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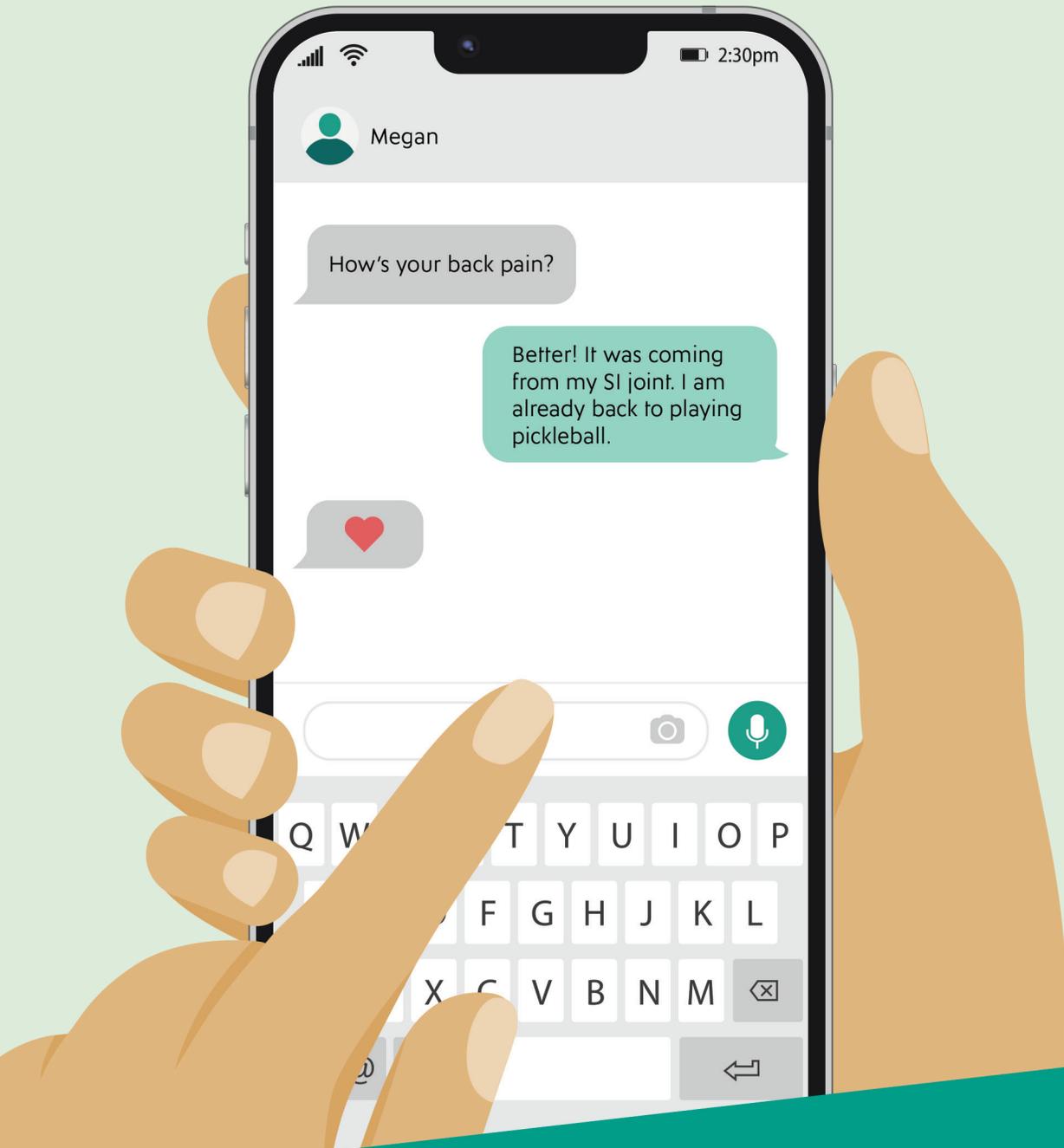
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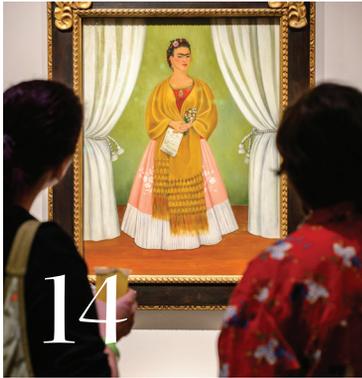


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◀ **On the Cover:** Read about this 2026 Interior Design award winner on page 30. Photograph courtesy Taylor Hart Design. Design by August Schwartz. *What's Up? Central Maryland* online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.



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**Publisher & President**

Veronica Tovey

**Editorial Director**

James Houck

**COO & Director of Advertising**

Ashley Raymond

**Contributing Editors**

Lisa J. Gotto, Dylan Roche

**Contributing Writers**

Tyler Ingle, Lisa A. Lewis,  
Tom Worgo

**Contributing Photographers**

Douglas Lees, Chris Petrini of A Digital Mind,  
Bill Whaley, Laura Wiegmann

**Art Director**

August Schwartz

**Graphic Designers**

Matt D'Adamo, Lauren Ropel

**Web Content Specialist**

Arden Haley

**Production Coordinator**

Amanda Stepka

**Social & Entertainment Media Associate**

Cali Schwerdtfeger

**Senior Account Executive**

Kathy Sauve

**Account Executives**

Beth Kuhl, Nina Peake,  
Michelle Roe

**Sales Assistant**

la Louisse Horton

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Deneen Mercer

**Bookkeeper**

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# 2026 TOP Dentists

The 2026 What’s Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Top Dentists lets readers know what our area experts think and helps guide them toward the best possible choices for their dental care.

Dentists are encouraged to nominate their peers on the survey form found online. Voting will close at the end of April (4/30).

Those earning Top Dentist honors will be notified in early fall and the results will be published in the October issues of *What’s Up? Annapolis*, *What’s Up? Eastern Shore*, and *What’s Up? Central Maryland*, in addition to the online platform and social media channels of What’s Up? Media.



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[WHATSUPMAG.COM/  
TOPDENTISTS2026](https://whatsupmag.com/topdentists2026).



Im ready to doff my socks in favor of sandals and, practically, beg for it...“Hey Spring, could ya get here already?! After a couple months entombed in “snowcrete” (that’s what we called it, right?), we’re looking for signs...any signs...of Jack Frost’s retreat and Mama Nature’s colorful return.

Though I enjoyed playing a good, freezing game of ice hockey (and did plenty of that this winter), I’m also an angler at heart and can’t wait to get outdoors to wet a line. Never mind trying to fish for stripers, chain pickerel, or yellow perch during the depths of winter, which is arguably the best time of year to do so. We couldn’t do it, unless ice fishing was your game. And, boy, did this winter offer a rare opportunity to try!

Staying warm indoors mostly, I tamed cabin fever with a few pastimes. I rediscovered the ancient-now-popular-again hobby of sports card collecting and my eBay account suddenly burst with vintage card purchases of my childhood heroes. I gobbled up cards of John Riggins, Joe Theismann, Cal Ripken, Jr., and Wayne Gretzky to name a few.

Reading books and magazines also passed a lot of time. Thousand-piece puzzles were both fun and frustrating. But I yearned for more. For connections and community, and exploration. Thankfully, this region is so incredibly rich with opportunities to “get out there.”

And we will. March is a transition month as we all know, and those hopeful signs are coming to life. Buds on the trees. Lacrosse games. Events like this month’s Oyster Roast & Sock Burning in Eastport,

Annapolis (socks be damned!). And...steeplechase horse racing. Now, there’s something you might not be familiar with, but let me tell you...it’s a hoot.

A Maryland tradition dating back to Colonial times, steeplechase racing has the horses and jockeys blasting along a countryside course through glens and woods, over fences, and toward a finish line where spectators “ooh,” “ahh,” and tailgate from hillsides near and far. Years ago, the popular Marlborough Hunt Races at Roedown Farm in Harwood, Maryland, drew festive crowds that celebrated the arrival of spring as much as the victors in the winner’s circle. It was a heck of a good time and well-attended, up until the Races’ legacy died with the property owners and the land was sold.

Good news though. Today, the Maryland circuit of races, including the esteemed Maryland Hunt Cup, continues. The races begin this month, and we tell you all about them in the article “Off to the Races.”

And there’s more in this magazine that’ll get your heart racing—sort of. Well, I mean, there *is* an article about cardio and strength training. That’s in our health department. Plus, an article on destressing outdoors by taking a “color walk.” We also dive deep into ever-changing real estate trends and the move toward wellness and health integration. Envisioning your home as a resort is the idea, as more properties and communities are being built that cater to an active, connected lifestyle with plush amenities.

So, when those buds bloom...and they darn well oughta soon...what better ways to enjoy them than by relaxing in your own oasis—your home’s deck, patio, or porch—or maybe a walk in the woods? Or even at the horse races in the countryside.

And hopefully, finally, I’ll be slinging lures from the riverbank, where the dogwoods are about to blossom, the shad are running, and socks are out of the picture.

*Happy (almost) Spring!*

**James Houck,**  
Editorial Director

# The Big Dogs from the Small Firm



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# Arts & Culture

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HIGHLIGHTING  
ENTERTAINMENT,  
COMMUNITY,  
AND EVENTS

**The Baltimore  
St. Patrick's  
Day Parade**

**PG. 12**





### OYSTER ROAST & SOCK BURNING

Celebrate the arrival of spring and the start of boating season at the annual Oyster Roast & Sock Burning on Saturday, March 21 from 12 p.m. to 4 p.m. at The Annapolis Maritime Museum. This beloved local tradition dates back to the late 1970s and marks the spring equinox with oysters, community spirit, and the ceremonial burning of winter socks—symbolically shedding the cold months behind. Attendees can enjoy fresh oysters, festive vibes, and a playful nod to maritime culture as the famous “Burn Your Socks” poem is recited. In the event of rain, festivities will move to Sunday, March 22, from 12 p.m. to 4 p.m. It’s a uniquely Annapolis celebration that blends humor, heritage, and the unmistakable excitement of spring on the Bay. More info: [amaritime.org](http://amaritime.org)



### 2026 Annapolis St. Patrick's Hooley

Kick off Irish Parade Weekend in festive style at the 11th Annual Annapolis St.

Patrick's Hooley on Saturday, March 7, from 5 p.m. to 10 p.m. at the Naval Academy Alumni Association Fluegel Center. This lively evening honors past and present Grand Marshals while celebrating Irish culture with live music, traditional fare, and an open bar featuring specialty cocktails. Family-friendly and full of energy, the Hooley sets the tone for a weekend of green-clad fun and community spirit. More info: [visitannapolis.org](http://visitannapolis.org)

### Ulman Foundation's Blue Jeans & Bow Ties Ball

Ulman Foundation's signature fundraising event, Blue Jeans & Bow Ties Ball, takes place Friday, March 6, from 6 p.m. to 10 p.m. at The Hall at Live! Casino & Hotel Maryland. This high-energy evening blends a fun denim-and-bow-tie dress code with great food, live entertainment, and powerful storytelling, all in support of young adults impacted by cancer. Proceeds benefit Ulman Foundation's free programs, housing, and one-on-one patient navigation services for adolescents and young adults facing cancer. It's a meaningful night of community, celebration, and giving back. More info: [ulmanfoundation.org](http://ulmanfoundation.org)



### TASTE OF CROFTON 2026

Treat your taste buds at Taste of Crofton on Thursday, March 26, from 5:30 to 7:30 p.m. at the Crofton Country Club. This popular community event brings together local restaurants and businesses for an evening of sampling savory bites, sweet treats, and signature dishes from across the area. Whether you're discovering new favorites or enjoying familiar flavors, the event blends food, fun, and community in a relaxed, social setting that celebrates Crofton's local dining scene. More info: [croftonchamber.org](http://croftonchamber.org)



Photo by Maryland Home & Garden Show



## **MARYLAND HOME + GARDEN SHOW**

Spring inspiration takes center stage at the Maryland Home + Garden Show, running Friday through Sunday, March 6–8, from 10 a.m. to 6 p.m. at the Maryland State Fairgrounds. This annual favorite brings together home improvement experts, design inspiration, and innovative products to help homeowners tackle spring projects both big and small. Throughout the weekend, the show honors local heroes, offering free admission to active military personnel, veterans, first responders, and medical professionals with valid ID, plus one complimentary companion ticket. Special promotions include a Daylight Saving “Buy One, Get One Free” ticket offer on Sunday, March 8, and free admission for CharmPass and RailLink users. Trade professionals from the home building and renovation industries can also enjoy free entry with valid credentials. More info: [marylandhomeandgardenshow.com](http://marylandhomeandgardenshow.com)



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## **THE BALTIMORE ST. PATRICK'S DAY PARADE**

Celebrate Irish heritage in true Baltimore style at the Baltimore St. Patrick's Day Parade on Sunday, March 15, as thousands gather along Charles Street through the Inner Harbor for one of the region's most beloved traditions. With more than 65 years of history, this vibrant parade fills the streets with marching bands, dancers, community groups, and plenty of Irish pride. The festivities kick off with the Shamrock 5K at 1 p.m. followed by the parade stepping off at 2 p.m. It's a lively, family-friendly day packed with music, culture, and community spirit. More info: [irishparade.net](http://irishparade.net)

## **Bite of Baltimore—Fells Point Food Tour**

Explore Baltimore's rich culinary and maritime history during the Bite of Baltimore Fells Point Food Tour, offered on select Saturdays and Sundays throughout March at 3 p.m. in the historic waterfront neighborhood of Fells Point. This guided walking tour blends local storytelling with a progressive dining experience, highlighting classic Maryland flavors while diving into the neighborhood's colonial roots, working waterfront, and nautical influence. As you stroll past cobblestone streets and centuries-old architecture, you'll enjoy multiple tastings while learning how this tight-knit harbor community helped shape Baltimore and the nation. It's a delicious, immersive way to experience the culture, history, and food that define Fells Point. More info: [biteofbaltimore.net](http://biteofbaltimore.net)



## **RENT**

The Pulitzer Prize—and Tony Award—winning rock musical RENT brings its raw energy, heart, and unforgettable music to Compass Rose Theater, running now through March 8, with showtimes

varying throughout the week. Directed by Stephen Emery with musical direction by Paige Rammelkamp, this powerful production follows a tight-knit group of young artists navigating love, loss, and community in New York City's East Village. Featuring iconic songs and deeply human storytelling, RENT remains as timely and moving as ever. Free parking is available at Anne Arundel Community College in Lot B, and the venue is fully handicapped accessible with open seating. More info: [compassrosetheater.org](http://compassrosetheater.org)

## **MARYLAND DAY WEEK 2026**

Celebrate Maryland's birthday and the spirit of America's 250th anniversary during Maryland Day Week, running Thursday through Wednesday, March 19–25. Cultural venues, historic sites, and heritage organizations across Annapolis and Anne Arundel County come together to offer more than 40 events, most of which are free or just \$1. From history and art to family-friendly activities and special programming, it's a weeklong celebration that invites residents and visitors alike to experience the region's rich past and vibrant community. More info: [mdday.org](http://mdday.org)





**WOMEN'S  
CONFERENCE:  
IF NOT NOW. WHEN?**

The Forward Women's Leadership Forum returns for its 8th annual conference on Friday, March 6, from 8 a.m. to 3 p.m. at the DoubleTree Hotel by Hilton in Columbia. Designed as more than just a conference, this empowering event brings together women ready to grow, lead, and step into their next chapter. Attendees can expect inspiring keynote speakers, strategy-packed workshops focused on finance, career growth, entrepreneurship, and wellness, plus interactive sessions that encourage reflection, connection, and action. The day also includes the SheShop Marketplace, showcasing women-owned businesses and artisans. Participants will leave energized, supported, and equipped with practical tools to move forward with confidence. More info: [forwardwlf.org](http://forwardwlf.org)

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# Celebrating Women's History Month at Museums and Sites

By Tyler Ingle

**T**he contributions of women throughout our national and local history cannot be overstated. And in March, we celebrate all tremendous women during Women's History Month.

Thankfully, our region is home to several museums, exhibits, and sites that offer historic context about female leaders, movements, and culture. And there's, perhaps, no better way to celebrate women than by immersing yourself in our shared history at the following attractions.



Mary Cassatt, *The Bath*, 1891, at the National Museum of Women in the Arts. Photo by Lee Stalsworth for NMWA.



Two women look at a self-portrait by artist Frida Kahlo at The National Museum of Women in the Arts. Photo by Derek Baker for NMWA.

