March 14th	Coed	No	Yes	Yes	Spanish	12	6	Yes
	12–20	7:1	\$2,600–8,700 /year	Call for Information	Coed	No	Optional	Yes	Spanish	3–4	Soccer, Basketball, Cheer	No
	20-27	7:1 (PreK–K); 12:1 (1–4); 25:1 (5-8)	PreK–5: \$9,992/year (Catholic); \$11,484/year (Non-Catholic) 6–8: \$11,032 (Catholic); \$12,524 (Non-Catholic)	Call for Information	Coed	Yes	Yes	Yes	Spanish from PreK through Grade 8	Multiple	9 (Middle School)	Monthly service projects, community outreach, Saints in action
	24	24:1	\$17,720/year (Catholic); \$19,840/year (non-Catholic)	Call for Information	Coed	Yes	Yes	Yes	Spanish, French, Latin	30+	36	75 hours
	15	7:1	\$9,000/year	Call for Information	Coed	No	Yes	Yes	Latin	Dance and Self Defense	0	25 hours



Private School

*Most recent statistics provided
Advertisers in RED

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/ HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT
	Severn School - Chesapeake Campus (Lower) 1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700 severnschool.com"	1914	Non-Sectarian	Douglas Lagarde	Pre-school–5th grade	260
	Severn School - Teel Campus (Upper) 201 Water Street, Severna Park 410-647-7700; severnschool.org	1914	Non-Sectarian	Douglas Lagarde	6–12	651
	St. John the Evangelist School 669 Ritchie Highway, Severna Park 410-647-2283; stjohnspschool.org	1959	Catholic	Dr. Glenna Blessing	PreK–8th grade	557
	St. Martin's In-The-Field Episcopal School* 375-A Benfield Road, Severna Park 410-647-7055; smartinsmd.org	1957	Episcopal	Anthony Shaffer	Preschool 3s–8th grade	253
EDGEWATER	St. Andrew's Day School 4B Wallace Manor Road, Edgewater 410-266-0952; standrewsum.org	1985	United Methodist	Mark Wagner	PreK–8th grade	192
	The Summit School 664 East Central Avenue, Edgewater 410-798-0005; thesummitschool.org	1989	Non-Sectarian	Dr. Joan Mele-McCarthy	1–8	112
GAMBRILLS/ODENTON	Odenton Christian School* 8410 Piney Orchard Parkway, Odenton 410-305-2380; ocs.odentonbaptist.org	1977	Baptist	Pastor John Lacombe	K3–12th grade	181
	School of the Incarnation 2601 Symphony Lane, Gambrills; 410-519-2285 schooloftheincarnation.org	2000	Catholic	Nancy Baker	PreK4–8th grade	775
MILLERSVILLE	Elvaton Christian Academy 8422 Elvaton Road, Millersville 410-647-3224; elvatonacademy.com	1995	Christian	Pastor Dallas Bumgarner	PreK4–8th grade	84
SEVERN/GLEN BURNIE	Archbishop Spalding High School 8080 New Cut Road, Severn 410-969-9105; archbishopspalding.org	1966	Catholic	Brian J. Kohler	9–12	1,300
	Calvary Baptist Church Academy 407 Marley Station Road, Glen Burnie 410-768-5306 cbcaknights.org	1973	Christian	George Kirychuk, Administrator	K3 & K4 (Preschool) through 12th grade	350
	Granite Baptist School* 7823 Oakwood Road, Glen Burnie 410-761-1118; granitebaptistschool.org	1975	Baptist	Lou Rossi, Jr.	K3–12th grade	273

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	15	9:1	\$25,380/year; PS-K varies	Call for Information	Coed	Yes	Yes	Yes	Spanish	Multiple	0	No
	13	9:1	\$32,290/year	Call for Information	Coed	Yes	Yes	Yes	French, Spanish, Latin	50+	17 offered (54 total Middle school, JV and Varsity teams)	10 hours per year (grades 9-12)
	25	14:1	\$9,075/year	Call for Information	Coed	No	Yes	Yes	Spanish	26	6	No
	16	8:1	\$3,800-14,700/year	Call for Information	Coed	No	Yes	Yes	Spanish	20	8	Yearly class service
	15	6:1	\$10,565-\$15,450/year	Call to schedule a private tour	Coed	Yes	Yes	Yes	Spanish	Multiple	4	No
	Varies	5:1	\$36,7430/year	January 24rd, February 26th, March 18th, April 29th	Coed	No	Yes	Yes	No	5	6	Yes
	14	9:1	\$6,695/year	Call for Information	Coed	Yes	Yes	No	Spanish	Multiple	3	No
	30	16:1	\$8,950/year (Catholic); \$9,700/year (other faiths)	January 25th	Coed	Yes	Yes	Yes	Spanish	35+	9	15 hours (grade 8)
	12	12:1	\$3,600-7,000/year	By Appointment Only	Coed	Yes	Yes (K-8th)	Limited	Spanish	Multiple	0	No
	20	16:1	\$20,400/year	Call for Information	Coed	Yes	Yes	Yes	Spanish, French, Latin	30+	30+	60 hours of community service
	22-24	22:1	\$7,100/year	Private, personalized family tours available. Schedule online	Coed	Yes	Yes	no	Spanish & American Sign Language	STEM team, Robotics Club, Sign Language Club	5	No
	Varies	Varies	\$4,860 - \$6,112/year	Call for Information	Coed	Yes	Yes	No	No	No	12; Little Braves (K5-6th)	No



Private School

*Most recent statistics provided
Advertisers in RED

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/ HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

PRINCE GEORGES, HOWARD COUNTIES & BEYOND

Monsignor Slade Catholic School
120 Dorsey Road, Glen Burnie
410-766-7130; msladeschool.com

Monsignor Slade is part of the Archdiocese of Baltimore, and is located in northern Anne Arundel County on a 10.5-acre campus.

1954

Catholic

Cameron Stehle

Pre-K2–8th grade

562

St. Paul's Lutheran School*
308 Oak Manor Drive, Glen Burnie
410-766-5790; stpaulsgb.org

Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.

1950

Lutheran

John Maxwell

P2–8

325

The Boys' Latin School of Maryland
822 West Lake Avenue, Baltimore
410-377-5192; boyslatinmd.com

At Boys' Latin, each student is known for who he is today, and all he can be tomorrow. Nearly two centuries of innovation in all-boys education have taught us what it takes to build a foundation of confidence, compassion, curiosity and character.

1844

Non-Sectarian

Christopher J. Post

K–12

635

Calvert Hall College High School
8102 LaSalle Road, Baltimore
410-825-4266; calverthall.com

Calvert Hall College High School is an independent, all-boys Lasallian Catholic college preparatory school attracting students from more than 125 zip codes.

1845

Catholic

Dr. Andrew Moore

9–12

1,275

The Calverton School*
300 Calverton School Road,
Huntingtown; 410-535-0216
calvertonschool.org

The Calverton School is an independent school that serves Pre-K3 to 12th-grade day students, as well as 9th-12th grade boarding students. Boarding is available for 5 and 7 days a week. Calverton offers the prestigious International Baccalaureate Diploma Program.

1967

Non-Sectarian

Dr. Allison Trentman

Pre-school–12

324

DeMatha Catholic High School
4313 Madison Street, Hyattsville
240-764-2200; dematha.org

DeMatha High School is a Catholic college preparatory school in the Trinitarian tradition that forms Faith-Filled Gentlemen and Scholars.

1946

Catholic

Dr. Daniel J. McMahon

9–12

850

Elizabeth Seton High School*
5715 Emerson Street, Bladensburg
301-864-4532; setonhs.org

Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.

1959

Catholic

Dr. Lisa Grillo

9–12

550

Holy Trinity An Episcopal School Primary School
13106 Annapolis Road, Bowie
301-262-5355; htrinity.org
The Daisy Lane School and High School
Prep 11902 Daisy Lane, Glenn Dale
301-464-3215; htrinity.org

Faithful to our values of academic excellence, spiritual and moral formation, and inclusiveness, Holy Trinity will apply new thinking and best practices in education. Inside and outside the classroom, we will nurture, teach, mentor, coach, and inspire boys and girls of diverse backgrounds and abilities to become their best selves.

1963

Episcopal

Michael S. Mullin

PreK–8th grade

452+

Glenelg Country School*
12793 Folly Quarter Road,
Ellicott City; 410-531-8600
glenelg.org

Our students discover an abiding sense of self, a deep appreciation for community, and a shared understanding of purpose. Small classes, passionate teachers, and opportunities for growth keep our students engaged.

1954

Non-Sectarian

Matt Walsh

Ages 2 through Grade 12

780

Grace Christian School
7210 Race Track Rd., Bowie
gcsbowie.org

This year, Grace Christian School celebrates 50 years as a light in the community where Faith and Learning connect. Grace Christian exists to ensure all enrolled students learn spiritually, academically, physically, and creatively from a biblical worldview.

1975

Christian

Don Jillson

K-8

300+

Maryvale Preparatory School*
11300 Falls Road, Baltimore
410-252-3366; maryvale.com

Maryvale, affiliated with the Sisters of Notre Dame de Namur, provides an environment in which each student can reach her academic, spiritual, physical and civic potential in a loving, supportive, and diverse community.

1945

Catholic

Tracey Ford

6th-12th

450

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	23	14:01	\$8,398/year (Catholic); \$9,302/year (Other Faith); Full Day Pre-K2 \$11,115; Full Day Pre-K3 \$9,843	February 2nd	Coed	Yes	Yes	Yes	Spanish (grade 4–8)	17	5	12 hours/family
	17	8:1	Day Pre-K3 \$9,510; Half day Pre-K3 \$3,579; Half Day Pre-K4 \$4,132	Call for Information	Coed	Yes	Yes	Yes	Spanish	7	7	5 hours per family
	13	7:1	\$25,100–\$37,400/year, boarding \$55,900	Go to boyslatinmd.com/admissions/admissionsevents for upcoming events	Boys	Yes	Dress code	Yes	Latin, Spanish, French	35+	14	40 hours
	17	11:1	\$20,500/year	Call for Information	Boys	Yes (HSPT)	Yes	Yes	Latin, French, German, Spanish	60+	40	Varies
	14	7:1	\$7,000–\$35,000/year	Call for Information	Coed	Yes	Yes	Yes	French, Spanish, German	Multiple	10	Yes
	19	9:1	\$22,700/year	November 2nd, 2025	Boys	Yes (HSPT)	Yes	Yes	Spanish, Latin, Mandarin, Greek, French	40	15	55 hours
	19	14:1	\$19,077/year	Call for Information	Girls	Yes (HSPT)	Yes	Yes	Spanish, French, Latin, ASL	31	23	Varies per year
	15 (Pre); 20 (K-4); 21 (5-8)	Varies	\$13,429 (3 & 4 yrs old) \$14,686 (K) \$13,901 (1-4) \$15,713 (5-8)	January 10th, February 7th, April 4th	Coed	Yes	Yes	Yes	Spanish	Multiple	6 (Grades 5-8)	15 hours/year (7.5 hours for single-parent families)
	13	7:1	\$12,710-\$32,630/year	Call for Information	Coed	Yes	Yes	Yes	Chinese, French, Latin, Spanish	36	43 teams including 12 middle school	25 hours per year (grades 9-12)
	19	13:1	\$9,400/year	January 13th, February 10th, March 10th, April 7th	Co-Ed	Yes	Yes	Yes	Spanish	Drama, Debate, Cyber Robotics Coding Club	Cross Country, soccer, basketball, baseball, softball, volleyball, Track & Field, Cheerleading	Middle school students - 2 hours Christian service each quarter
	13-14	8:1	Middle: \$22,300/year High: \$22,700/year	Call for Information	Girls	Yes HSPT/ISEE	Yes	Yes	Spanish, French	70+	30	No



Private School

*Most recent statistics provided
Advertisers in RED

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/ HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT
McDonogh School 8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org	McDonogh School is a private, coeducational, PK-12, five-day boarding, non-denominational school located on an 800-acre campus in Owings Mills, Maryland	1873	Non-Sectarian	David J. Farace	PK-12	1,460
Mount de Sales Academy* 700 Academy Road, Catonsville; 410-744-8498 mountdesalesacademy.org"	Mount de Sales Academy forms young women through a Catholic college preparatory education that nurtures the whole person and promotes academic excellence, lifelong learning, moral responsibility, service to others, and the dignity of the human person.	1852	Catholic	Sister Mary Raymond Thye, O.P.	9th-12th	465
Mount St. Joseph High School 4403 Frederick Avenue, Baltimore 410-644-3300; msjnet.edu	Mount Saint Joseph High School is a Catholic college preparatory school for boys sponsored by the Xaverian Brothers.	1876	Catholic	Brendan Donohue	9th-12th	800+
Notre Dame Preparatory School* 815 Hampton Lane, Towson 410-825-6202; notredameprep.com	Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.	1873	Catholic	Sister Patricia McCarron, SSND, PhD	6-12	813
Oldfields School 1500 Glencoe Road, Sparks Glencoe 410-472-4800; oldfieldsschool.org	Oldfields is an all-girls boarding and day school located on 140 acres in Maryland's horse country	1867	Non-Sectarian	Ansley Smithwick	8-12	30
Roland Park Country School 5204 Roland Avenue, Baltimore 410-323-5500; rpcs.org	At Roland Park Country School, the paths our students take are as varied and diverse as they are. Our students pursue excellence in their academic endeavors by exploring their passions, cultivating their curiosities and sharpening their analytical and creative abilities in an environment focused on learning, leading and thriving. Endless possibilities start here!	1894	Non-Sectarian	Joan Smith	K-12th; coed preschool	600
St. Augustine School* 5990 Old Washington Road, Elkridge 410-796-3040; staug-md.org	St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.	1857	Catholic	Joseph Miller	PreK3-8th grade	265
St. Philip Neri School 6401 S. Orchard Road, Linthicum Heights; 410-859-1212 st.philip-neri.org	St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.	1965	Catholic	Kate Daley	PreK-8th grade	485
St. Pius X Regional School 14710 Annapolis Road, Bowie 20715 301-262-0203; stpiusbowie.org	2016 National Blue Ribbon School St. Pius X Regional School serves four regional parishes in the Bowie area. We seek to support the diversity of student needs and learning styles while nourishing its students' spiritual, intellectual, physical, social, and emotional growth.	1962	Roman Catholic	Ann Gillespie	PK3-8	500
St. Timothy's School 8400 Greenspring Avenue, Stevenson; 410-486-7400; stt.org	Beyond instilling in each girl a passion for learning, we are deeply committed to the formation of character, spiritual growth, social responsibility, and respect for diversity.	1882	Episcopal	Randy S. Stevens	9-12	165
St. Vincent Pallotti High School 113 St. Mary's Place, Laurel 301-725-3228; PallottiHS.org	St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.	1921	Catholic	Jeffrey Palumbo	9-12	450

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
			\$23,550-41,050	visit mcdonogh.org/admissions	Co-Ed	ISEE	Yes	Yes	Chinese, French, Latin, Mandarin, Spanish	Visit mcdonogh.org/asp for more information	Visit mcdonogh.org/athletics for more information	Yes
	13	13:1	\$16,750/year	Call for Information	Girls	Yes	Yes	Yes	Spanish, French, Latin	35	21	12-23 hours
	19	10:1	\$19,495/year	visit msjnet.edu/visit	Boys	Yes	Yes	Yes	Spanish, French, Italian	50+	17	60 hours
	19	9:1	\$21,950/year	Call for Information	Girls	Yes; ISEE (MS); HSPT (HS)	Yes	Yes	Spanish, Mandarin	50+ (upper level); 12+ (middle level)	15	20 hours a year starting sophomore year
	4	3:1	\$31,000/year Boarding-\$59,000	Visit website for open house dates	Girls	Test Optional Policy	Dress Code	yes	French, Spanish, Latin	3+	Athletics & Equestrian Program	80 hours required
	Varies	6:1	K: \$30,990; 1st-8th: \$32,700-38,400; 9-12: \$39,400	April 24th	Girls	yes	Yes	Yes	Seven options	50+	15	Yes
	25	13:1	\$7,300/ year K-8; \$4,380 Pre 3 day Program; \$7,300 Pre 5 day program	Call for Information	Coed	Yes	Yes	Yes	Spanish	Multiple	4	No
	22	20:3 (PreK); 24:1 (K-grade 8)	\$7,175/year	Call for Information	Coed	Yes	Yes	Yes	Spanish, Latin	10	3	20 hours per family
	25	12:::1	K-8 \$9,545 Non-Archdiocese of Washington: K-8 \$10,545 Non Catholic \$11,545, PreK4: \$10,550, PreK3: \$12,050	January 26th	Coed	Yes	Yes	Yes	Spanish	Multiple Clubs	Basketball, Baseball, Softball, Soccer, Track and Field, Cross Country	\$500 Volunteer Service Program Fee or 20 hours of creditable work
	8	8:1	Day Tuition-\$39,900; Boarding \$69,900 Boarding- \$64,200	Call for Information	Girls	No	Yes	Yes	French, Mandarin, Spanish	18	12	Yes
	17	11:1	\$20,100-21,500/year	April 24th	Coed	Yes (HSPT)	Yes	Yes	Spanish, French, Mandarin	20+	20+	80 hours over 4 years

PURPOSE. EMPATHY. CHARACTER.

AN EPISCOPAL SCHOOL

HOLY TRINITY
REACHING TO BE THE BEST YOU

OPEN HOUSE

Fri, January 10, 2025
Fri, February 7, 2025

9:30-11:30 a.m.
Registration required
at htrinity.org/admissions



PS-8 Glenn Dale & Bowie htrinity.org 301-262-5355

To Know, Love, and Serve.



DIVINE MERCY ACADEMY
K-8th | Classical Education. Catholic Tradition. Community.

