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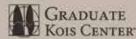


















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SEARCH FOR HOMES

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maryland

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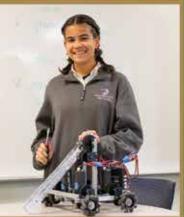
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(PK3 - Grade 5) Thur., November 13 9:00 - 10:30 a.m.

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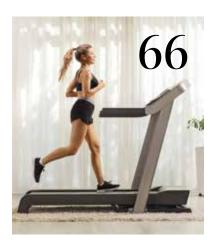
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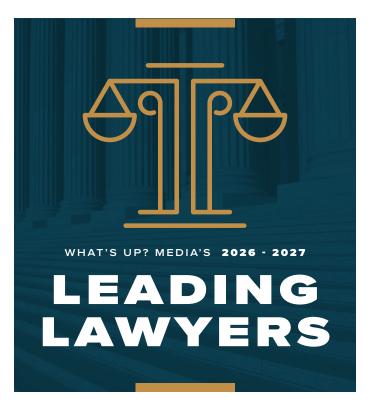
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The nomination period for the 2026–2027 Leading Lawyers officially opens November 1st to all legal professionals in the Chesapeake Bay region. Lawyers (and judges) currently practicing law are encouraged to nominate their legal peers in more than 35 legal specialties for this distinguished honor that recognizes the best local lawyers. This is your opportunity to nominate which lawyers should be acknowledged as leaders in their various areas of practice. We thank you in advance for participating in this valuable service. Nominations will close December 31, 2025. Results will be published in our May 2026 issues.



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Expert of the Month



Colleen Shields Director of Community Partnerships | Hospice of the Chesapeake

olleen Shields leads a dedicated team that collaborates with hundreds of health partners across Anne Arundel, Prince George's, Charles, and Calvert counties, as well as the larger hospitals in Baltimore and Washington, D.C. We educate and empower patients, families, and community members with practical tools to support proactive planning and the management of progressive illness—always with a focus on enhancing quality of life.

Who are your community partners, and how do you support their work?

We collaborate with primary care physicians, specialists, hospitals, memory care units, skilled nursing centers, assisted living facilities, and home health organizations. Our team's role is to offer expert guidance and connect providers with resources to make hospice services a seamless extension of the compassionate care they already deliver.

How do you provide education to your community health partners?

Most people are unaware that at its core hospice is an insurance benefit. Our team offers education to healthcare industry partners, informing them how hospice and supportive care can help them navigate advanced illness. We also provide in-service training for healthcare providers on disease progression and when a patient becomes eligible for their hospice benefit. These conversations are more impactful when they happen early—before a crisis occurs—so people can make informed and confident decisions with clarity and peace of mind.

How do you help people find comfort when their illness has progressed to an advanced stage?

When a patient's quality of life is reduced, hospice care focuses on managing any pain or other symptoms caused by their illness. We concentrate on emotional and spiritual needs—not just the patient's but also those of their loved ones and care teams. All any of us wants is more time. It's proven that by starting hospice sooner, patients live longer. There is less stress on the patient and the family when they're not being transferred back and forth from the hospital. Months of hospice care provide more quality time spent with the ones you love.

We understand navigating the healthcare system can feel overwhelming. Our goal is to ensure that everyone is educated about the choices available when facing advanced illness. We are there when you need us!

Hospice of the Chesapeake

Anne Arundel, Calvert, Charles, and Prince George's counties 410-987-2003 I hospicechesapeake.org

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BAY BRIDGE RUN 2025

Experience the thrill of crossing the Chesapeake Bay Bridge on foot at the Bay Bridge Run, held Sunday, November 9, at 8:30 a.m. This one-of-akind 10K run and walk offers the rare opportunity to traverse the eastbound span of the bridge, normally closed to pedestrians, from Anne Arundel County to Kent Island. Organized by Corrigan Sports, Maryland's premier race company, the event promises a fun, well-managed experience for runners and walkers alike, capped off with a lively post-race party. Parking with shuttle service is available from both Anne Arundel and Oueen Anne's counties. More info: thebaybridgerun.com

51ST ANNUAL MARYLAND IRISH FESTIVAL

Celebrate Irish culture at the 51st Annual Maryland Irish Festival, taking place November 7–9 at the Timonium Fairgrounds. This weekend-long event features traditional and contemporary Irish music, authentic food and drinks, whiskey tastings, cultural activities, shopping vendors, and a lively kids' zone. Highlights include fun competitions, family-friendly entertainment, and the Saturday night Ceili—a spirited evening of music, fellowship, and dancing. Presented by Irish Charities of Maryland, proceeds from the festival support local and regional nonprofit organizations. More info: irishfestival.com





Sip & Savor: A Taste of Prince George's

Enjoy an elegant afternoon at the Newton White Mansion for the inaugural Sip & Savor: A Taste of Prince George's on Sunday, November 9, from 1-4 p.m. This one-of-a-kind culinary event will feature savory and sweet tastings from local chefs and caterers, refreshing cocktails and mocktails, and live music in a picturesque garden setting. Guests will also experience interactive exhibits highlighting the mission and impact of Hospice of the Chesapeake. Proceeds support hospice and palliative care for patients and families in Prince George's County, ensuring compassionate care is available to all. More info: hospicechesapeake.org



FISH FOR A CURE

Cast a line for a cause at Fish for A Cure on Saturday, November 1, 2025, from 6 a.m. to 4 p.m. This annual fishing tournament and fundraising challenge takes place on the Chesapeake Bay and directly supports the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. After the competition, the celebration continues with the beloved Shore Party in Annapolis, featuring food, drinks, music, and camaraderie. Whether you register a boat, join the Shore Party, or donate, every contribution makes a lasting impact on cancer patients and their families in our community. More info: fishforacure.org

Archbishop Spalding - Bull Roast

Join the Archbishop Spalding community for the annual Cavalier Bull Roast on Saturday, November 1, at 6 p.m. at Archbishop Spalding High School in Severn. This spirited evening supports Spalding Athletics and Cavalier student-athletes with great food, drinks, and lively entertainment. Guests can enjoy a classic bull roast menu, mix and mingle with friends and alumni, and take part in raffles and fundraising opportunities throughout the night. Sponsorships are available, offering a chance to showcase your support while helping student-athletes succeed both on and off the field. More info: spaldinghs.org





THE Y TURKEY TROT **CHARITY 5K**

Kick off Thanksgiving morning with the Y Turkey Trot Charity 5K on Thursday, November 27, at the Greater Annapolis Y in Arnold. The race begins at 8:30 a.m. and welcomes runners and walkers of all ages for a festive start to the holiday. Participants receive a shirt and bib, with early packet pick-up strongly encouraged to avoid race-day lines. Complimentary parking is available at the Y and Anne Arundel Community College (no parking on the racecourse). Proceeds provide food and financial assistance for families in need, making this annual tradition a fun and meaningful way to start the day. More info: ymdturkeytrot.org



ILLUMINATE ANNAPOLIS MIND-BODY-SPIRIT- ARTS FESTIVAL

Discover the best in holistic wellness and creative arts at the Illuminate Annapolis Mind-Body-Spirit-Arts Festival on Saturday, November 8, from 10a.m. to 5 p.m. at Anne Arundel Community College in Arnold. Guests can explore a wide variety of exhibitors offering aura photography, bodywork, energy healing, intuitive readings, handmade jewelry, spa products, and more. The festival also features free workshops throughout the day. Admission is free (under 18 must be accompanied by an adult), making it the perfect opportunity to relax, learn, and shop for unique gifts. More info: illuminatefestivals.com

JERRY SEINFELD IS COMING TO THE HALL AT LIVE! **CASINO & HOTEL MARYLAND**

Get ready for an unforgettable evening of comedy as Jerry Seinfeld returns to The HALL at Live! Casino & Hotel on Saturday, November 1, at 8 p.m. Renowned worldwide as the star and co-creator of the groundbreaking hit Seinfeld, he continues to captivate audiences with his sharp wit, clever observations, and timeless humor. Known as one of the most influential comedians of our time, Seinfeld brings his iconic style to Hanover for one night only. From his legendary TV series to his acclaimed stand-up, this is a must-see performance for comedy fans of all ages. More info: marylandlivecasino.com





Photo courtesy of Kennedy Krieger Institute

Kennedy Krieger's **Festival of Trees**

Step into a winter wonderland at the Festival of Trees, November 28-30, at the Maryland State Fairgrounds in Timonium. This beloved holiday tradition features more than 800 decorated trees, wreaths, and gingerbread houses created by local businesses, schools, and community groups—each a unique work of art inspired by the season. Families can visit Santa, enjoy amusement rides, games, crafts, and live entertainment throughout the weekend. With dazzling lights, handcrafted ornaments, and festive displays, it's a magical way to kick off the holiday season. Proceeds benefit Kennedy Krieger Institute. More info: kennedykrieger.org/festivaloftrees



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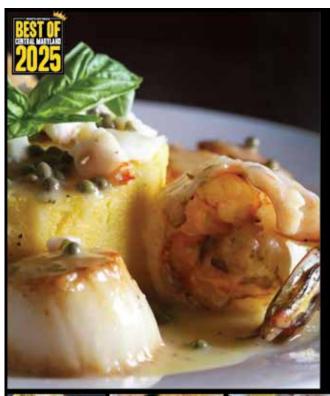
For the Love of the Library

On September 19, the Anne Arundel County Public Library Foundation hosted its annual fundraiser, For the Love of the Library, at the Busch Annapolis Library, where guests enjoyed delectable bites, a wine and whiskey pull, a book pull, live auction, one-of-akind immersive experiences, and celebrity bartenders. Learn more about AACPLF at aacpl.net/foundation.

1. AACPL Staff Martha helps AACPL Trustee Noah Comet on sewing machine 2. AACPL Staff Kristina Banks during cardio drumming 3. Adam and Michelle Hack hold up Book Pull selections 4. County Executive Steuart Pittman and Steve Berry 5. Vincent Moulden, Kyra Mahoney and U.S. Representative Sarah Elfreth 6. Mary Hagetty during live auction 7. Dan Baum, Flori Bartek, Toni Prince, Michelle Coates, Ayanna Brown 8. AACPL Staff Liz Kupke and Paul Mianulli use driving simulator







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LEADERSHIP ANNE ARUNDEL'S 2026 FLAGSHIP CLASS ANNOUNCED

Leadership Anne Arundel (LAA) launched their program year with an exciting new Flagship Class of 2026. Some of the area's brightest nonprofit, government, and business leaders composed of a cross-section of the Anne Arundel County community representing ethnically, socially, economically, and geographically diverse populations join the organization to facilitate growth of community leadership. The ten-month Flagship program hosted 52 participants in September at Historic London Town & Gardens and Honey's Harvest Farm with a two-day opening retreat. Following the retreat, participants will engage in community knowledge sessions for one full day each month. Program topics include Government, Economic Development, Cultural Arts, Education, Health & Human Services, Law & Public Safety, Environment, and Agriculture/South County. Read the full list of individuals in the 2026 Class and learn more about LAA at leadershipaa.org.



FLOOR COVERINGS INTERNATIONAL OF **BOWIE LAUNCHES**

Floor Coverings International (FCI), a mobile flooring franchise, announces the opening of its newest location serving Bowie, Crofton, Gambrills, Odenton, Severn, and surrounding communities. Owned and operated by Ramsey Moorman, this Bowie-based franchise offers its

unique Mobile Showroom concept, delivering more than 3,000 flooring options directly to customers' homes and businesses. With over 23 years of leadership experience in the telecommunications industry, Moorman brings a customer-focused approach and strong business acumen to the flooring sector. "One of my core strengths is emotional intelligence and understanding how to identify and navigate challenges to find the right solution," Moorman says. "By leading with a customer-centric philosophy, we ensure every client receives flooring options tailored to their vision and needs, all from the comfort of their home." Moorman's wife, Caryl, plays an integral role in operations and community engagement. "We plan to expand our commercial partnerships and deepen our community involvement through local sponsorships and giving back," Moorman says. "Most importantly, I want to build a legacy that benefits my family and the community." For more information about Floor Coverings International of Bowie, visit floorcoveringsinternational.com/locations/us/md/bowie.



School Of The Incarnation Breaks Ground on Addition

School of the Incarnation in Gambrills held an official groundbreaking ceremony for its new Dedicated Cafeteria Addition in mid-September. The project represents a major step forward in the school's "Building the Faith, Building our Future" capital campaign. The milestone marks the beginning of construction on a new facility that will serve as a central hub for student dining and community gatherings. "It's really important to have room to grow, and that's what this is going to give us," said SOTI Advancement Director Meghan Brown. Learn more at schooloftheincarnation.org.