Founded in 1981, the **National Museum of Women in the Arts**, originated as the first museum in the world with a sole dedication to women in the arts, aiming to champion and exemplify the incredible works of women. Located in Washington, D.C., the museum is open six days a week, from 10 a.m. to 5 p.m. (closed Mondays). The museum's current goal is to advocate for a stronger, more positive representation of women artists while also serving as a community-centric spot for social change and leadership to flourish.

With a permanent collection featuring more than 5,500 works of art from 1,000 represented artists dating all the way back to the 16th century, the museum also rotates special exhibitions. Ticket prices range from \$13–16, with some exceptions allowing for free entry. Some of the upcoming exhibitions for the year include: ***Making Their Mark: Works from the Shah Garg Collection*** (showcasing contemporary pieces from the 20th and 21st centuries), ***Shirley Gorelick: Figuring it Out*** (portrayals of a bold yet realist aesthetic, based off of Gorelick's close friends), and ***Burnished: Pueblo Pottery at NMWA*** (24 different clay ollas, seed jars, and bowls from the Pueblo, in the American Southwest, aimed at placing on spotlight on the women potters). Learn more at [nmwa.org](http://nmwa.org).

Meanwhile, the **National Women's History Museum** offers the opportunity to explore and learn from the comfort of your own home! Their fully-virtual historic education program aim to teach about women's struggles, successes, and impacts in society. Hoping to challenge stereotypes, biases, and common tropes, the NWHM seeks to empower future generations to not only encourage equity but also to challenge status quo and blaze new, cultural trails. On the website ([womenshistory.org](http://womenshistory.org)), you'll find teacher resources, materials for National History Day, virtual exhibits centered around



Cara Barton's historic home in Glen Echo, Maryland, is a national historic site. Photograph from the Carol M. Highsmith Archive, Library of Congress.



Historic Annapolis celebrates Women's History Month with a special event on March 14, featuring historic reenactors. Photograph courtesy Historic Annapolis.

critical moments and leaders in women's history, public event notices, articles detailing the successes of women throughout our nation's history, biographies of said women, and information on voter registration to help enable your voice. The website includes 45 different online exhibitions, with topics ranging from suffragist movements to Title XI, Coast Guard Women in WWII, Pathways to Equality, and more. For teachers, camps, and homeschoolers, the NWHM also offers virtual field trips. All the online resources are available at no cost, however there are opportunities to donate.

With a motto of "Preserve. Protect. Connect." the **Historic Annapolis Foundation** has been a mainstay in the community for over 75 years. On March 14, from 11 a.m.–3 p.m., the Museum of Historic Annapolis will celebrate women's history with historic interpreters presenting the vast contributions and work of women. The loaded docket for the afternoon begins with the chance to meet camp followers from the Revolutionary War and learn from live reenactors to help better understand the importance of women during America's war for independence. From there, you can meet a suffragist who will give you the living account of the fight for voting rights. Finally, there will be opportunities to explore the special exhibit, *Annapolis: An American Story*, learn more about the contributions of women to our state history, create special crafts, and read stories about inspirational women from the past to the present. Learn more about the special event and ongoing programs at [annapolis.org](http://annapolis.org).

The **Clara Barton National Historic Site** in Glen Echo, Maryland, is a great opportunity to learn about the immense impact of a local woman who changed the trajectory of the United States. As you enter through the doors of Clara Barton's house, you're immediately taken back to the Civil War, reliving and learning all about this "Angel of the Battlefield." Barton played a critical role in the medical field during her time, with the most lasting impact of all being her



Early photograph of Clara Barton, taken in 1865. From the Library of Congress archives.

founding the American Red Cross in 1881. Thanks to Barton's persistent effort, the United States also ratified the Geneva Convention in 1882, forming the basis for the global Red Cross movement.

In honor of remarkable women, like Barton, the month of March provides a symbolic opportunity to reflect upon the women that have helped to shape our nation. From historic homes to museums filled with artifacts, and even virtual opportunities, there are many ways to celebrate Women's History Month.

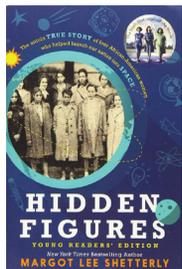


# Women Who Shaped America

## STORIES WORTH READING THIS MARCH

By la Louise Horton

**W**omen's history isn't a footnote—it's woven into everything we recognize as progress. It lives in science labs and courtrooms, on battlefields and in living rooms, in moments of public defiance and in the quiet work of showing up every day. This list brings together nonfiction and fiction to honor women who shaped America in very different ways.



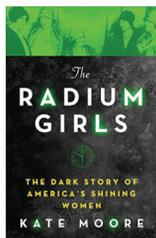
### *Hidden Figures* by Margot Lee Shetterly

This nonfiction book tells the true story of African American women mathematicians who worked at NASA during the Space Race. Katherine Johnson, Dorothy Vaughan, and Mary Jackson used their brilliance to calculate trajectories and solve complex problems that sent astronauts into orbit—all while navigating racism and sexism in the workplace. Reading *Hidden Figures* made me stop more than once and just sit with it. These women were doing extraordinary work while being treated as if they were invisible. What stayed with me was how they didn't wait to be celebrated. They simply kept showing up, doing the work, and trusting that excellence mattered.



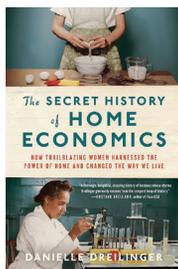
### *Becoming* by Michelle Obama

In this deeply personal memoir, Michelle Obama traces her journey from a childhood on Chicago's South Side to the White House. Along the way, she reflects on identity, ambition, motherhood, marriage, and the weight of visibility as the first Black First Lady of the United States. What I loved about *Becoming* is how grounded it feels. Obama writes like someone having an honest conversation, not delivering a speech. She talks openly about self-doubt, pressure, and learning as she goes, which made her story feel relatable rather than untouchable.



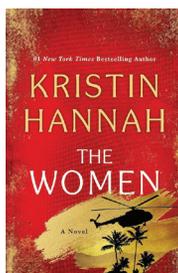
### *The Radium Girls* by Kate Moore

*The Radium Girls* recounts the tragic and courageous story of young women who worked painting luminous watch dials in the early 1900s. Unaware of the dangers of radium, they fell gravely ill—and then took on powerful corporations in a fight that changed labor laws forever. This book made me angry in the way that only injustice can. These women trusted their employers and paid the price for it—yet they still found the strength to fight back. I kept thinking about how brave they were to speak up at a time when women weren't expected to question authority.



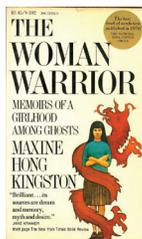
### *The Secret History of Home Economics* by Danielle Dreilinger

This book explores the origins and evolution of home economics, revealing it as a field created by women to influence public health, education, and social reform. Far from trivial, it was a strategic way for women to enter policy-making spaces during a time of limited access. I didn't expect to be so interested in this one, and that's exactly why it stuck with me. It completely changed how I view home economics and the women behind it. What looked "domestic" on the surface was actually smart, strategic, and deeply political.



### *The Women* by Kristin Hannah

This historical novel follows Frankie McGrath, a young nurse who serves in the Vietnam War. Through her experience, the book highlights the overlooked role of women in wartime and the emotional toll of returning home to a country that barely acknowledged their service. This story hit me emotionally in a quiet but heavy way. Frankie's experience felt lonely, frustrating, and painfully real. What stayed with me most was how little acknowledgment she received for what she endured. It made me think about how many women carry life-changing experiences without ever being asked to tell their side of the story.



### *The Woman Warrior* by Maxine Hong Kingston

Blending memoir, folklore, and history, *The Woman Warrior* explores Chinese American womanhood through family stories and cultural myths. Kingston examines identity, silence, and storytelling as she navigates what it means to grow up between worlds. This book felt like listening to someone think out loud—layered, personal, and sometimes uncomfortable in the best way. I loved how Kingston used storytelling to find her voice.

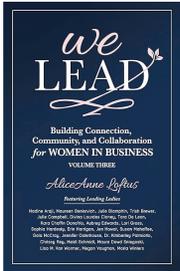
**LOCAL WOMEN  
WORTH HIGHLIGHTING**

Women's History Month is also about celebrating women who are shaping their communities right now. These two local highlights are previews of books available now, and close to home.



**Go Clean, Sexy You Cookbook**  
by Lisa Consiglio Ryan

*Go Clean, Sexy You Cookbook* is the brainchild of Annapolis entrepreneur, wellness advocate, and culinary expert Lisa Consiglio Ryan, owner of the Annapolis Juice Shop. Blending whole-food recipes with seasonal detox plans and lifestyle guidance, the book encourages a balanced, sustainable approach to health rather than quick fixes.



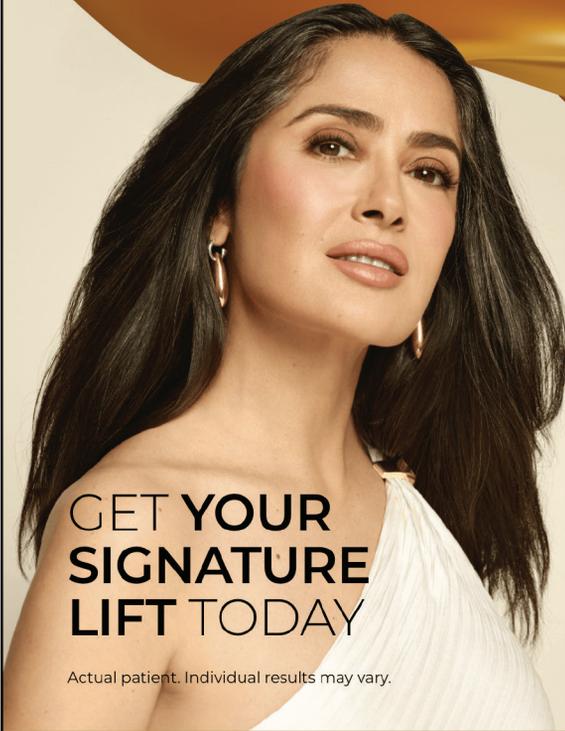
**We Lead Volume 3 with a chapter written by Susan Mahaffee**

*We Lead Volume 3* is a collaborative anthology featuring stories and insights from women across industries, centered on leadership, connection, and collaboration. Among its contributors is local author Susan Mahaffee, founder of People Rise LLC. Chapter 20, "Building an Authentic, People-Centered Business: Own Your Style, Voice, and Impact," highlights Mahaffee's thoughtful approach to leadership.

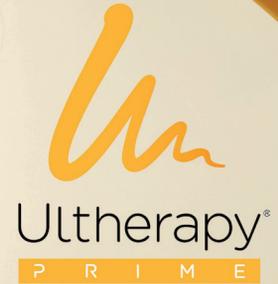


If you have a book, a local author, or a women-centered story you think deserves a spot in future columns, I'd love to hear from you. Email me at [ihorton@whatsupmag.com](mailto:ihorton@whatsupmag.com).

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## Reelin' & Rockin' Rockfish Bash

On November 13, Lucky & Blessed Fishing held its 1st annual Reelin' & Rockin' Rockfish Bash at the OBI headquarters in Millersville. The nonprofit is dedicated to providing access to inclusive and therapeutic fishing and outdoor experiences to underserved and differently abled communities in Maryland. The fundraising event brought the community together for an evening of great food, music, auctions, and awards. Learn more about the organization at [labfishing.org](http://labfishing.org).



**1.** Marsha Legg and Robert Adkins **2.** David Rice and Elizabeth Rice **3.** (Front) Patti Terry, Mark Terry, Mike Wilmot, (Back) Kathy Cadigan, Jules Lynch, Laura Wooden, Kathy Wilmot, Chris Lynch, and Ted Wooden **4.** (Front) Rachel Sharlin, Chad Marquardt, Kenny Fahnestock, (Back) Alex McLain, Kyle Beliczky, Moses Jackson, and Eric Jones **5.** Felicia Finch, Lakesha Wilderson, Matthew Kettles, and Brandon Sorzano **6.** Desha Wallace, Zaire Scott, Antonio Scott, and LaShonda Scott **7.** (Front) Kathy Cadigan, Christina Cacherro, Stephanie Reay, (Back) Kyle Beliczky, Colin Lennon, Scott Steers, and John Dovi **8.** Michael Hoffman, Shelley Baden, Jeffrey Baden, Jeffrey Morales, Daniel Ritter, and Vivian Sandin

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# Lacey Eden Shines on the Ice

**ANNAPOLIS NATIVE IS A HOCKEY DYNAMO FOR TEAM USA AND THE WISCONSIN BADGERS**

By Tom Worgo

**W**hen it comes to the playing the highest level of women's ice hockey, Annapolis native Lacey Eden just goes for it, no matter the result. Her first shot to make the U.S. Olympic team came in 2022 and she was very close to doing so.

Having played for the NCAA Division I 2021 national championship team—the University of Wisconsin—and in the International Hockey Federation World Championships the same year, helped her emerge as a strong candidate for Team USA.

Recognizing her talent, Team USA invited her and 27 other players to its Olympic residency program, but Eden, who attended Archbishop Spalding in Severn for two years ended up being one of the final cuts. Not making the U.S. Olympic team that year, which competed in the Beijing China, Olympics devastated Eden.

“I would do anything to be on the Olympic team,” explains Eden, who has played on three Wisconsin national title teams, so far.

Eden, a 5-foot-8 senior forward, made another strong push at making the Olympic squad in the second half of last year, participating in USA Hockey's 30-player evaluation camps in Canada and the United States. But she fell short of making the team, again, in late December.

“It's something I have spent the last eight years training for every single day,” Eden says. “I would really do anything to be on that team. I really wanted it more than anything.”



Eden still has some big hockey moments ahead. She hopes to end her collegiate career with a fourth national title in late March. “I want to finish my college career on a high note,” Eden says of another NCAA crown. “It gets more and more special with every title you win.”

Coming up in late June, Eden expects to get drafted into the Women's Professional Hockey League (WPHL). The odds favor her. The *Hockey News* ranks the 22-year-old Eden as the fifth best player available for the draft.

The WPHL is in its third year and offers Eden (94 points in 63 games from 2024 to 2026) a good way to start a career. “It's a really good league and one that pays the athletes well enough to make a living,” Eden says.

**How long have you been thinking about playing on the U.S. Olympic team?** It has been a dream of mine forever. It's an obsession. It's something I have spent the last eight years just training for every single day. I would do anything to be on the team.

**With your college and world championship experience, were you expecting to be on the Olympic team?** Anything could happen really. The last couple of weeks in December were the most important for me. I really focused on that. I had to play my game and show my value to make the team. We had six one-week training camps throughout the season with USA Hockey. The last one was in Edmonton.

**What's the feeling of winning three national championships?** It is surreal to look back at all that I have accomplished in my Wisconsin career. I want to finish my career on a high note—with another national championship. It gets more special with every title you win. As I get older, I can look back and think of the moment of winning a national championship. I think about where I was in life at that point. Once you get one, you just want more.

**“IT GETS MORE AND MORE SPECIAL WITH EVERY TITLE YOU WIN.”**

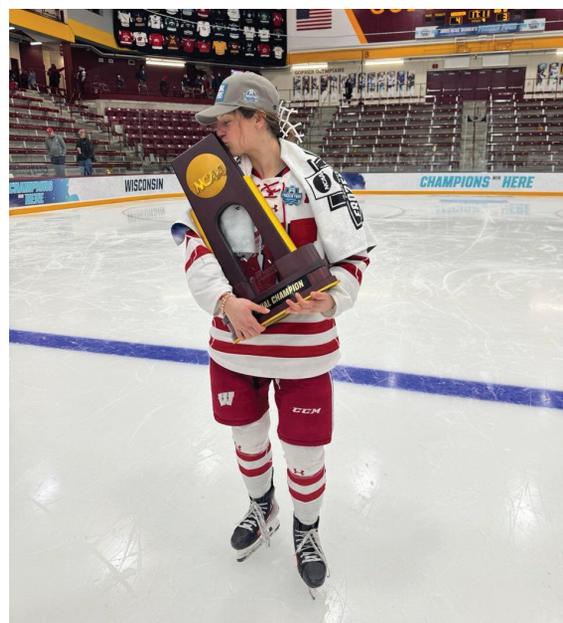
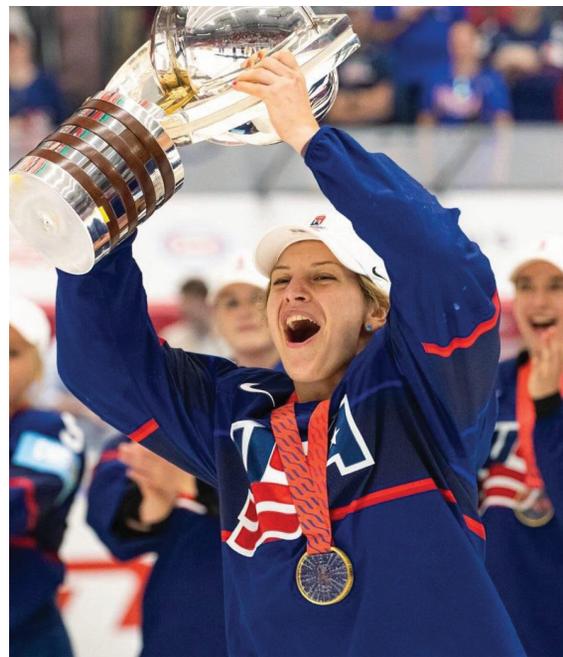
**Why did you end up picking Wisconsin?** Wisconsin has a long history of being a winning program. I wanted to win and play with the best players in the country and be the best player. We have won three national championships and hopefully we can grab another in March before I graduate. I made the right choice, and I think it has worked out pretty well.