Please join us for our Open House on:
Wednesday, February 12, 2025 at 10am

*To RSVP or for more information, please contact us at (410) 705-0778 x3
or admissions@divinemercy.md*



8513 St. Jane Drive,
Pasadena, MD 21122
www.divinemercy.md



ARCHBISHOP SPALDING HIGH SCHOOL

- OVER 55 YEARS OF CATHOLIC EDUCATION ■ 26 AP CLASSES
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- PROJECT LEAD THE WAY/PATHWAY TO ENGINEERING ■ 30 ATHLETIC TEAMS
- OVER 40 CLUBS AND ORGANIZATIONS



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FEBRUARY 16, 2025 • 1-4 PM
THE GRADUATE ANNAPOLIS




Admission is free.
Scan the QR code or visit
whatsupmag.com/bridalexpo2025
to register for the event

LEADERS IN

Education





QUICK LOOK

Year Founded:
1782

Enrollment:
923

Student to Faculty Ratio:
9:1

Majors Offered:
50+

Clubs & Orgs:
80+

Tuition:
\$55,326

CLASS OF 2028 NOTES

41 States Represented

58.5% of students from MD, Del., VA., & D.C.

26.4% of students who identify as students of color

21.1% of first generation students

3.66 GPA average

100% of students receiving institutional aid

\$39,440 average institutional aid awarded

10,000+ internship opportunities available in all disciplines

Washington College

washcoll.edu | 800-422-1782 | Chestertown, MD



Washington College, Maryland's premier small college, offers a rigorous academic program taught by remarkable faculty. With more than 50 academic programs and nationally recognized centers of excellence, Washington's unique campus on the Eastern Shore—which features the 5,000-acre River and Field Campus—provides easy access to nearby urban centers.

Washington students take advantage of an array of opportunities that broaden their education and lead to successful careers. They engage in graduate-level research, participate service learning, and choose from among thousands of internship opportunities and a range of study abroad programs.

The focus is on academics, but we encourage students to get out and try new things. Washington's residential campus has everything you expect from a top-rated college—more than 80 clubs and organizations, 20 intercollegiate athletic teams, 14 of which compete in NCAA Division III, as well as club and intramural sports, live theatre, dance, and music performances, leadership roles, volunteer opportunities and more.

The Washington College experience empowers and motivates students within a community committed to diversity and inclusion. The expansive opportunities in and out of the classroom combined with strong outcomes for Washington College graduates, offers students and their families an exceptional value.



91% of the Class of 2023 were employed or enrolled in graduate or professional school within nine months of graduation

95% of students engage with the Center for Career Development in their first year



QUICK LOOK

Grades:

2.5 yrs. - Grade 12

Religious Affiliation:

Non-Sectarian

Educational Environment:

Co-ed

2024-2025

Enrollment: 650

Merit Scholarships and Financial Aid Available

Average Financial Aid

Award: \$13,000

Uniforms:

No

Students of Color:

43%

Student to Faculty

Ratio: 6:1

Average Class Size:

16

Advanced Courses

Offered: 14

Interscholastic Teams:

40

College Advising

Support: 90+ hours

Outdoor Education

Experiences: 100+ hours

Languages Taught:

Arabic, French, Latin, Spanish

Visual & Performing

Arts Offerings: 35+

Key School

534 Hillsmere Drive | Annapolis, MD 21403 | keyschool.org

Instagram & Facebook @thekeyschool | 410.263.9231

Key School engages children from 2.5 years old through grade 12 in an innovative, coeducational, college-preparatory program on its picturesque 15-acre campus located 4 miles from downtown Annapolis.



More Than a School

Key is renowned for its rigorous academic program, which emphasizes inquiry-based learning and interdisciplinary studies, and produces unparalleled student outcomes.

But Key is more than just a school.

It's a diverse community where students are transformed through authentic connections with their teachers and peers. It's a training ground for winning athletic teams and talented artists. It's a space where students take risks, self-advocate, and grow into ethical citizens and exceptional leaders.

Key School is one of the most sought-after college preparatory programs in Maryland because we are more than a school.

Experience the Key difference for yourself! Schedule a private weekday tour of campus with one of our admission counselors today.

#1 Private School in Anne Arundel County

#5 K-12 Private School in Maryland

2021-2024 Student Outcomes



1403

25% scored 1397 or higher on the SAT

1310

SAT average (MD average is 1221)

86%

earned merit scholarships to college

22

League Championships



Key's innovative approach to teaching and learning is what sets us apart from other independent schools. Over 60 years of unparalleled student outcomes show us this innovative approach works.



Key's Fusco Athletic Park is a 70-acre state-of-the-art facility with multi-purpose athletic fields, tennis courts, baseball diamond, a pavilion with locker rooms, and a fully equipped trainer's room.



Creating opportunities for experiential learning through outdoor education is an integral part of the Key experience.



QUICK LOOK

Grades:

Pre-K through
Grade 12

Year Founded:

1973

2024-2025

Enrollment:

580

2024-2025 Tuition:

\$22,400 - \$32,300

Campus Size: :

114 acres



Indian Creek School

1130 Anne Chambers Way, Crownsville, MD 21032
410-923-3660 | indiancreekschool.org



Visit Indian Creek's beautiful 114-acre wooded campus, just minutes from Annapolis, and you will see why ICS families love coming to school. You may come across our youngest students exploring the campus trails in the Nature-Based Pre-K Program, observe Middle School students building roller coasters through their gold-standard Project Based Learning curriculum, discover Upper School S.T.E.M. students monitoring bat boxes, cheer for Creek athletes competing on the fields, dome, and courts of the Eagles Athletics Complex, and enjoy the music all around campus created by our performing artists. Everywhere you go, you will experience the sights and sounds of Indian Creek students discovering passions through authenticity, connection, and curiosity. We invite you to visit and learn what your pursuit of excellence can look like at a school where kindness is currency, well-being is priority, and excellence in education is relentlessly pursued!



16 Average class size

7:1 Student to teacher ratio

100% College Placement



QUICK LOOK

Grades:

Preschool – Grade 12

Sports Offered:

17 (54 teams total including Middle School, JV, and Varsity)

Year Founded:

1914

Tuition:

Kindergarten: \$23,210;
Grades 1-5: \$25,380;
Grades 6-12: \$32,290;
Preschool &
Prekindergarten
tuition varies

Severn School

Chesapeake Campus (preschool through Grade 5): 1185 Baltimore Annapolis Blvd., Arnold, MD

Teel Campus (Grades 6 thru 12): 201 Water Street, Severna Park, MD

PH: 410-647-7700 | www.severnschool.com

Students are at the very heart of Severn's caring and connected community. From their first day and beyond, every Admiral is on a journey designed to instill in them the intellectual agility, integrity, and knowledge necessary for success at Severn and beyond.



Severn is more than just a school. It's a community where every student is known and valued – not just for who they are today, but for who they aspire to be.

“Severn students really are known and valued. Every student here has an adult in their corner and a place where they can truly be themselves.”

—Whitney Etehsion, Severn Advisor



\$3.2M

Financial Aid
Awarded

9:1

Student to
Teacher Ratio

911

Total
Enrollment



Quick Look

President:

Brian J. Kohler

Religious Affiliation:

Catholic

Year Founded:

1966

2024-2025 Tuition:

\$20,400

Varsity Sports:

30 competing in the MIAA and IAAM

Archbishop Spalding High School

8080 New Cut Road | Severn, MD 21144 | 410-969-9105
archbishopspalding.org

Archbishop Spalding is a Catholic, co-educational, college preparatory high school that has been committed to serving our students in a caring environment since 1966.

Spalding not only offers core academic courses but also embraces religious studies, fine arts, STEM education, the International Baccalaureate (IB) Diploma Program, and physical education. This reflects the school's dedication to providing an environment in which students are encouraged to reach their potential academically, spiritually, and physically. Where each student will be cared for and recognized for the person they are and not the number they represent. Outside the classroom, our students participate in numerous award-winning athletic, fine arts, and co-curricular programs; each designed to inspire growth in the individual.



16:1 Student to
teacher ratio

55,681 Service Hours completed by
the class of 2023-2024



QUICK LOOK

Grades:

Preschool - Grade 8

Total Enrollment:

450

Religious Affiliation:

Episcopal

Head of School:

Mr. Michael S. Mullin

Tuition and Fees:

\$13,901 - \$15,713,
\$1,050 - \$2,000

Holy Trinity: An Episcopal School

13106 Annapolis Road, Bowie, MD 20720

11902 Daisy Lane, Glenn Dale, MD 20769 | 301-262-5355

Holy Trinity: An Episcopal School is ever faithful to its values of academic excellence, spiritual and moral formation, and inclusiveness as it educates over 440 students in Prince George's and surrounding counties. Holy Trinity is a Preschool through 8th grade independent school. Our expert faculty and staff seek to know and deeply understand students, so that students become their BEST YOU!

Students are encouraged to take thoughtful and bold chances in the classroom at Holy Trinity because this is where real learning takes place. Holy Trinity's distinctive integration of Music into the curriculum ignites a student's imagination, enhances problem-solving skills, instills self-discipline and patience, and furthers their ability to collaborate. Here, students learn more about more: STEM; Friendship; Episcopalian Values; Spanish; Outdoor Education. Some prioritize rigorous academics. Holy Trinity prioritizes rigorous balance. Holy Trinity strives to graduate better students, but more importantly, better people. At Holy Trinity, students study Kindness, master Compassion, research Character and excel in Selflessness. Holy Trinity students shine inside and outside the classroom of the best private and public high schools in the region. Our graduates leave Holy Trinity and become great leaders, scholars, student-athletes, musicians, and good citizens.



18
Average
class size

10:1
Student to
teacher ratio



QUICK LOOK

Year Founded:

1925

President:

Dr. Carolyn Ringer
Lepre

Programs:

48 undergraduate majors, 17 masters and doctoral programs

2024-2025

Enrollment: 7,500

2024-2025 Tuition:

In State: \$11,084
Out state: \$22,174

Salisbury University

1101 Camden Avenue, Salisbury, Maryland 21801

410-543-6161 | www.salisbury.edu

Salisbury University sets success in motion with a community and culture where every student is heard, seen, supported and challenged. SU propels students forward to a better tomorrow in their lives and careers. In a warm and welcoming environment, students explore programs across business, education, health and human services, the liberal arts, and sciences. Professors mentor students in a way that sparks change by connecting ideas to real-world, hands-on experiences. Students study where their opportunities are endless, their cost is affordable and their return on investment pays back a lifetime of possibilities.

Nationally ranked among the top colleges and best values by *The Princeton Review*, *U.S. News & World Report*, *Forbes*, *Money* and others.



13:1

Student to faculty ratio

Top 25

Best College Libraries

Make Tomorrow Yours



QUICK LOOK

Grades:

9-12

Total Enrollment:

450

Religious Affiliation:

Catholic

Year Founded:

1921

Tuition:

\$20,100 Variable Rate

\$21,500 Locked In Rate

St. Vincent Pallotti High School

113 St. Mary's Place, Laurel, Maryland 20707
301-725-3228 | pallottihs.org

St. Vincent Pallotti High School offers a broad and challenging curriculum in a co-educational environment. Pallotti students receive a college preparatory education that reinforces critical thinking, creativity, and problem solving taught by an inspiring and innovative faculty. The curriculum is designed to meet the needs of a wide range of students with diverse interests, learning styles, and abilities. We prepare all students to excel in college and beyond, and provide our students with an education integrated with the spiritual and moral truths that will guide them through their entire lives.

17 Average
class size

11:1 Student to
teacher ratio

Specialized Programs:

Accelerated Science, Engineering, Arts Academy



QUICK LOOK

Head of School:

Kathy Mahar

Grades:

Preschool - 8

2024-2025 Enrollment:

234

2024-2025 Tuition:

Preschool: \$4,100-\$12,300

Grades K-4: \$14,200

Grades 5-8: \$15,300



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

375-A Benfield Road, Severna Park, MD 21146 | 410-647-7055 | smartinsmd.org

St. Martin's is located on an 8-acre campus in the heart of Severna Park. We are proud to educate and nurture students in Preschool through 8th grade to be learners, leaders, and friends. We seek to create a welcoming educational environment, encouraging each individual to grow in Confidence, Compassion, and Character. In our inclusive community, every child is known and supported.

We offer an academically rigorous curriculum allowing for individualized instruction. Creativity and problem solving are fostered through active hands-on learning. Students participate in Music, Spanish, PE, weekly Chapel Services, Technology, Library, Art, Sacred Studies, and Service Learning. We offer after-school clubs and activities at all grade levels in addition to interscholastic sports teams and musical theater in Middle School.

Contact Kira Dickson, Director of Admissions to schedule a private tour or register for our January 15th Open House: kdickson@smartinsmd.org.



Join Us at our
Open House
January 15th at
10:00 am-12:00 pm



QUICK LOOK

Grades:

1-8

Accreditations:

AIMS, MSDE

2024-2025 Enrollment:

109

2024-2025 Tuition:

\$36,743

Tuition Assistance:

Need based,
35% of families

The Summit School

664 East Central Avenue, Edgewater, MD 21037 | thesummitschool.org | 410-798-0005

Facebook: @TheSummitSchoolMaryland Instagram: @TheSummitSchoolMD

The Summit School educates and empowers bright students with dyslexia and other learning differences. Teachers maximize students' strengths and support areas of weakness. Instructional highlights include:

- Research-based methodologies
- Activity-based multisensory learning
- WordSense™
- Read Naturally® Live
- EmPOWER™ writing program
- Social Thinking™
- STEM-infused curriculum
- Standards-based math

Summit addresses the whole child and teaches self-advocacy, confidence, and social-emotional wellness. Parent-school partnerships are key to student success.

Benchmark testing is used to evaluate students against specific grade-level standards and learning goals. Results give teachers actionable data and drive instruction for each student.

Alumni credit Summit with giving them the confidence, strategies, and learning tools they needed to succeed in high school and beyond. With a strong foundation, the possibilities are endless.

5:1

Student to
teacher ratio

3-12

Average
class size

Open Houses

January 23, February 26,
March 18, April 29



QUICK LOOK

Year Founded: 1959

Religious Affiliation:

Catholic

2023 - 2024 Tuition:

\$19,077

Annual

Technology Fee:

\$380

Financial Aid:

Available based
upon need

Elizabeth Seton High School

5715 Emerson Street | Bladensburg, MD 20710 | setonhs.org | 301-864-4532

Rooted in Catholic values and the charism of the Daughters of Charity, Elizabeth Seton High School cultivates confidence in young women to excel in college, careers, and life through an innovative and rigorous academic experience. As a diverse and inclusive learning community, students think critically and creatively, work collaboratively, and serve others.

At Elizabeth Seton, we stimulate intellectual curiosity and a love of learning. Our program is designed for college-bound students who are serious about their academic success. ESHS students consistently score above state and national levels on the SAT exam. They have a 100% college acceptance rate, with 97% being accepted into one or more of their top three choices, and 75% receiving scholarship offers.

19

Average
class size

14:1

Student to
Teacher ratio

1:1

Student to
computer ratio





QUICK LOOK

Grades:

PreK4 - 8th

Religious Affiliation:

Catholic

Principal:

Ms. Nancy Baker

Year Founded:

2002

2024-2025 Tuition:

\$6,040 - \$9,700

School of the Incarnation

2601 Symphony Lane, Gambrills, MD 21054

410.519.2285 | schooloftheincarnation.org

School of the Incarnation is a fully-accredited Catholic school that educates over 750 students in central Anne Arundel County on a beautiful 26-acre campus. School of the Incarnation is officially associated with the five Catholic parishes St. Joseph Catholic Church, Our Lady of the Fields, Holy Family Catholic Church, St. Elizabeth Ann Seton Catholic Church, Our Lady of Perpetual Help Catholic Church. The School of the Incarnation embraces an inter-parish community of children with differing gifts. Through collaboration amongst the faculty, parents, and other professionals, the School is dedicated to cultivating and promoting academic excellence in an environment immersed in Gospel values. This commitment is woven seamlessly into the academic program and student life. We seek to provide a distinctive educational experience to a diverse body of learners and to cultivate our students' ability to think globally and behave ethically.



2025 Open House

Saturday

January 25th

8:30am -11:00am

26 Average class size

16:1 Student to teacher ratio



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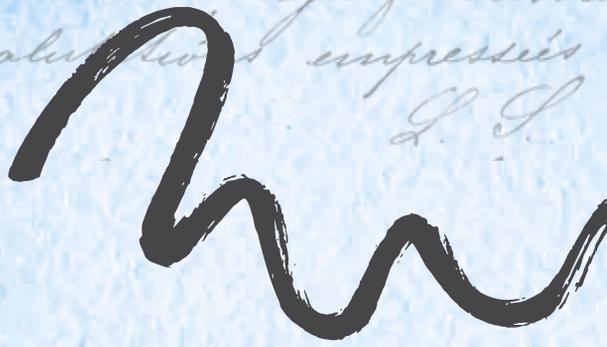
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- ★ Gifted Teachers & Staff
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- ★ Safe, Secure & Nurturing
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En attendant, agréés mes
mes salutations empressées
L. J.*



BOOKENDS MEET



**MARYLAND'S OUTGOING AND
INCOMING POETS LAUREATE**

Story by **JANICE F. BOOTH**

Photography by **TONY LEWIS, JR.**



Marseille



M

aryland's 10th and 11th Poets Laureate stand together: oldest and youngest, White and Black, united in their commitment to support those who have been silenced and

to encourage those who have important things to say. The poems of Grace Cavalieri and Lady Brion embrace the spectrum of modern poetry, from the traditional "page poem" to "spoken word"—performance, or slam poems. Like bookends, their lives and their approaches to poetry support and embrace what is creative and powerful in the Arts.

WHAT'S ALL THE FUSS ABOUT?

Grace Cavalieri, 10th Poet Laureate, and Lady Brion, 11th Poet Laureate, come to this public role already accomplished and renowned as poets. They share a passion for performance. Cavalieri first as a playwright and later as a "page poet." Lady Brion as a performance poet from childhood. Both see the role of Poet Laureate as another avenue for supporting poetry and the arts, and as cultural ambassadors for and representative of Maryland's unique and complex history and culture. Both poets are activists—sharing their poetry and the poetry of others, shining lights on poetry through audio and video performances.