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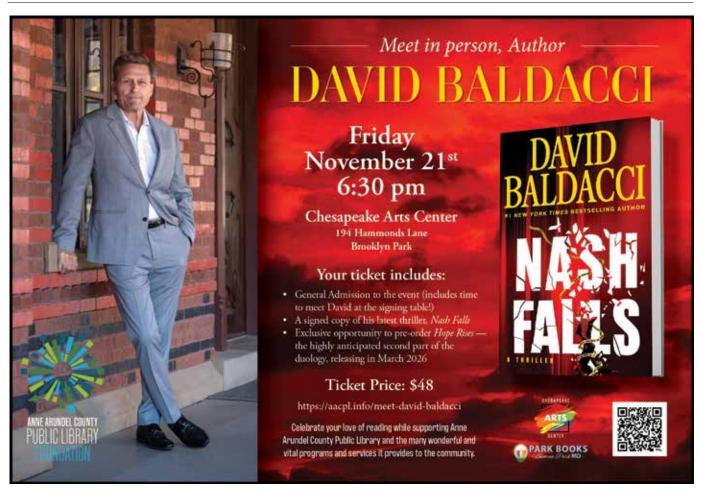


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ARCHBISHOP SPALDING ANNOUNCES NEW PRESIDENT

Shannon Gilligan ('94) officially assumed the role of President at Archbishop Spalding High School on in July. A proud alumna, past parent of a 2023 and 2025 graduate, Gilligan brings a deep personal connection to the Spalding community. She has served the school for more than a decade as Chief Financial Officer and Vice President of Operations, where she has played a pivotal role in advancing Spalding's mission, overseeing major campus improvements, and ensuring financial stewardship rooted in Catholic values. Selected after a comprehensive search process, Gilligan offers both a seasoned leadership perspective and a heartfelt commitment to Catholic education. Her professional expertise in finance, operations, and strategic planning has been instrumental in the school's growth, while her lived experience as a Spalding alumna and parent strengthens her understanding of what makes this community unique. Gilligan is excited to continue serving Spalding in this new role, working in partnership with faculty, staff, students, parents, and alumni to carry forward the school's tradition of academic excellence, faith formation, and community spirit. Learn more about the school at archbishopspalding.org.





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The Transformative Power of Food Banks



By Lisa A. Lewis



veryone deserves access to nutritious food, yet many Marylanders face food insecurity that negatively impacts their overall quality of life. Unlike hun-

ger, a basic physiological need that each of us experiences on a daily basis, food insecurity occurs when individuals or families lack consistent access to adequate and nutritious food due to a variety of factors, such as low income, high cost of living, healthcare expenses, unemployment, financial emergencies, discrimination, and other economic or social barriers.

Although the underlying causes of food insecurity may differ, the consequences are similar. According to Feeding America (feedingamerica.org), food insecurity not only impacts physical and mental health, but it can also lead to poor concentration and low energy, which can affect performance at work or school, and contribute to social isolation and shame.

A systemic issue, food insecurity impacts a broad range of people, and it can affect anyone. According to the Maryland Food Bank (MFB), a nonprofit organization founded in 1979, one in three Marylanders faces food insecurity—despite the fact that Maryland is one of the wealthiest states in the nation with a population of more than 6 million people.



"To achieve food security for everyone, we must go beyond providing meals and address the root causes of hunger," says Emily Alt, senior vice president, community programs, MFB. "That begins by listening to our neighbors—their needs, challenges, and hopes for the future—and then building solutions around what we hear. At the Maryland Food Bank, we are proud to work hand in hand with our network of partners to deliver community-driven responses that meet people where they are."

THE CRITICAL ROLE OF **MARYLAND FOOD BANKS**

Food banks, such as MFB and Anne Arundel County Food Bank (AACFB), a nonprofit organization founded in 1986, serve as a vital part of the food assistance safety net. These facilities function as warehouses or distribution hubs that collect and store large quantities of food and distribute it to their partners, which include food pantries, soup kitchens, shelters, and other organizations. The partners then provide the food directly to people in need. Both MFB and AACFB also distribute food via mobile units that travel to areas where food assistance is difficult to access.

Food banks obtain the food they distribute through donations from grocery stores, big box stores, and individuals. Food is also purchased from distribution companies or farms or provided by federal programs.

"The work we do is life changing," says Leah Paley, CEO, AACFB. "Not only do we meet the immediate needs of food-insecure Marylanders by providing them with fresh, nutritious food, but we also help set them up for success by addressing the root causes of hunger. We aren't just distributing food; we're providing pathways to stability and well-being. I'm proud to be part of AACFB."

With a network of 780 community partners and three office locations, Baltimore, Salisbury (Eastern Shore Branch), and Hagerstown (Western Branch), MFB distributes food across 21 counties and Baltimore City. During fiscal year 2025, MFB's community partners recorded 611,440 visits per month and assisted 1,021,729 individuals.

Based in Crownsville, AACFB works with its 74 network partners who operate 115 points of service (organizations where residents obtain food) throughout Anne Arundel County. Including mobile pantry distributions, AACFB's partners averaged 45,347 visits per month and assisted 544,165 individuals during fiscal year 2025.

CHALLENGES FACING **MARYLAND FOOD BANKS**

According to the Food Research & Action Center (FRAC, frac.org), the Supplemental Nutrition Assistance Program (SNAP), a federal program that provides food benefits to low-income individuals and families, is the first line of defense against hunger and economic hardship. Cuts to SNAP under the One Big Beautiful Bill Act are projected to impact thousands of Marylanders.

Based on preliminary research findings released in July 2025 by the Urban Institute (urban.org), approximately 369,000 families in Maryland will lose some or all of their SNAP benefits. During state fiscal year 2026, which began July 1, 2025, more than 684,000 Marylanders rely on SNAP, according to the Maryland Department of Human Services.

Residents who lose their SNAP benefits will find it necessary to depend on food banks. And food banks, which are already facing challenges, such as increased demand and the high cost of food, aren't prepared for this additional strain on their operations.

"Cuts to SNAP will greatly impact our food-insecure neighbors, who are working to make ends meet, and increase reliance on the food assistance network," Alt says. "We estimate that we would have to more than double the amount of food we distribute just to fill this gap—something we're not able to do with our current resources. While the Maryland Food Bank continues to stay in touch with our elected officials in Washington, D.C., and Annapolis, we can't do it alone. We need many voices calling attention to this critical issue."











HOW MARYLANDERS CAN HELP

Now, perhaps more than ever, food banks need Marylanders' support. One of the most impactful ways to make a difference is through volunteering. Volunteers can host a food drive and help sort food at their local food bank. Marylanders can also make donations (monetary or food) and become advocates for food security, lending their voices to support this critical effort.

To learn more, visit MFB at mdfoodbank.org and AACFB at aafoodbank.org.

"We appreciate the 'time, talent, and treasure' of every member of the community, and we're grateful for their assistance," Paley says. "We encourage our supporters to make donations to help meet the anticipated rise in demand for supplemental food assistance. Every contribution makes a difference in alleviating food insecurity for our neighbors in need."

> Special thanks to Chloe Woodward-Magrane, director of communications, MFB, and Chris Landers, communications manager, AACFB. Photographs are courtesy Maryland Food Bank and Anne Arundel County Food Bank.

Meet Jeremiah Smith of Glen Burnie High School

THIS SENIOR STUDENT-ATHLETE HAS BIG PLANS FOR THE COLLEGIATE LEVEL

By Tom Worgo

eremiah Smith thinks and talks about playing college lacrosse nonstop. The Glen Burnie High School senior puts in 20 or more hours each week doing lacrosse

drills and lifting weights to get bigger and stronger. The offseason training is working. The 6-foot-2 Smith bulked up eight pounds to 225. College coaches covet players of his weight and height (6-foot-2). "It's an obsession," Smith says of playing at the next level. "Lacrosse is really my life at this point. The only time I miss working out is when

I spend time with family."

Another way to achieve his goal: attending college prospect camps The attackman just wants to get his name out there more, so he took part in two camps this past summer including ones at Division III Salisbury and Division II Wilmington.

Then came competition camps where the sport is played at the Division I level: at Delaware (in September), and UMBC (October). He will also attend one in Virginia (December).

"He wants to get a scholarship," Baltimore Lacrosse Elite Coach Lantz Carter says of Smith, who has suited up for the club team for the past five years. "He has been more aggressive with his recruiting process, and I think he can play Division I lacrosse."



The 17-year-old Smith, who plans to major in business management, also participated in a college showcase at USA Lacrosse headquarters in Sparks, Maryland, in July. It attracted Division I and Division II coaches from regional schools that appealed to him: Virginia State, Hampton, Morgan State, and the University of District of Columbia.

Smith can't get enough of lacrosse. He's been competing in the sport for 14 years. "All Jeremiah does is talk about lacrosse," Glen Burnie Boys Lacrosse Coach Travis Hood says. "He just lives and breathes the sport."

Smith says he has elevated his game after attending the showcase and four camps. But more importantly, he wants to understand

the college game.

"HE IS IN THE

RUNNING TO BE THE

BEST PLAYER TO

EVER COME THROUGH

GLEN BURNIE"

"I am getting a look at what college lacrosse really is and seeing how college practices work," Smith explains. "And what I need to do to get better. I have learned that it's more-fast paced."

Smith's goal totals are impressive, and he expects to surpass the 100-goal mark early in the 2026 season. He possesses an accurate shot. Smith's physicality also

helps him get shots off close to the cage. He totaled 32 goals as a freshman, then 32 the next season, and 33 in 2025.

Smith, a four-year starter and team co-captain last year, holds two Glen Burnie career offensive records, which he set last season. He surpassed Josh Kahl's 2016 mark of 107 career points. His total is 111. Smith broke Joe Crenshaw's two-year old record of 71 goals.

"That's phenomenal," Carter says of Smith setting the records. "He is not a kid out there thinking, 'Me, me, me.' He really wants his team to have success."

All of Smith's scoring has made for some unforgettable games. As a sophomore, he scored four goals in the regional championship—which he considers the best game of his career to help the Gophers to an 8-7 victory over North County. It gave Glen Burnie its first regional title in school history.

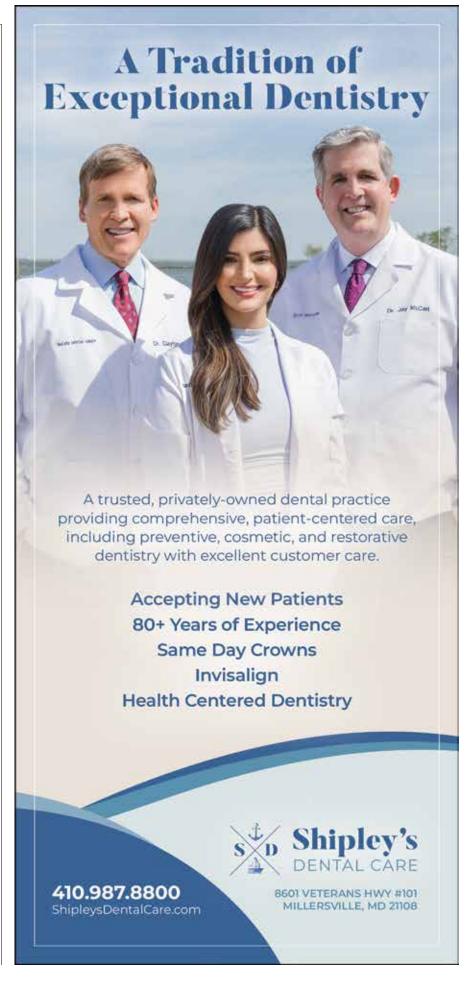
Smith also enjoyed playing against two Howard County schools in 2025, scoring four goals in a onegoal loss to Oakland Mills and five in a rout of Hammond.

"He is in the running to be the best player to ever come through Glen Burnie," Hood says. "He just dominates. He makes lacrosse exciting for Glen Burnie. He will go up against anybody. On the offensive side of the ball, he demands opponents to come play him in one-on-one situations."

Before Smith played varsity lacrosse in 2023, he strongly considered football and boys basketball. His physique and tantalizing athletic ability made him appealing. "The football and basketball coaches wanted me to play," says Smith, who only competed in lacrosse before high school. "I do think about what kind of player I could have been in those sports."

And Smith knows he made the right choice in picking lacrosse—a sport in which he has a bright future.





Maryland Basketball's Elijah Saunders

THE NEW TERRAPIN FORWARD HAS HIGH HOPES FOR THE 2025-26 CAMPAIGN

By Tom Worgo



aryland forward Elijah Saunders can't talk about his basketball career without mentioning his father Yaki, and all he has done for him. Yaki's experience and advice helped Elijah develop.