**Explain your strengths as a hockey player. What are most known for?** I am known as a two-way player. I think I am a very smart player. I see the ice well and passing lanes before they open up. I have goal-scoring ability and a knack for shooting the puck to the right places. I have a great shot and a net-front presence. I can score from a lot of different areas. I am also very defensively sound and play a 200-foot game.

**What kind of training do you do on and off the ice?** I have been training pretty hard since high school. I try to be on the ice as much as possible—like three hours a day. I will even do more than that on some days. At Shattuck, we had ice available all the time. Sometimes, I was on the ice for four hours a day. Off the ice, I am committed to being in the gym. In the offseason, I work out for four hours a day. I go into the gym at least five days a week. I will be in the gym for an hour and a half. Then I supplement that with sprinting, plyometrics, and cardio.

**Do you want to play professional hockey?** I will go into the Professional Women's Hockey League draft once the Wisconsin season is over. This is its third season. It's really cool that we have this platform. Now, there are eight teams, and they will probably expand next year to 10 to 12 teams. It's a really good league. It's something I have dreamed of. So, I am excited to take that next step.

**Can you talk about the top caliber teams you played for growing up? What were the most interesting things about them?** I started playing Navy Youth Hockey. I was four years old. I played for both boys and girls there. After that, I made a triple-A team, Team Maryland in Rockville. I played for them for three years. Then, I joined another triple-A team, the Little Caps in Arlington, Virginia. I played



on boys teams until my junior year of high school. It really helped me develop. The boys force you to play more physical and faster. There just wasn't great girls hockey in the area when I was younger.

**Why did you leave Spalding after your sophomore year?** I went to a prep school in Minnesota (Shattuck-Saint Mary's School). Shattuck is known for developing hockey players. I really wanted to go there, and it turned out to be the best thing for my development. I loved Spalding, so it was definitely sad to leave there. Everybody has their different paths. I felt it would help me out in the long run.

2026

# HOMIE EXCELLENCE AWARDS

*exquisite and compelling projects in  
residential design and construction*



Welcome to What's Up? Media's fourth annual showcase of elite home projects! The Home Excellence Awards program honors exemplary home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. During September and October, we solicited and vetted project entries in award categories such as architecture, interior design, renovation, property addition, and more. Entries consisted of photographs and a written description introducing the project, including structural/aesthetic intent, design/build concepts, materials used, special features, permitting, and overall thoughts. Note that a few categories had many entries and, thus, feature more winners than other categories. Some categories may have only one winner (or a couple). We offer descriptions of each project. All photographs are courtesy/submitted by each company represented. Congratulations to the companies in the following categories and their award-winning projects!

**To view more winning projects from across the region, visit [Whatsupmag.com](http://Whatsupmag.com)**



# Tidewater Bliss

**Entered by:** Winchester Construction of Millersville • winchesterinc.com

**Additional project acknowledgements:**

Neumann, Lewis Buchanan Architects • Tracy Morris Design • Walnut Hill Landscape • Coastal Pools

**Project highlights:** Set along the quiet shores of St. Michaels, this coastal home's design honors the charm of traditional Eastern Shore architecture while gently opening its rooms to light, water, and sky. A classic, symmetrical façade gives way to a sequence of welcoming interiors—each thoughtfully aligned to capture the changing moods of the Miles River. Inside, soft coastal hues, finely crafted millwork, and bespoke details that speak to a love of craftsmanship rather than showmanship. Spaces are scaled for both intimate family moments and generous gatherings, flowing naturally toward the loggia, pool terrace, and gardens beyond.





# Waterfront Transformation

**Entered by:** HD Squared Architects of Annapolis • [hd2architects.com](http://hd2architects.com)

**Project highlights:** This 1949 waterfront home was reimagined for a blended family of six. Years of disjointed additions had left the house fragmented and inefficient. HD Squared Architects approached the renovation as an opportunity for unification, creating a cohesive, light-filled home that celebrates its connection to the South River. A 275-square-foot addition linked the home's separate wings and transformed its flow. The new main level opens from entry to kitchen to sunroom, unified by natural wood details and abundant daylight. Upstairs, a vaulted primary suite and covered deck extend views over the water, with over 90 percent of living spaces now oriented outdoors. Sustainable features include upgraded insulation, high-efficiency HVAC, operable windows for cross ventilation, rain gardens to manage runoff, and deconstruction practices that reused and donated materials.





# Beautiful Woodsy Home Transformation

**Entered by:** Fichtner Home Exteriors of Odenton • [fichtnerservices.com](http://fichtnerservices.com)

**Additional project acknowledgements:**  
Photography by Olivea McElyea

**Project highlights:** A beautiful, woodsy property tucked away in Crownsville was given an incredible transformation. The wraparound porch received a sleek upgrade with matte black metal roofing. The exterior was refreshed with James Hardie Fiber Cement Shingle Siding in Arctic White on the upper dormers and garage, and Hardie Board and Batten below, separated by a clean boral band. The main roof features GAF Timberline HDZ shingles in Pewter Gray, tying the whole look together. To top it off, pediments were added to the dormers and gable ends, creating an elevated, polished finish.





# Resilient View on Rio Lane

**Entered by:** HD Squared Architects of Annapolis • [hd2architects.com](http://hd2architects.com)

**Project highlights:** This 1940s waterfront cottage was reimagined into a luminous, view-driven retreat that balances design innovation, structural resilience, and environmental stewardship. Perched on steep slopes overlooking the Severn River, the site's natural challenges and regulatory constraints demanded creative problem-solving to achieve both beauty and sustainability. What began as modest updates evolved into a complete transformation, including full roof removal and the addition of a new second story. Achieving LEED Gold certification, the home incorporates efficient fixtures, advanced insulation, and reimagined thermal systems. Structural framing issues were resolved with elegant design solutions, while new retaining walls, rain management, and native plantings reinforce the home's resilience.

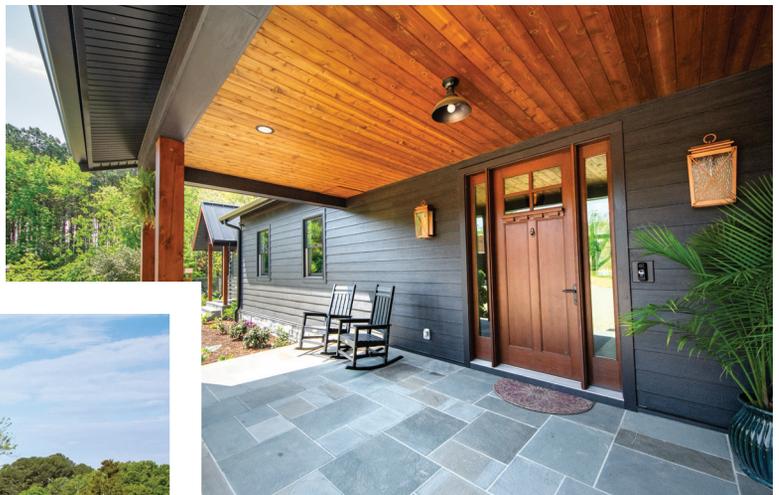


# High Performing Home

**Entered by:** Paquin Design Build of Grasonville • paquindesignbuild.com

**Additional project acknowledgements:** Photography by A Digital Mind

**Project highlights:** Main level features stained Rift and Quarter Sawn White Oak flooring. A fireplace wall is accented with a black walnut mantle and Graphic Planc tile. The kitchen is anchored by a large island with 60-inch Wolf gas range. The cabinetry is Shiloh with Hartford Flat-Panel doors in Benjamin Moore's Pacific Sea Teal. The island top is Cristallo Iceberg Quartzite, with white oak butcher block for the countertops. The range hood motor was relocated to the attic to reduce noise. The house is fitted with an Energy Recovery Ventilator for fresh air and two dehumidifiers. The exterior features James Hardie board and batten in Midnight Soot with solid yellow cedar accents stained dark oak. The facade is completed with a Random Ashlar stone veneer and dark roofing.





## Severna Park Revival

**Entered by:** Ann Lane Home of Baltimore • [instagram.com/annlanehome](https://www.instagram.com/annlanehome)

**Additional project acknowledgements:** Joy Remodeling • Photography by Peak Visuals

**Project highlights:** This project reimagines a meticulously maintained all-brick Colonial home to reflect its new owners' personalities while honoring its timeless character. The 3,600-square-foot residential renovation focused on blending traditional aesthetics with modern functionality—updating finishes, adding custom trim, and introducing fresh materials like Carrara marble and slate flooring. Key spaces were re-envisioned, including a new home office, mudroom, and a previously unfinished attic turned into a tranquil retreat.

# Merrimac Retreat

**Entered by:** Taylor Hart Design of Edgewater • [taylorhartdesign.com](http://taylorhartdesign.com)

**Project highlights:** This unfinished basement was transformed into a relaxed, coastal-inspired retreat built for family connection and easy entertaining. Designed with teenagers and guests in mind, the space features a custom bar, ping pong area, and a large-screen TV perfect for movie nights and game-day gatherings. Soft tones, natural textures, and warm lighting create a breezy, laid-back atmosphere that flows through every corner. A private sauna was added as a quiet escape for the homeowner, bringing a touch of spa-like luxury into the home.





# Broadwater Residence

**Entered by:** Design House Studio of Maryland • [designhousemd.com](http://designhousemd.com)

**Project highlights:** Perched along the water's edge, this home was crafted as a serene escape from daily life. Designed to capture both the calm of the coast and the clarity of modern design, every detail feels intentional yet inviting. Airy, layered interiors pair crisp lines with tactile warmth, resulting in a space that's as livable as it is luxurious.

# Davidsonville House Comes Alive

**Entered by:** Wisteria Interiors of Annapolis • [wisteriainteriors.com](http://wisteriainteriors.com)

**Additional project acknowledgements:**

Design by Victoria Snelgrove of Wisteria Interiors • Photography by Brian Distad Photography • Custom built-ins by Joe McHugh Furniture • Wallpaper install by JE Stokes Jr & Son

**Project highlights:** For over a decade, the front rooms of this Davidsonville home went largely unused. With the homeowner's children nearing adulthood, she wanted those spaces to reflect a new season centered on hosting, entertaining, and celebrating with friends. The transformation begins in the parlor, where floor to ceiling built-ins painted in a bold, statement color create an instant focal point. Across the hall, the dining room is anchored by a beloved family heirloom: a Belgian dining table from her childhood in Europe. Just steps away, the powder bath extends the home's palette of boldness and fun. Together, the three rooms mark an empty-nest transition.



# Project Custis

**Entered by:** Erica's Events and Decor, LLC of Maryland • [ericaseventsanddecor.com](http://ericaseventsanddecor.com)

**Additional project acknowledgements:**  
Photography by Z Miller Photography

**Project highlights:** Through thoughtful design, the formal dining, living room, foyer, and powder room were completely redone into a cohesive, personalized, and luxurious living experience. The powder room became a striking statement space with lush green and gold finishes, complemented by textured wallpaper that adds depth and elegance. In the formal living room, statement artwork anchors the space while a gallery wall with custom built-in shelves showcases curated accessories that reflect the client's unique personality. The foyer sets the tone for the home with a sophisticated wall mirror paired with a sleek bench, creating a welcoming and practical entryway. A custom wine wall adds both flair and functionality.





# Glamorous Hunting Lodge

**Entered by:** Amanda Friend Interiors of Delaware • [amandafrienddesign.com](http://amandafrienddesign.com)

**Project highlights:** This glamorous Hunting Lodge called for a neutral palette with strong dark contrasts and natural textures. The glamour details help to balance the wood, stone, and animal trophies. The kitchen was designed to handle a lot of traffic with two large islands, two ovens, and two sinks. Oversized bedrooms with cathedral ceilings allow for tall windows to let in a large amount of light. The bathrooms have unique tile designs, selections of mirrored glass, marble, and metallic. A large banquet table which expands to accommodate more guests, establishes the dining room. The custom slip-covered dining chairs feature a velvet Greek key applique. An original Nancy Hammond painting of blue herons walking along the creek adorn the wall and is flanked by elegant silver leafed wall sconces. The trophy room showcases years of successful hunting trips.





# Annapolis Bathroom Remodel with Rustic Charm

**Entered by:** Ace Home Improvements of Crofton • [acehomeimprovementsllc.com](http://acehomeimprovementsllc.com)

**Project highlights:** This 1950s Annapolis home received a stunning bathroom transformation with a tub-to-shower conversion. The project came with a unique challenge: the house was built with radiant heat flooring. Relocating the toilet and vanity meant rerouting plumbing that was tied directly into the radiant system. To achieve the new layout, the team carefully broke through the concrete slab to access the existing copper piping, then reworked the plumbing to create a more functional space. A floating, wall-mounted vanity enhances the sleek, modern design. The shower features Kenridge Ribbon Maple matte porcelain wood-look tile, while the floor is finished in Nature Oval Alor black honed mosaic pebble. Fresh wallpaper completed the look.





# 1970s Waterfront Home Transformation

**Entered by:** Brickhouse Design and Build of Annapolis • [brickhousedesignandbuild.com](http://brickhousedesignandbuild.com)

**Project highlights:** This renovation reimagines a dated 1970s home while maximizing its natural setting and views. The original structure featured dark wood cladding and a screened-in porch off the back that obstructed sightlines to the water. By reworking the entire floor plan, the screened porch was incorporated into the main living area, opening the home to its surroundings and creating a seamless indoor-outdoor connection. A vaulted ceiling was introduced to bring volume and light into the space, accented by custom white oak collar ties. Expansive new windows were installed to frame the water views. Finishes throughout the home were carefully selected with a minimalist, Scandinavian-inspired approach.