Let me explain the role of Poet Laureate. The title identifies a poet who is recognized by a state or the nation for outstanding creative and intellectual achievement. Maryland's first Poet Laureate was appointed in 1959, Maria B. Croker, who spoke of the impact of poetry on the human soul. Maryland's third Poet Laureate was Lucille Clifton, a recipient of the National Book Award and nominated for a Pulitzer Prize. Her powerful poems use clear and simple language to point out injustice and suffering and to bring about change in attitudes and express long suppressed viewpoints. Several of Clifton's collections of poems deal directly with social injustice and racism.

WHAT HAVE THESE TWO POETS BEEN UP TO?

And so, we come to our recent and current Poets Laureate. The oldest, Grace Cavalieri began her Laureateship at age 87 and stepped aside at 92. But long before her role as Poet Laureate, she was showing the State and the world how poetry can open doors and minds. In 1977 she helped found WPFW-FM, the renowned jazz and talk-radio station in Washington, D.C. Cavalieri brought to her radio listeners the works of poets, some of whom had been unrecognized and under-represented. Through her radio interviews, listeners came to hear and appreciate regional poets and thinkers.

Cavalieri continued her championing of poets with *The Poet and the Poem* broadcasts—recorded interviews with poets from across America. She has recently completed the 47th year of the interview program, now broadcasting from the Library of Congress. Every United States Poet Laureate has been interviewed by Cavalieri for *The Poet and the Poem*. In some instances, hers are the only extant recordings of renowned poets reading their own work.



Lady Brion, Maryland's 11th and youngest Poet Laureate, knows her way around the media and recording studio, too. Renowned as a spoken word or performance poet, often referred to as slam poetry, Lady Brion became the "Women of the World Poetry Slam *Champion*" in 2021.

Performance videos of her dramatic poetry presentations display her commitment to social justice and poetry's power to change for the better individuals and society. She intends that spoken word poetry reclaim its rightful place in our arts culture. She is a spokesperson for Black artists, particularly Black women, in Maryland and across America. Since her Slam Championship, Lady Brion has organized and brought to Baltimore three "Women of the World Poetry Slams." Since she was a ninth-grader she has performed her own poems at public functions including State events, in churches, and at gatherings of performance poets called Poetry Slams. She has organized poetry workshops in prisons and group homes across Maryland, and has managed teaching-artists who work with middle and high school students in the greater Baltimore area.

AND WHERE DOES THE POET LAUREATE FIT INTO MARYLAND'S ARTS SCENE?

The September 16th ceremony announcing Lady Brion's appointment as Maryland's 11th Poet Laureate was held in the Lucille Clifton House & Museum. This setting honored the former Poet Laureate whom Lady Brion identifies as one of her greatest poetic influences. During the ceremony, First Lady Dawn Flythe Moore spoke about the Moore administration's commitment to the arts. "Wes and I understand the value of the arts. The arts create opportunity. The arts build community. And the arts boost the economy...This year, we're [the Moore Administration] investing over \$35 million into the arts through the Maryland State Arts Council." A touching coincidence was the attendance of one of Lady Brion's high school principals, now Maryland's Secretary of Appointments, Tisha S. Edwards.

Both Maryland's outgoing and incoming Poets Laureate have been accustomed, as artists and community organizers, to doing important work with very little money or support. Both poets have undertaken projects to encourage the under-represented and under-appreciated artists, even before Cavalieri and Lady Brion became official ambassadors for the State's artists.

"Voice As a Bridge" has been one of Grace Cavalieri's important projects for over a decade. She and poet-composer-educator Wing Chi Chan of Washington, D.C., organized annual poetry readings that brought together poets from different cultures, often writing in different languages. For many years Cavalieri's own publishing company, Forest Woods Media Productions, has brought hundreds of poets to the public's attention, often publishing collections of poetry by poets from diverse cultures. Most recently, Forest Woods published a collection of poems by Korean poets whom Cavalieri has been mentoring.

In 2019, Lady Brion established the *Black Arts District in Baltimore*. The district provides sponsorship and funding for arts projects and supports artists who might otherwise be silenced. Since 2013 she has curated *Leaders of a Beautiful Struggle*, "...a grassroots think-tank which advances the public policy interest of Black people, in Baltimore, through: youth leadership development, political advocacy, and autonomous intellectual innovation." In 2015 Lady Brion served as the program manager for *DewMore Baltimore* setting up programs in the public schools and training teaching-artists to engage with students. One of her commissioned spoken word poems is about the *Bill of Rights*. Lady Brion refers to the work she does as *artivism*, pairing *art* and *activism*.

WHAT HAS EACH ONE DONE OR PLAN TO DO AS POETS LAUREATE?

It's evident that these two women, 6 decades apart in age and experience, share a commitment to supporting poetry and poets. During Grace Cavalieri's tenure as 10th Poet Laureate she completed a collection of recorded interviews showcasing Maryland's poets, both the little known and those of renown, "Voices of Maryland's Poets." Another of Cavalieri's projects was taking poetry into schools, focusing on teenagers and encouraging them to try expressing their feelings in poetry. Another of her projects during her Poet Laureateship and beyond is "Women in the Room." Both Cavalieri and Lady Brion are determined that women poets receive the recognition their work deserves. Cavalieri has written extensively on under-appreciated women artists and thinkers, including Mary Wollstonecraft, Madame de Stael, and Anna Nicole Smith. Through Cavalieri's project "Women in the Room" she mentors poets, encouraging and guiding their development. Cavalieri helps women share and publish their poems.



"THE ARTS CREATE OPPORTUNITY. THE ARTS BUILD COMMUNITY. AND THE ARTS BOOST THE ECONOMY."





Lady Brion is setting out now with her amazing ardor and life experiences to put her mark on her Poet Laureateship. She notes, “Lucille Clifton [3rd Poet Laureate of Maryland] is my inspiration...I first read her poem ‘won’t you celebrate with me’ in 9th or 10th grade and was moved by Clifton’s powerful words.” Another important influence for Lady Brion has been nationally renowned muralist Ernest Shaw, Jr. “He gave me my first commission, to write a poem to accompany one of his paintings. He changed my attitude about what I was doing and could accomplish.”

Lady Brion wants to make a difference in the lives of young people too. She intends to carry her talent and experience as a performance poet into parts of Maryland that might be unfamil-

iar with spoken word poetry. As she’s done in Baltimore, she will encourage youth, particularly young Black students and artists across Maryland to raise their voices in beautiful and creative ways. On the State level, Lady Brion expects to be an advocate for poets and performance poetry. In the words of First Lady Dawn Moore, “She [Lady Brion] is an ambassador for those who need hope. She is an advocate for those who need a fighter. And she will be a champion for all Marylanders, no matter their background, zip code, or personal story.”



AND WHAT HAPPENS NOW?

As poets and performers, both Grace Cavalieri and Lady Brion look to performance as a validation; the audience can see and hear and understand the world from a fresh perspective through the diverse forms poetry can take. For these two poets, poetry may be *page poetry* (traditional forms,) *performance* or *spoken word poetry*.

Lady Brion is intrigued by the “intersection of poetry and theater.” Her “Bucket List” includes acting on a stage, singing in a musical (she has a

rich and beautiful singing voice), and working with theater groups, as she has with Baltimore’s Center Stage, to adapt literature for performance poetry and create contemporary reimaginings of great literature as spoken word poems.

Let me bookend this brief encounter with our gifted Poets Laureate with Grace Cavalieri’s observation, “My life has been a life-long ribbon of poetry.”

To learn more check out the...**Poet Laureate page on the Maryland State Arts Council website:** <http://msac.org/programs/poet-laureate>. **Grace Cavalieri’s website:** <https://www.gracecavalieri.com/>. **Lady Brion’s website:** <https://www.ladybrion.com/>

MARYLAND'S YOUTH POET LAUREATE

I bend down to kiss the grass and call it prayer.

This first line of **Tara Prakash's** poem, "On Erosion," reflects her maturity and love of the natural world. Prakash is Poet Laureate for Montgomery County and the first Youth Poet Laureate of Maryland. At 18, she is an award-winning author of short fiction and poetry as well as a busy senior attending Sidwell Friends School in D.C. Prakash works to expand poetry's appeal for young writers and to deepen her own writing. She participates in writers' workshops, including the Kenyon Review Young Writers Workshops and Youth Poet Laureate Institute Workshops.

A serious student and poet, Prakash credits her grandmother Sarla Prakash with her love of language. "She [Sarala Prakash] gets me and my work." Tara's sixth grade teacher, Becky Farnum, helped Tara gain respect for her own poetic voice. In the larger world of poetry, poets whose work she admires and studies include Ocean Vuong, Keith Leonard, and Aimee Nezhukumatathil.

Tara Prakash has interned since 2022 with *Free Minds*, a nonprofit organization. One of her projects has been encouraging incarcerated poets and critiquing their work. Last summer she taught an on-line poetry workshop with teens in India. And as her Eagle Scout project, she designed a creative writing workshop for children, *Write to Right*. The program has grown in popularity, and children in 12 states and four countries now participate in the workshops Tara designed.

Prakash meets regularly with other youth poet laureates via Zoom. These *YPL Institutes* invite guest writers and teachers to discuss the craft of writing poetry with these young poets from across the country.

Recently, Tara has become interested in Performance Poetry. In April of 2024, she participated in the D.C. Youth Slam Team performance at the Kennedy Center in Washington. The team is overseen by *WBL* [Words, Beats & Life] a hip-hop-centric, art-based educational nonprofit. *WBL* works with *DewMore Baltimore*, a nonprofit whose focus is on the arts and activism. Overseen by Maryland's Poet Laureate Lady Brion, *DewMore Baltimore* works statewide to help young people experience the power of poetry and of their own voices as poets.

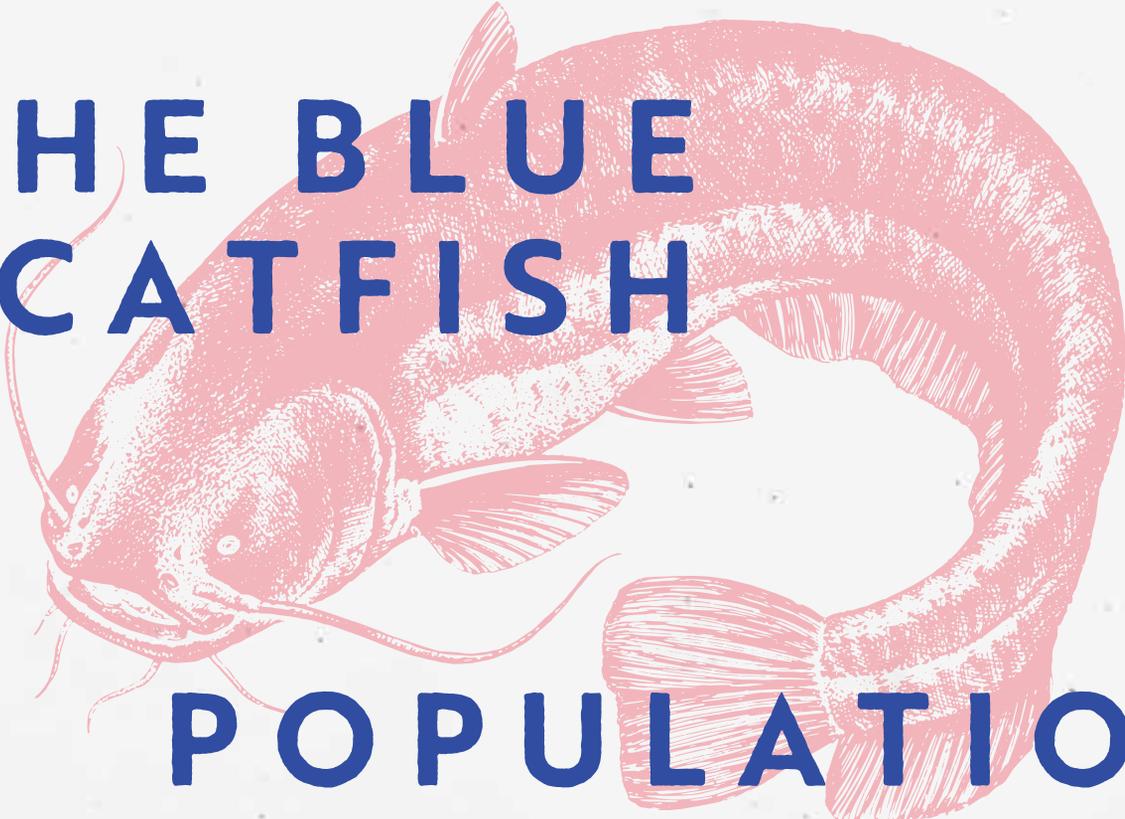
As Maryland's first Youth Poet Laureate Tara Prakash's dedication and talent both as artist and activist set a high standard for future Youth Poet Laureates. Learn more about Prakash at her website, taraprakashwrites.com.



Tara Prakash (sitting, right) listens to Grace Cavalieri at a recent poetry reading.

**CHESAPEAKE
BAY SPECIES
ARTICLE SERIES**

THE BLUE CATFISH



POPULATION EXPLOSION

**MITIGATING THE THREAT
OF THIS INVASIVE SPECIES
IN THE CHESAPEAKE BAY**

By Lisa A. Lewis



Waterman Rocky Rice fishing for blue catfish on the Potomac River near Fort Washington. Photograph by Edwin Remsburg, Maryland Department of Agriculture.

When the Virginia Department of Wildlife Resources (DWR) introduced blue catfish into three tributaries of the Chesapeake Bay (the James, Rappahannock, and York Rivers) in the 1970s and 1980s to create a recreational trophy fishery, the resource managers couldn't have foreseen the impact that the fish would have on the Bay ecosystem. A popular recreational catch, blue catfish can grow large in size—providing a fun, challenging experience for anglers. Since coastal striped bass populations were declining throughout the Atlantic Ocean, the fishery was intended to offer new opportunities for recreational anglers.

The freshwater catfish, which are native to the Mississippi, Missouri, and Ohio River basins, were expected to remain in the tributaries in which they were stocked. However, since blue catfish can tolerate higher salinities than the resource managers originally thought, they were able to thrive in the brackish waters of the Bay. As a result, blue catfish expanded their range at an alarming rate. Today, they are found in nearly every tributary of the Bay.

“It seems that blue catfish may use periods when salinities decrease, like during years of high rainfall, to disperse and invade new habitats,” says Branson Williams, invasive fishes program manager for the Maryland Department of Natural Resources (DNR). “This may have been the case during 2018 and 2019 when we began hearing about more reports of blue catfish in the upper Bay. While they can tolerate higher salinities than initially thought, they typically don't spend time in higher salinity waters, such as 17 ppt (parts per thousand), for very long because they can't handle it.”

The unintended consequences of the resource managers' decision to stock blue catfish in the Virginia tributaries shines a light on the risks of introducing an invasive species into the Bay. Since their initial introduction, blue catfish have greatly expanded their range and become so populous that they now pose a serious threat to the Bay ecosystem. According to the DNR, commercial harvesters removed 4.2 million pounds of blue catfish from the Potomac and Maryland waters in 2023—a more than 500 percent increase from 10 years earlier. In addition, they comprise as much as 75 percent of the total fish biomass in some portions of the James and Rappahannock Rivers.

Concerned about the spread of blue catfish, a diverse group of stakeholders, including state agencies, environmental organizations, educational institutions, commercial fisheries, watermen, seafood processors, and several other partners, are working together to help mitigate the impact of blue catfish. The management strategy is focused on science, research, policy, increased commercial harvest, and public awareness among consumers and recreational anglers.



A blue catfish is caught during a river herring survey by staff from the Maryland Department of Natural Resources on the North East River in Cecil County on April 25, 2023. Photo by Will Parson/Chesapeake Bay Program.



Fourth generation waterman Rocky Rice, right, and his fishing partner Brent Thomas check fish pots on the Potomac River in Charles County, Maryland. Rice can catch up to 1,200 pounds of blue catfish, an invasive species. Rice has increased the time he spends catching them—three days a week—as market demand has increased. Photo by Will Parson/Chesapeake Bay Program.

BLUE CATFISH OCCURRENCES

According to the DNR, blue catfish were first reported in Maryland in the Potomac River in 1987. They became abundant in the Potomac in the 1990s and continued to expand their range in the 2000s. By the 2010s, the blue catfish population was identified as a bay-wide issue that required action. In response to the threat to the Bay ecosystem, resource managers adopted an Invasive Catfish Policy in 2012. The Chesapeake Bay Program's Invasive Catfish Workgroup was later formed in 2014.

“The Workgroup brings together members on a bay-wide scale to manage blue catfish and minimize their spread and ecological impact,” says Bruce Vogt, manager of ecosystem science and synthesis, National Oceanic and Atmospheric Administration (NOAA) Chesapeake Bay Office, and chair of the Workgroup. “We’re a diverse group of partners committed to change—both on the ground and through the exchange of information. When we first formed the Workgroup, the blue catfish problem was new. We had to explore management strategies and create a roadmap to guide progress. Bringing together a group of talented people has greatly helped us accelerate our efforts and raise public awareness.”

Silvery-blue with a white belly, blue catfish have a flat dorsal fin, a deeply forked tail, and four pairs of black whisker-like barbels around their mouths. Their smooth skin lacks scales. Although adults are typically less than two feet long, they can grow up to five feet long and weigh more than 100 pounds. According to state records, the largest blue catfish caught in Maryland weighed 84 pounds.

Although blue catfish are omnivores, their diet consists mainly of native fish species, including menhaden, American shad, striped bass, American eel, and white perch, as well as blue crabs, plants, and insects. Not only are these species ecologically and economically beneficial, but many of them, such as the iconic blue crab, are also symbols of Bay history and culture.