Yaki, a former Arkansas State player, advised Elijah about his health habits, weight, and critiqued all of his collegiate games.

The elder Saunders also educated his son about then-Virginia Tech coach Buzz Williams-considered a coach "on the rise." Williams, now Maryland's firstyear men's basketball coach, recruited Saunders when he went into the transfer portal in April 2025, persuading him to come to College Park instead of Notre Dame, South Carolina, or Virginia Tech.

"We realized how much his father was a fan of Coach Williams during the recruiting process and what he did for Elijah," Maryland Associate Head Coach Devin Johnson says. Saunders, a Phoenix, Arizona, native, considered Maryland and Williams as the place and person to elevate his game. "Coach Williams really wants to develop you into the best player you can be," Saunders explains. "He will teach me so many things."

Saunders' career to date has notable team and individual achievements. He played for San Diego State when the Aztecs played in the national championship game in 2023, and made the Final Four the following season. After transferring to Virginia for his junior year, Saunders ranked second on the team in scoring (averaged 10.4 points).



"In this day and age, you have a lot of players trying to find themselves, or find a way to lead," Johnson says. "Elijah knows who he is and knows how to lead. He is becoming an elite leader for us." We spoke to Saunders about his game, Williams, Yaki, and more.

What attracted you to Maryland beside Coach Williams? The opportunity to play in the Big 10 with the great players on our team and play a significant role. I also really liked the coaching staff and how they help you on and off the court. We have meetings where we don't talk much about basketball. That is surprising.

Williams guided Virginia Tech, Marquette, and Texas A&M to NCAA Tournament berths, along with three Sweet Sixteen appearances and one Elite Eight. Why do you think he's had so much success? His attention to detail. The consistency, discipline, and habits are outstanding. He shows up in the same manner every single day and really demands the most out of his players. Every day, you know what you are going to get from Coach Buzz and the staff. He cares more about you than just being a player. He wants to help develop you for life.

How would you describe your game? I would say I am a versatile forward. I can play all three frontcourt positions and really post up. But I can stretch out to shoot the three-pointer. I can also guard three positions well. I can be physical. I am a good rebounder, but I have more to give in that part of my game.

Did losing weight change things for you in life and basketball? When I got home after my freshman year, I was probably 255 pounds. At the beginning of my sophomore year, I was 225. My father was holding me accountable. He told me I have to get in better shape, especially with the goal of being a starter. Every day, I took better care of my body. I focused on what I was putting in my body. I realized you can't eat whatever you want. It's not high school anymore. I felt quicker.

Playing for those San Diego State teams helped your development. What did you get out of that experience? I really liked our team. The average age of our team was older than the (NBA's) Oklahoma Thunder. Just being around those experienced players really set the tone for my college career. I saw how they prepared and what they did when the game wasn't going well for us.

Name one or two new Terps that have impressed you? Pharrel Payne. I haven't been around a lot of guys that have been as physically dominant as he is. Not a lot of people can do what he does athletically for his size (6-foot-9, 250 pounds) especially at the center spot. You also have to look at Myles Rice. He is amazing. He is a true point guard and leader of the team. He really runs the show and sets up his teammates well. He is super-fast and crafty when he gets inside the lane. When you have someone like him, it gives you a real advantage.



ncy Hammond Editions





The nomination period for the 2026–2027 Leading Lawyers officially opens November 1st to all legal professionals in the Chesapeake Bay region. Lawyers (and judges) currently practicing law are encouraged to nominate their legal peers in more than 35 legal specialties for this distinguished honor that recognizes the best local lawyers. This is your opportunity to nominate which lawyers should be acknowledged as leaders in their various areas of practice. We thank you in advance for participating in this valuable service. Nominations will close December 31, 2025. Results will be published in our May 2026 issues.





DOG WINNERS



Submitted by Grace Finnegan

"Spencer is a four-and-a-half-year-old black and white supermutt with a big personality and even bigger energy. He works full time in my salon as our official greeter, and he absolutely lights up when clients walk through the door. Spencer and I are a certified pet therapy team, and he's also my service dog. We trained together at American K9 in Davidsonville, where he learned not only obedience, but how to share his joy with everyone he meets."

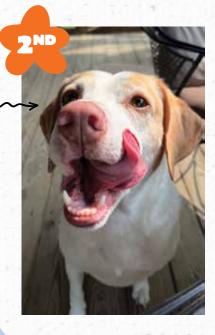
KEKOA Submitted by **Chad Langley**

"Kekoa is our beach**loving American** Eskimo. Here he is after a hike at Chesapeake **Bay Environmental** Center loving life while lounging in the hole he dug after going for a quick swim."



OAKLEY Submitted by Laura White

"From his gnarly smiles to his wet kisses to his warm cuddles, Oakley steals the hearts of everyone he meets. Our big 'bear' loves walks, belly rubs, Rita's pup cups, and any and all attention! Oakley reminds us what simple joys there are in each and every day."



FINDLEY

Submitted by **Debra Saltz**

"Findley is a ten-year-old rescue. He's very smart and sometimes stubborn. He's very treat driven, loves long walks, and being with his favorite people. His favorite foods are lobster and popcorn."



HARBOR

Submitted by **Kelley Sweeney**

"For the first few years of Harbor's life, she only knew mistreatment and neglect. After she was rescued and adopted, she needed patience, love, and time to heal. She grew to love good food, couch cuddles, and laying in the yard. She melted hearts everywhere when she walked down the aisle as the flower pup at her pawrents wedding."



NON-DOG WINNERS



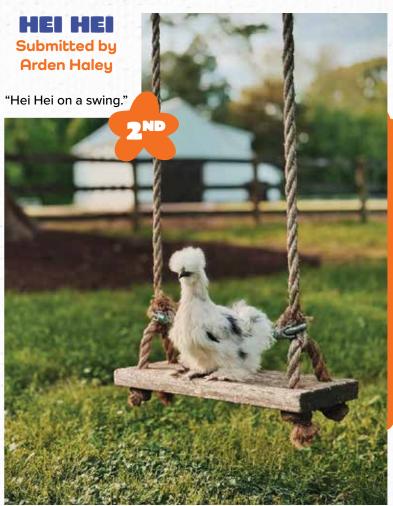
Submitted by Lauren Harbom

"Sable and black tabby with black markings and green eyes."



Submitted by Jenn Sibiga

"This former barn cat is now an indoor cat, but she hasn't forgotten where she came from. Boots absolutely loves special trips outside to bask in the sun, or stroll through the yard, taking in the sights and sounds, reminiscent of her early years. She's always ready for adventure!"



LITTLE >> **WHITE TOES**

Submitted by **Patricia Swakopf**

"Little White Toes started life in a feral colony I was caretaker of. He quickly decided he wanted the comforts of an indoor cat and hasn't looked back."



Submitted by Lisa **Zimmerman**

"Wait! I have control of the remote now!"

GIFT GUIDE 2025











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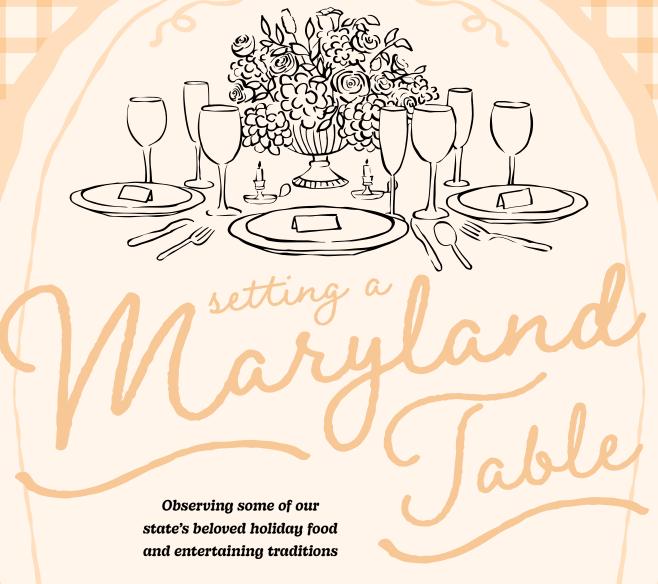
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The holidays are a time to be merry—and maybe *crabby* at the same time. A festive feast in Maryland calls for setting the table with some of our state's favorite traditional dishes. From southern-influenced comfort food to coastal cuisine, the eclectic tastes of Maryland will mean your get-together is one where everyone feels welcome, well-fed, and fully Maryland proud.

Here are 12 traditional Maryland favorites, including main courses, sides, apps, desserts, and beverages, you'll want to include on your holiday menu this year.

Dyster Stuffing

You're going to notice that oysters appear in many Maryland holiday traditions, and there's a distinct reason for that: Maryland was originally a Catholic colony, which meant abstinence from meat on holidays. Seafood like oysters, which are abundant in the Chesapeake region, particularly in Maryland, was an alternative that could still be hearty enough for a meal and celebratory enough for a holiday. In the case of oyster stuffing, a traditional stuffing made from toasted bread cubes (cornbread for a truly authentic Maryland taste) and aromatics (like onion, celery, and herbs) gets tossed with oysters, either whole or chopped. A strong briny flavor from reserved oyster liquor can give this side dish a uniquely coastal taste.

TIP

Add the oysters to your stuffing just before baking and be careful not to overmix, or else you risk losing their delicate briny flavor.

Scan for recipe:





Stuffed Ham

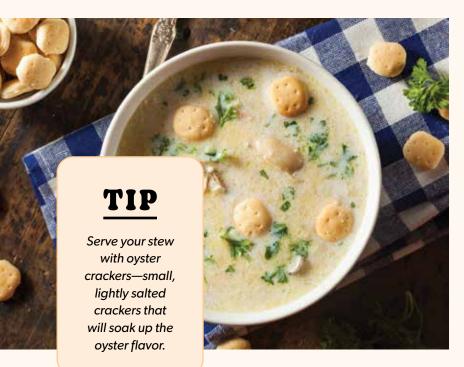
Many a Maryland table has featured a stuffed ham as the central dish, especially for a festive banquet or feast like you would be inclined to have during the holidays, and this tradition stretches back centuries. When English settlers came to the New World, they brought the tradition of ham curing with them, but the distinctive kick that Maryland stuffed ham gets thanks to the use of red pepper would've come from a different influence—that seasoning is credited to the African culinary traditions of enslaved people who were preparing it (frequently the case with most southern cooking). In the case of Maryland stuffed ham, the ham is deboned, slit open, and stuffed with spicy seasoned vegetables like cabbage, kale, onions, celery, and hot pepper. In colonial days, these greens would have been out of season and wilted in the cold of winter, so it made sense to cook them inside the ham. After being stuffed, the ham is tied up with cheesecloth, brined, then boiled instead of baked. Traditionally, the stuffed ham would be cooled and sliced cold to be served with rolls. All of this intense prep work makes it suited for special occasions—such as Thanksgiving and Christmas—instead of an everyday meal or even a weekly Sunday dinner.



Make sure you push the vegetables down firmly into the cuts rather than layering them on top. This will not only keep them from falling out during the long boil but also ensure they take on plenty of flavor.

Scan for recipe:





yster Stew

Here's another popular oyster dish: oyster stew, which is a seafood dish that's warm and comforting for the winter months. With high-quality ingredients and attention to flavor, a good oyster stew can be decadent enough for a casual holiday gathering,

either as an appetizer or a light entrée. A creambased broth makes it taste indulgent, and the addition of Old Bay and Worcestershire sauce gives it Maryland flavor.

Scan for recipe:





Smith Island Cake

You may know Smith Island cake as the official state dessert of Maryland. It originated in Smith Island, our state's last inhabited offshore island, where in generations past it would have been baked during the long, dark, cold months of winter to keep up the morale for the local watermen. And because it was regarded as such a boost to morale, many households would prepare it as a show of welcoming guests. Is it any wonder it would be considered such a hit at holiday time, when it would be seen as a symbol of hospitality and abundance? What makes Smith Island cake different from other desserts is its layers—a true Smith Island cake is made up of between eight and twelve very thin layers of yellow cake with chocolate frosting in between. These many layers of cake and frosting are festive and decadent, making them perfect for a party.

TIP

Scan for recipe:



Don't rush the process—making a Smith Island cake takes a lot of patience, and it's easy to tear up a layer of thin cake if you rush spreading the frosting too quickly.