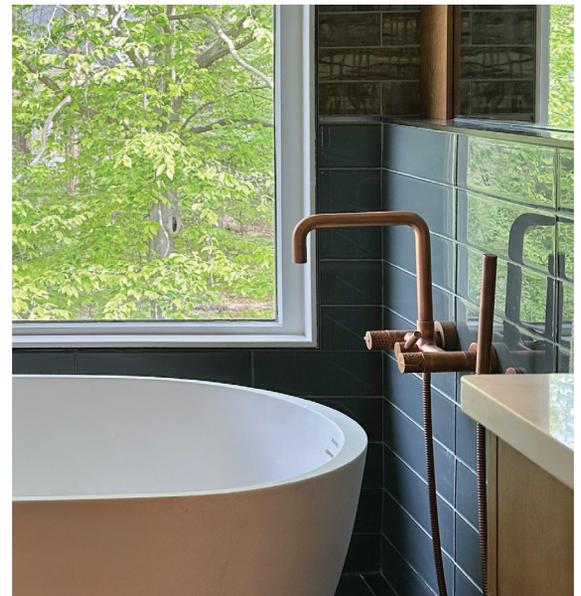
# Art Deco Inspired

**Entered by:** Design Solutions, Inc. of Annapolis • dsikitchens.com

**Additional project acknowledgements:**

Installation by Apogee Construction • Lighting by Bright Lights, Inc. • Tile by Atlas Marble and Tile • Countertops by In Home Stone • Copper fixtures by Ferguson

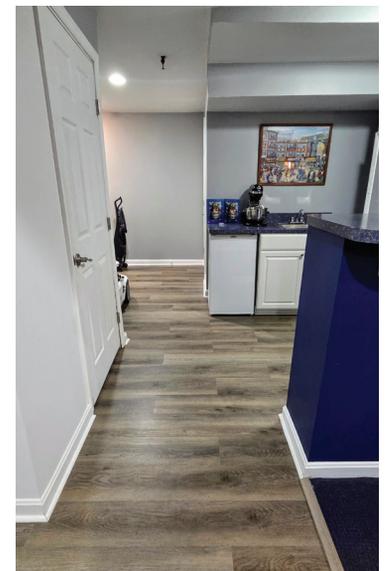
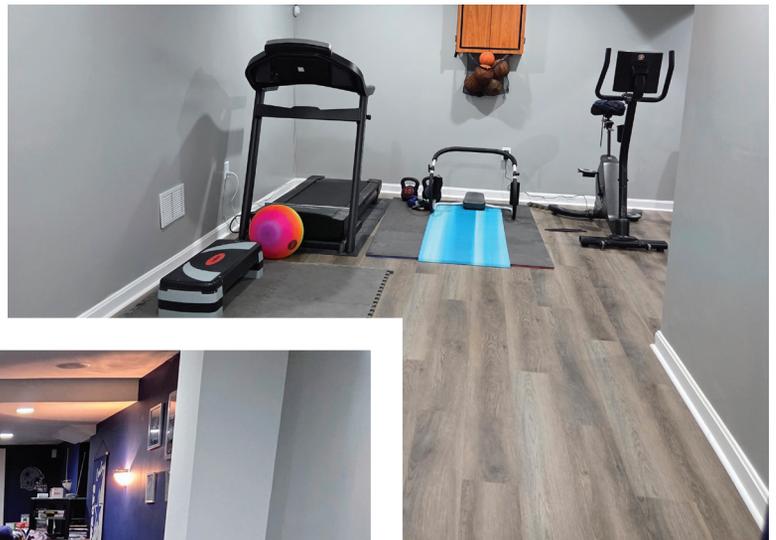
**Project highlights:** Designer Andrea Wheeler used this client's collection of Asian art deco pieces as inspiration for this primary bath remodel. The entire primary suite was reconfigured, creating a large walk-in closet and bathroom space. The toilet was tucked behind walls and additional storage was added with tall cabinetry. The double sinks were exchanged for a single bowl, more fitting for the client's lifestyle and adding more storage opportunity. The wet area is defined by the dramatic choices in tile with floor-to-ceiling patterned tile alongside glass and metallic accents. Cherry cabinetry and copper fixtures complement the blue-green tile work. Extending the mirror wrapped in cherry frame ensures brightness and reflection.

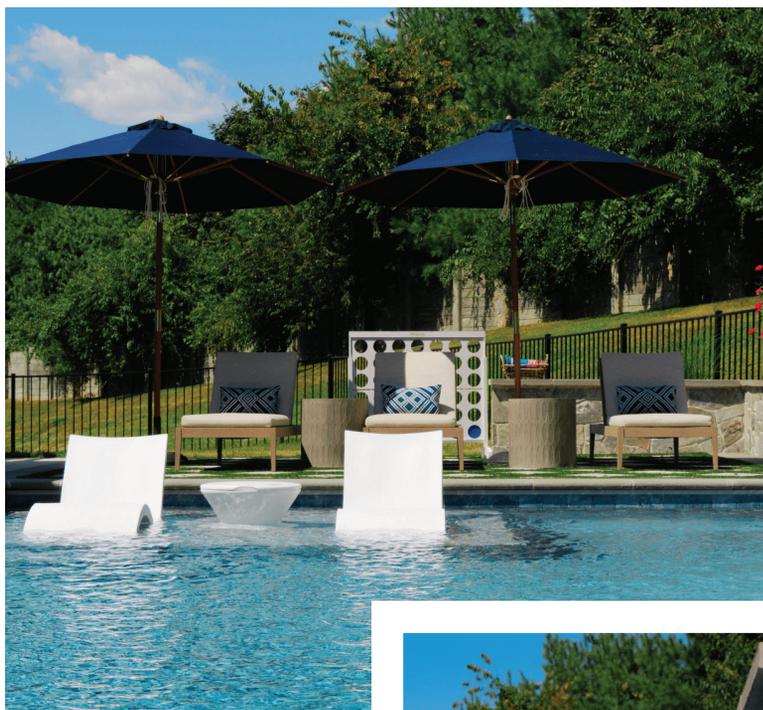


# Restoration to Recreation

**Entered by:** Floor Coverings International of Bowie • [floorcoveringsinternational.com/locations/us/md/bowie](http://floorcoveringsinternational.com/locations/us/md/bowie)

**Project highlights:** This series of images showcases a stunning basement renovation, transforming a water-damaged space into a durable and elegant living area. The centerpiece of this upgrade is the LVP (Luxury Vinyl Plank) flooring. The natural wood-like appearance complements the Dallas Cowboys theme, seen in the vibrant blue accent walls and various memorabilia. The space is multi-functional, featuring a comfortable entertainment area with a large projection screen and a bar-style table, a well-equipped home gym, and a stylish half-bathroom. The consistent use of gray walls and white trim creates a clean, modern backdrop, allowing the rich blue accents and new flooring to stand out.





# Blue Granite Retreat

**Entered by:** Coastal Pools of Grasonville • [coastalpoolbuilders.net](http://coastalpoolbuilders.net)

**Additional project acknowledgements:** Home Town Landscape

**Project highlights:** This project features a custom gunite pool and pool house that seamlessly blend natural materials with refined finishes. The pool's PebbleTec Blue Granite finish provides a rich, reflective water color complemented by 12x24 True Blue Blue-stone coping and matching wall accents for timeless sophistication. Three 12-inch copper Picard scuppers create a calming visual and auditory focal point, while the gray automatic safety cover maintains the clean, modern aesthetic. Terrasini Blue waterline tile adds depth and dimension. The pool house extends the outdoor living experience with cohesive architecture and integrated functionality. Surrounding patio and veneer elements complete the space with natural harmony.



# Chartwell Classic

**Entered by:** Framed to Finish of Maryland • framedtofinish.com

**Additional project acknowledgements:**  
Architect Amy Taylor

**Project highlights:** Created as part of a thoughtful addition, this kitchen blends timeless elegance with modern functionality. Soft, creamy cabinetry contrasts beautifully with the rich island, while aged brass fixtures add warmth and refinement. Every detail feels intentional, from the marble countertop running up the back walls to the serene color palette in the pantry and beverage center. The new square footage provides an airy layout with expansive windows, resulting in a space that feels elegant, yet livable.

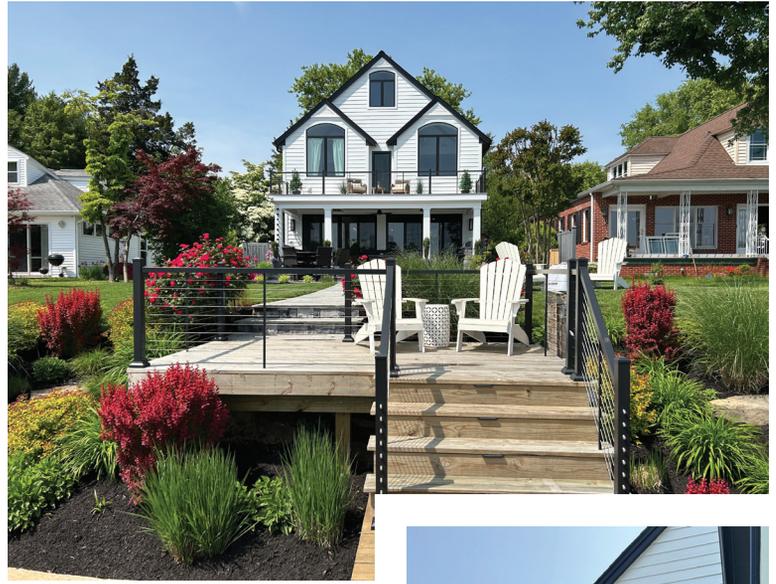




# Waterfront Retreat

**Entered by:** CLINTON+RIES Landscape Architects of Hyattsville • [clintonriesla.com](http://clintonriesla.com)

**Project highlights:** On the banks of the Magothy River, this hillside cottage needed a transformation to ground the house into a natural setting appropriate for the steep waterfront site. The client wished to implement a native garden that would resolve erosion issues and attract pollinators to this sloped site of the Critical Area on the shoreline of the Chesapeake Bay. A native seed mix was applied to the slope with larger specimens of perennials and ornamental grasses interplanted in clusters on the hillside. Every season provides a new visual show, as the seeds from the seed mix germinate. As the hillside directly drains into the river, best practices were used both during construction and into the maintenance period. Near the cottage house and on the edges of the property, native trees, shrubs and perennial gardens were implemented.



# Waterfront Oasis

**Entered by:** Fence & Deck Connection of Millersville • [fenceanddeckconnection.com](http://fenceanddeckconnection.com)

**Additional project acknowledgments:** Photography by Sarah Ditto and Nicole Bailey

**Project highlights:** This waterfront home in Severna Park features this new outdoor space. The decks showcase both TimberTech Advanced PVC deck boards in the Vintage Coastline and Landmark Boardwalk Gray colors, complemented by sleek aluminum cable rail on the second story deck for an unobstructed view of the water. Surrounding the property is a six-foot-tall Simtek composite fence in Nantucket Gray, providing both privacy and style.



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**L**ed by Jack Papaleonti, GRI, the Anchor Team at Academy Realty brings a powerful combination of experience, teamwork, and dedication to every real estate transaction. With over 65 years of combined expertise, we understand the complexities that come with buying or selling a home—and we know how to navigate them.

In real estate, challenges can arise quickly and unexpectedly. That's why having a responsive, knowledgeable team by your side makes all the difference. We've successfully handled transactions involving waterfront homes, historic properties, condos, co-ops, investment and retirement homes, foreclosures, bank-owned and condemned properties, as well as commercial real estate. We're also well-versed in dealing with homeowner associations, well and septic systems, and more.

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Homewood Neighborhood



**401 Fair Hill Court**  
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Hunt Meadow



**123 Spruce Lane**  
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Hillsmere Estates



**316 Tunstall Court**  
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**O**ur goal is to provide our customers with quality Hardscape construction and Landscape installations, as well as friendly and responsive customer service. From the planning stage to completion of your project, we want to exceed your expectations by enhancing and beautifying your home, plus solving any existing landscape problems. We specialize in Hardscape and Landscape renovation with attention to detail and craftsmanship.

Ciminelli's Landscape Services has over 35 years of experience and will work with you to create a landscape that is beautiful, creative, functional, and within your budget. We operate our business with integrity in all areas while designing and installing hardscape and landscape projects that meet your needs.

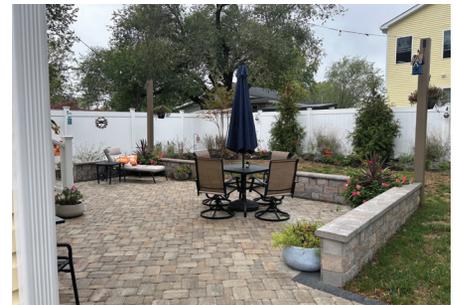
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*"We are so happy with our new front yard! The fresh design makes it so different from the 'usual' front yard design; so many people in the neighborhood (many of whom we don't even know) have remarked on how nice it looks."*

*"Your team, as always, was wonderful. The attention to detail and genuine care given to the project is clear in the end-result. The work site was meticulously cleaned up at the end of each day and the team was a pleasure to work with. Thank you to everyone at Ciminelli's!"*

*"The walkway is beautiful. I really love it. Overall, I have nothing but good things to say about the entire process. The crew did great work and left the job site in great shape each day. I would definitely recommend Ciminelli's Landscape to family and friends."*



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# RAMSEY MOORMAN

OWNER OF FLOOR COVERINGS INTERNATIONAL OF BOWIE, MD

Ramsey Moorman, Owner of Floor Coverings International of Bowie, MD, is a flooring industry expert on a mission to simplify one of the most stressful home decisions—new floors. Arriving in FCI’s innovative Mobile Flooring Showroom®, Ramsey brings thousands of options directly to homeowners, removing confusion and replacing it with clarity, confidence, and five-star service. Being able to see, touch, and compare flooring samples in the lighting and furnishings of one’s own home has proven incredibly valuable and convenient for customers. As a result, his team proudly maintains an average 5-star customer rating, a reflection of their care and craftsmanship.

Professionally, Ramsey leverages 23 years of corporate leadership experience to deliver unmatched professionalism to the flooring industry. His drive towards customer service excellence is fueled by his heart to impact the community in a positive way while changing the negative perception of home improvement contractors. When it comes to his personal “four walls,” his goal is to build a legacy for his family—a role model of what “great” looks like for his children, Tyson and Hailey. His wife, Caryl, remains his strongest supporter and helps keep him grounded and focused.

Deeply rooted in the community, Ramsey supports Wellspring Life Ministry, Crofton Cardinals 11U Baseball, Oxon Hill, and Bowie High Schools, and serves actively in his church. Outside of work, he enjoys travel, fitness, music, track and field, and time in Lewes Beach, DE—where reflection fuels his purpose.



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**B**uying or selling a home isn't a hobby—it's a high-stakes financial move. That's why I treat every transaction like your wealth depends on it... because it does. For nearly 30 years, I've helped Maryland clients win with smart strategy, tough negotiation, and the kind of calm, confident guidance that turns a stressful process into a clear plan with real results.

If you want a Real Estate Professional who protects you, tells you the truth, and knows how to get the best price and terms without the drama, I'm your person. Anne Arundel — I love it, I live it, I sell it.

I was raised in the Severna Park and Annapolis area, and that local-rooted perspective matters. I know the neighborhoods, the waterfront nuances, the hidden value in a street or school district, and the little details that can make a big difference in price, terms, and long-term lifestyle fit. Whether you're buying a condo, selling a generational home, or navigating a gated waterfront property, I bring sharp strategy, clear communication, and a calm, steady hand through every step.

Trust is everything in this business—and I don't take that lightly. I'm the daughter of two United States Naval Academy graduates who became Marines, and the values I grew up with—integrity, service, and accountability—still guide how I work today. My clients tell me the same thing again and again, they feel protected, informed and confident and they are thrilled with the results.

I'm proud to be a lifetime member of the top producing 1% of Anne Arundel County Realtors Masters Club, but what matters most to me is the relationship. My goal is simple: deliver the strongest outcome possible, while making sure you feel supported the entire way.

And yes—this is home. I live on the water in Annapolis with my husband and our German Shepherd, and when I'm not negotiating contracts, you'll find me boating to concerts, fishing, gardening, or escaping to the Delaware Beaches.

***Anne Arundel County — I love it, I live it, I sell it.***

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# AMANDA CALHOUN

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Amanda Calhoun approaches real estate with the expertise of an Associate Broker and the precision of a Project Management Professional (a certification she has held since 2017). Known for her strategic mindset and calm confidence, she brings clarity to every transaction—whether you're buying your first home, upgrading, or relocating out of state. Known for her data-driven approach and responsive communication, she takes pride in simplifying the process; and, with a background in planning and negotiation, Amanda delivers personalized, strategic guidance that empowers her clients to make smart, informed decisions.

Born and raised in Maryland, and currently residing in Calvert County, Amanda pairs local insight with modern tools to create seamless experiences and real results. Amanda has been recognized by *Washingtonian* Magazine and REAL Trends Verified as a top real estate professional in Maryland.

Ready to make a move with confidence? Let Amanda guide the way.



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# MIA ANDERSON



For over 20 years, Mia Anderson has been a trusted guide for thousands of individuals and families, helping them achieve their dreams of homeownership. Whether navigating market fluctuations, rising prices, or personal decisions, Mia has expertly steered her clients through the complexities of buying and selling real estate with unmatched skill and care.

As an award-winning Realtor, Mia's reputation for excellence is well-known across Central Maryland. She has been named Best Residential Realtor by *What's Up? Magazine* for three consecutive years, recognized as one of Maryland's Top 300 Realtors by *Chesapeake Real Producers*, and honored as Baltimore's Best Realtor by *Baltimore Magazine*. Additionally, Mia is proud to be a recipient of the prestigious Chairman's Circle Award, reflecting her consistent commitment to her clients and the real estate industry.