“It’s difficult to quantify how many native species blue catfish are eating,” Williams says. “Diet studies are useful and have identified 30 to 40 different prey items in their stomach contents. This may have an impact on native fishes that are ecologically and recreationally significant, especially where blue catfish are well established.”

Opportunistic and generalist predators, blue catfish have a ravenous appetite and can outcompete other fish species for food and habitat. With the exception of osprey and bald eagles, they have few natural predators. According to NOAA Fisheries, blue catfish spawn once a year from late May to June—mostly in lower-salinity streams and smaller tributaries. Females produce 4,000 to 8,000 eggs per kilogram of body weight, which means that a 10-pound fish could produce more than 20,000 eggs.



Joe Wright of Stafford, Va., catches a blue catfish while fishing off the end of the Port Royal Landing in Caroline County, Va., on May 9, 2016. Wright said he only fishes for an hour at a time—just long enough to finish a cigar. The new 200-foot pier also features a soft launch for paddlers and was funded by grants from the National Park Service, Friends of the Rappahannock, the Chesapeake Conservancy, and other organizations. Photo by Will Parson/Chesapeake Bay Program.



Above: Waterman David “Cornflower” Confair fishing for invasive blue catfish on Marshyhope Creek. Photo by Stephen Badger, Maryland Department of Natural Resources.

Left: At the 2022 Sharptown Catfish Tournament nearly 1,000 pounds of invasive blue catfish were harvested from the Nanticoke River and Marshyhope Creek. Blue catfish is delicious, nutritious and a whole lot of fun to catch! Photographs courtesy Maryland Department of Natural Resources.



A RELATIVELY NEW FISHERY

Since the vast population makes eradication of blue catfish impossible, the management strategy focuses on developing and expanding commercial fisheries in an effort to remove as many of them as possible from the Bay. According to NOAA Fisheries, commercial fisheries for blue catfish were limited during the early 2000s due to low market demand and lack of consumer awareness. So, the development of a commercial fishery management plan is relatively new. But thanks to increased public awareness, the commercial fishery for blue catfish is growing.

“A broad and diverse group of stakeholders, including environmental organizations, state agencies, seafood processors, watermen, and even the state’s Food System Resiliency Council, are working together to help facilitate as much harvest of blue catfish as possible,” says Allison Colden, Ph.D., Maryland executive director, Chesapeake Bay Foundation (CBF). “The DNR also recently expanded the types of commercial fishing gear that could be used to target blue catfish, including bowfishing and catfish trotlines.

“On the federal side, blue catfish are in a unique regulatory position since catfish are the only fish inspected by the USDA rather than the FDA. This makes the inspection process expensive and cumbersome for processors. While mostly a federal

issue, efforts have been made in the Maryland General Assembly to help make processing blue catfish less burdensome.”

To further facilitate commercial harvest, the Workforce identified a need for population studies. Since blue catfish are highly productive and able to disperse throughout the Bay tributaries, monitoring programs to track their abundance through time (year to year) and population projection models to estimate future population size and distribution are critical.

“We are pleased that the DNR is working with the U.S. Geological Survey (USGS) Eastern Ecological Science Center on a program to monitor the blue catfish population in Maryland’s portion of the Bay and to create population projection models,” Vogt says. “These models can estimate how the population will respond to different levels of commercial harvest—allowing us to develop harvest targets and determine how much biomass to remove.”

The overabundance of blue catfish in the Bay has not only reshaped the commercial fishing industry—leading to the development of a fishery for blue catfish—but it has also affected Maryland watermen. Due to the immense population, some watermen have moved away from other fisheries, such as crabbing, to focus on blue catfish. By pivoting to the harvest of blue catfish, watermen throughout Maryland are doing their part in the effort to remove as many of them as possible from the Bay.

“The blue catfish population has affected the way that independent watermen operate their businesses,” says Robert T. Brown, Sr., president of the Maryland Watermen’s Association. “They are bringing in good blue catfish harvests, but they may have had to change where they work or how they work. The fishery is new and affects Maryland watermen’s livelihoods, so they have had to adapt to meet the challenges to their way of life.”

RAISING PUBLIC AWARENESS

During the past few years, the Maryland Department of Agriculture (MDA) has launched several marketing campaigns to educate consumers about the benefits of incorporating blue catfish into their diets. Since adult blue catfish aren't bottom feeders, they don't taste "muddy" like some catfish species. A white, flaky fish with a taste that has been compared to striped bass, blue catfish are a good source of protein and Omega-3 fatty acids. A 4-ounce serving contains only 90 calories and 1.5 grams of fat.

"We have really ramped up our efforts to promote blue catfish," says Matthew Scales, seafood marketing director for the MDA. "By attending events, partnering with restaurants and chefs to provide cooking demonstrations—and free samples—and sponsoring giveaways, we're increasing consumers' interest in blue catfish, and the response has been great. We're definitely noticing more demand among consumers who are excited to learn where they can buy blue catfish—whether in their local grocery stores or at restaurants. Not only are the fish delicious and nutritious, but eating them is also a great way for the public to help reduce the population and protect the Bay."



Maryland Secretaries of the Department of Agriculture, Kevin Atticks (left), and Department of Natural Resources, Josh Kurtz (right), hold blue catfish caught during a recent survey.



Ed Jones from Aloha, Oregon, caught a Maryland record blue catfish—weighing 84 pounds and measuring 52 inches long, with a girth of 36.5 inches—on August 13, 2012 in the Potomac River near Fort Washington. Jones and his guide, Captain Josh Fitchett of Montpelier, Virginia, kept the fish alive and took it into Fort Washington Marina to have it weighed and certified by a Fisheries biologist. Photo courtesy Maryland Department of Natural Resources.

Launched in 2004, Maryland's Best, a website operated by the MDA's marketing department, connects Maryland farmers and watermen with consumers. The website provides a wealth of information about blue catfish, which are marketed as "wild-caught Chesapeake blue catfish." Not only does this appeal to consumers who prefer to "buy local," but it also differentiates the fish from other species of catfish and emphasizes that they are harvested in the Bay. Consumers can search for retailers, restaurants, recipes, and more. For information, visit marylandsbest.maryland.gov.

In addition to engaging the public, several organizations are helping educate recreational anglers about the harm posed by blue catfish to the environment. Maryland offers several tournaments that not only encourage recreational anglers to help reduce the number of blue catfish in the Bay but also enjoy a fun day on the water.

Coastal Conservation Association Maryland (CCA Maryland) launched the Great Chesapeake Invasives Count in 2020 to help fishery managers collect data about where invasive fish, including blue catfish, are being caught and to support science-based management strategies. The event, which offers year-round opportunities for participants, is a fun way for anglers to support a great cause while competing for prizes.

“The Great Chesapeake Invasives Count allows recreational anglers to engage in the conversation about invasive species and their impact on the ecosystem,” says David Sikorski, executive director of CCA Maryland. “The event brings people together and offers a sense of community. It’s also a great way to help make a difference and have a lot of fun.” To learn more, visit ccamd.org/the-great-chesapeake-invasives-count.

The Rod & Reef Slam fishing tournament, co-hosted annually by CBF, CCA Maryland, and the Chesapeake Oyster Alliance (COA) is another popular event for recreational anglers. The tournament offers an invasive species division that awards prizes for the largest blue catfish or other invasive species caught.

In Maryland, since blue catfish are invasive, they cannot be overfished. However, catch and release is discouraged. Anglers should remove and kill any blue catfish they catch.

Although the blue catfish population may seem overwhelming, the partners engaged in the critical effort to reduce their numbers are optimistic about the future. They plan to continue to focus on growing commercial fisheries and minimizing harm to the Bay’s native species.

“We’ll never remove every blue catfish from the Chesapeake Bay,” Colden says. “However, by creating a lucrative blue catfish fishery, we could get their population to a sustainable level. The more demand there is for the species, whether it’s restaurants, grocery stores, or recreational fishing, the more we can mitigate their harm to our native Bay ecosystem.”



The Maryland Department of Agriculture has launched several marketing campaigns to educate consumers about the benefits of incorporating blue catfish into their diets. Blue catfish filets are a white, flake flesh with mild taste that can be incorporated into a variety of recipes.



Special thanks to Kim Couranz, communications specialist, NOAA Chesapeake Bay Office, and Valerie Keefer, Maryland communications & media relations manager, CBF



BLACKENED BLUE CATFISH & GRITS

Note: All the recipes can be adjusted to the portion needed or even be altered to taste preference!

INGREDIENTS

Serves 4

CATFISH

- 1 Lb. Catfish cut into 3 in. strips
- 1/4 Cup Blackening/Cajun Seasoning
- Or seasoning of your choice
- 2 Ea. Garlic Cloves Minced.
- (Can substitute 2 tsp. Garlic Powder)
- 3 Tbsp Olive Oil/Vegetable Oil
- Black Pepper & Table Salt To taste

GRITS SAUCE

- 1/4 Lb. Bacon Chopped small (optional)
- 3 Sprigs Thyme (Substitute 1 Tbsp. Dried Thyme)
- 1 Qt. Canned Tomatoes Chopped
- 1 Yellow Onion Large diced
- 1 Bell Pepper Large diced
- 1 Tsp. red pepper flakes/ chili powder
- Blackening/Cajun Seasoning to taste
- 2 Cups Stock of Choice/Water
- 4 Ea. Garlic Minced (Substitute 4 Tsp. garlic powder)

GRITS

- 2 Cups Grits
- 4 Cups Stock of Your Choice or Water
- 5 Large White Onions Minced
- 4 Tbsp butter, unsalted
- Salt and Black Pepper to taste

INSTRUCTIONS

CATFISH: Combine in a mixing bowl and let marinate for at least 1 hour. Cook in a cast iron skillet to blacken until just cooked through. **GRITS SAUCE:** Saute peppers, onions, garlic, bacon/oil, and spices until browned. Add stock, tomatoes, and thyme. Simmer until slightly thickened. Season to taste **GRITS:** Saute onions until aromatic. Pour in the stock and bring to a boil. Add the grits and stir well. Bring back to a boil and then reduce to a simmer. Cook until the grits are tender. Stir in butter and season to taste. **ASSEMBLY:** Serve grits in a bowl, top with the blackened blue catfish, and sauce.



THANK YOU!

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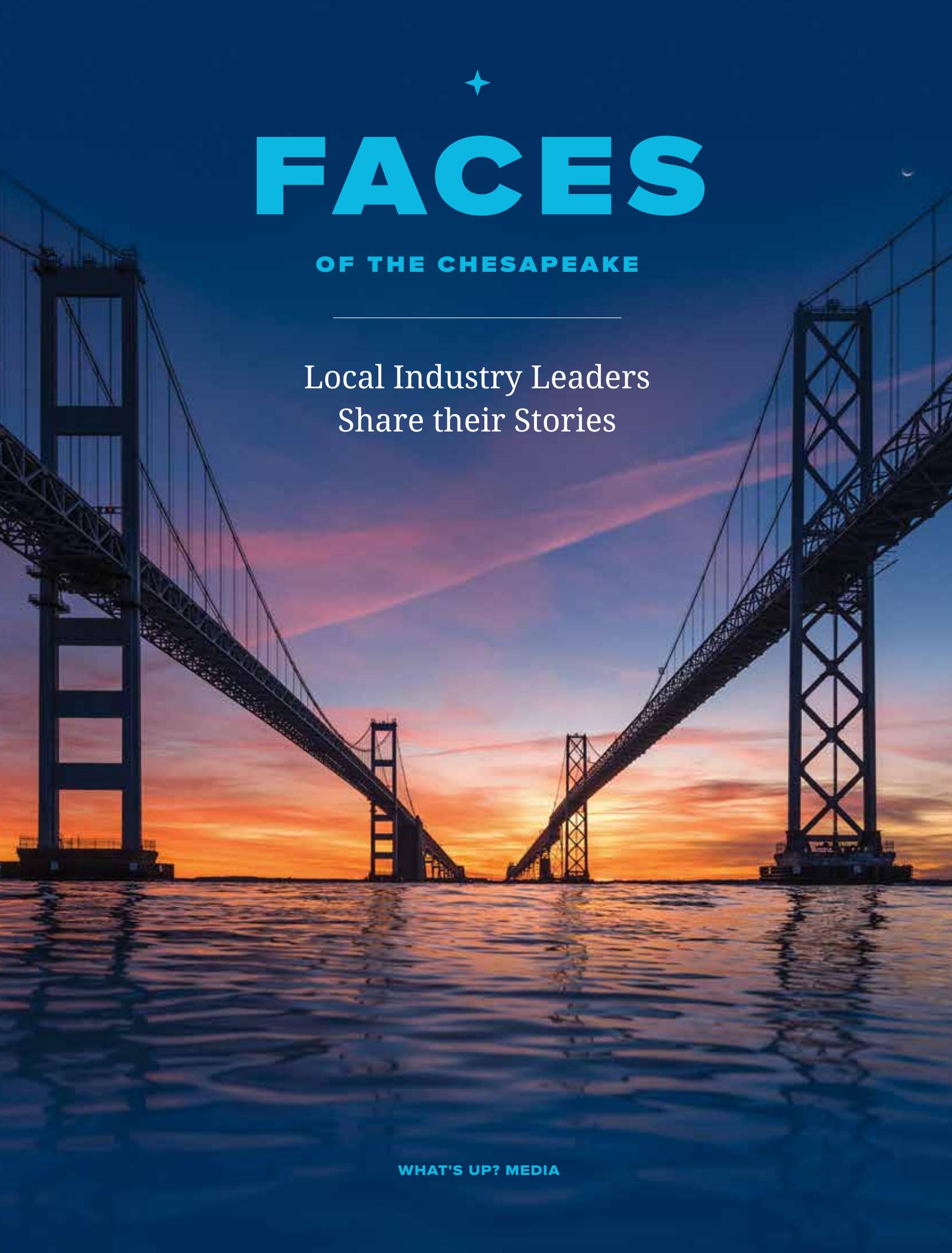
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At Fichtner Home Exteriors, the company's success is driven by the exceptional teamwork, dedication, and talent of its employees. Each team member plays a critical role in delivering outstanding results, from the initial consultation to the final touches of a project. The crew works together seamlessly, ensuring that every task is completed with precision and care. Their dedication is evident in the long hours and attention to detail they invest in every job, regardless of its scale. What sets this team apart is their unique blend of craftsmanship and commitment. They are not only highly skilled but also passionate about helping homeowners bring their vision to life. With

clear communication and a collaborative approach, they ensure projects run smoothly and efficiently, with each member contributing their strengths. Whether it is tackling one project at a time, such as a new roof, windows, doors, or siding, or fully transforming the entire exterior of the home, the team's focus is on exceeding expectations at every step. Fichtner Home Exteriors is proud of the hard work and determination their employees bring to every project, consistently delivering high-quality results. It is their collective talent and dedication that allow the company to provide workmanship that homeowners can rely on.





THE FACE OF WATERFRONT REAL ESTATE

BRAD KAPPEL

Executive Vice President | TTR Sotheby's International Realty

Brad Kappel is recognized as Maryland's #1 Waterfront Agent, achieving over \$190 million in waterfront property sales in 2024. He is honored to be among the Top 100 Agents/Teams worldwide with Sotheby's International Realty. With fifteen years of experience in real estate, home construction, and renovation, Brad has extensive knowledge of the Annapolis area's luxury homes and waterfront properties. This expertise allows him to provide insightful assessments of each property's condition and potential. In November 2024, Brad launched the Brad Kappel Team to enhance his commitment to exceptional customer service. The team includes Joe Bray, an Eastern Shore Real Estate Specialist; Executive Assistant Mistie Schleeper; Brandi McKeating, Digital Marketing Director; and Sales Agent Alex Clark. Brad lives by the philosophy that "clients deserve nothing short of excellence," ensuring complete satisfaction throughout the buying or selling process. As a third-generation Annapolitan, he understands waterfront living's nuances, adding to his unique appeal. Brad not only sells the waterfront lifestyle, he lives it! Brad is a proud member of the Eastport Yacht Club and is passionate about spending time with his family, boating, and preserving the waterways of the Chesapeake Bay. Combining local expertise with the global prestige of Sotheby's, Brad invites you to experience the waterfront lifestyle. Make *Your* Move with the Brad Kappel Team today!

M: 410-279-9476 • O: 410-280-5600 • brad.kappel@sothebysrealty.com
bradkappel.com • Annapolis Brokerage • 209 Main Street • Annapolis, MD







THE FACE OF ORTHODONTICS IN THE MEDICAID WORLD

DR. MARY TRAHAR-THOMAS

DDS, PA - Smiles By The Bay Orthodontics

When Dr. John Placido, a dedicated Eastern Shore orthodontist, passed away in 2017, nearly 500 children on Medicaid were left without a provider. Most Maryland orthodontists do not accept Medicaid due to reimbursement rates that haven't changed in over 25 years—rates that barely cover the cost of care. Faced with this gap, Dr. Mary Trahar-Thomas stepped in to care for these children despite the financial challenges. “It’s challenging to work within the Medicaid system, but knowing I can provide care to children who might otherwise go without is incredibly rewarding,” says Dr. Trahar-Thomas. Today, she and a group of committed orthodontists are working to reform Maryland’s Healthy Smiles program to support underserved children better. Dr. Trahar-Thomas, a native of Annapolis, served in the United States Air Force, where she earned advanced training in orthodontics and pediatric dentistry. She opened her first practice in Annapolis in 2005, expanding to Stevensville and Denton. Now, she lives on an Eastern Shore farmette with her husband and their big blended family and a lively mix of animals. Stay tuned to her website for ways to support Medicaid reform and help make quality orthodontic care accessible for all Maryland children.

Annapolis: 716 Giddings Ave
Kent Island: 160 Sallitt Dr.
Denton: 52 Denton Plaza
410-280-2484 • www.smilesbythebay.com



THE FACE OF HOSPITALITY

CHESAPEAKE BAY BEACH CLUB

The Chesapeake Bay Beach Club has been the leader in the Wedding, Special Events and Hospitality industry for 25 years. Their commitment to excellence in service, food and beverage, and their exquisite property have won countless awards along the way. Through the years, one detail has remained the same: their

staff. The Beach Club has created a family-like atmosphere for its devoted 200+ employees. Everything that they do and every event is treated with unparalleled levels of service and dedication. Experience luxury on the Eastern Shore at the Chesapeake Bay Beach Club, located just over the Chesapeake Bay Bridge.