Corn Pudding

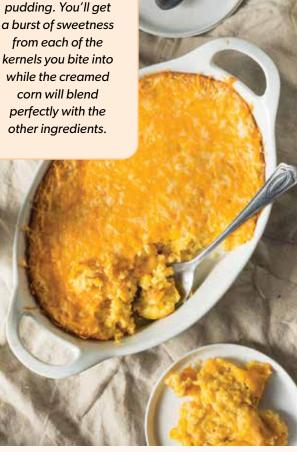
Corn is a staple crop of the Maryland region, especially on the Chesapeake Bay's eastern shore, so a side dish like corn pudding will localize your table much more than another holiday side dish like mashed potatoes. It's easy to prepare in large quantities, and the rich flavor it gets from the sweet corn combined with eggs, cream, butter, and a little sugar makes it a decadent side dish for other indulgent holiday foods.

TIP

Using a mix of corn kernels and creamed corn balances the texture of the from each of the while the creamed corn will blend perfectly with the other ingredients.

Scan for recipe:







This vegetable dish is popular in German and Eastern European cultures, which have always enjoyed strong representation throughout Maryland, especially in Baltimore. Because Germans would have associated sauerkraut with good luck and prosperity, it's a perfect choice for a holiday gathering (even New Year's Eve). In the past when very few vegetables would have been available throughout the winter, fermenting the sauerkraut was a practical way of preserving the cabbage harvest in the fall. Plus, its sour flavor will cut through the richness of fatty meats like ham. This might be one of the reasons that grocers in early 20th century Baltimore liked to run ads reminding people that sauerkraut was the official side vegetable for Christmas dinner.

TIP

Sauerkraut is traditionally served cold, but if you want to give it a bit of warmth on a chilly winter night, lightly heat it on the stovetop with butter, onions, and apples.

Scan for recipe:



Maryland Crab Doup

Maryland crab soup isn't an exclusively winter dish-it's enjoyed year-round, and it's not at all uncommon in the summer when crabs are in season. But because it's an easy way to make use of crab meat that's been frozen and stored for colder months, why wouldn't you choose to show off some Maryland pride at your holiday gathering with something that's warm, hearty, and perfect for a cold day? Maryland-style crab soup combines blue crab meat with a tomato-based broth, vegeta-

bles, and plenty of Old Bay, and even though it's satisfying on its own, it's still light enough to complement a heavier dish like stuffed ham.

Scan for recipe:



If you didn't freeze any crab meat over the summer, you can buy pasteurized crab meat in the frozen section of the grocery store—look for local Chesapeake-sourced crab if you can get it.



Maryland Crab Soup prepared by The Point

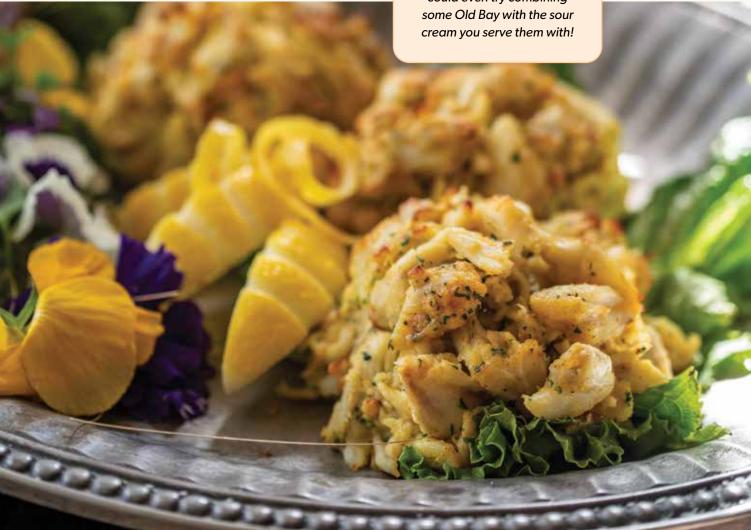
Mini (rab

Crab cakes are another Maryland dish served yearround, but they are often perceived as posh and celebratory—especially when made with jumbo lump crab—and it's hard to throw any kind of party without them. Another reason they're an ideal option for entertaining is because they can be made in large or small portions, so no matter how long your guest list is, you have something that can be set out on a platter, passed around, and shared. Make sure you splurge on the best ingredients, so these savory little patties really wow your crowd.

Hosting a Hanukkah party? You could put a crabby variation on traditional latkes by combining some jumbo lump crab meat with the potatoes. You could even try combining

Scan for recipe:





Crabcakes prepared by Boatyard Bar & Grill

Loc

Maryland's state fish—striped bass, a.k.a. rockfish—gets elevated to a centerpiece-worthy dish when it is filled with a savory stuffing, often including crab imperial or oysters, along with breadcrumbs, and baked. It makes for a dramatic presentation that will stand out among the other festive dishes on your holiday table, and even though it's elaborate enough to be the focal point of your menu, it still complements other feast options like stuffed ham or oyster stew nicely.

TIP

Mix your stuffing so that it's moist but not runny before you put it in the fish. After baking, give the stuffed rockfish a drizzle of lemon butter for extra flavor.

Scan for recipe:







If you haven't heard of persimmon pudding (even if you're a longtime Marylander), don't worry. It's a bit old-fashioned and bringing it back will give your holiday table some vintage charm. The pulp of ripe persimmons is combined with flour, sugar, eggs, milk, and warm spices like cinnamon and nutmeg to produce a dish similar to steamed plum pudding, which you can slice and serve with ice cream or a simple dusting of powdered sugar. But unlike plums, persimmons are native to the mid-Atlantic region, including Maryland, where they ripen in the late fall, just before Thanksgiving. Pulling off this rich dessert is labor intensive, so it's best for celebratory occasions like the holidays.

Make your persimmon pudding with persimmons that are borderline overripe. They'll be soft and almost mushy, but they'll be much sweeter. Underripe persimmons will give you a dessert that's too astringent.

Scan for recipe:



Eggnog with Rye Whiskey

Here's a way to give a popular holiday cocktail some Maryland flavor: While eggnog is traditionally made with cream, sugar, whipped eggs, warm spices, and either bourbon or rum, you can make yours with rye whiskey. This liquor, primarily produced in our state throughout the 18th and 19th centuries, is a source of regional pride as much as crabs and oysters. It has a spicier, bolder profile that will elevate your eggnog in a way your guests will almost certainly comment on.



TIP Warm up the apple cider slowly over low heat—a gentle simmer is better for retaining that delicate apple taste than a full boil. This will also give your spices a chance to infuse.

Hot Spiced Apple Cider

TIP

Maryland apple orchards are a source of local agricultural pride, so much so that apple picking and cider making are a popular tradition in western and northern areas like Montgomery County, Frederick County, and Carroll County. Freshly

pressed apple cider is distinctively autumnal as it is, making it perfect for Thanksgiving, but when it's warmed and mulled with winter spices like cinnamon, nutmeg, and cloves, it becomes a comforting beverage you'll want to enjoy all winter long. Combine it with some of that local Maryland rye whiskey for a festive adult option.

Scan here for several seasonal cocktail recipes, including eggnog and cider:





Consider whether you want to set out a self-serve buffet or a sitdown plated dinner. Although a sit-down dinner feels formal and sophisticated, it's not as conducive to socializing—which is what your guests are there to do. A buffet is easier for people to serve themselves and eat at their leisure throughout the evening. If you do choose to do a sit-down dinner, be sure to start with passed appetizers during cocktail hour.

Candles, twinkle lights, and music

will set the mood for the gathering. Be sure to create a holiday playlist that includes a mix of classics and contemporary hits so there's something there to please each of your guests.

You may need to rearrange some furniture for comfortable entertaining. Create as much open space as possible for guests to gather, with clustered seating where people can have a

conversation.

If you don't have a formal bar in your home, set up a makeshift one on a small table or a convenient section of the kitchen counter. Be sure to include non-alcoholic options for any of your guests who don't drink.

Label vegetarian or allergen-free dishes

so your guests are able to navigate the buffet with ease. If you can't guarantee that a dish didn't have any crosscontamination, it's safest not to label it.

Designate an area for coats and bags

to keep your fover or entryway free of clutter. If you don't have a front closet with enough room, a nearby guest room may work best.

Consider having an outdoor space for guests who may wish to step outside for fresh air or a moment of quiet. A firepit or outdoor heater can turn your patio into a comfortable retreat on a cold winter night.

Combine some Maryland-inspired coastal elements into your natural décor. Painted crab shells or oyster shells with a touch of glitter will add a pop of nautical flair when hung among your evergreens.



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Charity Events Guide

Winter & Spring 2025-26

Mark your calendars for a season full of giving, celebration, and community spirit across Annapolis, the Eastern Shore, and Central Maryland.

From black-tie galas and waterfront festivals to family fun runs and heart-warming holiday traditions, our region knows how to pair celebration with giving back. This Winter and Spring, dozens of nonprofits are hosting can't-miss events that not only bring our communities together but also raise vital support for causes close to home. Whether you're looking to lace up your sneakers for a 5K, sample local flavors at a tasting, or dress up for a night of music and dancing, there's something on this list for everyone. Browse through, save your favorites, and join in the spirit of generosity that makes our community shine.



Submit Your Charity Event

Scan this QR code to enter your event to our online calendar of events.

Sultana Downrigging Festival

October 31st - November 2nd, 2025 17:00 AM - 8:00 PM, Benefiting Sultana Education Foundation & other educational nonprofits in Chestertown, MD, More info: downrigging.org

Fish for a Cure

November 1st, 2025 | 6:00 AM -4:00 PM, Benefiting Luminis Health AAMC—Cancer Survivorship Program at Safe Harbor Annapolis, More info: fishforacure.org

Maryland Irish Festival

November 7th – 9th, 2025 | 12:00 PM - 11:00 PM, Benefiting Irish Charities of Maryland at Maryland state fairgrounds, More info: irishfestival.com

UM BWMC's 60th Anniversary Gala

November 8th, 2025 | 6:30 PM - 11:00 PM, Benefiting Baltimore Washington Medical Center Foundation at Live! Casino, More info: umms.org

CASAblanca Gala

November 8th, 2025 | 6:00 PM - 11:00 PM, Benefiting Anne Arundel County CASA at Westin Annapolis Hotel, More info: facebook.com

Chase Brexton Annapolis Gala

November 8th, 2025 | 6:00 PM -10:00 PM, Benefiting: Chase Brexton Health Care at Chesapeake Bay Foundation Headquarters, More info: chasebrexton.org

Bay Bridge Run

November 9th, 2025 | 7:00 AM -1:00 PM, Benefiting: Chesapeake Conservancy, Severn Leadership Group & Walk the Walk Foundation at the Chesapeake Bay bridge, More info: thebaybridgerun.com

Sip & Savor

November 9th, 2025 | 1:00 PM - 4:00 PM, Benefiting Hospice of the Chesapeake at Newton White Mansion, More info: hospicechesapeake.org

A Celebration of Charities

November 13th, 2025 | 12:00 PM, Benefiting Chesapeake Charities at Chesapeake Bay Beach Club, More info: chesapeakecharities.org

Reelin' and Rockin' **Rockfish Bash Benefit**

November 13th, 2025 | 6:30 PM – 9:30 PM, Benefiting Lucky and Blessed Fishing, More info: rockfishbash.com

Waterfowl Festival

November 14th - 16th, 2025 | 10:00 AM - 4:00 PM, Benefiting William A. Perry Scholarship Fund & Samuel H. Shriver Jr. Sporting Heritage Fund in Downtown Easton, More info: waterfowlfestival.org

A Starry Night Fundraiser Gala

November 20th, 2025 | 6:00 PM -10:00 PM, Benefiting Young Life at Fluegel Alumni Center at the U.S. Naval Academy, More info: ylaac.younglife.org

AACPL An Evening with David Baldacci

November 21st, 2025 | 6:30 PM, Benefiting AACPL Inc. at Chesapeake Arts Center, More info: chesapeakearts.org

Lights on the Bay

November 23rd, 2025 – January 1st, 2026 | 5:00 PM - 10:00 PM. Benefiting SPCA of Anne Arundel County at Sandy Point State Park, More info: lightsonthebaymd.org

Y Turkey Trot Charity 5K (Arnold)

November 27th, 2025 | 8:30 AM, Benefiting YMCA of Central Maryland - proceeds fund Y programs for families in need at The Y in Arnold, More info: runsignup.com

Festival of Trees – Kennedy Krieger

November 28th- 30th, 2025 | 8:00 AM, Benefiting Kennedy Krieger Institute at Kennedy Krieger Institute in Baltimore, MD., More info: kennedykrieger.org

Festival of Trees - Talbot Hospice

November 29th - December 1st, 2025 | 5:00 PM - 8:00 PM, Benefiting Friends of Hospice to benefit Talbot Hospice at The Gold Room of The Tidewater Inn, More info: festival-oftrees.org