Mia is also deeply involved in her community. She serves as Vice President of the Greater Crofton Chamber of Commerce and sponsors their Women's Professional Network, helping businesswomen level up both personally and professionally. Outside of real estate, Mia is an avid gardener, sharing stories about her vegetable garden and her award-winning May Day Baskets. Choose Mia Anderson because *Nobody Moves You Like Mia Moves You!*



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# VANESKA ADAMS

## EXP REALTY, MARYLAND



A Maryland native, Vaneska Adams offers clients a refined local perspective shaped by more than 20 years working throughout Maryland, Washington, D.C., and Baltimore. She has built a successful career helping clients relocate to Maryland, strategically market and sell waterfront properties, and manage the complexities of buying and selling at the same time. With a background in sales and marketing, Vaneska brings a strategic, relationship-driven approach rooted in market insight, thoughtful planning, and trusted client advocacy. She believes real estate is about understanding priorities and delivering a seamless, highly personalized experience. She is a member of the National Association of Realtors, Anne Arundel County Association of Realtors and National Association of Hispanic Real Estate Professionals. Vaneska lives in Annapolis with her husband and 3 children. Outside of real estate, she enjoys gardening, exploring the region's culinary scene, and supporting the local establishments that define Maryland's lifestyle.



Vaneska Adams, SRS, ABR  
eXp Realty, Maryland  
Cell: 410-989-5220  
Office: 888-860-7369 ext. 684  
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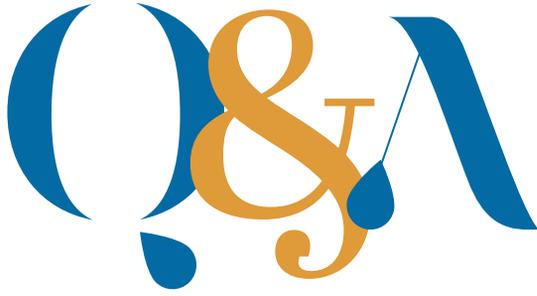


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## QUESTIONS & ANSWERS WITH THE EXPERTS



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

**A:** No. You can sell your investment real estate and reinvest the gain, tax deferred, to purchase your vacation or second home, the

challenge is making sure it will qualify as a 1031 investment property. Meaning that during the initial 24 months of ownership there are strict rules to follow regarding personal use. The important rule is that you can only use the property for 14 days each year or 10% of the actual days that you rent it out. For example, if you lease it for 200 days each year, your personal use can be up to 20 days. If you are able to abide by these rules, after two years the dream vacation home is yours to use as often as you like without any more requirements.

**Jack Papaleonti, GRI/Realtor®**  
The Anchor Team of Academy Realty



**Q:** Do we need to make repairs or updates before we list our home?

**A:** Before you spend a dollar, let's talk. I'll walk through your home and tell you what will actually increase buyer interest and value—and what you can

skip. If updates make sense, I can connect you with trusted, licensed pros, and in some cases the cost can be deferred until after closing. The goal is simple: maximize your return and avoid wasted time and money.

**Christy Bishop**  
Associate Broker  
Berkshire Hathaway HomeServices PenFed Realty



**Q:** What is your process for estimating, planning and installation of a Hardscape/Landscape Project?

**A:** Our first step is meeting at your property to discuss your needs. Do you want an area for entertaining; better walkways; additional space for parking or outdoor furniture;

retaining walls for seating or soil retention; drainage improvements; natural stone or paving materials...and more? A proposal and conceptual sketch is prepared showing a cost estimate. Customers meet at our sister business - Ecoasis Garden Center to review materials and see the products and plants. Our teams of skilled employees work on your project from start to finish without delays or interruptions and a specific timeline is provided.

**Matt Ciminelli**  
Ciminelli's Landscape Services, Inc.



**Q:** How do you differentiate yourself in a crowded real estate market while delivering exceptional service and lasting value to clients?

**A:** In a saturated market where everyone you meet seems to be in real estate, I remind myself to be authentically me. I am wonderful

at what I do for my clients and they are hiring me for MY expertise, not theirs. I tell them the truth even if it is a difficult pill to swallow. When you learn to uphold your own integrity instead of saying whatever the client wants to hear just to get the deal, it will be doing them a huge favor whether they know it or not. My clients come back repeatedly and refer others to me for this reason. They trust my advice and understand they will benefit in the long run

**Walter Liang**  
Realtor & Global Luxury Specialist  
Coldwell Banker Realty Crofton



**Q:** How do you differentiate yourself in a crowded real estate market while delivering exceptional service and lasting value to clients?

**A:** My focus isn't my competition—it's exceptional client service. When service comes first, every decision around pricing, marketing, and

negotiation is made with clarity and intention, because the client's best interest always leads. With a background in operations, marketing, and human resources, I blend smart strategy with a people-first approach. I treat every transaction as a long-term relationship, not a one-time deal. That mindset builds trust, drives referrals, and creates lasting value well beyond the closing table for clients who expect thoughtful strategy, seamless execution, and representation that protects both value and peace of mind through every step with confidence always

**Kelly Harris**  
Realtor & 2025 Coldwell Banker International Sterling Society Awardee | Coldwell Banker Realty Crofton



**Q:** How is the new Towne Row community unique for Annapolis?

**A:** Towne Row is a rare offering of 18 new construction, elegant townhomes in the heart of Annapolis—something truly unique for this historic city. The residences feature private elevators, expansive

rooftop terraces, and two-car garages, designed for modern, low-maintenance living. Perfect for discerning downsizers, part-time residents, professionals, and multigenerational households, each home offers refined finishes and thoughtful flexibility. Just steps from the upscale shops, dining, and wellness amenities of Annapolis Town Center, and minutes from D.C., Baltimore, and BWI, Towne Row delivers sophisticated urban living in a coveted coastal setting. Home tours are available now!

**Alison Wisnom**  
Coldwell Banker Realty



**Q:** What recent changes in flooring should customers consider for their homes?

**A:** Advancements in flooring technology makes life easier. Now customers can have beauty and performance, with more flooring options available than ever before. Families and pet owners are

wowed by Luxury Vinyl options that offer stunning wood and tile visuals with waterproof durability, ideal for busy households. Modern laminate delivers exceptional scratch resistance and warmth along with waterproof capability, standing up to kids and pets while maintaining a high-end appearance. Engineered hardwood provides the timeless appeal of real wood with added stability. Additionally, innovative options like monolithic wood are fully waterproof, increasing longevity and boost resale value by delivering style, durability, and peace of mind.

**Ramsey Moorman**  
Owner of Floor Coverings International of Bowie, MD

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# Pride of Ownership

◆  
**3 REAL  
ESTATE  
TRENDS  
TO WATCH  
IN 2026**

*By Lisa  
J. Gotto*

That inherent, holistic sense of home. It's something that's more of a feeling than a construct because when you get there you know it; you feel it.

As we enter into what is traditionally the most active time of the year for real estate, we felt it was a good time to take a fresh look at what the market drivers are in this sector, what potential homeowners are wish-listing, and what that means for our greater Chesapeake region.





# Amenities vs. Infrastructure

Relative to this conversation is the discussion of the three primary trends that are attractive particularly to home buyers in our area; the first is the **Wellness Real Estate Trend**.

While we have seen residential designs that specially address health in the form of adding home gyms and other luxury extras like spa amenities to baths for the last couple of decades, this latest take on wellness, also known as “Frictionless-Living,” denotes a holistic integration of the entire home.

Wellness real estate, as defined by biofilico.com, is the intentional design of environments that proactively support the physical, mental, and social health of occupants. It helps to think of the concept as amenities versus infrastructure.

**Differentially, this concept takes flashy elements that you can see, such as the home gym, to health-perpetuating elements that you can't. These include:**

**Circadian Lighting Systems:** Designed to mimic the sun's natural progression to regulate sleep-wake cycles.

**Advanced Air & Water Filtration:** Medical-grade HEPA filtration and multi-stage water purification systems which have become a new-build standard in multifamily builds in the mid-Atlantic region.

**Regenerative Design:** Uses non-toxic, “living” materials, such as mycelium insulation or VOC-free paints which work to improve indoor air quality over time.



Across the Chesapeake region, real estate experts are concurring that buyers are prioritizing health and wellness, in equal measure with both home efficiency and aesthetic standards.

“I am definitely seeing that buyers are more interested in homes that offer these trends. They especially want the cleanest air possible and install air purifiers,” says Cornelia Heckenbach, an associate broker with Long & Foster Real Estate based in St. Michaels.

“They are also requesting quality water systems that feature the reverse osmosis process which removes more contaminants for the whole home and are switching from gas ranges to convection cooktops for overall safety,” she adds.

Christopher Ducey, Managing Broker of Annapolis Fine Homes Office, Long and Foster Real Estate, adds to this thought. “Efficiency and wellness are sometimes synonymous. A geothermal heating and cooling system is about efficiency, with wellness as an added benefit. The same can be said for certain types of air filtration systems. While dedicated fitness and wellness areas will remain important when space allows, buyers are increasingly requesting optional spaces for health and fitness. A flex space that allows owners to adapt a room to changing needs and trends, such as a fitness area, office, or golf simulator, will likely be more valuable. Wellness considerations can also be driven by personal preference, such as induction versus gas cooking, and in some cases, by cost.”



# Always on Vacation

Another key amenity that developers are providing is forever living scenarios. This aspect of longevity is essential for homeowners who are in better health and are living longer. Alison Wisnom, associate broker with Coldwell Banker in Annapolis says the options are here for consumers who want them.

“We are currently offering 18 new construction townhomes for sale at Towne Row, each with a private elevator. While not a senior community, many inquiries are focused on the ability to downsize into a home that’s easier to care for and offers seniors long-term living,” Wisnom explains.

“Even if they don’t currently need the elevator, it’ll be there for them when they do, and they can stay in their home independently. Also, these homes offer two primary suites on separate floors, so in the event they need a caregiver at some point, they can each have privacy.”

**Key Cultural Drivers:** A growing focus on mental health and longevity, a greater demand for self-care and functional luxury, and the willingness of high net-worth buyers to pay premiums for these enhancements.

**Additional Key Features of Wellness Integration:** Dedicated meditation and yoga rooms or spaces, aspects of biophilic design, such as indoor plants including green walls, and optimized natural light throughout.

“In waterfront markets especially, wellness shows up through biophilic design, expansive views, indoor-outdoor living, and spaces that encourage movement and calm,” explains Brad Kappel, Executive Vice President of TTR Sotheby’s International Realty in Annapolis. “We see these features directly influencing how buyers emotionally connect to a home and how they value it.”

Trend No. 2 is the increasing popularity of **Resort-Style Homes**. Designed to feel like you’re on a permanent vacation, our Chesapeake Bay backdrop provides the perfect *location, location, location* when bundled with a premier property enhanced to entertain and sustain its inhabitants 24/7.



**Key Cultural Drivers:** Along with providing the financial security that properties with multiple residences and high-end amenities create, many experts feel that living through the pandemic made homeowners more thoughtful about their surroundings and needs.

“POST-PANDEMIC, THERE’S ALSO A HEIGHTENED DESIRE FOR PRIVACY, SELF-CONTAINED LIVING, AND HOMES THAT GENUINELY ENHANCE QUALITY OF LIFE,” KAPPEL SAYS.

**Additional Key Features of Resort Style Homes:** Upscale outdoor living environments that mimic “all-inclusive” recreational experiences. These often include infinity pools, outdoor kitchens, living, and dining spaces, and entertainment terraces. Ideally the property also has access to recreational amenities such as walking trails, pickle ball and tennis courts, golf courses, beaches, ski slopes, and flex spaces that provide the opportunity to host a private event or family gathering.



Geographically, we are fortunate that our area is extremely well-suited to deliver on most of these points. “Our vast waterfronts are already geared toward the resort lifestyle with pools and numerous reasons to be outdoors,” Heckenbach says. “And Talbot county is the perfect destination for resort style homes. If someone does not buy waterfront, there are also home offerings that are nearby golf courses and yacht clubs.”

## Prime Location = Enduring Value

Of the three primary trends, No. 3, the **Legacy Property Trend** resonates most keenly with David Orso, a licensed REALTOR and owner at Berkshire Hathaway Home Services PenFed Realty of Severna Park.

“Legacy properties will become more common in our region as baby boomers start to deploy hard earned assets toward creation of family gathering spaces,” Orso explains. Legacy homes are properties that typically carry long-term value, historical significance, and/or prestige.



And every once and a while our area specifically produces a property “unicorn” that embodies the aspects of all three trends.

“A recent example is The Friary, a historic waterfront estate we represented that perfectly embodies the convergence of wellness, resort-style living, and legacy ownership,” Kappel says.

“The property featured indoor and outdoor pools, expansive entertaining areas, and a private pier with deep-water docking. It wasn’t just a luxury home—it was a generational estate, and buyers responded to it as such.”

Chuck Mangold, Jr., Associate Broker at Benson & Mangold Real Estate, a prominent Eastern Shore brokerage, says he finds all these trends to be intriguing, relevant, and worth keeping up with.

“Since we have a higher end, luxury market here, legacy properties, or as we call them ‘heirloom homes’ are family purchases we see a lot.”

While these types of property sales have always been there, Mangold says he is noticing an uptick in intentional planning associated with them.

“I have seen several homes purchased in entities that were set up with generational ownership in mind from the outset. We are seeing more of this type of proactive estate planning done at inception rather than an afterthought years later.”

### Key Cultural/Economic Drivers:

More buyers with an interest in long-term wealth preservation; the status that owning a prestigious property confers; and greater demand for homes that can become family legacies or investment assets.

### Additional Key Features of Legacy Properties:

These homes, or in some cases estates, can possess an architectural significance, historical relevance, a prime location with proven enduring value; or homes that provide flexibility for multi-generational living, or rental/investment potential.

# Sector Responses

Responses to the overarching market influences of the generational shift that values experiences over possessions, the financial ability to pursue lifestyle-focused homes, and the increasing awareness of sustainability, environmental impact, and personal wellness has developers, architects, and brokers taking more bespoke or highly-localized approaches to providing living scenarios for current and potential residents.

More thoughtful living experiences that foster and enhance community, developed with environmental forethought, and long-term living potential are being talked about and planned for across the region, from bustling Annapolis to more bucolic towns on the Eastern Shore.

Case in point, the recent introduction of the Chestertown Downtown Master Plan on the Eastern Shore. This comprehensive and strategic roadmap for growth and development factors in the “experience” pivot, to the concept of urban revitalization.

A specific aspect of the plan recognizes and builds on the town’s inherent “walkability” factor with developers looking at “Opportunity Sites” identified in the plan to create mixed-use spaces. One of the plan’s goals is to connect the Washington College campus more seamlessly to the downtown core via the Rail Trail and improved sidewalk networks.

In terms of real estate opportunities, some newer developments are high-profile examples of the trend of “right-sized” luxury where the focus shifts from larger estates to somewhat smaller dwellings that provide high-efficiency windows, options for energy-conscious heating, and open-concept layouts that maximize natural light, which is a core biophilic wellness tenet.

And with our many bay- and river-centric communities, environmental concerns are always top-of-mind, as seen in some new projects, particularly those by local leaders that are emphasizing the concept of “coastal resilience.” Towns, like Chestertown, Annapolis, and many others, have been working with design firms to create responsible, forward-looking development



models and infrastructure upgrades (e.g. Annapolis’ City Dock stormwater resiliency project) to ensure that future development remains holistic, sustainable, robust, and cohesive.

This is reflected in higher elevations for new builds, the use of permeable surfaces, responsible stormwater managements systems, and/or replacing traditional bulkheads with living shorelines to manage the 17 percent increase in flood risk projected in 2026 data. Additionally, local land and river conservation groups can bridge homeowners to county/state/federal grant options to assist the funding of such remediation projects on a smaller scale.

Clearly, the significance of “trends” is weightier than the term itself, and the professionals in these sectors are keen to continue the discussions around these blinking indicators as part of a forward-looking, strategic, and thoughtful approach to the places people call home.



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CHESAPEAKE TRADITIONS ARTICLE SERIES

# Off to the Races

Celebrating  
the storied  
history of  
steeplechase  
racing in  
Maryland

story by **LISA A. LEWIS** photography by **DOUGLAS LEES**



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hen Ben Nevis, a famous champion steeplechase horse ridden by Baltimore banker and amateur jockey Charlie Fenwick, Jr., won the English Grand National in 1980, the historic race proved that

dreams can come true—despite the odds. Highly regarded for his achievements in steeplechase racing, Ben Nevis had an exceptional record. He was undefeated in the United States—winning all 12 of the races in which he competed, including the 1977 and '78 Maryland Hunt Cups. However, he struggled significantly in England, where he lost 12 races.