THE FACE OF WATERFRONT RETIREMENT LIVING

JACK AND MARILYN COOLIDGE

BayWoods of Annapolis

Maryland natives Jack and Marilyn Coolidge moved to BayWoods in 2022 after extensive research into local retirement communities. They chose BayWoods due to its suitability for them and their two dogs, Coal and Nikki, as well as its equity ownership option. They now relish the scenic grounds, wildlife, and abundant activities in the Chesapeake Bay waterfront setting and

historic Annapolis. Marilyn is involved in welcoming new residents and assisting them in transitioning to BayWoods living, while Jack leads as Co-chair of the Woodshop Group and participates in the Building and Grounds Committee. Their dogs also play an active role in the Pet Therapy program located on campus.



7101 Bay Front Drive • Annapolis, MD 21403 • 443-837-1208 • www.baywoodsofannapolis.com





THE FACE OF POLITICAL ANALYSIS

FLAVIO HICKEL JR., PH.D.

Washington College

Associate Professor of Political Science, Flavio Hickel has set himself apart as an expert in American politics through frequent regional, national, and international media commentary. A regular source for the *Baltimore Sun*, Hickel offers valuable perspectives on Maryland elections and national campaigns. His research on the impact of identity politics and immigration

policy on political attitudes has been cited by major publications and inspires students to deepen their understanding of contemporary political discourse. A sought-after source ahead of the presidential election, his commentary has been published in over 400 outlets this year including *Newsweek*, *La Nación*, and *The Washington Post*.



THE FACE OF INSPIRED KITCHEN TRANSFORMATIONS

KITCHEN TUNE-UP

Pegah Scotti & Chris Scotti

With over 35 years of experience, Kitchen Tune-Up offers unmatched kitchen remodeling services and creative solutions that clients love. Their approach is built on trust, communication, and professionalism, ensuring they meet and exceed expectations. Providing clear, transparent proposals across various investment levels, they prioritize client education. Committed to

excellence, they are the perfect choice for kitchen transformations. At Kitchen Tune-Up, their work is called “Tunifying.” To Tune means not only crafting an amazing space but also creating an extraordinary client experience. They partner with clients to make their kitchen dreams a reality, rather than simply remodeling.

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Annapolis, MD • 410-873-7615 • www.kitchentuneup.com • pscotti@kitchentuneup.com



THE FACE OF WEALTH & RETIREMENT PLANNING

ELIZABETH BENNETT

Chesapeake Financial Planning & Tax Services, LLC

Elizabeth is a CERTIFIED FINANCIAL PLANNER® and fiduciary working in her client's best interest. She engages with her clients in a consultative partnership educating as well as listening. Elizabeth begins with a financial plan putting together a snapshot of her client's current situation. From there, the plan combines need, wants, short- and long-term goals and a path forward. Additionally, working with her clients other trusted advisors such as estate planning attorneys and CPA's is necessary to ensure her clients' team is coordinating efforts. Money and investing are very empowering. Recommending what is in the best

interest of each client is a top priority. Elizabeth's vision for her practice is to continue to provide her clients with peace of mind knowing that they have a plan in place. In today's digital age she can help her clients no matter if they are local or across the country. She has offices in Annapolis, MD and Boca Raton, FL. She brings passion to what she does every day.

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admin@chesapeake-financial.com • www.chesapeake-financial.com



THE FACE OF COSMETIC DENTISTRY

SCOTT FINLAY

DDS, FAGD, FAACD • Annapolis Smiles

For over 37 years, Annapolis Smiles has delivered top-tier dental care to families and individuals in the greater Annapolis area. Led by Dr. Scott Finlay, an Accredited Fellow with the American Academy of Cosmetic Dentistry, our team offers a full range of services, from preventive care to advanced implants and restorative treatments. Dr.

Finlay is nationally recognized for his meticulous approach to creating balanced, beautiful smiles. Voted the Best Cosmetic and Restorative Dentist in Annapolis, our practice combines five-star service with a compassionate team dedicated to exceptional care. Call today to schedule an appointment!



THE FACE OF PEOPLE-CENTERED LEADERSHIP

SUSAN S. MAHAFFEE

SPHR, SHRM-SCP, NDCCDP, CEC • People Rise LLC

Susan S. Mahaffee, a former global HR executive and founder of People Rise, LLC, works with small to mid-size business owners—often entrepreneurs or family businesses—who are ready to grow, scale, or retool. Susan brings strategic insight through leadership searches,

coaching, and development programs that align people with business goals. Her practical yet strategic approach gives business owners the tools they need to lead confidently and grow sustainably—because strong businesses grow from the inside out.



L to R: Max Lenowitz, CRNP,
George Gavrilu, MD, and
Victoria Thursby, CRNP



THE FACE OF COSMETIC INJECTIONS

ProMD HEALTH

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. The founder, Dr. Gavrilu, MD, along with Max Lenowitz, CRNP, and Victoria Thursby, CRNP, take pride in their advanced skills and techniques. They offer a wide range of services, including Botox, fillers, laser

treatments, hormone replacement therapy, facial rejuvenation, weight loss shots, Hydrafacial, Sciton Halo, and body contouring, along with a five-star spa at the Annapolis location. Whether your goals are looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



THE FACE OF MORTGAGE

FIRST HOME MORTGAGE ANNAPOLIS

The Annapolis branch of First Home Mortgage brings 70 years of combined experience, proudly rooted in the heart of their community. They are committed to helping neighbors achieve their homeownership dreams with integrity, expertise, and a deep understanding of the market. Over the past three years, they've funded over one

billion dollars in home loans - a testament to the dedication and trust their clients place in them. Whether purchasing a first home, refinancing, or investing, First Home Mortgage is here to provide personalized guidance and a seamless experience tailored to each client's unique needs.



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



Drs. Chris Chambers, Neil Sullivan,
Kurt Jones, Borek Hlousek,
Cliff Walzer, and Kenneth Kufta



THE FACES OF DENTAL IMPLANTS & ORAL SURGERY

ORAL SURGERY SPECIALISTS

Drs. Walzer, Sullivan, Hlousek, Jones, and Chambers, renowned Board Certified Oral and Maxillofacial Surgeons, have welcomed Dr. Kenneth M. Kufta to their distinguished team. These experts skillfully handle a broad spectrum of oral, dental, and facial issues. Their proficiency encompasses dental implant surgery, wisdom tooth removal, and corrective jaw surgery, employing methods that emphasize bone structure rebuilding with minimal surgical

intervention and enhanced patient comfort. Their practice prioritizes creating stunning smiles and rejuvenating the functionality of teeth and jaws. Unique to their specialty, they are licensed to administer intravenous (IV) general anesthesia in a state-of-the-art office environment. Their practice ethos combines excellent care with the art, science, and technology, ensuring an outstanding experience marked by compassion, courtesy, and respect.



THE FACE OF CATHOLIC EDUCATION IN ANNE ARUNDEL COUNTY

BRIAN KOHLER

President of Archbishop Spalding High School

Archbishop Spalding High School in Severn, Maryland, stands out as a leader in Catholic education, offering rigorous academics, a faith-centered environment, and a strong emphasis on service. Established in 1966, the school provides a comprehensive college preparatory curriculum with AP and Honors courses, plus robust STEM and arts programs. Its Campus Ministry and

service-learning initiatives foster spiritual growth and community-mindedness among students. Known for its athletic excellence in the MIAA and IAAM leagues, Spalding excels in both academics and extracurriculars, preparing students to become ethical, well-rounded leaders ready for college and beyond.



THE FACE OF PREMIER FLOORING & TILE SOLUTIONS

COMPASS STUDIO TILE & FLOORING

Compass Studio Tile & Flooring, the largest flooring provider in Anne Arundel County, combines decades of expertise to offer unparalleled quality and style. Established through the union of CarpetBagger, Compass Stone & Tile, and Finme Flooring, Compass Studio has become the trusted choice for residents seeking exceptional flooring and tile. Founded on a legacy of customer

satisfaction dating back to 1978, its team—Gary Christie, Brian Fleming, and Brian Dieterich—ensures every project is marked by integrity and innovation. From luxury vinyl and hardwood to tile and stone to carpeting and hardwood refinishing, Compass Studio delivers solutions tailored to every style and budget. Visit us in Annapolis and experience the Compass difference.

 FOR ALL SEASONS

300



For All Seasons Executive Team

From left to right:
William Cerrato, D.O.,
Chief Medical Officer;
Katie Theeke, M.Ed.,
VP Marketing & Communications;
Beth Anne Dorman, MS,
President & CEO;
Lesa Mulcahy, LCSW-C,
Chief Clinical Officer;
Lauren Kay Weber, MBA,
VP Strategy & Development;
Patti Cannon, MBA,
Chief Operating Officer



THE FACE OF RESILIENCE

FOR ALL SEASONS

Mental health challenges, sexual assault, abuse, and trauma are a reality for many people in our community. Addressing these difficult topics is essential to fostering a healthy and vibrant community. The For All Seasons Leadership Team is honored to be a part of the nearly 100 staff members serving as the Face of Resilience for our community. Our team provides the highest

quality mental health and victim services to children, adults, and families across the Eastern Shore region and beyond. Providing walk-in same-day services, we accept every insurance and serve all clients regardless of one's language or ability to pay. For All Seasons proudly supports our resilient community members on their journey to wellness.

Offices in Easton, Cambridge, Chestertown, Denton, and Stevensville.
Telehealth and in-person appointments available. 410-822-1018 ForAllSeasonsInc.org



Leslie Shafer,
Ashley Sebastianelli,
Claire Buchner



THE FACES OF MODERN REAL ESTATE

OMNIA REAL ESTATE

What do a lawyer, a perfectionist, and an MBA have in common? They are the powerhouse Annapolis team of Omnia Real Estate. First, meet Claire Buchner—a real estate attorney and broker with 20+ years in Annapolis and a passion for elevating agents. Next is Leslie Shafer, Claire’s sister, a real estate expert with 300+ successful

transactions and 120 five-star reviews. Finally, armed with an MBA and a heart for people, Ashley Sebastianelli brings business acumen and local market savvy. Together, these three provide exceptional boutique service, blending big-city expertise with local insight to elevate Annapolis real estate.





THE FACE OF COMMON CENTS

HF ADVISORY GROUP

Ray Hobson, CFP®

At HF Advisory Group, you can expect simple unbiased financial advice. We give our clients real individualized attention. Every family has a different idea of what their financial goals are and how they want to get there. We tailor plans to each of our clients' specific needs. As a fiduciary, we are obligated to give you wealth management

advice that is in your best interest. We help our clients through every step of the process. We want you to know we're here to support you in all stages of your wealth-management journey. That includes getting to — and across — the finish line of accomplishing your financial goals.

166 Defense Highway, Suite 102 • Annapolis, MD 21401 • 410-571-1415 • www.hfadvisorygroup.com

Representing HF Advisory Group, LLC. A Registered Investment Advisor – Annapolis, MD



THE FACES OF DEDICATION

THE SUMMIT SCHOOL

Empowering Students with Learning Differences

The Summit School makes all the difference for students who struggle with reading, writing, math, and executive functions. Summit serves children with dyslexia and other learning differences in grades 1-8. Educational programs are designed for those who learn differently using research-based methodologies implemented by highly trained teachers in small class settings.

At Summit, children who learn in a different way are taught in a different way, preparing them for high school and beyond. Set on a 15-acre sylvan campus, Summit offers a full set of extracurricular opportunities for students. Summit sets students on the path for college and career readiness.



THE FACE OF A DESIGN AND BUILD COMMUNITY

GREATER ANNAPOLIS DESIGN DISTRICT

The Greater Annapolis Design District (GADD) is a nonprofit that fosters collaboration and growth in the design and build industry. As the leading resource in the Annapolis area, GADD connects residents and businesses with expert guidance on renovation and new construction projects. Through professional development, networking

events and a commitment to excellence, GADD enhances members' skills, strengthens community ties, and strives to deliver high-quality products and services. Whether you are a homeowner or a business in need of reliable partners, GADD is your essential resource for design and build services. Join us in celebrating the artistry of Annapolis!

For a complete list of GADD members, please visit www.greaterannapolisdesigndistrict.com



THE FACE OF EASTERN SHORE REAL ESTATE

CORNELIA C. HECKENBACH

Long & Foster Real Estate

Originally from Germany, Cornelia moved to Talbot County in 1989 and quickly became a leading real estate agent. Known for her warmth, expertise, and dedication, she excels in all areas, from starter homes to luxury waterfront estates. With 30+ years of international experience, Cornelia combines her natural listening skills

with award-winning marketing strategies and skillful negotiation, helping sellers achieve top-dollar results and buyers find their ideal homes. Now connected to the Forbes Global Network, Cornelia brings global reach to her clients, delivering unparalleled service and results across the Eastern Shore as a trusted advocate.



105 S Talbot Street • Saint Michaels, MD 21663 • PO Box 236 • 410-310-1229 • www.stmichaelsmdwaterfront.com





THE FACE OF A FINE ART GALLERIST

NANNY TRIPPE

Opened in 2010 as a collaboration of two artist friends, fine art photographer Nanny Trippe and watercolorist Don Hilderbrandt, The Trippe Gallery has evolved into Easton's liveliest fine art gallery, a favorite with locals and visitors. Located in the heart of historic Easton, the Trippe Gallery, now solely owned by Nanny Trippe is beginning its twelfth year.

All genres of art are exhibited in the gallery: oil and watercolor paintings by award winning national and international artists, sculptors, printmakers and fine art photographs. The gallery caters to collectors of all levels and offers services like art curation and hanging. Monthly exhibits feature individual artists or themed group shows.



THE FACES OF HEALTHY SKIN

EASTON DERMATOLOGY ASSOCIATES

Dr. Michael Del Torto and Dr. Donald Stranahan, Jr

Led by board certified dermatologists Dr. Michael Del Torto and Dr. Donald Stranahan, Jr., the team at Easton Dermatology Associates specialize in diagnosing skin disorders and providing the best treatments available to improve the health and appearance of your skin. They stay on the cutting edge of their specialty, which includes using the most advanced medications and procedures to treat

the medical, surgical, and cosmetic needs of your skin, hair, and nails. They have received numerous awards and recognitions including the Top Docs, Best of *Eastern Shore Magazine*, *What's Up? Magazine's* Top Dermatologist Award and the Talbot County Chamber of Commerce Outstanding Large Business of the Year Award. All locations are accepting new patients. Book your appointment today!

403 Marvel Court, Easton, MD • 106 Milford St., Suite 501B, Salisbury, MD
411 Thompson Creek Rd Bay 1, Stevensville, MD 21666 • 410-819-8867 • eastondermatology.com

Store Volunteers: Kate Tumalty,
Maribeth Cullom, Sharon Robertson,
Renie Madonna, Barb Wiley



THE FACE OF HOPE

HAVEN MINISTRIES

Haven Ministries operates Our Daily Thread Thrift Store, a boutique resale store featuring high quality women's and men's clothes, accessories, jewelry, shoes, housewares, toys, and rare antique collectibles at deeply discounted prices. The store is open to the public Monday through Saturday 10am - 4pm. The revenues created are used to provide HOPE and AWARENESS in Queen Anne's County to benefit its ministries. In addition, Our Daily Thread assists

neighbors in need with clothing and household items. Love shapes the ministry, transforms people, and hope prevails at Haven Ministries. In addition to Our Daily Thread, Haven Ministries operates a Homeless Shelter, Resource Center, Food Pantry, Furniture Thrift Store, and a Food Pantry Truck. Haven Ministries relies upon donations and volunteers to run its programs. To volunteer or donate to please call 410-827-7194 or visit Haven-Ministries.org.

Our Daily Thread: Gently used clothing and housewares
1521 Postal Road, Chester, MD | Hours: Monday - Saturday • 10am - 4pm
Donations received daily until 3:30pm | Store phone number: (410) 353-0455



THE FACE OF SELLER SUCCESS

ERICA BAKER

Vice President - TTR Sotheby's International Realty

Erica Baker, Vice President and Associate Broker at TTR Sotheby's International Realty, is a dedicated real estate advisor with ten years of experience focused on her clients' unique needs. A lifelong Maryland resident, she excels at aligning her clients' goals with effective property strategies, supported by her deep knowledge of the local market. With a genuine commitment

to excellence, Erica navigates the market with integrity and transparency, thoughtfully marketing homes to achieve the best results. She provides valuable insights during evaluations, ensuring she meets her clients' needs and stays attuned to market conditions. Her passion is guiding individuals toward moves that enhance their lives.



209 Main Street • Annapolis, MD 21401 • c + 410-919-7019 • o + 410-280-5600 • ebaker@ttrsir.com





THE FACE OF VULNERABILITY

ANCHORED HOPE THERAPY

You are not alone.

Anchored Hope Therapy offers Compassionate trauma therapy and counseling for individuals, couples & children. We are a collaborative practice that focuses on working with other providers in the community to support the holistic needs of our clients. We also believe in holistically caring for ourselves. We believe that providers that care for themselves also

provide better quality services to their clients. As a practice, we work closely with other service providers such as craniosacral facilitators, ecotherapists, acupuncture services, personal trainers, and psychiatrists. We are always looking for ways to support our community and expand our services through strategic and creative partnerships.