Holiday Joy Gala

December 4th, 2025 | 5:00 PM, Benefiting Mid-Atlantic Symphony Orchestra at (TBD), More info: midatlanticsymphony.org

Lights of Kindness

December 5th, 2025 | 9:00 AM, Benefiting Rotary Club of South Anne Arundel County at Homestead Garden, More info: patch.com

UWLES 22nd Annual Holiday Ball

December 6th, 2025 | 6:00 PM, Benefiting United Way of the Lower Eastern Shore at Hyatt Regency Chesapeake Bay Resort & Spa in Cambridge, MD., More info: uwles.org

Annapolis Chocolate Binge Festival

December 7th - 9th, 2025 | 11:00 AM – 4:00 PM, Benefiting Inner West Street Association & Annapolis Arts District at the First block of West Street, More info: iwsannapolis.com

Nutcracker Tea

December 7th, 2025 | 10:00 AM -5:00 PM, Benefiting Annapolis Holiday Traditions at DoubleTree Annapolis, More info: whatsupmag.com

Christmas in St. Michaels

December 12th - 14th, 2025 | Time TBD, Benefiting Local nonprofit organizations in Downtown St. Michaels, More info: christmasinstmichaels.org

Bay Bells & Shark Tails

December 13th, 2025 | 6:00 PM -10:00 PM, Benefiting Core Shark H2O at Charles Carroll House, More info: csh2o.org

Holiday Book Festival

December 13th, 2025 | 11:00 AM - 4:00 PM, Benefiting Eastern Shore Writers Association at Cult Classic Brewing, More info: easternshorewriters.org

Atlantic General Hospital's 32nd Annual Penguin Swim

January 1st, 2026 | 9:00 AM - 11:45 AM, Benefiting Atlantic General Hospital's at Princess Royale Oceanfront Resort, More info: secure.qgiv.com

Polar Bear Plunge

January 23rd, 2026 | Time TBD, Benefiting Special Olympics Maryland at sandy point state park, More info: plungemd.com

Greater Maryland Heart Ball

February 6th, 2026 | 6:00 PM - 9:00 PM, Benefiting American Heart Association at M&T Bank Exchange, Baltimore, More info: ahabaltimore. ejoinme.org

Casey Cares Annual Gala

February 21st, 2026 | 6:30 - 11:00 PM, Benefiting Casey Cares at American visionary Art Museum, More info: caseycares.org

Southern Maryland Chapter Annual Fundraising Banquet

February 28th, 2026 | 6:00 PM - 9:30 PM, Benefiting Coastal Conservation Association at Calvert Marine Museum, More info: ccamd.org

Chefs for Habitat Gourmet Gala

March 7th, 2026 | Time TBD, Benefiting Habitat for Humanity at Wicomico Civic Center in Salisbury, MD, More info: chefsforhabitat.org

The Lighthouse Gala

March 7th, 2026 | 5:00 PM - 10:00 PM, Benefiting Lighthouse Christian Academy at TBD, More info: Icacademy.org

Black Tie & Diamonds

March 7th, 2026 | 6:00 PM - 10:00 PM, Benefiting Rotary Club of Annapolis at Annapolis Graduate Hotel, More info: annapolisrotary.org

Annapolis Film Festival

March 26th, 2026 | Time TBD. Benefiting Annapolis Film Festival at Ego Alley Annapolis, More info: zavros.place

Santé: Giving Back for Kidney Disease

March 26th, 2026 | Time TBD Benefiting National Kidney Foundation at Baltimore Museum of Industry, More info: kidney.org

Bubbles and Bingo

April 10th, 2026 | 6:00 - 11:00 PM, Benefiting Hospice of the Chesapeake at The Fluegel Alumni Center in Annapolis, More info: hospicechesapeake.org

The Blue-Ribbon Open **House and Family Fun Day**

April 11th, 2026 | 11:00 AM - 2:00 PM, Benefiting The Blue Ribbon Project at The Blue Ribbon Project, More info: blueribbonproject.org

Stronger Together Gala

April 25th, 2026 | 5:30 - 11:00 PM, Benefiting Unstoppable Joy at Oceans Downs Casino, More info: unstoppablejoyco.org

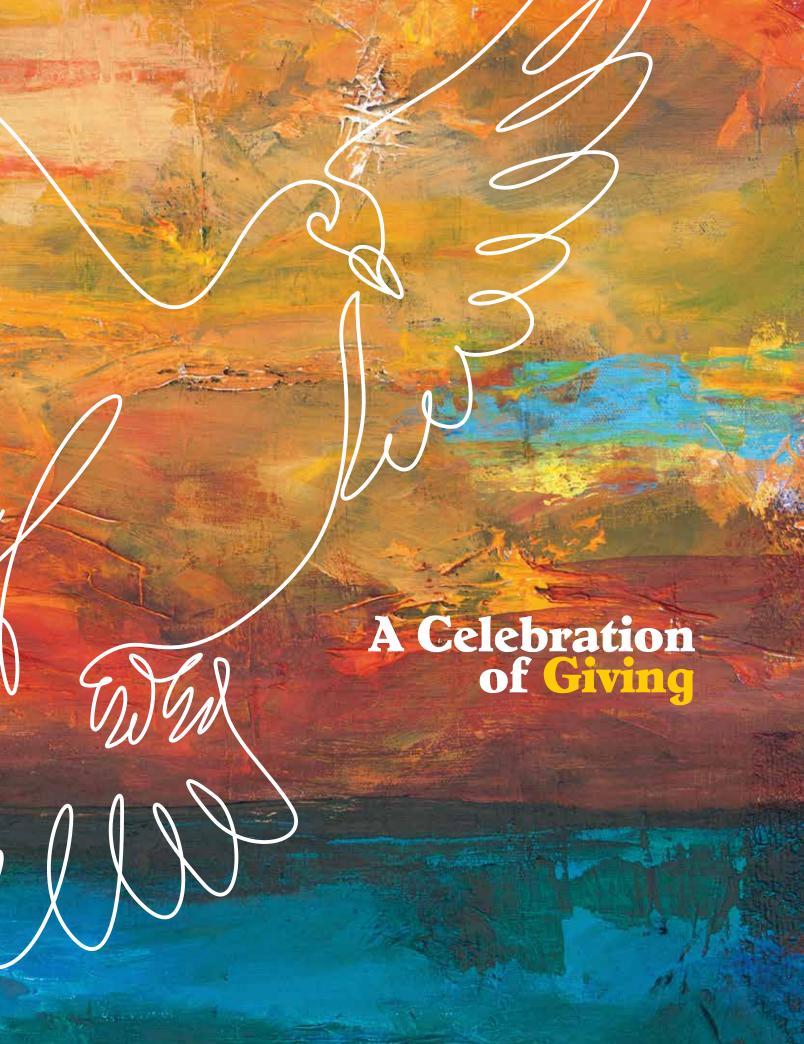
Walk for the Woods

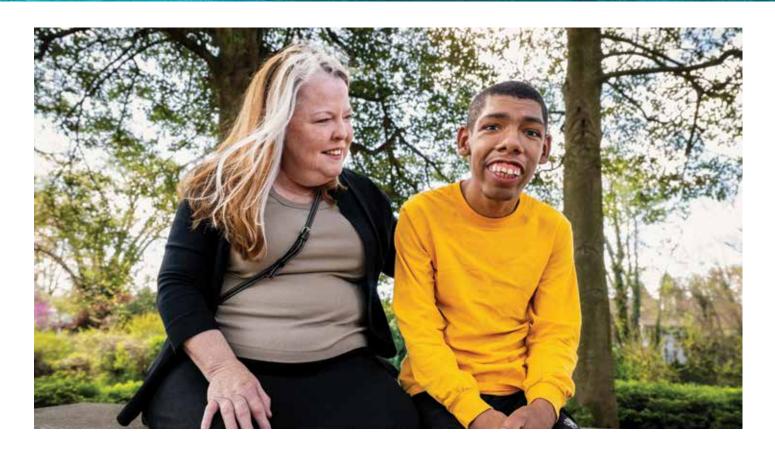
May 2nd, 2026 | Time TBD, Benefiting Scenic Rivers Land Trust at (TBD), More info: srlt.org

Blue Ribbon Bash

May 16th, 2026 | Benefiting Blue Ribbon Project, at Severna Park Elks Lodge, More info: blueribbonproject.org







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What began in 1961 with a handful of families advocating for dignity and opportunity for their children with disabilities has grown into a statewide movement. Together, we have created housing where people build their futures, services that meet people where they are, and a culture of inclusion that strengthens every community we touch.

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Home & Garden

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Host-Centric and Hassle-Free Living

AN UPSCALE, WATERFRONT **CONDO RENOVATION** HARNESSES FORM AND **FUNCTION**

By Lisa J. Gotto



hen you're a consummate corporate professional who spends many hours either at the office or traveling for business, you are keenly aware of how precious the time you

spend at home is. For our feature homeowner, a newer Annapolis resident, the complete renovation of her recently purchased 2,200-square-foot condo, needed to transcend what she thought of when she heard the term "condo."

"I was looking for a condo that felt as spacious as being in a home but also [provide] a hassle-free life when I come home."

LOW POINTS & HIGH EXPECTATIONS

The expectation standpoint was high for this project as the homeowner, a transplant from her native Illinois, needed to transition from a rental to a permanent home after assuming a new professional role in the area. As such, the need to create a worthy homebase was imperative.

With little to no flex time for home maintenance and repairs, the condominium option made sense. The homeowner zeroed in on this particular condominium complex for its location and long-standing reputation for providing the ultimate in greater Annapolis living experiences.

THE PROJECT: An upscale 1980s-era condominium; well-kept but only moderately updated over the last several decades. A fresh approach would be needed to make the dwelling better suited for active 21st-century living. Strategic and thoughtful planning would be required as there was zero possibility of adding square footage.

THE PLACE: Annapolis' close-knit community of Eastport. Known for its maritime village aesthetic, this condo's location is fortuitous in terms of its quintessential waterfront views and its proximity for frequenting the bustling downtown on foot.

EXECUTING THE PLAN: After receiving positive feedback from a work associate, our homeowner chose the team at Bayview Builders of Annapolis to convert a conventional boxy dwelling with downsides such as low ceilings and limited gathering spaces into a seemingly limitless space in terms of form and function.



"I've moved from a huge Chicago house in the city with a big yard," she explains. "So, it's like been there, done that," she continues of the choice to take her home life in a different direction in Annapolis.

The homeowner says she spent much time on the water during her life in Illinois, so finding a location in Annapolis where she could evoke her love of the water, would definitely help her feel more at home in her heart."I always need to live someplace where I can wake up and look out to the water or close to it. So, this is my dream place and having boats [around]...my front yard's full of boats!"

Indeed, her now-gorgeous ground-level condo provides a postcard perfect view of Spa Creek from several vantage points. Providing the ultimate environment to take in those views became the responsibility of Rich Lang, Bayview Builder's Director of Construction and Shawn Killian, Construction Manager.

Lang explains that he knew that this project presented the potential for significant "before and after" impact after first walking into the space, which had already been partially demo-ed for feasibilities.





"What [the owner] purchased was a very vanilla, uninspired space that was then upgraded with a very intentional floorplan reboot, with a personalized lighting plan and controls, and crowned with luxury-level finishes."

This re-boot, says Lang, would primarily affect what he calls the public wing of the residence, namely the living room, bar, kitchen, dining area, and exterior deck. This entailed essentially gutting nearly the entire unit down to the exterior walls and then rebuilding the interior walls close to their original locations with the exception of the kitchen.

"Portions of this area were reimagined to create a visual connection with the adjacent dining room and living room spaces," Lang adds.

THE PHYSICAL AND VISUAL CONNECTIONS

Re-imagining and then creating work-arounds for how spaces would connect and flow going forward became the responsibility of Gina Valenti of Abrams Valenti Interiors of Chicago.

Like Lang, Valenti had many of the same first impressions of the space in general.

"The vintage of the residence didn't necessarily bless us with abundant ceiling height, which I think is one of the challenges of the space," Valenti explains. "I would call it like '70s/'80s, a lot of drywall, a lot of vanilla drywall. It was completely devoid of architectural details. And I think that was just maybe the era and the stripping down as iterations of this home happened during the course of its existence."

The re-imaginings and work-arounds started from the get-go with the home's entry, which was originally much narrower and tunnel-like leading back and into the main living area. The owner did not wish for the residence to have an apartment-like feel upon entering. To accomplish this, the dark and blasé entry needed particular consideration.