Although Ben Nevis had been a strong contender in the English Grand National the previous year—due to his success in the United States and favorable ground conditions—he fell after a pileup involving several horses and didn't complete the course. Undeterred by this frustrating and disappointing experience, Fenwick was determined to attempt the race one more time and returned to England in 1980.



Charlie Fenwick, Jr., on Ben Nevis II at the 1977 Maryland Hunt Cup.



Eric Poretz takes Senior Senator over the 13th fence at the 2016 Maryland Hunt Cup, eventually winning the race.

Expectations for the race, including those of Ben Nevis' trainer, Tim Forster, were low. But Ben Nevis, who was an underdog with 40-1 odds, rose to the occasion—winning the 1980 English Grand National by 20 lengths. Of the 30 starters, only four horses finished due to the very soft ground and standing water on the course—conditions that made the race especially difficult. The triumphant victory was a major upset and a true comeback story for Ben Nevis.

“The key to this whole story is Jay Trump [a famous champion American steeplechase horse],” Fenwick says. “When he won the English Grand National in 1965, I was 17 years old and an aspiring steeplechase jockey. I knew the jockey, Tommy Smith. And Jay Trump's trainer was my uncle. So, I was well aware of Jay Trump. When he went to England and won the race, I thought, ‘I can do that.’ And from that moment on, that thought was in the back of my mind.

“When Ben Nevis won the English Grand National, it was a dream come true—just a wonderful experience. He gave us all such a thrill that day. It was a bit shocking. But when we reflected on what he had achieved in the past, we realized that we weren't so shocked. The victory was Ben Nevis' only win in England and a wonderful way to retire him. I think he wanted to go out on a high note.”

Riding Ben Nevis to victory established Fenwick as a prominent amateur steeplechase jockey on the world stage and inspired future generations of amateur jockeys. Held annually at the Aintree Racecourse in Aintree, Merseyside, England (near Liverpool), the race is regarded as “the ultimate test of horse and rider.”

Not only did the monumental win earn Fenwick international acclaim, but it also shined a light on steeplechase racing in Maryland—showcasing its rich history and proud heritage. A native Marylander, Fenwick's legendary success in England also served as a testament to the prestigious and challenging tradition of steeplechase racing in Maryland and the ability of amateur jockeys.

## A Cherished Tradition

Like Fenwick, many Marylanders love the thrill of steeplechase racing, a beloved sport in which amateur jockeys and their horses jump over obstacles on rural countryside courses. Although the races may feature hurdles (obstacles consisting of a metal frame filled with artificial brush) or timber (solid, immovable wooden post-and-rail fences), timber racing is more popular and culturally significant in Maryland, which is renowned for its timber races.

The inclusion of these timber fences, which can be up to five feet tall, adds a unique dynamic to steeplechase racing, and, for this reason, it is considered more challenging and demanding than flat track racing. While flat track racing focuses on speed and pacing, steeplechase racing requires an additional skill set, including not only speed but also jumping expertise, agility, and stamina.

“Steeplechase racing is unique in that the horse and jockey are asked to jump multiple fences over a distance of at least two miles and up to four-plus miles,” Fenwick says. “This adds another discipline to the sport of racing. Managing a horse in that environment requires the jockey to make the effort of jumping as smoothly and efficiently as possible as well as getting the horse to run with determination and courage.”

“Steeplechase horses must have the ability to jump, but they also have to want to jump,” adds Dan Baker, owner of champion steeplechase horse Road to Oz. “Some horses are better suited to flat track racing, so it’s important to let the horse guide you, show you his capabilities, and let you know what he wants to do.”



It was a very close finish at the 2016 Maryland Hunt Cup with Senior Senator, in center, winning.



2016 Maryland Hunt Cup presentation.

Each spring, horse enthusiasts look forward to the start of the steeplechase race season with great anticipation. Although races also take place in the fall, spring is the peak season, and excited spectators gather together every year to enjoy the thrill of one of Maryland’s most cherished traditions as they socialize in a lively atmosphere, characterized by tailgating, picnicking, and fun for the entire family.

In addition to the social aspect of the sport, another defining characteristic of steeplechase racing is its multigenerational family participation. Many family members pass down the tradition to the next generation—preserving its rich heritage.

Furthermore, steeplechase racing supports philanthropic and land conservation efforts. Many steeplechase races are organized by non-profit organizations, with the proceeds benefiting charitable causes. Private landowners also play a critical role in the tradition by allowing races to be held on their property.



Joe Davies, trainer, congratulates Eric Poretz on his win with Senior Senator in 2016.



The Crawfords celebrate the 2018 Maryland Hunt Cup win, again with Senior Senator and jockey Eric Poretz.



Skip and Vicky Crawford with their 2019 Maryland Hunt Cup trophies. With their third Cup win with Senior Senator and jockey Eric Poretz, the group officially retired.

## Deep Historical Roots

According to the National Steeplechase Association (NSA), the official governing body and sanctioning authority for American steeplechase racing, based in Fair Hill, Maryland, steeplechase racing originated in Ireland in the mid-18th century, deriving its name from cross-country races from church steeple to church steeple, hence “steeplechase.”

The arrival of horses in Maryland in the 1600s laid the foundation for the state’s rich equestrian history and contributed to the emergence of steeplechase racing, which dates back more than 100 years and traces its origins to fox hunting. The sport evolved from competitions between fox hunting clubs in Northern Baltimore County, and these informal rivalries ultimately led to the establishment of sanctioned timber races. Many organizations, such as hunt clubs, also host unsanctioned races, which are often referred to as point-to-point races.

Skip and Vicki Crawford, owners of Senior Senator, a famous champion steeplechase horse, were introduced to steeplechase racing through their involvement with the Potomac Hunt Club, a nonprofit organization dedicated to preserving the tradition of foxchasing.

“We were active in the club and volunteered at the Potomac Hunt Races, the club’s annual point-to-point steeplechase event,” Vicki says. “We loved the close-knit foxchasing community and the social aspect. Our volunteer work with the Potomac Hunt Club inspired us to become involved with steeplechase horses, and owning horses became a natural part of our lifestyle.”

In addition to the Potomac Hunt Club, the Maryland Steeplechase Association (MSA), a nonprofit organization that promotes and develops amateur equestrian sports, also continues to “[foster] traditional relationships between foxchasing and steeplechasing.”



Jockey Eric Poretz and Senior Senator win the 2019 Maryland Hunt Cup.

## Milestones and Memorable Moments

Winning the Maryland Hunt Cup is an extremely challenging feat that many owners, amateur jockeys, horses, and trainers never accomplish. So, when they win the race multiple times, it's definitely a significant achievement and a source of pride. Seeing Senior Senator, who was trained by Joe and Blythe Davies and ridden by amateur jockey Eric Poretz, win the Maryland Hunt Cup three times (2016, 2018, and 2019) was truly an amazing experience for the Crawfords.

As a result of this milestone, the Crawfords retired the prestigious Challenge Cup in 2019, making them the permanent owners of the trophy. According to the Maryland Hunt Cup conditions, this honor is bestowed upon owners whose horse wins the race three times. The victories do not have to be with the same horse or during consecutive years. The Crawfords are only the seventh owners to retire the Challenge Cup, based on official race records.

"Receiving this honor is truly phenomenal," Vicki says. "When I look at the trophy, I ask myself, 'How did we do it?' It was so shocking, and it's difficult to describe the feeling."

## Maryland's "Big Three"

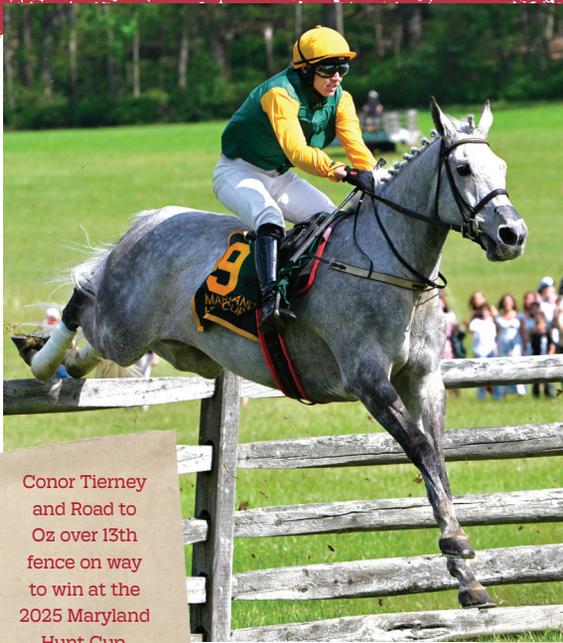
According to Valleys Planning Council (thevpc.org), the first recognized steeplechase race was run at Pimlico, the home of the Preakness Stakes, on October 18, 1873, over a course built in the infield. This race contributed to the growth of steeplechase racing in Maryland and the establishment of prominent timber races, including the "Big Three."

These prestigious races include **My Lady's Manor Steeplechase**, a three-mile race with 16 fences held in Monkton; **the Grand National Steeplechase**, a three-mile race with 18 fences held in Butler; and the **Maryland Hunt Cup**, a four-mile race with 22 fences held in Worthington Valley.

Held annually on three consecutive Saturdays in April, all three legs of the "Big Three" are challenging. With their long distances and tall timber fences, the races represent the ultimate test of skill, stamina, and courage—for both amateur jockeys and horses. But the Maryland Hunt Cup is considered one of the most difficult and demanding steeplechase races in the world and the most challenging timber race in the United States. In fact, the race is often compared to the English Grand National.



Jockeys and horses up and over the third fence at the 2025 Maryland Hunt Cup.



Conor Tierney and Road to Oz over 13th fence on way to win at the 2025 Maryland Hunt Cup.



Top: Jockey Conor Tierney and Road to Oz with family and friends in the winners circle of the 2025 Maryland Hunt Cup. Bottom: Presentation of the Hunt Cup at the 2025 event.

Senior Senator's ability to win the Maryland Hunt Cup three times is even more meaningful to the Crawfords because he suffered a severe neck injury when he fell during the race in 2017. The couple was distraught and thought that he would never race again. But Senior Senator proved his resilience—making a complete recovery and a remarkable comeback. He returned to racing and went on to win the Maryland Hunt Cup in 2018 and 2019.

"We made sure Senior Senator had the best veterinary care, and he recovered well," Skip says. "He was very athletic, and he had great competitive spirit and high energy. Although he was considered a difficult horse, Joe and Blythe worked well with him and knew how to channel his ability. It was a perfect fit. Senior Senator was truly an amazing horse, a legend. And he wanted to win."

In 2019, Senior Senator achieved another milestone in his historic career when he won the Grand National Steeplechase three consecutive times (2017, 2018, and 2019). As a result, the Crawfords retired the Grand National Challenge Cup—the same year that they retired the Maryland Hunt Cup Challenge Cup.

Three Maryland Hunt Cup victories is a rare achievement, but winning the race for the first time is also an extremely exciting experience, as Dan Baker learned in 2025 when his horse, Road to Oz, trained by Mark and Rebecca Beecher and ridden by amateur jockey Conor Tierney, won the race.



The victory is especially memorable for Baker because, at first, he didn't realize that Oz had won. When Baker and his family and friends watch the race, they always go up to the top of the hill—except for the three times that they have had a horse in the race. Then they go down toward Tufton Avenue, which offers a good view of the jumps and a better sense of how the horses are doing.

"We were down in the field by Tufton Avenue, so we rushed over to the finish line," Baker says. "When the horses went by us, Oz was moving up, but then we couldn't see him. The race finished, and everyone was cheering. We thought that Oz had come in second place. But then we heard the announcer say, 'The winner is Road to Oz.' And our reaction was, 'Oh my God! Oz won!' So, I didn't actually see him win until I watched the video."

Although winning the Maryland Hunt Cup as an owner offers a different perspective than winning the race as a jockey, the experience is equally thrilling.

Before Fenwick made a name for himself at the English Grand National in 1980, he was a well-known amateur jockey in Maryland. He won the Maryland Hunt Cup twice (1977 and 1978) while riding Ben Nevis. In the 1978 race, Ben Nevis set a new course record. According to the National Museum of Racing and Hall of Fame, in which Ben Nevis was inducted in 2009, Ben Nevis and Jay Trump are the only two horses to win both the English Grand National and the Maryland Hunt Cup.

“My father-in-law bought Ben Nevis in England and brought him back to Maryland,” Fenwick explains. “I took over his care and training. Ben Nevis was a difficult horse in many ways, but he was also sweet and kind. After winning the Maryland Hunt Cup twice, he gave us all the signals we needed to take him abroad and try to accomplish what Jay Trump had done. And my dream of winning the English Grand National came true. I am very fortunate.”

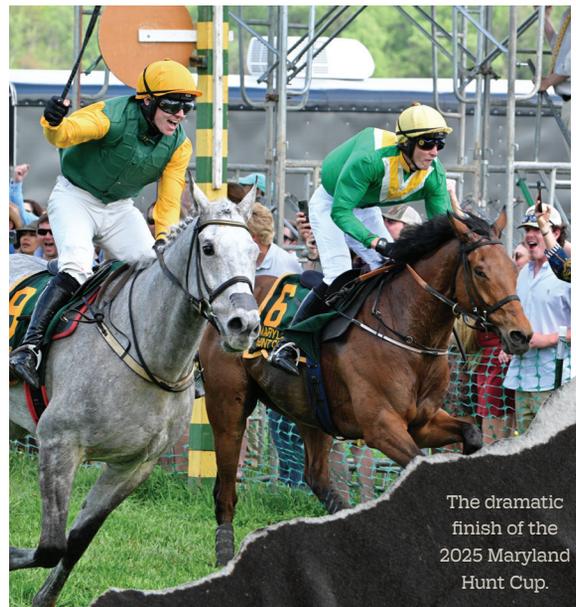
Indeed, the personal experiences and success stories of Fenwick, the Crawfords, and Baker demonstrate the high caliber of steeplechase racing in Maryland—solidifying its status as a hub of world-class timber racing and inspiring future generations of the steeplechase community.

## A Springtime Celebration

As winter departs, unleashing its grip on the region, steeplechase racing offers a fun way to usher in spring. Horse enthusiasts from all walks of life embrace Maryland’s rich equestrian history and marvel at the challenging courses—watching in awe as skilled amateur athletes and their courageous horses achieve breathtaking feats. Taking place in picturesque, countryside settings, steeplechase racing combines the competitiveness of a beloved sport with the celebratory culture of a community event.

“It’s so rewarding to see a steeplechase horse develop, fulfill his potential, and win,” Baker says. “Since the steeplechase race season is relatively short, we cherish the opportunities to participate in the races. And when we win, it’s even more special.”

Rebecca and Mark Beecher, trainers of Road to Oz, after the race.



The dramatic finish of the 2025 Maryland Hunt Cup.

# SPRING STEEPLECHASE RACING SCHEDULE

*\*Maryland's "Big Three"*

- March 28** – Green Spring Valley Hounds Point-to-Point, Cockeysville • [gsvhounds.com](http://gsvhounds.com)
- April 4** – Elkridge-Harford Point-to-Point, Monkton • [elkridgeharfordraces.com](http://elkridgeharfordraces.com)
- \*April 11** – My Lady’s Manor, Monkton • [manorraces.com](http://manorraces.com)
- April 12** – Mount Harmon Wicomico Hunt Point-to-Point, Earleville • [mountharmon.org](http://mountharmon.org)
- \*April 18** – Grand National Steeplechase, Butler • [grandnationalsteeplechase.com](http://grandnationalsteeplechase.com)
- \*April 25** – Maryland Hunt Cup, Reisterstown • [marylandhuntcup.com](http://marylandhuntcup.com)
- May 17** – Potomac Hunt Races, Poolesville • [potomachuntraces.com](http://potomachuntraces.com)

# BUSY BEES!

## 2026 SUMMER CAMPS & PROGRAMS GUIDE

Our region is rich in summer camp options, but also a vast number of families, children, and teens to fill them up! So, parents, this is your cue to start planning. Many camps have begun the enrollment process. Each February we put together this guide, which offers a sampling of options for enrichment, education, and athletic camps in our region. Check out more than a few of our favorites to help plan your summer!