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Left to Right - Top - Doug Coe, Wealth Planner - Kyle Dixon, Wealth Planner - Diane Price, Director of Client Services - Paul Burns, Wealth Planner - Kevin Peterson, Wealth Planner, Left to Right - Bottom - Rusty Poisson, Director of Business Development - Camila Chiang, Director of Wealth Planning - Greg Karanzalis, Wealth Planner



THE FACE OF TRUSTED FINANCIAL ADVICE

CONNECT WEALTH

Do your personal and business finances seem complex and overwhelming? Connect Wealth is dedicated to simplifying financial decisions for those who lack the time, desire, or expertise to manage them independently. Taking a team approach built on trust through decades of combined experience, we offer personalized financial advice to help clients pursue their

wealth planning goals. Knowing that life throws you curveballs, our team is dedicated to guide you through all the significant life changes—such as job transitions, business liquidations, home purchases, family restructures, and wealth transfers. Committed to integrity and excellence, Connect Wealth aims to inspire confidence in each client they serve.

Investment Advisory Services are offered through Mariner Platform Solutions (MPS), a SEC Registered Investment Adviser. Connect Wealth and MPS are not affiliated entities.

1906 Towne Centre Blvd, Suite 270 • Annapolis, MD 21401 • www.connectwealthgroup.com • 410-339-0793



THE FACE OF RETIREMENT ON THE EASTERN SHORE

LONDONDERRY ON THE TRED AVON

Rachel L. Smith & Christine Harrington

Londonderry on the Tred Avon is a premier independent living retirement community for adults 62 - plus, nestled along the scenic Tred Avon River in historic Easton, Maryland. CEO Christine Harrington, who joined the team in 2023, brings over 15 years of expertise and knowledge, ensuring that every aspect of Londonderry reflects the highest standards of

excellence. Rachel Smith, Director of Sales and Marketing, has been with Londonderry since 2013. Smith has extensive experience in senior housing. Harrington and the entire team take pride in showcasing what makes Londonderry unique. At Londonderry, the team believes your retirement should be about a carefree, fulfilling lifestyle.

700 Port Street, Suite 148 • Easton, MD 21601 • 410-820-8732 or 800-752-8732



Alex, Paige, Meg, Kathy



THE FACE OF MEDICAL AESTHETICS

MEG FOX AESTHETICS

Meg Fox Aesthetics is Maryland's premier medical aesthetics boutique with locations in Annapolis and Towson. The newest location in Annapolis offers a wide range of services including neurotoxins, dermal fillers, Skinvive, Sculptra, Microneedling (with PDGF), Moxi Laser, BBL Hero photofacials, & Wellness/Medical Weight Loss visits. Proudly local woman owned, Meg

Fox brings over 18 years of experience in medical aesthetics serving as a national trainer for both Allergan and Galderma, and a key opinion leader for several skin care companies. Meg Fox Aesthetics prioritizes a culture of safety and medical integrity, while cultivating nurturing, collaborative relationships with patients to help everyone achieve their beauty goals.



THE FACES OF INNOVATIVE COMMUNITY CARE

HOSPICE OF THE CHESAPEAKE

Monica Escalante, Chief Strategy & Information Officer

Dr. Sonja Richmond, MD, HMDC, RYT, Vice President of Medical Affairs & Hospice Medical Director

Join us in celebrating innovative community care, where compassionate leaders are transforming the landscape of healthcare. Our dedicated team pioneers personalized solutions that empower individuals and families, ensuring everyone receives the care they need and deserve. From cutting-edge technology to holistic approaches, we're redefining wellness by prioritizing connection

and collaboration. These visionary leaders are not just providing services; they're fostering a community where every voice is heard, and every need is met. Experience the difference with a team committed to innovation and excellence. Hospice of the Chesapeake is Maryland's largest independent not-for-profit hospice and the Face of Innovative Community Care.



THE FACE OF CHARITABLE GIVING THROUGH REAL ESTATE

JACK PAPALEONTI, GRI

The Anchor Team of Academy Realty, Inc

Through Jack's professional work and volunteerism, he contributes to the growth of resilient communities by being actively engaged and giving back. At the helm of Academy Realty, Jack has overseen more than a thousand successful real estate transactions over the years, all the while actively supporting various causes

in the community. He is extremely devoted to philanthropic endeavors including the annual "Shop with a Cop" event through the Annapolis Optimist Club. Jack has also served as the President of the Annapolis High School Sports Boosters Club and Parish Councilmember at Ss. Constantine & Helen Greek Orthodox Church.



801 Compass Way #7 • Annapolis, MD • 410-263-9105 • www.academyrealty.com





THE FACE OF INVESTMENT MANAGEMENT

SCARBOROUGH CAPITAL MANAGEMENT

Your financial future is unique—make it yours. We understand that no two people or financial goals are the same. That's why we take time to carefully assess your unique objectives before crafting personalized wealth management strategies. Whether you're planning for retirement, ensuring

steady cash flow, or funding your grandchildren's education, your plan will be tailored to your evolving needs. Reach out to us for a complimentary, confidential consultation with one of our experienced financial planners, and take the first step towards achieving your goals.

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THE FACE OF FAMILY PET HEALTH CARE

EAST COAST VETS

Drs. Patrick and Michelle Allen started East Coast Vets with the idea to bring the Eastern Shore a family first approach to the health care of your beloved pets while also utilizing the most current approaches to veterinary medicine. At ECV they believe each pet is a cherished member of your family and strive to provide a caring,

comprehensive and practical approach tailored to your family member's individual needs. They utilize a Fear Free approach with your pet to create a more enjoyable and stress free visit. With an emphasis on compassion, ECV is helping lead the way with a new generation of veterinary care on the Eastern Shore.



Andrew Ashton | Samantha Nash | Ryan C. Herbert | Faisal Magsi, CFP® | Katherine M. Groce | Lawrence Kiely



THE FACE OF FINANCIAL FREEDOM

PROSTATIS FINANCIAL ADVISORS GROUP

Prostatix Financial Advisors Group focuses on accountable retirement, tax, and estate planning, paired with clear and consistent personal contact with clients. The Prostatix team emphasizes diversification and conservative long-term asset allocation strategies. Working side-by-side with clients, Prostatix develops comprehensive financial plans that provide peace of mind as they transition toward retirement. Prostatix

aims to help clients implement investment strategies that allow them to maintain their lifestyle throughout retirement, ensuring a lasting income. Whether clients are approaching retirement or already retired, Prostatix provides sound plans to protect their investments, guide them through financial transitions, and achieve financial freedom.



THE FACE OF HONEST DERMATOLOGY

LANE NEIDIG, MD

Modern Dermatology

Modern Dermatology of Maryland is a new medical dermatology practice in Annapolis, founded by board-certified dermatologist, Dr. Lane Neidig, M.D. in 2023. Born and raised in the Annapolis area, Dr. Neidig will remain here to practice for many years to come. He previously worked for some of the top practices in the area and recognized the need for a traditional

physician-owned dermatology office where patients, staff, and providers of care are valued and treated with respect and integrity. This locally owned and operated office will offer a safe space for all patients, as an authentic and reliable haven for the dermatology patients of Annapolis and the surrounding area.



THE FACES OF COMMUNITY DEVELOPMENT

CHESAPEAKE COMMUNITY DEVELOPMENT

Chesapeake Community Development is a quickly growing Arc Central Chesapeake Region company that is making Maryland a better place to live through innovative community development initiatives. While The Arc's work is rooted in creating opportunities for inclusion and connection for people with intellectual and developmental disabilities, Chesapeake Community Development focuses on developing vibrant and resilient

communities where everyone has access to housing, resources, and opportunities for economic self-sufficiency. We believe truly inclusive communities don't leave anyone or anything out. Community development is a collaborative process that empowers communities and results in dynamic and innovative projects like Port Street Commons and Easton Crossing, where services, housing, retail, and beautiful green spaces coexist seamlessly.



THE FACE OF RESTORATIVE ORTHOPEDICS

SEAN MULVANEY, MD

Regenerative Orthopedics and Sports Medicine Annapolis

Dr. Sean Mulvaney practices Restorative Medicine to treat a range of injuries and conditions, including but not limited to: Spine, hip, knee, shoulder, elbow, hand, wrist, foot, ankle, nerve injuries. Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is board certified in Sports Medicine and Pain Medicine. He has an international reputation as an educator of other physicians and pioneered and published on

ultrasound-guided techniques. During his 31-year military career, Dr. Mulvaney served our nation's Special Operations community as both a US Navy SEAL officer and a US Army physician. At ROSM, we have become the top authorities in the world on the use of stellate ganglion block (SGB) to treat PTSD. We founded the SGB Treatment center to provide compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD.



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with success comes a responsibility to give back. Tricia proudly supports the local chapter of Fellowship of Christian Athletes, Queen Annes County Animal Services, Not My Child and The Power of 100 - Chesapeake. Based on Kent Island, Tricia lives the 'Shore Life' with her husband, twin boys, and three dogs, cherishing every memory they make together as a family.



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a volunteer and is a member of the Board of Directors, helping to guide the organization into its sixth decade. Unwavering in their support of the conservation and educational mission of the festival, the extended Perry family created the William A. Perry Scholarship fund in 1997 as a way to encourage young community members to engage in the festival and understand its important role in the community. Thousands of dollars are awarded each year, each student furthering the rich tradition of this impactful non-profit organization.

Deena Kilmon, Executive Director, Waterfowl Festival Inc • 40 S. Harrison St, Easton, MD
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Attorneys Laura Curry, Jon Gasior and
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Lindsey Seynhaeve
(Director of Outreach & Sustainability),
Isaiah Noreiga
(Dean of Community & Well Being),
Alyssa MacMeekin
(Assistant Dean of Community & Well Being)



The ICS Counseling Team (L-R)
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Tilly the Therapy Dog,
Lower & Middle School Counselor -
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Indian Creek recently launched The Evergreen Institute - a leadership program that cultivates resilience, curiosity, and self-awareness, empowering students to contribute positively to the community. The wellness team, including Tilly the therapy dog, collaborates with faculty to ensure that every student feels a sense of belonging.

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**The Dinner
Party Well-
Planned**

PG. 136





The Dinner Party Well-Planned

A SIT-DOWN DINNER FOR SIX

By Lisa J. Gotto

Traditionally, this is the time of year where we put our best foot, *and intentions*, forward. We look ahead to a fresh slate of days where anything is possible if we make the effort, and we usually aspire to do something new or better in the New Year.

So, with that intention in mind, we thought 2025 sounded like a great year to re-establish a longstanding, host-driven and home-based tradition...the dinner party.

While you, no doubt, have had various iterations of this gathering event out back around the grill, or inside with potluck themes, it is has probably been a while since you have gotten your genuine Martha Stewart on and created a real menu, sent proper invitations, and set an impeccable table—schedules and family life being what it is.

However, should you be up to challenge this year, we are here to help with a dash of inspiration and a sprinkling of ideas that we will edit for you throughout the year, starting with this one, the Sit-Down Dinner for Six.

START SIMPLE

Six is a great number to start with; it's not overly ambitious and won't have you breaking the bank at the price club. This number, which includes the host(s), provides enough variety among guests for lively conversation, and allows for an embellished level of curation on the part of the host. It's also a great number, because in most cases, you will already have a table large enough for all to sit and enjoy the meal together as a shared experience.

LAYER IN SUBSTANCE SLOWLY

Start with your menu. This will help set the tone and tenor for your evening. And don't get flustered thinking you need to be Julia Child to pull this off. Many of the best meals are not complex ones; they're the ones that offer flavors that evoke nostalgia and comfort. We suggest the following dishes as a well-rounded example that you can easily find recipes for online. (If you're still intimidated, keep in mind that our grandmothers had no such resource.)

THE MENU

Appetizer: Butternut Squash & Sage Soup

Main Course: Braised Short Ribs with Red Wine Sauce, Creamy Mashed Potatoes & Roasted Root Vegetables, Wild Mushroom Risotto

Dessert: Dark Chocolate Tart with Sea Salt



Start with a cozy, seasonal appetizer such as **Butternut Squash & Sage Soup**. Serve this savory soup in small bowls with a drizzle of crème fraîche, and a sprinkle of fresh herbs. You can also garnish with crispy sage leaves and a dash of nutmeg for added warmth and depth of flavor.

Braised Short Ribs with Red Wine Sauce is always a crowd pleaser. This slow-cooked and richly flavored dish is ideal for a winter evening and can easily be served with a side of creamy mashed potatoes and roasted root vegetables like carrots and parsnips for a comforting, yet elegant meal.

If you're feeling a bit more adventurous, add a side of **Wild Mushroom Risotto**. This earthy, creamy risotto pairs wonderfully with the short ribs, but can also serve as a main dish should you have a guest who doesn't partake in red meat.

Few guests will be able to resist a **Dark Chocolate Tart with Sea Salt** for dessert, and this rich chocolate pairs wonderfully with the winter theme. Serve with a dollop of whipped cream and a sprinkle of sea salt. You could also add a dusting of cocoa powder or even edible gold dust to enhance the presentation.



SIGNATURE COCKTAIL

Thank goodness for Uber! If the dinner party can make a comeback, so can the nightcap. This time of year, we're thinking the Hot Toddy is a thoughtful option for guests soon to depart on a winter's night in January, and it is well-paired with our menu. Cheers! And here's to a successful dinner party!



SPICED BOURBON HOT TODDY

Ingredients:

2 oz bourbon
1 Tbsp honey
½ oz. fresh lemon juice
1-2 dashes of bitters
4 oz. hot water
1 cinnamon stick
Star anise and a lemon wheel for garnish

Instructions:

In a heat-proof glass or mug, combine the bourbon, honey, and lemon juice. Add hot water and stir to dissolve the honey. Drop in a cinnamon stick and add a couple of dashes of bitters. Garnish with a star anise and a lemon wheel on the rim for an inviting look.



LAYER IN STYLE UNAPOLOGETICALLY

Taking the time to curate a memorable tabletop presentation should be half the fun of creating this shared evening. Think ahead and plan, accordingly, leaving yourself with ample time leading up to the night of dinner to execute the evening, even if you need to do it in stages so you are less stressed. (Nothing says you can't have the table set earlier in the day or even the night before in most cases.)

Choose and theme a color palette that matches the mood of the season. Lean into deep, warm tones like rich forest green, moody charcoal, and soft ivory with accents of gold or brass. These colors will create a luxurious, inviting feel that's perfect for January.

Consider a charcoal or deep green tablecloth with ivory linen napkins. And you can add a dark table runner with a subtle winter motif or simple textured pattern for added sophistication. (Remember, the holidays are over, so the emphasis is on subtle.)

TREND ALERT:

Bows in fashion and as a hair accessory are back and in a big way. If you're just not digging it, try this iteration, at the dinner table.

While long taper candles with holders are elegant, choose a simple centerpiece that does not obstruct the view of those you are dining with. Consider all low-profile blended groupings of classic ivory battery-powered pillar candles and add in some fresh greenery, such as eucalyptus, pine branches, and berries. A soft winter garland sprinkled with battery-powered fairy lights down the center of the table, is also a lovely option. This time of year, we love a table setting of rustic white or cream plates and silver or matte black flatware for a modern, contrasting look. Set each place with a linen napkin and tie it with a velvet ribbon in a deep color that complements the settings, and tuck in a small sprig of greenery.

Stemless glassware is still an elegant go-to and you can try some with a frosted touch and add in dark green or smoke-tinted water glasses for a chic, seasonal look.



Photo credits: Crystal Goblet courtesy of perigold.com. White stone dinner plate courtesy of crateandbarrel.com. Matte black flatware courtesy of lenox.com. Stemless wine glass set courtesy of perigold.com. Velvet bow napkin ties courtesy of sb-designstudio.com. Handmade floral table runner courtesy of Perigold.com.



The Modern Lifestyle Home

By Lisa J. Gotto

The build date on the deed may say 1953 but this nearly 4,000-square-foot ranch-style home exudes modern day sensibility and style. Exceptionally maintained and totally renovated in 2020, this residence in Annapolis' desirable Pendennis Mount community, packs on classic curb appeal with an all-whitewash brick façade highlighted with an inviting front porch with rich, wood-tone composite decking underneath and white beams and beadboard above.

Primary Structure Built: 1953

Sold For: \$1,400,000

Original List Price: \$1,500,000

Bedrooms: 4

Baths: 3

Living Space: 3,915 Sq. Ft.

Lot Size: .66 acres

Just inside, the entry opens to the home's formal living and dining room combo. A whitewash brick fireplace wall provides the primary focal point in the large, flowing space that receives abundant natural light from a large picture window dressed in attractive, white Bermuda shutters.

This space opens to a gracious, cheery and bright sitting room with two walls of large, vertical windows overlooking the property's meticulous grounds. This exceptional entertaining space is just steps for the dining and kitchen area, offering the ultimate in convenience and flow. All the spaces underfoot are outfitted with rustic, dark wood floors.

The all-white, contemporary kitchen was designed for ease-of-flow and offers all modern integrated appliances and cabinetry with attractive dark hardware pulls, handles, and knobs. Seating for four is provided at a high-top table, and a classic white subway tile backsplash pulls the whole room together.

From the large windows over the sink, there's a great view out to the home's flagstone-paved screened-in porch with attractive rafters overhead. Out here there's plenty of room to kick back and relax, outdoor living room-style. And any spill-over can enjoy a cozy, fire pit experience on the back paver patio.





Listing Agent: Shane Hall, COMPASS, 2077 Somerville Rd., Annapolis, m. 410-991-1382, o. 410-429-7425, shane.hall@compass.com, compass.com **Buyers' Agent:** Ani Gonzalez-Brunet, Coldwell Banker Realty, 3 Church Circle, Annapolis, m. 443-714-5303, o. 410-263-8686, ani.gonzalez-brunet@cbmove.com, coldwellbanker.com

Back inside, the home extends beyond the kitchen, featuring the home's four bedrooms. Two of the guest bedrooms offer their own *en suite* bathrooms and the primary suite, which is situated at the end of this wing of the home, offers a gorgeous spa-like retreat. All white countertops, a dual vanity, and a contemporary soaking tub soothe frayed, end-of-day nerves.

A fourth bedroom can be used as a family room or a dedicated home office. More family gathering space can also be found on the home's finished lower level, and a super-sized detached garage offers room for four standard vehicles.