This meant that a section of a half-height wall that was creating a dark shadowy corner in the entry needed to go. And it did. Replacing it was an architecturally elegant railing that is unobstructive and lends interest.

"We wanted to just extract the light from the living room and get it into that entry hall because it needed it so desperately," adds Valenti, who employed two additional approaches to counter the low ceiling height in the space.

An attractive element of wood trim was then applied to the ceiling and a gorgeous, Perry style brass lighting fixture design from Ralph Lauren's line for Visual Comfort, provided a crowning and functional touch to the entry in a way that some standard lighting choices may not have.

"No one has ever walked into a room and said, 'I love those recessed [lighting] cans. I'm so glad you got 12 of them in there," Valenti muses.



Adding touches of accent lighting "everywhere," over works of art, and within molding and millwork wherever feasible was another strategy employed to address the structural challenges normally associated with condo living. "But instead of big, beefy, traditional crown moldings that have these big swoops or angles or curves or curly cues, which are wonderful, and I love them for specific homes, this wasn't the place. So, we have tons of flat surface [molding] to go on the ceiling or on the wall."

Underneath everything, Art De Vivre European white oak wood floors in wide planks provide both panache and warmth while connecting all the spaces; the color of the wood being lighter, and not something heavy which would absorb the available light. The same wood was then used in the aforementioned railing, which was intentionally chosen to bring an air of nautical whimsy to the space.





MISSION CRITICAL LAYOUT AND OPTIMAL FURNISHINGS

This residence's main living space needed to check many boxes for this ambitious homeowner who loves to entertain. To do that well, Valenti says they created a layout for the furniture that would orient the view out to the water.

"The house also needed to be able to function as a place where she could receive guests and people don't feel boxed in."

So, pieces that moved and enabled movement around them, like the orange upholstered swivel chairs in the living room, were intentionally chosen for their versatility. As were the ottoman and cocktail table combo chosen for their style and substance providing a place to put one's feet up or to pull out the ottoman entirely to be used as additional seating or even as a game table.

"We like items that can do multiple things. I think that is a really fun way to add function to a space," Valenti says. "Even in, if you look at that elevation of the fireplace, there's a little table with some ottomans over to the side, and that is beautiful by itself."



This room is also elevated in its design with the somewhat sneaky integration of a posh and purposeful cocktail bar off the living room. When not in use this incredibly creative space disappears behind the fireplace wall as if it were an ultra-stylish speakeasy. What could have been a coat closet or modest flex space, as seen in comparable condo units, was taken to an entirely different place once the team leaned into the homeowner's love of entertaining and collecting fine wines.

This "little treasure" of a room was inspired by the magic of what happens when a child discovers something wonderful that was hidden.

"You go in and it's just luscious blue and it's lacquered, and it's lustrous. And she gets to put her silver on display in there," Valenti says.

Complementing these elements of blue on the opposite side of the room, are those naturally-created postcard-like views, that were constructively enhanced by the installation of a set of Loewen Liftslide doors that lead to the gorgeous outdoor dining and living space. It essentially doubles the square footage of the owner's available living space.





THAT AMAZING KITCHEN

This home's original kitchen was completely closed off from the rest of the living space to the point where there was no visual connection. This issue created the most substantial workaround required by the construction and interior design teams.

Understanding how to mitigate the structural limitations within the special constraints associated with the nature of this home being a condo, was where Bayview's technical superpowers really paid off for everyone involved.

The team discovered that they would be able to remove some abandoned pipes in the wall which were no longer necessary, enabling them to free up a substantial amount of space. The result is what Valenti calls, "a living, active kitchen."

It would be fair to add sumptuous and ultra-functional to the list of this room's attributes, which include dreamy Infinity White quartzite countertops that connect sight-wise to the fireplace surround and to the cooktop range's hood and apron creating a visually exciting relationship within the living space. A backsplash of Chinois Field tile in New Lagoon by Ann Sacks adds an aquatic-like finishing touch to the entire living space which serves as an intrinsic art gallery of sorts for the homeowner's most cherished collection.



INSIDER INTERIORS TIP

The interiors team suggested not adding a utility drawer directly below the range top, opting for the sleek addition of a sink-like apron of stone instead. The option to place cook-top controls above and not adding the drawer, which oftentimes is a clothes and stain-catcher near the range, creates a more stream-lined appearance and is ultra easy to keep clean.



A wisely integrated wall of appliances and storage extends into the dining space offering a clever and attractive buffet. A yummy, round almond-finish Barbara Barry for Baker Furniture dining table and Laurent dining chairs in an ash dark walnut complete the visually advantageous dining room creating the ultimate, host-centric indoor-outdoor entertaining space.

And it is obvious that the homeowner agrees. "I'll just say this. I had some of my colleagues and team over—a bunch of youngsters, and I told them that I'd take them out to the yacht club, or I'd go out wherever...and they're like, 'No, we just want to go to your house."

She adds, the night that was intended to be a quick, after-work hangout, lasted late into the evening. "It's so wonderful that people just love to be here and they feel so relaxed and comfortable."



FARMHOUSE STYLE IS ROOTED IN CLASSIC ARCHITECTURAL DETAILS AND AUTHENTIC MATERIALS.

That sense of perennial charm originates from materials and structures that are warm, historic, and character-rich. Exposed beams, original or reclaimed hardwood floors, and layered shiplap walls speak to historical structures prized for their functionality and built to last. These elements are also made of natural materials, which tend to be enhanced in character over time by developing a patina, showing enriching signs of wear, and adding texture with their grainy nature. In short, these structures hold their value, and value never goes out of style.

Farmhouse Classic

5 KITCHEN CONCEPTS THAT NEVER GO OUT OF STYLE

By Lisa J. Gotto



hether you're heading home for the holidays or you're providing the home during them, there's little doubt at some point during the festivities you will be hanging out in

the kitchen—the most convivial, social space in the house. And if you've chosen a modern farmhouse-style kitchen, it is probably cozy and as cordial as heck right now.

While the trend talk on the street may have you believing the modern-farmhouse aesthetic is, 'Oh so over, we beg to differ. Why? Because there are aspects ingrained in this vibe that go well beyond trends that not only speak to perennial charm, but to long-standing functionality and form.

Here are five reasons why the farmhouse kitchen need not ever go out of style.



Image courtesy of tidbits-cami.com

Baked-in functional elements that elevate décor.

Literally, some elements are baked in (think wall plate décor and items of vintage copper or tin) because this style particularly celebrates everyday items, such as bakeware, dishware, and serve ware, as décor. Another great example of this concept is open shelving. Not only does this approach to storage work from a convenience perspective, but it also bestows upon the individual who made that choice, the ability to create a vibe by combining what is needed with what speaks to them as beautiful and inspiring. Adding items such as purposeful pottery, vintage jars that can easily double as drinking glasses, and treasured cookbooks, or even photos, all add classic appeal that is timeless.



Image courtesy of theenglishhome.com.uk

Cabinetry and hardware with adaptable and l ong-lasting appeal.

Typically, the look of cabinetry within the farmhouse framework mimics the roots of Shaker style which emphasizes a pared-down and clean approach. This look, with its traditional paneling and neutrally painted or stained finishes, particularly transcends time and trends. This simply refined and modest look then blends particularly well over time especially when paired with durable hardware like brass or wrought iron that develops a patina. And when it comes to hardware, it is no wonder that the farmhouse pull is among the most enduring of all hardware options in the kitchen category. Its classic style and durability remain sought-after, unmatched, and replicated time and time again in kitchens the world over.

THE DRAMA AND **CHARM OF FARMHOUSE-**CENTRIC LIGHTING.

When paired with task-oriented lighting, the look of iconic farmhouse lighting fixtures in the form of oversized pendants, enamel fixtures, or wrought-iron chandeliers, lend an unmistakable sense of drama and charm creating the bridge between the practical and the decorative in the kitchen. When well-chosen for quality and thoughtfully executed, these features will also transcend the urge to splurge on something as fleeting as a trend for the foreseeable future.



Image courtesy of marthastewart.com



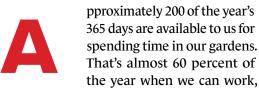
THERE'S IMMUTABLE BEAUTY IN AGE.

Regardless of what our culture may message to us about aging, it is the farmhouse aesthetic that has been subtly embracing the beauty of age for generations. When thinking of its most recognizable features such as the apron-front sink, the use of re-claimed wood, and butcher block countertops, all these features, much like heirlooms, lean into that precept that some things improve with time. And unlike trend-chasing, the concept of the farmhouse kitchen is more about cultivating a sense of warmth and authenticity and then blending in the aspects of function required for modern-day living. By weaving in honest materials, curated displays, enduring structure, thoughtful lighting, and layers of your family's history, you'll create a kitchen that provides a homebase for the holidays for years to come.

Look Back to Move **Forward**

TAKING STOCK OF YOUR GARDEN

By Janice F. Booth



walk, or think about our gardens. And now, when our gardens rest and are quiet, we have the opportunity to look back over the gardening year's successes and failures, delights and disappointments, while the season is still fresh in our mind's eye.

There are two areas I suggest we examine and build upon. The first is the traditional reflection of "What worked and what didn't?" The second is forward thinking "Garden dreams." (I think this part is lots more fun.) But let's be responsible here and begin with the practical issues.





WHAT WORKED AND WHAT DIDN'T?

- 1. Photos and Notes: Look through the summer's photos and read through your gardening journal (if you kept one).
- Look for pictures from different parts of the summer.
- Link up those pictures with any notes you made during the same periods.
- Organizing by sections, make a list of beautiful seasons and lovely areas. Consider lushness, colors, height, and texture.
- Has plant growth changed the amount of sunlight various flower beds are getting? Do plants need to be moved because of the shade from the expansive crape myrtle? Or did removing that old maple tree give shade-loving plants more sun exposure?
- ◆ List the plants (both annual and perennial) that flourished over the summer, and list the plants that struggled or failed completely. If you know the specific cause of any of the successes or failures (new fertilizer or insect invasion) add that information.

2. Seasonal weather conditions.

- Make a list of any major weather events during the previous growing season.
- List the general weather conditions, month-by-month if you
- On that larger list you just compiled of seasonal successes and botanical successes and failures, make some simple notes (maybe symbols for "wet" or "dry," "hot" or "cool.")
- ♦ Your conclusions. Perhaps by season or area of the garden (if your garden is extensive) make a list of your conclusions: List areas of the garden that need to be replanted—fully or partially. Make two lists: Plants that love your garden and plants that do not. Prioritize projects for next spring and summer.

Now you have an anecdotal foundation on which to build your garden revisions and plans for next year. These plans will guide you as you look over the garden catalogues and/or discuss the new season with your gardener or landscapers.

YOUR DREAMS FOR THE GARDEN.

- 1. Start by letting your imagination run wild. Perhaps, like me, you have saved pictures of gardens or plants or garden features that you particularly admire. Lay them out; take a little time to savor the possibilities.
- 2. Make a list or organize the pictures of those charmers. Separate them into "Possible" and "Ah, if only" groups. For example: Seating: add a bench, relocate the swing set, eliminate tired Adirondack chairs. Focal Point: Time to add a birdbath? Fountain? Pond? Sculpture? Special Planting: an unusual or special plant or shrub; devise a theme for part or all of the garden. Watering system: add, expand, revise (Tired of dragging that hose around and carrying the watering can?) Perhaps the current sprinkler system needs to be cleaned and reset for optimum service. Were there puddles last season where water was misdirected? Did the timer overwater some of the flowerbeds?
- 3. If your "Possible" list and those pictures are too sparse, do a bit of wandering around on the internet. The various websites have so many ideas for gardens. Caution: Be sure the ideas are appropriate for our hardiness Region 7.
- **4.** Over the summer, did you amble around your neighborhood or take a drive to other neighborhoods where gardens were visible? Did you peek past the gates and over the hedges; see what fellow gardeners are doing? Any possibilities there for your garden next season?
- 5. Perhaps, like me, you're always seeking ways to keep your garden blooming all season—colorful blossoms from May through October. This might be the winter to move ahead with the expansion of your three-season bloom calendar. List which flowers bloom each month and whether they're perennial (preferred) or annual (where to buy and who'll plant them.) It's a challenge!