### ANNAPOLIS OPERA COMMUNITY & EDUCATION PROGRAMS 2026

**Location:** Maryland Hall for the Creative Arts—801 Chase Street #304A, Annapolis **Contact:** Box Office: 4102670087; Administrative Office: 4102678135; info@annapolisopera.org; annapolisopera.org  
**Ages/Levels:** All ages for family and community programs; older teens and adults for performance-based educational events  
**Session Format/(Last Known) Schedule and Cost:** Year-round educational and community programs including interactive recitals, Opera Insight Series talks, Stories Through Music library concerts, Opera Up-Close recitals, and family-friendly matinee performances. Events may be ticketed or free and schedules vary seasonally.  
**Description:** Annapolis Opera provides professional opera performances alongside educational and outreach programs designed to engage audiences of all ages. Programs introduce young audiences to classical music, vocal arts, and opera through interactive concerts, storytelling, workshops, and special matinees. Educational events may include discussions with performers, demonstrations, and opportunities to explore music in a hands-on way.  
**Note:** Annapolis Opera does not operate a traditional summer day camp or multi-week training program for children and teens. Families seeking operatic training opportunities may consider the Maryland Opera Summer Camp in Baltimore or other local youth performing arts camps.

### ANNAPOLIS SYMPHONY ACADEMY (ASA) YOUTH ENSEMBLES & EDUCATION PROGRAMS 2026

**Location:** Maryland Hall for the Creative Arts—801 Chase Street, Annapolis **Contact:** Annapolis Symphony Orchestra Education Department, info@annapolisymphony.org; 410-263-0907 **Ages/Levels:** Approximately ages 6–18, depending on ensemble; beginner through advanced pre-college musicians **Program Format/(Last Known) Schedule and Cost:** Year-round, audition-based youth music education program with weekly rehearsals during the academic year and periodic performances, workshops, and special events. Ensembles include Lyra Chamber Ensemble (younger musicians), Aries Youth Chamber Orchestra, Aquarius Wind Ensemble, and Orion Youth Orchestra (advanced students). Tuition is offered on a sliding scale, with need-based assistance available; fees vary by ensemble. **Description:** The Annapolis Symphony Academy is the education arm of the Annapolis Symphony Orchestra, offering ensemble-based training for young musicians seeking a high-quality orchestral experience. Students rehearse regularly under professional conductors and music educators, develop ensemble skills and musical literacy, and perform in concerts throughout the season. While ASA does not operate a stand-alone summer camp, participants may take part in special events, workshops, and family-focused music programs that occur in late spring and summer,

including performances connected to the Symphony's community outreach efforts.  
**Note:** The Annapolis Symphony Academy does not currently offer a traditional week-long or multi-week summer camp. Families should consult the ASO website or contact the Education Department directly for 2026 ensemble placement details, audition requirements, tuition information, and any summer-adjacent programs or events.

### ARCHBISHOP SPALDING HIGH SCHOOL SUMMER CAMPS 2026

**Location:** 8080 New Cut Road, Severn **Contact:** 4109699105; archbishopspalding.org/campus-life/summer-camps **Ages/Levels:** Youth and students approximately ages 6–17-plus, depending on the specific camp and grade level **Session Format/(Last Known) Schedule and Cost:** Weekly summer camps offered June through July, including academic enrichment and athletic skill-building programs. Academic camps cover art, creative writing, engineering, and test preparation. Athletic camps include basketball, baseball, soccer, softball, dance, and other sports. Session lengths and tuition vary by camp, ranging from \$150 (half-day) to \$300-plus per week. **Description:** Archbishop Spalding High School provides structured summer programs designed to enhance both academic and athletic skills. Academic camps focus on skill development, creativity, and test preparation, while athletic camps emphasize fundamentals, teamwork, and leadership. Camps are

led by experienced staff and coaches, offering hands-on instruction and opportunities to build confidence, discipline, and collaboration. **Note:** Specific 2026 dates, registration deadlines, age/grade eligibility, and tuition details are published annually. Families should check the summer camps page or contact the school directly for the most current information.

### BALLET THEATRE OF MARYLAND SUMMER INTENSIVE 2026

**Location:** BTM Annex Studios—1981 Moreland Parkway, Building 4, Bay 45, Annapolis, MD **Contact:** Conservatory, via BTM main website **Ages/Levels:** Beginner/Intermediate (ages 8+); Advanced (pre-professional/emerging professional) **Tentative Session Format/Schedule and Cost:** 5 Week Intensive: June 22 through July 24—\$2,500; 3 Week Intensive: July 6 through July 24—\$1,350; 2 Week Beginner-Intermediate (Children, younger dancers): June 22 through July 2—\$900 **Description:** A full-day summer intensive for serious ballet students, combining rigorous classical ballet training with pointe or pre/demi-pointe work, variations, partnering (when appropriate), jazz, contemporary/modern, conditioning, and acting or musical theatre, along with daily choreography rehearsals. The program is intended to deepen technical skill, stamina, musicality, and artistry—and to give a professional-style “company experience,” culminating in an in-house Summer Showcase. **Note:** Families should check the BTM website or contact the Conservatory directly for current 2026 details and to confirm audition placement/levels.

### CABIN FEVER PLAY CENTRE OPEN PLAY & SEASONAL PROGRAMS 2026

**Location:** 442 Race Street, Cambridge **Contact:** 410-228-2122; cabinfeverplaycentre.com **Ages/Levels:** Primarily ages 1–12; dedicated toddler area for children ages 5 and under **Session Format/(Last Known) Schedule and Cost:** Open play offered year-round in timed sessions (typically 2 hours). Last known pricing: approximately \$16 per child on weekdays and \$18 per child on weekends; Toddler-only sessions offered weekly (typically Thursday mornings) at a reduced rate. Group visits, field trips, and private parties available by reservation; pricing varies. **Description:** Cabin Fever Play Centre is an indoor family play facility designed for active, imaginative play in a climate-controlled environment. Features include a large multi-level climbing and slide structure, interactive play elements, a Ball Blaster Arena, arcade games, and a

separate Tot Spot for younger children. The space encourages physical activity, social interaction, and free play, making it a popular option during summer heat, rainy days, or as a flexible alternative to outdoor activities. Parents or guardians are required to supervise children during play sessions. **Note:** Cabin Fever Play Centre does not operate a structured instructional summer camp. Offerings are based on open play sessions and special events. Families should check the website or contact the facility directly to confirm summer hours, session availability, and current pricing for 2026.

### HISTORIC ANNAPOLIS EDUCATION & FAMILY PROGRAMS 2026

**Location:** Multiple Historic Annapolis sites throughout downtown Annapolis, including the Museum of Historic Annapolis, William Paca House & Garden, Hogshhead, and Waterfront Warehouse—Annapolis **Contact:** info@annapolis.org; 410-990-4514; annapolis.org **Ages/Levels:** Programs designed for a range of ages, from young children (approximately ages 3–7 for storytime and family activities) through teens (ages 13–18 for Junior Docent and volunteer opportunities) **Program Format/(Last Known) Schedule and Cost:** Year-round educational and family programming offered on select dates, with increased activity during spring and summer months. Offerings include interactive museum experiences, hands-on history activities, garden-based storytime sessions, scavenger hunts, and special family events. **Description:** Historic Annapolis brings local and national history to life through immersive, place-based learning experiences set in authentic historic homes, gardens, and waterfront buildings. Children and families are encouraged to explore history through storytelling, guided discovery, crafts, and interactive exhibits that make the past accessible and engaging. Older students can deepen their interest through Junior Docent opportunities, developing public speaking, leadership, and historical interpretation skills while working alongside professional educators and historians. While not a traditional summer camp, Historic Annapolis offers flexible educational enrichment well suited for summer learning and family outings. **Note:** Historic Annapolis does not currently operate a multi-week or full-day summer camp. Families should consult the Historic Annapolis website or events calendar for confirmed 2026 program dates, age guidelines, registration requirements, and pricing details.

### HOSPICE OF THE CHESAPEAKE YOUTH GRIEF SUPPORT PROGRAMS 2026

**Location:** John & Cathy Belcher Campus—90 Ritchie Highway, Pasadena **Contact:** info@hospicechesapeake.org; 4109872003; hospicechesapeake.org **Ages/Levels:** Children and teens approximately ages 6–18, depending on program **Session Format/(Last Known) Schedule and Cost:** Offers year-round grief support programs including age-specific support groups, workshops, and therapeutic camps such as Camp Nabi (see separate listing). Activities include art, music, drumming, and nature-based sessions. Registration is required; programs are typically offered at low or no cost, with financial assistance available. Dates and program formats may vary each year. **Description:** Hospice of the Chesapeake provides comprehensive support for children and teens grieving the loss of a loved one. Programs combine emotional support with creative expression, peer connection, and therapeutic activities designed to help young people process grief, build coping skills, and develop resilience. **Note:** See Camp Nabi listing for traditional camp listing.

### HOSPICE OF THE CHESAPEAKE'S CAMP NABI GRIEF CAMP

**Location:** Arlington Echo Outdoor Education Center, 975 Indian Landing Road, Millersville **Contact:** Chesapeake Life Center: 1-888-501-7077; Griefinfo@chesapeakecenter.org **Ages/Levels:** Ages 6 to 18 **Dates/Times:** August 7–9, 2026 **Cost:** \$100 (scholarships are available). **Description:** A full weekend overnight camp experience for children and teens ages 6 to 18 who have experienced the death of a loved one. With a full team of counselors and trained volunteers, campers will participate in activities focused on memorializing their loved ones, learning coping skills in small groups, and using integrative arts to help kids express their grief. This also will include fun camp activities, like swimming, field games, ropes course, and more.

### ICODE GREATER CROFTON/ GAMBRILLS AND SEVERNA PARK SUMMER STEM & CODING PROGRAMS 2026

**Location:** 1034 MD3 (Route 3), Suite B, Gambrills, 570 Benfield Rd, Severna Park, **Contact:** 443-7987672; icodeschool.com **Ages/Levels:** Children and teens ages 6–18, depending on program **Session Format/(Last Known) Schedule and Cost:** Weekly

summer camps and classes covering coding, robotics, game design, digital creation, and other STEM topics. Sessions typically run one week, with hands-on instruction and project-based learning. Past tuition starts around \$399 per session (subject to change). Programs may include Minecraft modding, Roblox/game development, drone coding, YouTube creator workshops, VEX robotics, and 2D/3D design. **Description:** iCode Greater Crofton/Gambrills provides an engaging STEM and technology curriculum where students learn coding, robotics, and digital design in a hands-on, project-based environment. Classes encourage problem solving, collaboration, and creativity, using a structured belt progression to build skills and confidence. Students gain real-world experience while exploring topics aligned with their interests and abilities. **Note:** Specific 2026 session dates, themes, and tuition have not yet been published. Families should consult the iCode website or contact the campus directly for the most up-to-date summer schedule, registration deadlines, and program details. Free trial classes may be available prior to enrollment.

### SUMMER AT THE CREEK—INDIAN CREEK SCHOOL 2026

**Location:** Indian Creek School—1130 Anne Chambers Way, Crownsville **Contact:** Bob Laffey, Director of Summer Programming—summer@indiancreekschool.org; 4109233660 **Ages/Grades:** Approx. 4–14 years (Pre-K through rising middle school) **Dates/Times:** Summer at the Creek is expected to run across six weeks. Typical daily schedule: 9 a.m.–3 p.m., with before and aftercamp care options available. **Cost:** 2026 tuition and fees not yet published; 2025 rates ranged roughly \$400–\$900 per week depending on program and care options. Families should confirm 2026 pricing when registration opens. **Description:** Summer at the Creek offers a mix of themed, age-appropriate programs across arts, STEM, athletics, outdoor adventures, and classic summer camp activities. Campers explore Indian Creek’s 114-acre campus, participate in character-building activities, enjoy daily lunch, and engage in Water Wednesdays and other summer fun. Counselor-in-Training (CIT) weeks are available for older students. Each week emphasizes skill development, social growth, and community in a fun, supportive environment. **Note:** 2026 program schedule and fees will be announced on February 1, 2026. Families should check the Indian Creek School Summer Programs page or contact the Director of Summer Programming for the most up-to-date information.

### SUMMER AT KEY—KEY SCHOOL SUMMER PROGRAMS 2026

**Location:** Key School—534 Hillsmere Drive, Annapolis **Contact:** summer@keyschool.org; 4433212575; keyschool.org **Ages/Levels:** Children and teens ages approximately 3 through middle/high school, grouped by age and skill level **Session Format/(Last Known) Schedule and Cost:** One-week themed day camps running throughout June and July. Full-day sessions typically 9 a.m.–3:30 p.m., with supervised lunch and optional extended care. Tuition varies by camp type, generally \$200–\$565+ per week. Recent offerings include STEM, arts, athletics, outdoor exploration, performing arts, and specialty skill camps. **Description:** Summer at KEY offers a wide variety of engaging programs designed to inspire creativity, build skills, and encourage active play. Campers can participate in hands-on STEM and maker projects, canoeing and crabbing on Kitty Duvall Creek, culinary workshops, coding and digital media, performing arts, athletics, and traditional summer camp activities. Programs are led by experienced instructors and counselors, with low camper-to-staff ratios and access to Key School’s athletic fields, science labs, music rooms, and playgrounds. **Note:** Specific 2026 session dates, registration deadlines, and detailed camp listings are updated annually. Families should consult the Summer at KEY website or contact the camp office for the latest information on age requirements, tuition, and extended care options.

### LIVE ARTS MARYLAND PERFORMING ARTS PROGRAMS 2026

**Location:** 801 Chase Street, Annapolis **Contact:** hello@liveartsmd.org; 4437715198; liveartsmd.org **Ages/Levels:** Children, teens, and adults of all experience levels; specific youth programs vary by offering **Session Format/(Last Known) Schedule and Cost:** Year-round performing arts programs including youth workshops, theater classes, and creative studio sessions. Programs cover acting, playwriting, improvisation, musical theater, movement, and stagecraft. Schedules and tuition vary by program and are published seasonally. **Description:** Live Arts Maryland provides high-quality educational and performance experiences in theater, music, and dance. Youth programs introduce participants to acting, stagecraft, storytelling, and ensemble collaboration. Many classes and workshops culminate in

showcases or performances that highlight participants’ creative growth. The organization also produces concerts, chorale and orchestral presentations, and community arts events. **Note:** Live Arts Maryland does not operate a traditional summer camp with fixed multi-week daily schedules. Families should consult the Live Arts Maryland education page or contact the organization directly for 2026 program dates, pricing, and age-level information.

### MARYLAND HALL FOR THE CREATIVE ARTS SUMMER PROGRAMS 2026

**Location:** 801 Chase Street, Annapolis **Contact:** info@marylandhall.org; 410-2635544; marylandhall.org **Ages/Levels:** Children and teens approximately ages 5–18, depending on program **Session Format/(Last Known) Schedule and Cost:** Weekly summer arts day camps and classes, offered midJune through midAugust. Programs may be half-day or full-day, with tuition varying by session and age group. Offerings include visual arts, ceramics, mixed-media, jewelry, fiber arts, theater, dance, music, and digital arts. **Description:** Maryland Hall for the Creative Arts provides a rich, hands-on summer arts experience for youth, guided by professional teaching artists. Programs encourage skill development, creative expression, and collaboration among peers. Students explore multiple art forms and gain confidence in their abilities, culminating in projects or performances that showcase their growth. Maryland Hall also hosts year-round exhibitions, performances, and community arts events. **Note:** Specific 2026 session dates, schedules, age requirements, and tuition are updated annually. Families should consult Maryland Hall’s summer program catalog or contact the organization directly for current registration information and details.

### MIDATLANTIC SYMPHONY ORCHESTRA YOUTH & EDUCATION PROGRAMS 2026

**Location:** Eastern Shore of Maryland and Southern Delaware (primary administrative office in Easton) **Contact:** info@midatlanticsymphony.org; midatlanticsymphony.org **Ages/Levels:** Youth and students ages approximately 12–25 for competitions; all ages for school and community outreach programs **Session Format/(Last Known) Schedule and Cost:** Year-round educational and outreach initiatives including school visits, instrument demonstrations, youth

master classes, and access to symphony performances. Programs are arranged with schools or community partners; fees vary depending on program type. The Elizabeth Loker International Concerto Competition provides performance opportunities for advanced young musicians. **Description:** The MidAtlantic Symphony Orchestra is a professional ensemble serving Maryland's Eastern Shore and southern Delaware. Beyond its concert season, the orchestra engages students through classroom visits, interactive demonstrations, master classes, and performance experiences that support music education and inspire young musicians. The orchestra also offers youth access to symphonic concerts and organizes competitions for developing soloists. **Note:** The MidAtlantic Symphony Orchestra does not operate a traditional summer camp with daily sessions or multi-week programming. Families seeking structured summer music camps may consider options such as the Chesapeake Youth Symphony Orchestra Summer Orchestra Camp in Annapolis.