Nestled within a vibrant waterside community, the residents of this home will enjoy fabulous views of the Severn River, access to a community pier, and proximity to downtown Annapolis and Jonas Green State Park.





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Under Contract in 5 Days!

By Lisa J. Gotto

Palatial and gracious, this amazing estate-like residence in Davidsonville was built in 2003 and sits on seven acres of prized waterfront property. An attractive circular drive conveys guests to this impressive multi-level home, with its majestic, sweeping roof style.

In the tradition of a grand manor, this home opens to luxurious foyer with architectural staircase detail and an elegant double-arch entry with gorgeous wood trim treatments throughout. Once

through the arched doorway, the home opens to the soaring cathedral ceiling of the great room, with its fireplace wall of handsome cherry built-ins. An adjacent wall with floor-to-ceiling Palladian window and door detail floods the space with light.

To the right of the entry, the space flows past architectural Georgian columns into a large, elegant formal dining room with eye-catching tray ceiling details. A formal library with gorgeous cherry built-ins is situated to the left of the entry.

The great room opens to the large, sunny family room with another soaring ceiling, gas fireplace, and access to the home's gorgeous wrap-around deck on the main level.

The nearby kitchen is a gourmet chef's paradise with its all-white custom cabinetry, center-island with extended gas cooktop, and all stainless-steel appliances. An attractive counter with light granite tops winds around half of the room to provide in-kitchen seating, and there's a separate, large dining space in the room, as well.

This home's main floor also features a restive primary suite with gorgeous crown molding detail, access to the main deck, and an incredible all-white *en suite* bath with jetted garden tub, a dual-sink vanity topped with marble and a ginormous, tiled steam shower room.

The upper floor opens to a gracious kids' TV and playroom with large windows and built-ins. This home has a total of six bedrooms with four on this level, and one located in the completely finished lower level that offers the family a large recreation room, a work-out room, and a convenient second kitchen with an extended counter for food prep and handy seating on the opposite side.

Primary Structure Built: 2003

Sold For: \$2,525,000

Original List Price: \$2,699,000

Bedrooms: 6

Baths: 5
Full, 1 Half

Living Space: 9,077 Sq. Ft.

Lot Size: 7.08 acres



This level opens to a sprawling outdoor oasis with multi-levels of gathering space in the form of gracious paver patios, gorgeous land and hardscaping, a phenomenal in-ground saltwater pool, and outdoor living area with a covered kitchen pavilion.

All this and you're also just steps from the property's 400 feet of water frontage and shared private pier with lift.



Listing Agent: Gail Chisholm, COMPASS, 2077 Somerville Rd., Annapolis, m. 240-393-3945, o. 410-429-7425, gail.chisholm@compass.com, compass.com

Buyers' Agent: Dayna Blumel, COMPASS, 1004 King St, Alexandria, VA, m. 703-597-2252, o. 703-229-8935, dayna.blumel@compass.com, compass.com



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Health & Beauty

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147 A HEALTHIER TYPE OF BODYFAT

150 FEELING RUSTY?

**Understanding
the “M”
Makeover**

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Oil/You Need to Know

COMPARING COMMON COOKING OILS

By Dylan Roche

S

ometimes you spend way too much time scanning the shelves of cooking oils at the grocery store, wondering, “How do I choose from all of these options?” We’ve all been there.

Calorically, all fats are relatively the same, with approximately 120 calories (give or take a few) per 1 tablespoon serving. But different oils offer different health benefits, and some will work better in different recipes based on their flavor profile and their smoke point.

Consider the four most popular oils—olive oil, canola oil, vegetable oil, and coconut oil—plus, the increasingly sought-after avocado oil, and how they compare with one another:

OLIVE OIL

Olive oil has a great reputation as a heart-healthy option. That’s because it’s high in monounsaturated fats, which lower your LDL (aka “bad”) cholesterol and raise your HDL (“good”) cholesterol. Olive oil is also rich in antioxidants and vitamins like vitamin A and vitamin E. Olive oil has a relatively low smoke point around 375F, meaning it will start to produce smoke when heated any higher, so it’s not a great option for high-heat cooking methods like deep frying. However, olive oil works well if you’re doing low-heat cooking, such as sautéing or slow-roasting, or if you’re using it as part of a dressing, dip, or a finishing drizzle.

CANOLA OIL

Canola oil has two big health benefits when it comes to its fat makeup: It’s lower in saturated fat than other vegetable oils, and it contains omega-3 fatty acids, which are good for your heart health and brain health. It has a high smoke point of about 400F, so it works well for high-heat cooking, and because it has a neutral flavor, it’s ideal for baked goods or other recipes where you don’t want the taste of the oil to be overpowering. Some consumers are wary of canola oil because of the processing used to extract

the oil from canola seeds, but most health experts, such as those at Harvard School of Public Health, say there is little reason for concern. There is also the option of cold-pressed canola oil, which is processed without heat or solvents.

VEGETABLE OIL

Vegetable oil refers to a blend of any plant-based oils, most often soybean, corn, and sunflower oils. Because not all vegetable oils are made from the same blends, it’s hard to say what their exact nutritional profile is, but they are frequently high in polyunsaturated and monounsaturated fats, both of which are good for heart health. Vegetable oil has a neutral flavor and a high smoke point, though it is often more heavily processed than olive oil or canola oil.

COCONUT OIL

Coconut oil isn’t as beneficial to heart health because it’s high in saturated fat, but it does contain medium-chain triglycerides, which some research has shown to boost energy and metabolism. Unlike most other plant oils, coconut oil is solid at room temperature, similar to butter, so it can work well in baking. Be prepared for a pronounced coconutty flavor and potentially a higher price tag.



Avocado Oil

According to a 2019 cited study in the journal *Molecules*, the leading international, peer-reviewed, open access journal of chemistry, “avocado oil has established itself as an oil that has a very good nutritional value at low and high temperatures...it is characterized as a mainly monounsaturated oil, with an adequate proportion of polyunsaturated fatty acids, similar to olive oil.” Additionally, avocado oil has a high smoke point and can be used for sautéing, frying, and baking; it’s also ideal for salads, dips, or marinades, or use it as a replacement for most other plant oils.

THE LEAST YOU NEED TO KNOW...

Your selection will depend on your needs and preferences, but in general, olive oil makes a safe choice for low to medium heat and canola oil is best for high heat or baking. Olive oil is the best for heart health based on its monounsaturated fat content, but when you need something with a more neutral flavor, canola or avocado oils are reliably healthy picks.



A Healthier Type of Bodyfat

THANKS, EXERCISE

By Dylan Roche

Y

ou could come up with a long list of benefits to exercise—it improves heart health, it wards off disease, it boosts your energy levels, and it puts you in a good mood.

Then there’s weight maintenance: When you expend energy through exercise, you burn (or avoid putting on) excess bodyfat. But new research published in the peer-reviewed journal *Nature Metabolism* earlier this year found that exercise has benefits for our body composition beyond *how much* bodyfat we have but also *what kind* of bodyfat we have. As it turns out, when we exercise, we store a healthier form of fat.

Our bodies have two types of fat. There’s what’s known as **subcutaneous fat**, which lies just under the skin. Then there’s **visceral fat**, which forms around our organs and is often linked to greater risk of disease. Researchers looked at two test groups—

one that was sedentary and one that did consistent aerobic exercise—and found that even when their levels of bodyfat were the same, the exercisers had fat cells that were more flexible, allowing them to expand and store fat subcutaneously. This meant less inflammation and lowered risk of conditions typically associated with obesity like high blood pressure, heart disease, diabetes, sleep apnea, and stroke.

Remember, bodyfat isn’t necessarily bad—it’s the body’s natural way of storing energy, among many other purposes. It’s only when bodyfat is especially high (or low) that there are health risks, and this research points to the idea that obesity is more complicated than “fat” or “thin.” A person’s overall health is determined by numerous factors.

Add this to the long list of reasons to enjoy some exercise today!



Understanding the “M” Makeover

By Dylan Roche

Bodies change. One of the most significant times of bodily change for women is menopause, a normal part of aging that—despite its universality—still brings a lot of physical (and emotional) surprises.

But the reality is that women don’t have to stop feeling and looking like themselves simply because they’re entering another stage of life. It’s one of the reasons what’s known as the “Menopause Makeover” has become a growing trend in cosmetic procedures. To understand why more and more women of a certain age are embracing their options, we talked to Dr. Clair Duggal, a board-certified plastic surgeon and co-owner of Sandel Duggal Center for Plastic Surgery of Annapolis. Here’s how she explained it to us:

When we hear about the trend of a “Menopause Makeover,” what does that entail?

It looks different for everyone. It’s not dissimilar from the concept of a “Mommy Makeover,” which refers to a personalized set of surgical or nonsurgical procedures we do to address changes created by pregnancy. Menopause represents another major hormonal shift in a woman’s life that leads to physical changes a lot of people aren’t happy with. A “Menopause Makeover” can refer to a variety of procedures that address some of those changes.

What has made more mature women reluctant to have cosmetic procedures done in the past and why do they feel more empowered to do it now?

In the past, I think there were likely several factors leading to reluctance. There certainly was a social stigma associated with cosmetic surgery in the past. Pursuing plastic surgery was viewed as vanity, and women who did so appeared to be trying too hard to look young. We had fewer options to achieve natural outcomes. There also may have been safety concerns for some patients, because our techniques were not as refined in the past.

Now we find there is a shift in people’s overall viewpoint of cosmetic procedures. We see cosmetic procedures as part of our wellness and self-care. It’s become overall more acceptable to invest in your physical presentation, and people in general understand how that affects confidence and mood.

What kinds of procedures are common as part of a menopause makeover?

During menopause, there are predictable hormonal shifts which have significant physical implications. A drop in estrogen, for example, leads to a reduction in collagen. This contributes to less elasticity in the skin which applies head to toe. The hormonal shift also changes body contour, leading to more fat on the abdomen and hip regions. Abdominal muscles may become more lax. Some women find this is a time to seek body contouring, like an abdominoplasty (tummy tuck) to improve core strength, reduce fat, and smooth abdominal skin.

For other women, menopause may be a time that their breasts are changing size. They may gain breast tissue that they've never had and seek a breast reduction for comfort. Other women notice the sagging of the skin and seek a lift. And there are also women who lose volume overall and have a breast augmentation to improve shape.

It's all of the above. Menopause represents a physical change creating incongruity between how women feel and view themselves compared with how they look in the mirror in a variety of ways. A "Menopause Makeover" refers to whatever individualized procedure or set of procedures helps to restore their physical identity.

What's the difference between a Menopause Makeover and a Mommy Makeover? Is there a lot of overlap, or are they usually very different?

I think there is overlap, at least, from my perspective. Patients are often seeking the same types of procedures. With Mommy Makeovers, people are frustrated with how their body has changed as a result of pregnancy. With a Menopause Makeover, it's really just a couple of decades later, and again we face hormonal shifts leading to physical changes in the same body areas.

There are also many women who might have considered these procedures after their children were born but the timing wasn't right. If you're balancing a career and raising a young family, you've got a lot of other obligations! Menopause then exacerbates those same physical changes during a period when a woman may have more time to focus on herself.

It sounds as if a Menopause Makeover isn't so much about "I've reached a certain age and don't care about stigma anymore" as much as it's about reversing natural changes that are a result of aging. Is that correct?

I think you're absolutely right. It can be very frustrating for people who continue to embrace a healthy lifestyle—they're working out, they're eating a balanced diet—but these physical changes still occur because they are independent of your

lifestyle choices. When we work hard and aren't able to see the results of those efforts, sometimes plastic surgery can be a worthwhile piece of self-care.

And when you look good, you feel good?

I tell patients frequently—because I think there is always going to be a concern that this choice stems from vanity, and there is that stigma still associated—we are mammals. The rules of evolution apply. We want to present our best selves, and our mood is elevated when we feel good about our physical presentation. It's not necessarily a conscious decision to feel that way—it's in our biology. It won't ever be the right thing for everyone, but for many women it can be life-changing to restore an aspect of their appearance that they cannot change themselves.

What advice would you give to women who think they're too old for a makeover or are worried about "trying to hard" to look young?

I do think this sort of idea of chasing youth or trying to look too young are somewhat antiquated ideas as well. Our approach to surgery, as our techniques have advanced, is much more nuanced. What we are trying to achieve isn't some idealized version of an abdomen or breast, but rather a natural, restored, improved version of your own contours.

We are all trying to feel more confident in our own skin. We're trying to be healthy and vibrant on the outside to reflect how we're feeling inside. A lot of that can be very empowering, especially as you are entering middle age or later decades. I don't think there's necessarily age cutoffs for the procedures that we're talking about. It more has to do with overall health and each case is highly personalized to take that into account.

What are some positive impacts of this kind of makeover that most people wouldn't consider?

We have done quite a bit of research over the course of the last few decades looking at the psychological advantages of having cosmetic surgery. It really does enhance self-image, and we found that can boost self-esteem. It increases confidence, and it does overall translate to a better quality of life for many people. You can address things that you are not able to do through lifestyle changes alone.

That's not to say we shouldn't embrace the changes we are going through as we age and as our weight fluctuates. I think that's all part of having realistic expectations. These procedures aren't a magic wand to look however we want to. And that's the other important part of an individualized approach—I want to make sure that together our expectations are lining up, because that's what leads to great outcomes where people are really happy and fulfilled.



Feeling Rusty?

IT MIGHT BE AN IRON DEFICIENCY

By Dylan Roche

Even with access to plenty of healthy food, nutrient deficiencies can still be a first world problem. About one-third of American adults are iron deficient, making it the most common nutritional deficiency in the country. Most people don't even know they're iron deficient—health experts frequently describe it as “underrecognized”—but because iron is crucial for getting oxygen to every cell in your body, not having enough of it can affect everything from your energy levels to your mood.

Despite how common iron deficiency is, it's not something to take lightly. Low energy levels caused by anemia can affect your performance in professional and personal activities. You might not be at your peak for a big presentation at work, or you end up struggling in the gym.

There's no one explanation as to why iron deficiency is so widespread, but common reasons include:

Blood loss: Heavy menstrual periods or internal bleeding caused by ulcers or polyps could mean significant loss of healthy blood.

Dietary insufficiency: Foods like red meat, eggs, and leafy greens can often provide plenty of iron, but it's important to note that plant-based iron isn't as readily used by the body as animal-based iron and may require greater intake.

Impeded absorption: A gastrointestinal condition like celiac disease can prevent iron from being properly absorbed.

If you have your blood tested and find your hemoglobin is low, you will likely be able to raise your iron levels by eating more iron-rich foods, such as red meat, poultry, beans, lentils, tofu, and spinach. In addition to improving your diet, consider:

- ◆ Pairing iron-rich foods with vitamin C to improve absorption
- ◆ Limit coffee and tea, which can impede absorption
- ◆ Cooking in iron cookware, which can boost the iron content of your food
- ◆ Taking an iron supplement if necessary

Being deficient in iron often leads to anemia—when your body does not have enough iron to produce hemoglobin, the protein in red blood cells that transports oxygen. Symptoms of anemia include:

- ◆ Fatigue
- ◆ Pale skin
- ◆ Low body temperature
- ◆ Numbness or tingling
- ◆ Headaches





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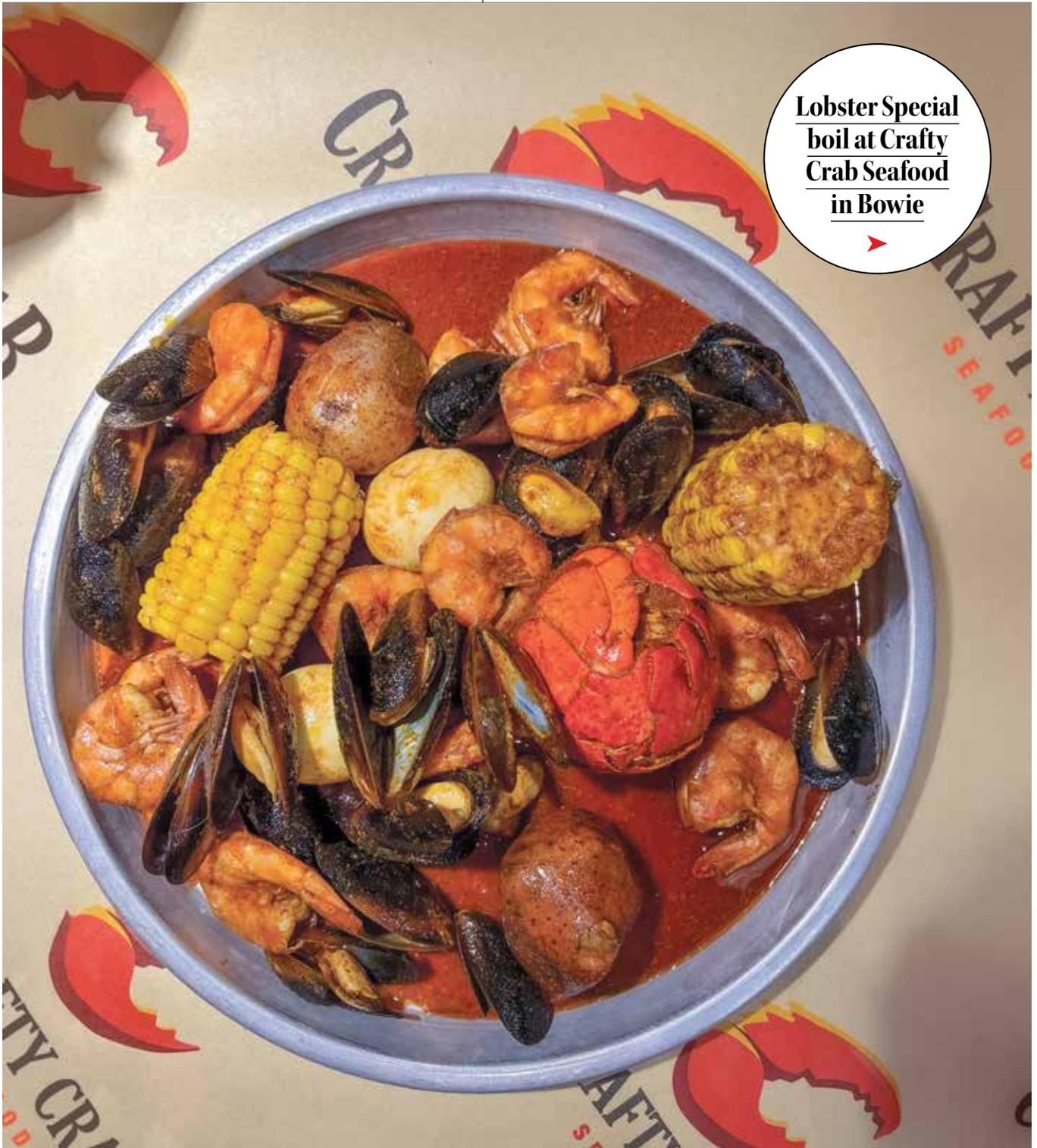
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Food & Dining

154 SIMPLY DELICIOUS

156 READERS' DINING GUIDE

**Lobster Special
boil at Crafty
Crab Seafood
in Bowie**



Simply Delicious

Story and photos by James Houck

C

rafty Crab Seafood has caught me, my wife, the kids, and, it seems, quite a crowd of enthusiastic patrons to enjoy crackin' a lot of fresh seafood. Located in Hilltop Plaza at the corner

of Route 450 and Race Track Road in Bowie, this crab house is a bit unlike those found in the mid-Bay region or Eastern Shore. At Crafty Crab, the experience is more Cajun country than Chesapeake in that most seafood you order arrives to the table as "boils"—the traditional cooking method of the bayou—or southern fried. You *can* order steamed blue crabs when in season. So, if you crave Maryland-style homecookin', sure, you can get that here, too.