- 6. Consider adding or enhancing your garden's paths and walkways. I recently widened my garden's paths by three inches, simply by cutting back some of the enthusiastic groundcover along the path. (I'm not a big fan of edging; I prefer the softer look of ivy, periwinkle, or pachysandra along the flowerbeds' borders.)
- 7. Has your neighborhood grown a bit more bustling? Would you like more privacy in the garden? Perhaps a project to install trellises and plant some lovely vines – those showy clematis blossoms or fragrant honeysuckle. Or, encourage your hedges to grow higher; but, be careful that you think about how you'll trim the taller version of your hedge-fence. Will your gardener have to use a stepladder or long hedge-clippers?
- 8. What about adding a plot for growing vegetables? If you have a sunny flowerbed, it could be the start of something wonderful—homegrown carrots, tomatoes, and fresh-off-the-vine peas and green beans. If you've got a chef in your household, there may be some herbs that would be lovely in your garden. (Caution: herbs tend to grow with abandon; dare I say... like weeds.)

With the *must-do* and the *this-is-the-year* lists on your desk, you can wander through the gardening magazines and catalogues focusing on your well-considered objectives. When March arrives and you're eager to start puttering in the garden, you'll have some fun goals before you.

Where **Glamour Meets** the Manor

By Lisa J. Gotto

ore than seven acres of rolling pasture and 10,000 square-feet of exquisitely designed living space makes this waterfront and equestrian estate off of Little Aberdeen Creek, a property of distinction.

For those looking for impeccable quality combined with elegance and an air of sophistication, this Annapolis address delivers. From its stately approach along a tree-lined drive with lovely fencing to its classic, and uncluttered, white farmhouse-inspired façade, this home is an exercise in good taste.

Primary **Structure Built: 2002**

Sold For: \$10,250, 000

Original **List Price:** \$12.500. 000

Bedrooms:

Baths: 6 Full, 2 Half

Living Space: 10,505 Sq. Ft.

Lot Size: 7.92 acres

An arched front entry enhanced with thoughtfully-trimmed vines of ivy lead to an expansive, airy foyer. Once inside, the flawless architectural design of Scarlett Breeding abounds in a masterful display of custom woodwork and Venetian plaster walls. Light pours in here from a series of luxe French doors accentuating the architecture of a sculpted staircase, the entry's 21-foot ceilings, and the simply elegant tilework beneath one's feet.

A series of graceful living spaces reveal themselves including the tasteful living room that overlooks the property's gorgeous slate paver patio and grounds leading to the water's edge and those amazing creek-side views. A wealth of rough-sewn oak flooring and clean white walls with a classic, white fireplace mantle and surround provide the perfect canvas for decorative exploration.









There's an adjacent formal dining room across the hall that is large, light, airy, and ready to welcome guests for life's special occasions. The enormous, white farmhouse-style kitchen also offers water-facing views, and a large center island topped with an opulent stone that matches the surrounding countertops. Integrated appliances, custom cabinetry, and a roomy butler's pantry optimize the function of the space for meals, while a clean aesthetic speaks to this room's effortless style.

There's additional gathering space in the adjacent family room that's accented with another classic, white fireplace. This space connects to the outdoors and a lovely, screened-in porch with amazing stone features, a rustic fireplace, room for outdoor dining, and a gorgeous in-laid wood ceiling. Simply relaxed and refined all at once.





The main level also offers bonus conversation areas, a stunning office designed with all custom-crafted built-ins, and two of the home's five bedrooms, including a guest suite with private bath, and the magnificent primary suite overlooking the waterfront. This room is spacious, has its own fireplace, and access through a series of French doors to the large, stone balcony overlooking the water. Exquisite finishings and millwork frame out an opulent primary bath with luxe tile treatments, a large soaking tib, dual vanities with elegant stone countertops and a separate, glass panel shower.

Outdoor luxuries abound, as well, with the property's gracious in-ground salt-water pool with its incredible landscaping, and its four private dock slips with an amazingly charming and well-crafted cedar boathouse.

In addition, modern-day equestrians have an absolute paradise to explore amongst the acreage highlighted with a best-in-class horse barn with several stalls, an air-conditioned tack room, a traditional hayloft, and a dedicated driveway just for trailers.



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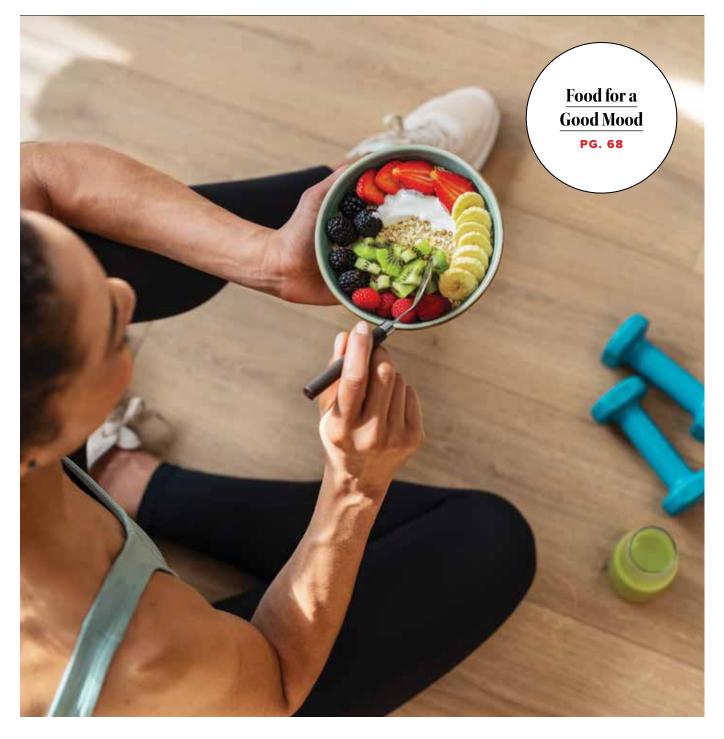


Health & Beauty

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A New Treadmill Workout

12-3-30

By Dylan Roche



verthinking the numbers of your treadmill workout is a treasured pastime of anyone who's ever tried to suffer through a sweat session. But maybe those

numbers don't have to be as complicated as you think. When it comes to incline, speed, and duration, the three most important numbers you need to remember are 12-3-30.

It sounds almost too simple: You set your treadmill at 12 percent incline, at 3 mph, and walk for 30 minutes. A half-hour walk shouldn't be too strenuous, right?

But there's a reason this workout exploded on social media during COVID lockdowns and many trainers continue to encourage it today—it works! And it might be more challenging than you expect.

IS IT THAT HARD?

The Cleveland Clinic explains the challenge factor by noting that walking uphill is harder on your body than walking on a flat surface, which can double the calorie burn depending on your weight and fitness level. According to a peer-reviewed study by the High Altitude Exercise Physiology Program at Western Colorado University, participants burned 220 calories per session on average. Possibly more importantly, participants rated the workout as highly enjoyable, which means someone is more likely to stick with it.



Want to give it a try? Get the most out of it (and keep it safe):

Start (and go) at the intensity that's right for you...

As with all workouts, it's not a one-size-fits-all thing. "A fixed 12 percent and 3 mph [walk] can be too hard for beginners or too easy for the very fit," says Dani Singer, founder of a regional personal training studio. He recommends adjusting the speed and incline as needed.

Make sure you're using good form... Watch your posture, swing your arms to keep your momentum going, and don't lean on the handrails of the treadmill. Bad form can lessen the effectiveness of the workout at best and put you at risk of injury at worst. "Rail-grabbing nerfs the workout," Singer says. "Holding the handrails measurably reduces [oxygen consumption] and heart-rate responses, so you get less conditioning at the same settings."

Make it part of a varied routine... Doing this workout five days a week is enough to get the 150 minutes of moderate cardio recommended each week, but don't neglect strength training or flexibility training. "Doing the same treadmill routine daily can sometimes lead to overuse injuries," says Dr. Suzanne Manzi, boardcertified physician in obesity medicine. "It's a good idea to mix in other forms of aerobic exercise, strength training, or cross-training as well."

Early to Bed, Early to Rise...

EXPLORE WHAT MAKES SOMEONE A MORNING PERSON (AND IF IT'S HEALTHIER)

By Dylan Roche



nyone who has ever had to drag themselves out of bed before dawn or stay productive when it's very late at night will likely agree: Some people are just morning

people and others are night people. But why? Is it social conditioning? Or is there a biological reason some people are at their prime certain times of day?

First, it's worth establishing what people mean when they talk about a morning person vs. a night person, as there's no formal medical definition.

MORNING **PEOPLE:**

- Are able to wake up early, often without an alarm
- Their brain is most alert and energy levels are highest in the morning
- ◆ They struggle to sleep in even if they stay up late

NIGHT PEOPLE:

- Are able to stay up late, often without caffeine
- Their brain is most alert and energy levels are highest late at night (after 9 p.m.)
- They struggle to fall asleep early even if they're tired

Socially, some people see early rising as a virtue—there's something commendable about getting up before everyone else to start working. But the American Health Association notes that it rarely has anything to do with discipline or work ethic, and many accomplished people are night owls.



BUT WHY?

If it's not about discipline, then what is it? Sleep scientists refer to what's known as a chronotype, a natural inclination toward a sleep-wake pattern guided by biological clocks in our cells. These internal clocks determine our brain energy, our mood, our hunger, and our sleepiness all throughout the course of a 24-hour cycle. And they're determined by our genetics.

That's actually a good thing. Think about it: Our primitive ancestors probably relied on having a shorter window of time when everyone was asleep. Having members of a hunter-gatherer tribe on different sleep schedules made it more practical for someone to stay up and keep watch while others were sleeping.

But there are other factors besides genetics at play, including... Age: Many of us start out morning people as small children but then become night owls as teenagers—that's a natural circadian rhythm. In our 20s, after we're done fully growing, most of us become an intermediate between the two

extremes. Schedule: If you're frequently getting up early or working the night shift, you can get used to it. This can cause a lot of people to experience a kind of "social jet lag" when you're thrown out of your usual schedule, such as staying up late on the weekends, for example.

IS MY SLEEP **SCHEDULE HEALTHY?**

Maybe. For someone who is naturally inclined to sleep in, it can be difficult to adjust to the hours when the rest of society is awake and functioning. This is why many natural night owls might suffer from depression, stress, or high blood pressure—they're defying their body's internal clock.

> Want to establish a better sleep routine? Here's what the Sleep Foundation recommends:

- Get regular exercise and exposure to sunlight throughout the day
- Avoid caffeine and alcohol
- Resist the urge to take naps late in the day
- Establish a bedtime routine by putting electronics away, engaging in quiet activities, and sleeping in a room free of clutter, noise, and excess light

Food for a Good Mood

By Dylan Roche

"You are what you eat."

t's one of those expressions about nutrition most of us have heard often throughout our lives. Our food choices affect our body composition, like how much muscle we have, as well as our ability to fight sickness or infection.

But what we eat also dictates our mood. Whether we're happy, sad, angry, stressed, carefree, or just completely unpredictable could be largely determined by what we're feeding ourselves—and how those foods influence our emotions.

PSYCHOLOGICAL VS. **PHYSIOLOGICAL**

In many ways, this is psychological. As Whitney Linsenmeyer, PhD, RD, LD, spokesperson for the Academy of Nutrition and Dietetics, points out, "In the context of emotions, certain foods or eating behaviors may elicit specific emotions...while certain emotions may prompt us to respond with food."

As an example, she points out how warm soup might elicit feelings of comfort or security, or how some of us dealing with feelings of anxiety will make ourselves a cup of warm tea to quell that bad mood.

BUT THERE'S VERY MUCH A PHYSIOLOGICAL ASPECT TO IT, TOO. NUTRITION INFLUENCES OUR:



BLOOD SUGAR AND ENERGY...

Refined carbs and sugary foods cause spikes and crashes in blood sugar. When our blood sugar isn't stable, we feel irritable or fatigued. If we eat a balanced meal with protein, complex carbohydrates (including fiber), and healthy fats, we have stable blood sugar levels, which ensures a steadier source of energy.

BRAIN CHEMISTRY AND HORMONES...

Systems of our body run on nutrients. Without certain vitamins and minerals, our bodies might not produce hormones as efficiently or send out neurotransmitters. This is why people who have nutritionally dense diets—ones built on vegetables, fruits, whole grains, lean proteins, and healthy fats—tend to have better emotional well-being. (And why people who have highly processed diets tend to struggle with mental health issues like depression and anxiety.)

FEEL-GOOD NUTRIENTS

So, it's worth asking ourselves: What systems in our body are responsible for our mood, and what nutrients support those systems?

Some of these you might be familiar with. For example, **iron deficiency** can leave us feeling fatigued and unable to concentrate, which makes it difficult to deal with our problems, stay positive, and focus on daily tasks. Iron-rich foods like red meat, leafy greens, lentils, and beans can ensure that our blood continues carrying oxygen to every cell in our body.