On a peaceful Saturday afternoon in November, I took the family out for an early-bird dinner, arriving just before 4 p.m. and was seated into a cozy booth right away by the welcoming hostess. All tables are covered in Crafty-branded brown paper, so immediately you know that some serious cracking and picking is forthcoming.

Up, down, all-around, the structure is chestnut-colored wood tones—chairs, tables, booths, flooring—balanced by a whimsical décor of fish netting, surfboards, dangling starfish and crabs, plus a few fish replicas. To the right of the main entrance is a sports bar area, where folks were enjoying the day's college football games on the bigscreens. We were seated right-side in the main dining room. The space is open with large

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CRAFTY CRAB SEAFOOD

6800 Race Track Road, Bowie; 240-245-3715; craftycrabrestaurant.com

tables, all easily arrangeable to accommodate dinner parties of many sizes. (Call ahead if you have a sizable group.) And there are several small booths, perfect for two, tucked away for a more intimate dinner.

Our server, Imani, was on point in greeting us and delivering a first-round of drinks—all low-key sodas and waters. If you want something with more oomph, the restaurant offers a full bar of rail-to-top shelf liquors for specialty cocktails, a range of domestic and imported beers, and house wines.

We brought our appetites and immediately spied steamed scallops on the menu as a strong candidate for an appetizer. Anything ordered steamed or boiled comes with your choice of seasoning and spice level. For this opening plate, we selected the signature Crafty Cajun

seasoning at a mild spice level. Six sea scallops were neatly presented in a row on a rectangular plate in a pool of the buttery seasoning. The morsels were fork-tender and simply delicious. Very good.

For main attractions, my wife and I each ordered a special boil and the kids had fried baskets (no surprise there). I selected the Lobster Special, featuring a 1/2-pound tail, 1/2-pound of large shrimp, 1/2-pound of mussels, and two each of potatoes, corn cobs, and hard-boiled eggs. All of this boiled, tossed in the selected seasoning/sauce (Cajun for me, again), and delivered in a massive steamer bag. Our other boil was the Autumn Special, which was essentially the same, but with a 1/2-pound cluster of snow crab legs in place of lobster.

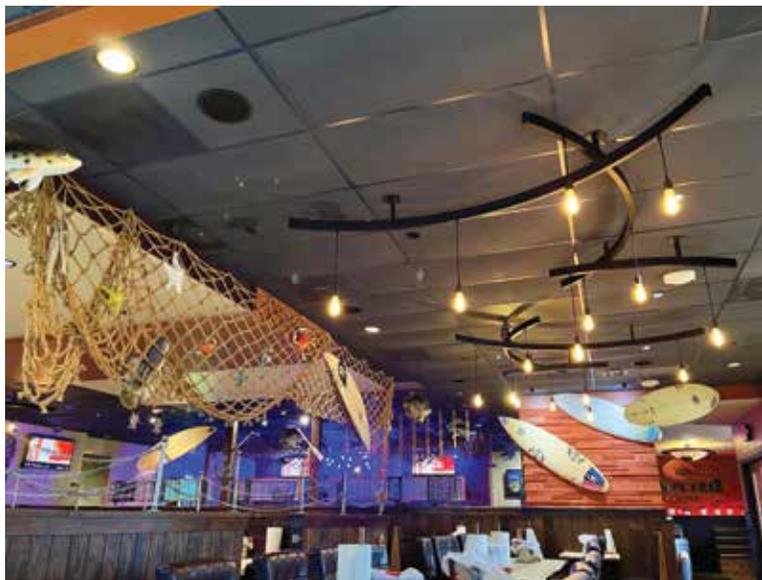
A touch messy, but lots of fun to eat, the boils were best accessed by dumping all contents into the deep-dish aluminum pans we received with each, and then picking our way through it all, one bite at a time. Crafty Crab had us covered with bibs, paper towels, claw crackers, crab picking utensils, and plenty of wet wipes, so we didn't feel apprehensive about digging in.



Between the mussels, shrimp, and big chunks of lobster pulled from the tail...every mouthful of seafood was heaven. If you love seafood as much as I do, then you'll find the meal to be an epicurean smorgasbord. The sweet snow crabmeat also married exceptionally well to the kick of Cajun spice. Everything was cooked to perfection and drenched in the addictive seasoning. It was delicious. It was divine. I'm not kidding. And have you ever had a boiled hard-boiled egg? If not, this is the place to enjoy one, two, or more. Everything—the sides, seafood, etc.—can be ordered a la carte.

With chunky fries and house-battered/fried chicken tenders (real breast meat, thank you!), the kids' plates filled them up. One also ordered a corn dog for good measure and it more-than-passed the taste test. All of this food came with several servings of clarified butter, extra seasoning, ketchup, honey mustard, a "mumbo" sauce. It was a condiment party if I ever saw one.

We packed up what little bit of food remained to take home and called it an afternoon well spent, feasting on quality seafood prepared in a style unique to our neck of the woods. The staff was hospitable, the space very clean and accommodating, and the food...again, simply delicious.





Readers' Dining Guide



Welcome to your regional dining. We include many restaurants for many tastes and experiences. Don't see your favorite on the

list? Email mkotelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

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172 Fleet Street, National Harbor; 301-602-2209; bobbymckey.com \$\$ ●●

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149 Waterfront Street, National Harbor; 301-839-1445; bond45nh.com \$\$ ●●●●

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5331 Baltimore Avenue, Hyattsville; 301-779-2787; busboysandpoets.com \$\$ ●●●●

The Common

Inside College Park Marriott Hotel and Conference Center; 301-985-7326; marriott.com \$\$ ●●

Crafty Crab

6800 Race Track Road, Bowie; 240-245-3715; craftycrabrestaurant.com \$\$ ●●●

Fiorella Italian Kitchen & Pizzeria

152 National Plaza, National Harbor; 301-839-1811; fiorellapizzeria.com \$\$ ●●●●

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6451 America Blvd Suite 101, Hyattsville; hunchohouse.com \$\$\$ ●●

The Irish Whisper

177 Fleet Street, Oxon Hill; 301-909-8859; theirishwhispernh.com \$\$ ●●

KitchenCray Cafe

4601 Presidents Drive, Lanham; 301-577-1425; kitchencray.com \$\$ ●

Looney's Pub

8150 Baltimore Avenue, College Park; 240-542-4510; looneypubmd.com \$\$ ●

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310 Domer Avenue, Laurel; 301-725-7025; madcowgrill.com \$\$ ●●

Milk & Honey Café

12500 Fairwood Parkway, Bowie; 240-260-3141; milknhoneycafe.com \$\$ ●●●

Portum

6400 Oxon Hill Road, National Harbor; 240-493-1003; portumnationalharbor.com \$\$ ●●

Public House

199 Fleet Street, National Harbor; 240-493-612; publichousenationalharbor.com \$\$ ●●●

Red Hot & Blue

677 Main Street, Laurel; 301-953-1943; redhotandblue.com \$\$ ●●

Redstone American Grill

186 Waterfront Street, National Harbor; 301-567-8900; redstonegrill.com \$\$\$ ●●●●

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3809 Crain Highway, Bowie; 301-804-5900; ripscountryinn.com \$ ●●

Rosa Mexicano

153 Waterfront Street, National Harbor; 301-567-1005; rosamexicano.com \$\$ ●●●●

Ruby's Southern Comfort Kitchen

14207 Old Annapolis Road, Bowie; 240-260-3989; rubys-bowie.com \$\$ ●

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10621 Greenbelt Road, Greenbelt; 240-334-2819; soberestaurantandlounge.com \$\$\$ ●●

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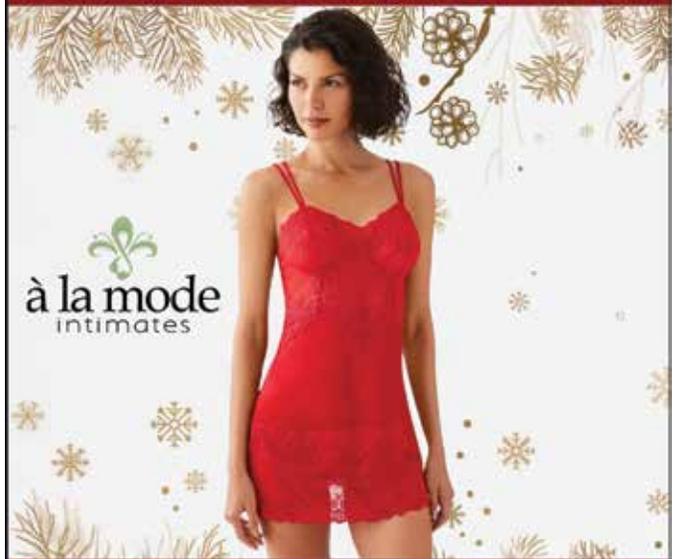
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Where's Wilma?

FIND WILMA AND WIN!

Our fearless, flying mascot Wilma is soaring into 2025 with good tidings! She's taken to the chilly outdoor air, flying high in her single-prop plane and touching down in towns through the Chesapeake region to shop, dine, and service every whimsical want and need. 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 for another opportunity to win a prize.

Congratulations to Tara D. of Halethorpe, who won a \$50 gift certificate to a local business.

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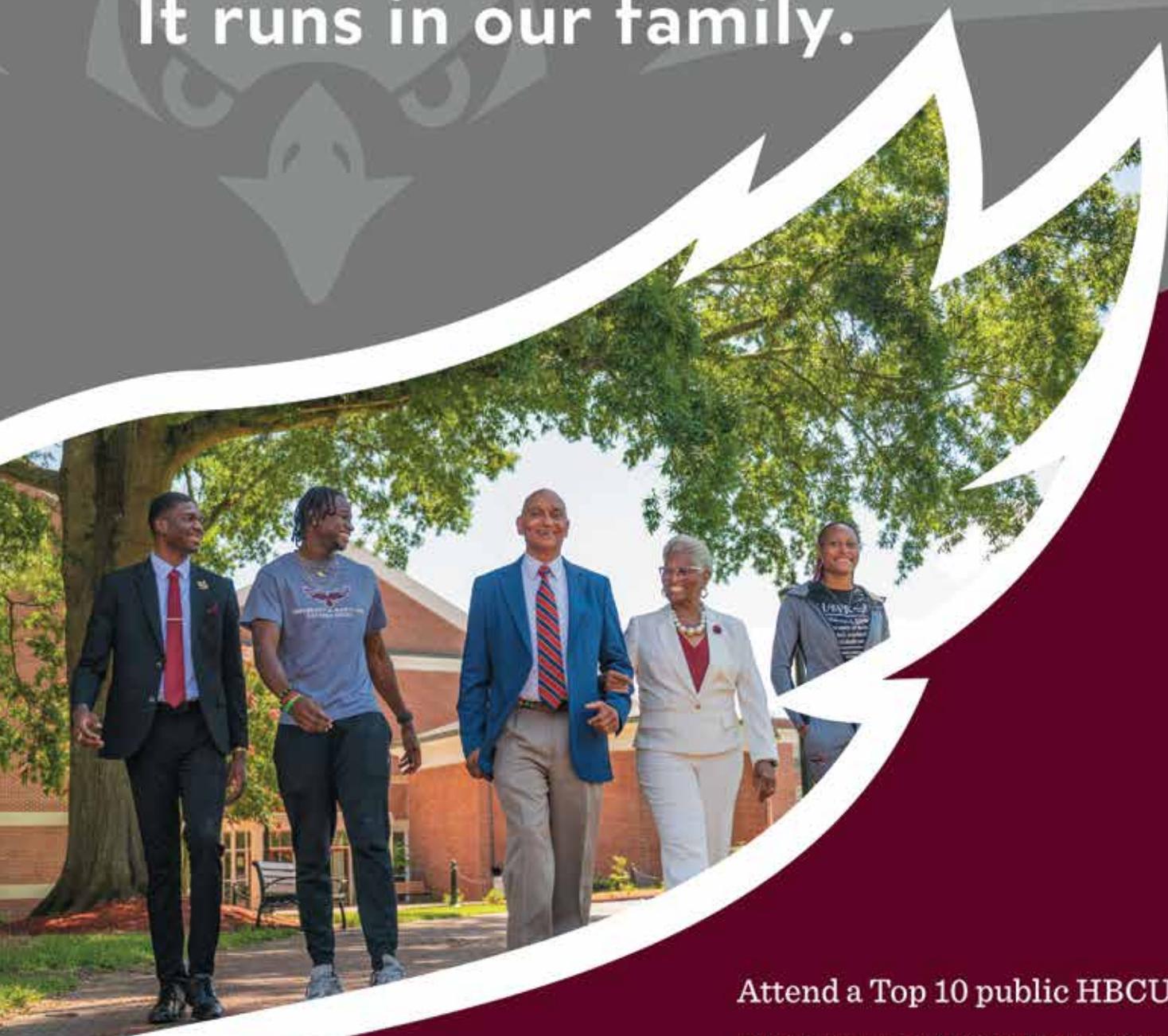
Yes, please! No, thanks

Entries must be received by January 31, 2025. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Central Maryland. **Mail entries to:** Where's Wilma? Central Maryland, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions.

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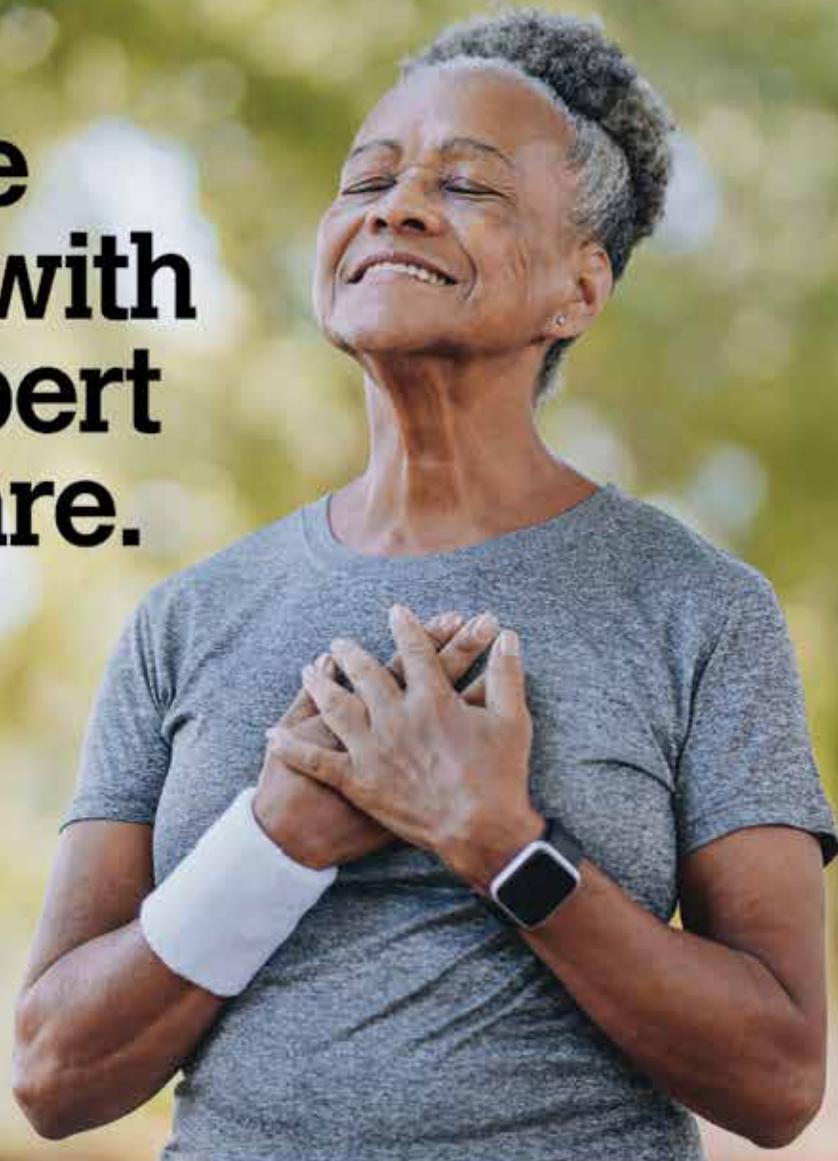
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