Then there's a vitamin D deficiency, which puts us at risk for depression and seasonal affective disorder (SAD). Most of us can get sufficient vitamin D from the sun, which explains why we're less likely to suffer from depression in sunny weather. Milk, eggs, fatty fish, fortified cereal, and mushrooms can help us get the vitamin D we need to not get in a slump when we're not seeing as much sunshine.

But what about the nervous system? When our nervous system isn't functioning properly, we can't regulate stress or stay calm.

"The central nervous system—brain, spinal cord—and digestive system, especially the intestines, play key roles in our moods," Linsenmeyer says. "A nutrient-dense, balanced diet with plenty of variety will support the health of these systems. Think plenty of vegetables, fruits, whole grains, lean protein, and healthy fats, with limited added sugars, saturated fat, and alcohol."

On the subject of our digestive systems, consider the fact that our intestines have a balanced microbiome of good bacteria that help us break down food and stay healthy. Most of the serotonin, aka the feel-good neurotransmitters, that give our emotions a boost are made in the digestive tract. Maintaining a good balance of bacteria can help. Linsenmeyer says a balanced diet supports good gut health, but the most beneficial are foods with probiotic properties, like yogurt and kimchi, and prebiotic properties, like onions, bananas, and leeks.

SHORT-TERM SATISFACTION

Here's a situation most people can relate to: You're crashing in the middle of the afternoon, so you turn to a sugary caffeine drink to get you through. Or you're feeling down, so a friend suggests going out for ice cream to give you a little bit of comfort. Why do these foods that are traditionally considered "unhealthy" make us feel better?

Remember that the boost you get from these less nutritious foods is temporary. "In the short term, many 'treats' give us a short-term mood boost, especially those with added sugars," Linsenmeyer says. "It is absolutely fine to enjoy those treats in moderation, including the mood boost that may come along with a delicious piece of chocolate or scoop of ice cream. In the long term, however, a balanced dietary pattern rich in vegetables, fruits, whole grains, and lean protein will ultimately help to support mental health and well-being."

Remember that those refined carbohydrates cause rapidly rising and falling blood sugar levels. Similarly, caffeine might give you a burst of energy in the moment, but it causes you to crash later—all while affecting your sleep cycle, which can cause long-term tiredness. Caffeine even causes anxiety and jitteriness for some people in low to moderate doses.

FOOD IS JUST PART OF THE BIG PICTURE

Yes, nutrition affects your mood. But there are other factors to consider. Linsenmeyer notes that food and nutrition should be considered alongside other factors like sleep, physical activity, stress, medications, and hormone levels. She says working with a registered dietitian can help optimize your diet.

And if you think your food choices might be putting you in a bad mood? Pay attention to patterns. "To get in touch with how foods affect your moods, and vice versa, try keeping a food journal for a few days," Linsenmeyer says. "Write down what you ate, when, and what your mood was before, during, and afterwards. Then, reflect and see if you notice any patterns in your own eating; do you tend to eat when you are bored? Do you tend to cook more meals at home when you are in a good mood? Try and reflect with nonjudgment, then consider what patterns you may wish to change, if any."



MOOD FOODS

Try these foods for the right kind of pick-me-up

Leafy greens (spinach, kale):

rich in folate and magnesium for neurotransmitter support

Bananas: full of vitamin B6 and tryptophan for serotonin

Fatty fish (salmon, sardines): omega-3 fatty acids to boost brain health

Legumes (lentils, chickpeas, black beans): rich in iron for oxygen delivery to your cells, plus fiber to stabilize your blood sugar

Yogurt: for probiotics to balance out your digestive microbiome

Oats and whole grains: for slow-release carbohydrates to give you steady energy

What's a Doctor of Osteopathy?

By Dylan Roche

ake a look at your doctor's credentials. It probably says MD—"Medical Doctor." That's the credential held by most physicians in the United States. But what if you see a doctor whose name is followed by the letters DO—"Doctor of Osteopathic Medicine"? What exactly does this mean?

The explanation is very encouraging! Doctors of osteopathic medicine, like medical doctors, are fully licensed physicians, and it's increasingly common to see them in health care settings like clinics, hospitals, and specialty practices. Specifically, there's been a 70 percent increase in DOs within the past decade.

As you might expect, there are some key differences, mostly in what type of training they do and their philosophical approach.

> First, it's helpful to understand how DOs and MDs are similar. To achieve these credentials, both of them had to ...

- Attend four years of medical school
- Complete a residency program in a medical specialty

And their credentials mean they're able to prescribe medication, perform surgery, and practice medicine in all 50 states. So, what's the difference?

A medical doctor follows what would be described as an allopathic approach: There's a focus on diagnosing and treating disease with medications, surgery, and other conventional methods.



A doctor of osteopathic medicine focuses on, as the name suggests, osteopathic medicine: supporting the body's ability to heal itself, focusing on the connection between the body's many systems, and practicing preventative care.

But it's important to remember that a DO is a legitimate doctor as much as a MD-a DO is not the same as a homeopath, a loose and unregulated label for an alternative healer who does not necessarily have a medical degree. Far from engaging in alternative medicine, a DO will still treat you via surgery and prescriptions, while focusing on what you can do in addition to these medical interventions.

For example, a patient with high blood pressure will likely be prescribed medication from both doctors that could help with their condition, but a DO will emphasize a detailed lifestyle plan focused on diet, exercise, stress management, and sleep to reduce dependence on those medications over time.

So, why does it seem like osteopathic medicine is growing in popularity? There are a few key reasons:

More medical schools offering osteopathic study: The American Osteopathic Association estimates a quarter of all medical students in the United States are training to be Doctors of Osteopathy.

Similar training and focus: DOs are training alongside MDs in residency programs and pursuing similar fields like family medicine and pediatrics, where demand is high.

Holistic appeal: Modern patients appreciate doctors who emphasize whole-person care and prevention, especially in the long term.

The Annapolis Holiday Tradition

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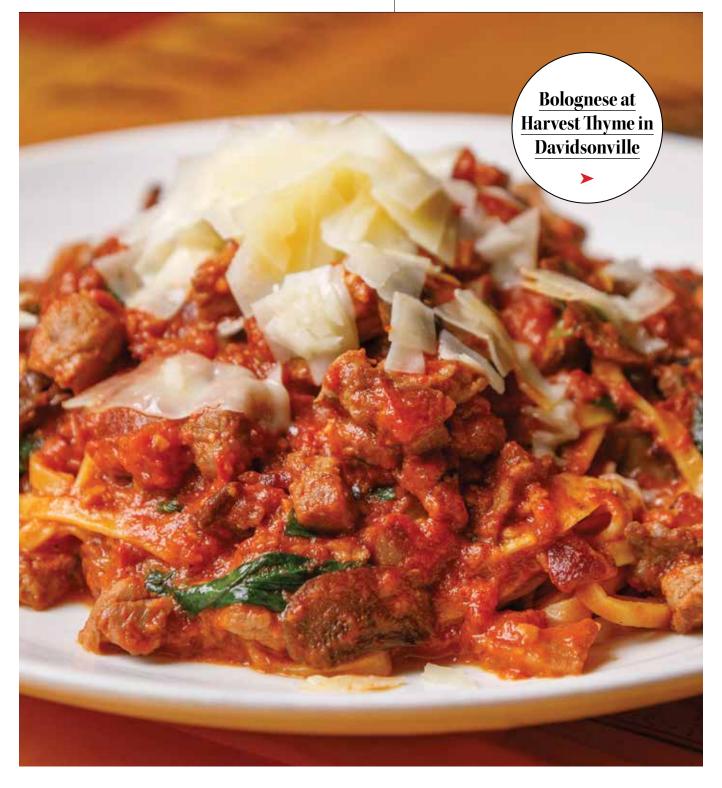




Food & Dining

74 SENSE OF CULINARY DISCOVERY

76 READERS' DINING GUIDE



Sense of Culinary Discovery

By James Houck



hen Rik and Pam Squillari opened Harvest Thyme in 2017—with him helming the kitchen/menu and her all scratch baking—little did the couple know that eight years

later their restaurant in Davidsonville would still be a hit among gourmands and oenophiles. That they had a recipe for success.

At the time, they were trying to survive in a market saturated with farm-to-table concepts. What sets Harvest Thyme apart was and remains the sense of discovery—first, in finding the eatery located long down the wooded Route 214 in a tiny shopping cluster; and second, eating fresh preparations of classic dishes and selecting libations from across the globe, with extra special attention given to bold 'n beautiful wines, liquors, and craft beers.





HARVEST THYME MODERN KITCHEN & TAVERN

1251 W. Central Avenue. Davidsonville • 443-203-6846 • harvestthymetavern.com

My wife and I last visited the restaurant more than one year ago (Spring '24) and came away from the experience praising the overall vibe and food. Its full name reveals a lot. The ambiance evokes Americana tavern with amber-colored wooden tables, chairs, and a floor-to-ceiling wine rack/display that serves as a crosshatch of domestic and worldly delights. The open kitchen to the rear of the dining area provides a transparent connection to your food choices—the clings, clangs, sears, sizzle, and wafts perk up the senses.

And so, we happily decided to make a return visit, for dinner, to enjoy the Harvest namesake at the start of harvest season. We enjoy booth seating and happily selected ours, having arrived at an early hour before the dining room filled to capacity (which it often does, especially leading up to and during the weekend).

Reading through the dinner menu, it's clear that the kitchen's focus is on fine cuts of meat matched to seasonal vegetables and starches, whether you're considering the Harvest Board charcuterie as a starter dish (great for nibbling over conservation), a fresh Bibb & Bleu salad, the Rack of Lamb (paired with a roasted vegetable couscous), or maybe an oven-fired pizza that marries Italian sausage to wild roasted mushrooms. These are but few of the many delectable options that grace the menu, on which you'll find plenty more star proteins, creative attention to veggies, a range of housemade pastas, and hand-crafted pizzas.

I'm fairly easy to please but I don't appreciate servers' pretentious descriptions of the food or zealously pushing particular items because the kitchen needs to move aging product. Many restaurants are guilty of this today. Thankfully, Harvest Thyme is not.

I believe to know and taste quality ingredients when put to plate, and I think the servers at Harvest Thyme know the kitchen is doing exactly that, consistently. Our server provided guidance over sales, which was appreciated.

Though my wife and I each eschewed spirited drinks in favor of iced teas, the beverage menu and wine list are tantalizing. You'll find a range of traditional and modern cocktails made with fresh ingredients that showcase the barkeep's talent, all manner of luxurious wines, regional craft brews, and creative digestifs to enhance the post-dinner glow (a Kentucky Koffee made with Buffalo Trace, coffee, and whipped cream looks mmm, mmm good).

For our dinner, we began with seafood selections of Pan Seared Shrimp (in a dish with spicy Cajun butter sauce and baguette slices for mopping) and Fried Oysters (cornmeal dusted, crispy, and served with cup of rosemary aioli). Both were delicious.

Our main selections included the Rack of Lamb for me, and the Bolognese for the missus. I absolutely love a well-prepared rack and Harvest's lamb was on point with is crackling surface sear, herbal chermoula sauce, and juicy, red center—the totality of each bite is fragrant, earthy, salty, meaty. A dish that could be enjoyed time and again, but especially during the colder months ahead.







Bolognese is also a heartwarming dish. Harvest's kitchen combines linguini, diced prime beef, slivers of mushroom, flecks of bacon, and Parmesan shavings—enveloping all within a tomato cream sauce that harmonizes these flavors. We both enjoyed forkfuls of this classic, and quite filling, entrée.

Leave room for dessert because this portion of the menu is a specialty, here. There are freshly made standbys (like the Harvest Smash apple pie concoction or Flourless Chocolate Cake) and daily/weekly/seasonal selections (a rotation of cheesecakes or the popular Banana Chocolate Chip Bread Pudding available during the cold months, for example). We opted for a slice of the Chocolate Bourbon Cake, which bears slight flavor resemblance to a tiramisu. Yum (!) and a perfect cap to an evening of culinary hospitality that Harvest Thyme has become so very good at providing...and worth discovering for yourself.





Readers' Dining Guide



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tastes and experiences. Don't see your favorite on the list? Email editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

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Wilma takes to the windy skies this November, as she searches regionwide for the best dining, shopping, and services. Wilma plans to visit towns on both sides of the Chesapeake Bay, landing at select vendors that offer experiences that are perfect for autumn and the holidays. Where will she land exactly? 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.

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IFC = Inside Front Cover IBC = Inside Back Cover BC = Back Cover GG = Gift Guide

ACOG = A Celebration of Giving

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University of Maryland Medical Systems	IBC
Waugh Chapel Towne Centre	BC



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