### MONSIGNOR SLADE CATHOLIC SCHOOL SUMMER PROGRAM 2026

**Location:** 120 Dorsey Road, Glen Burnie

**Contact:** Summer Program Director, Mrs. Suzanne Peters; speters@msladeschool.com; 4107667130 x2502; msladeschool.com/studentlife/summer-programs

**Ages/Levels:** Children in PreK2 through 7th grade **Session Format/(Last Known)**

**Schedule and Cost:** Full-day summer program offered weekly throughout the summer months. Hours typically run 7 a.m.–5 p.m. for younger children and 7 a.m.–6 p.m. for older campers. Weekly themed activities include arts and crafts, water play, sports and games, and field trips. Families may enroll for any number of weeks. Tuition and registration details are released annually. **Description:** Monsignor Slade Catholic School's summer program provides a structured, engaging experience for children during summer break. Weekly themes guide hands-on projects, outdoor play, organized games, and excursions, all in a nurturing school environment. Extended care is typically available before and after program hours to accommodate working families. **Note:** This program functions as a summer enrichment/child care program, not a traditional instructional summer camp. Families should check the school's website or contact the Summer Program Director for the latest 2026 session dates, themes, and tuition information.

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## MUSICAL STAGES SUMMER MUSICAL THEATRE CAMPS 2026

**Location:** Mercy High School (Baltimore) and The Key School (Annapolis) **Contact:** 443-422-2605; musicalstages.org **Ages/Levels:** Children and teens ages approximately 6–15, grouped by age and experience level. **Session Format/Schedule and Cost:** Musical Stages offers immersive, two-week, full-day musical theatre camps during the summer. *Baltimore Session:* July 6–July 17, 2026 *Annapolis Session:* July 20–July 31, 2026. Camps run weekdays and focus on performance preparation and theatrical training. Tuition is usually \$550 for either session **Description:** Musical Stages provides a dynamic musical theater experience where campers collaborate to produce a full stage performance from start to finish. Participants receive daily instruction in acting, singing, dance, stagecraft, and costume design, while building confidence, creativity, and teamwork skills. Each session concludes with a live performance for family and friends.

## NAPTOWN SINGS AND PLAYS! SUMMER MUSIC CAMPS 2026

**Location:** 141 Gibraltar Ave, Annapolis **Contact:** 410-8017936; naptownsings.com **Age /Levels:** Children ages approximately 3–18, with ageappropriate groupings for singing, rhythm, and instrument activities **Session Format/(Last Known) Schedule and Cost:** Weekly summer music camps, typically 10 a.m.–3 p.m., with optional before care (7:30 a.m.) and after care (until 5:30 p.m.) available for an additional fee. Tuition has been around \$355 per week. Camps feature themed music weeks, singing, percussion, piano or ukulele, and group performance activities. **Description:** Naptown Sings and Plays! provides a dynamic summer music experience where children explore singing, rhythm, and instrument play in a fun, supportive environment. Campers are grouped by age and experience, and each week offers new musical genres and themes. The program emphasizes creativity, confidence, and collaboration, complemented by yearround lessons, glee clubs, and performance opportunities. **Note:** Specific 2026 weekly themes, exact dates, and tuition are published annually. Families should consult the Naptown Sings and Plays! website or contact the studio directly for the latest schedule and registration details.

## NAVAL ACADEMY ATHLETIC ASSOCIATION SUMMER SPORTS CAMPS 2026

**Location:** United States Naval Academy—121 Blake Road, Annapolis, MD 21402 (various athletic facilities including Navy-Marine Corps Memorial Stadium) **Contact:** Naval Academy Athletic Association; navysports.com (Camps section); general phone through USNA Athletics camps contacts **Ages/Levels:** Youth and teens approximately ages 6–18, depending on sport and skill level **Session Format/(Last Known) Schedule and Cost:** Multi-day day camps and overnight camps offered across multiple sports. Sessions vary by sport: **Crew (Rowing):** Overnight camps for ages 13–18; tuition around \$1,295 per 5-day session; **Swimming:** One-week day or resident sessions; tuition varies; **Water Polo:** Day and overnight clinics for youth and teens; **Basketball:** Day camps focusing on fundamentals for ages 6–16; **Lacrosse:** Day and evening clinics for grades 5–8; **Baseball:** Youth day and leadership/overnight camps. Other sports such as volleyball, soccer, and wrestling may also be offered. Exact schedules and tuition are published annually. **Description:** The Naval Academy Athletic Association offers youth and teen athletes the opportunity to train in a collegiate athletic environment under experienced coaches. Camps emphasize skill development, teamwork, leadership, and physical conditioning. Overnight camps provide a full Naval Academy experience with dorm stays and structured daily schedules, while day camps focus on skill-building and game play. **Note:** Specific 2026 dates, age/grade groups, tuition, and registration details are updated annually. Families should consult the Naval Academy Athletic Association / USNA sports camps website or contact the camp coordinators for the most current information.

## ST. JOHN THE EVANGELIST SCHOOL SUMMER PROGRAMS 2026

**Location:** 669 Ritchie Highway, Severna Park **Contact:** 4106472283; stjohnspschool.org **Ages/Levels:** Students enrolled in preschool through 8th grade; rising age/grade levels determine eligibility for summer activities **Session Format/(Last Known) Schedule and Cost:** While the school primarily operates as a yearround parish school, summer offerings are generally limited to informal enrichment activities and parish-sponsored Vacation Bible School. Vacation Bible School typically serves

rising PreK4 through grade school children, featuring Bible stories, songs, games, and interactive group activities. Specific schedules and tuition are published annually.

**Description:** St. John the Evangelist School provides faith-centered education from preschool through grade 8, with extracurricular and enrichment programs during the school year. In the summer, the parish hosts programs such as Vacation Bible School, which combine learning, fellowship, and hands-on activities. Families may also inquire about school-linked enrichment or parish youth events that occur during the summer months. **Note:** St. John the Evangelist School does not operate a traditional multi-week summer camp. Families should consult the school website or contact the school or parish offices for the most up-to-date 2026 summer offerings, including Vacation Bible School and any school-sponsored enrichment opportunities.

## SEVERN SCHOOL SUMMER PROGRAMS 2026

**Location:** Teel Campus, 201 Water Street, Severna Park **Contact:** Severn School Summer Programs; 4106477700; severn-school.com/summeratsevern **Ages/Levels:** Children and teens ages approximately 3 through high school, depending on program type **Session Format/(Last Known) Schedule and Cost:** Traditional multiweek summer camps have been suspended for 2026 due to campus construction. Standalone *sports camps are available*, typically multiday day camps focused on skill development in specific sports such as basketball, lacrosse, football, volleyball, and field hockey. Example: Field Hockey Camp, July 27–30, 2026, with full-day tuition around \$529 and half-day tuition around \$369. **Description:** Severn School's 2026 summer offerings focus primarily on athletic development through sport-specific camps. Camps provide instruction for novice and experienced athletes, emphasizing skill improvement, teamwork, and fundamentals. Age- and grade-appropriate groupings ensure suitable challenges for all participants. Traditional themed summer day camps in arts, academics, and general enrichment are not offered this year. **Note:** Families should consult Severn School's summer programs web page or contact the school directly for updated 2026 sports camp schedules, registration deadlines, age eligibility, and tuition.



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## ST. ANNE'S SCHOOL OF ANNAPOLIS SUMMER PROGRAMS 2026

**Location:** 3112 Arundel on the Bay Road, Annapolis **Contact:** info@stannesschool.org; 4102638650; stannesschool.org  
**Ages/Levels:** **Summer Explorers Camp:** Ages 3.5 to rising Kindergarten; **Summer Stars Camp:** Rising 1st through 3rd grade  
**Session Format/(Last Known) Schedule and Cost:** Weekly themed summer camps, Monday–Friday, typically 9 a.m.–3 p.m., with optional before and after care. Past tuition for Summer Explorers Camp was approximately \$385 per week; Summer Stars Camp tuition and exact dates for 2026 to be confirmed. **Description:** St. Anne's School of Annapolis offers engaging summer programs that foster creativity, exploration, and fun. Summer Explorers Camp introduces young learners to arts and crafts, music and movement, project-based play, nature exploration, and outdoor activities. Summer Stars Camp for rising 1st–3rd graders emphasizes camper choice, with activities in arts, STEM, games, and team-building, all guided by weekly themes for a fresh experience each session. **Note:** Specific 2026 session dates, weekly themes, age groups, and tuition are updated annually. Families should consult St. Anne's School's website or contact the camp office directly for the latest registration and program information.

## ST. MARGARET'S DAY SCHOOL SUMMER CAMP 2026

**Location:** 1605 Pleasant Plains Road, Annapolis **Contact:** 4107572333; summer@stmargaretdayschool.org; stmargaretdayschool.org/summer-camps.html **Ages/Levels:** Children approximately ages 2–6-plus, with age groupings varying by theme and session **Session Format/(Last Known) Schedule and Cost:** Weekly day camp sessions, Monday–Friday, typically 9 a.m.–3 p.m., with optional before care (starting 7:30 a.m.) and after care (until 5:30 p.m.). Tuition typically ranges from \$200–\$300-plus per week depending on age and schedule. Weekly themes include ageappropriate arts and crafts, science exploration, outdoor activities, water play, and occasional field trips for older campers. **Description:** St. Margaret's Day School Summer Camp provides a fun, hands-on experience that encourages creativity, exploration, and outdoor play. Campers enjoy weekly themed activities that include arts and crafts, science projects, water play, and social interaction, all in a nurturing early childhood environment. Special end-

of-week events highlight each theme and give campers a chance to showcase their projects and discoveries. **Note:** Specific 2026 session dates, weekly themes, age groupings, and tuition are updated annually. Families should consult the St. Margaret's Day School summer camps page or contact the school directly for current registration details, pricing, and age eligibility.

## ST. VINCENT PALLOTTI HIGH SCHOOL SUMMER CAMPS 2026

**Location:** 113 St. Mary's Place, Laurel **Contact:** Summer Camp Coordinator, Aneisha Felton; afeilton@pallottihs.org; 3017253228 ext. 2241; pallottihs.org/summer-camps  
**Ages/Levels:** Children and teens ages approximately 6–17, grouped by age/grade and interest level **Session Format/(Last Known) Schedule and Cost:** Weekly summer camps, Monday–Friday, 9 a.m.–3 p.m., with optional after-care (3–5 p.m.), evening sessions (5–8 p.m.), and lunch option. Tuition from past seasons ranges from approximately \$225/week for day camp and \$125/week for evening camp; some specialty camps include additional supply fees. **Description:** Pallotti Summer Camps offer a variety of enrichment and sports programs designed to encourage personal growth, build new interests, and foster friendships. Offerings include athletics (soccer, basketball, lacrosse, cheerleading, track and field), academic and enrichment topics (science, Model UN, SAT prep), and specialty camps. Camps emphasize skill development, teamwork, and fun activities, led by experienced instructors and coaches with age-appropriate groupings. **Note:** The 2026 schedule, specific session dates, tuition, age/grade breakouts, and registration deadlines are typically published in early spring. Families should check the Pallotti summer camps page or contact the camp coordinator for the most current information.

## SUMMIT SCHOOL SUMMER PROGRAMS 2026

**Location:** 664 E Central Avenue, Edgewater **Contact:** camp@thesummitschool.org; thesummitschool.org/summer-programs  
**Ages/Levels:** Children entering grades 1–8; specialty sessions for older students entering grades 6–9 **Session Format/(Last Known) Schedule and Cost:** **Camp Summit:** Monday–Friday, 8:25 a.m.–3 p.m., for students entering grades 1–8, typically held from early July through late July. Tuition varies by session; families should check the Summit School website for

2026 pricing; **Specialty Camps:** Week-long half-day classes, such as EmPOWER™ Writing and Executive Function Skills, for students entering grades 6–9; tuition varies by class. **Description:** Summit School's summer programs help students maintain and build academic skills while engaging in fun social and recreational activities. Camp Summit combines structured morning academic sessions—including reading, math, and writing reinforcement—with afternoon recreation designed to foster confidence, teamwork, and friendships. Specialty sessions focus on skill development in targeted areas for older students. **Note:** Specific 2026 session dates, themes, age/grade groupings, and tuition are published annually. Families should consult the Summit School summer programs page or contact the camp office directly for the latest registration details.

## WELLNESS HOUSE OF ANNAPOLIS FAMILY & YOUTH PROGRAMS 2026

**Location:** 225 Duke of Gloucester Street, Annapolis **Contact:** 410-9900941; annapoliswellnesshouse.org **Ages/Levels:** Children and teens approximately ages 5–17, depending on program **Session Format/(Last Known) Schedule and Cost:** Wellness House offers yearround programs for children and families affected by cancer, including support groups, creative workshops, therapeutic activities, and seasonal events. Programs are free of charge, with membership and registration required. Offerings may include "Paint Your Rainbow" summer day experiences, outdoor wellness groups, and animal-assisted therapy sessions. Exact 2026 dates are published annually. **Description:** Wellness House provides holistic support for children, teens, and families navigating the impact of cancer. Programs focus on building coping skills, peer connection, emotional resilience, and joyful engagement through hands-on and therapeutic activities. Youth participants benefit from supportive group environments, mindfulness activities, outdoor wellness, and creative expression, while families can access workshops and events designed to foster shared healing. **Note:** Wellness House programs are support-oriented rather than traditional summer camps. Families should consult the Wellness House calendar or contact the organization directly for 2026 schedules, registration requirements, and age eligibility.



ST. VINCENT PALLOTTI HIGH SCHOOL

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# Home & Garden

82 TODAY'S MOST COVETED KITCHEN CABINETS

**Treading  
Lightly**

**PG. 76**



# Treading Lightly

By Lisa J. Gotto

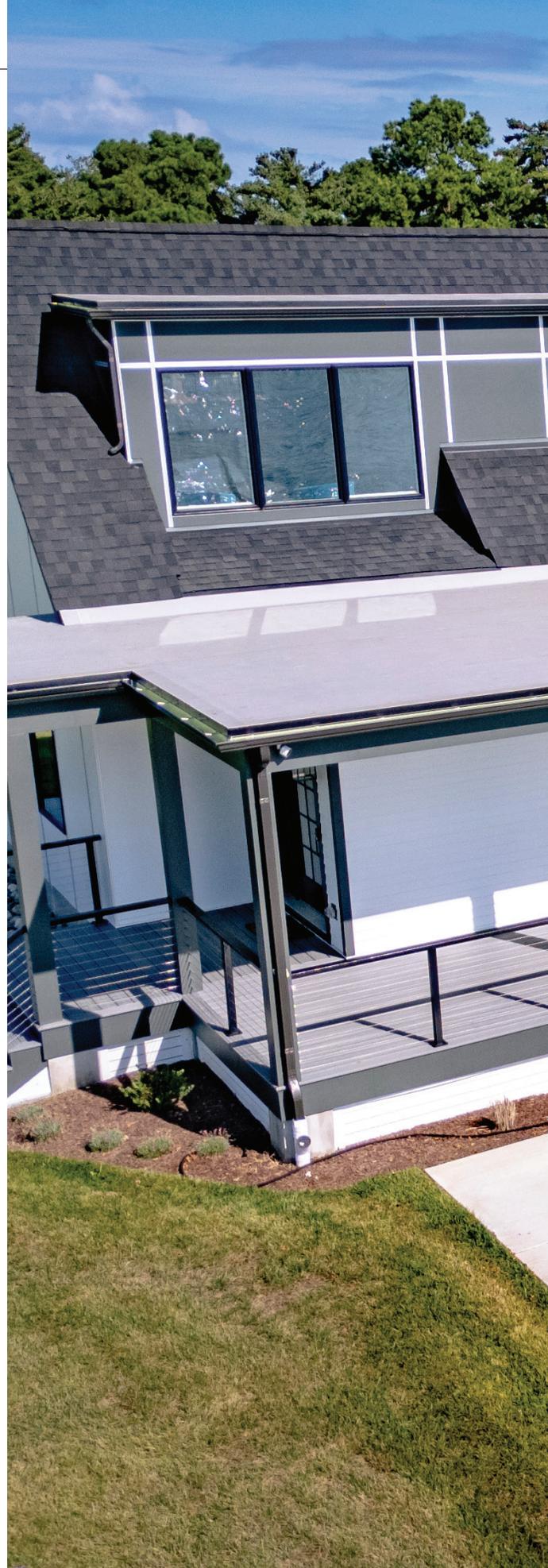
**W**hile someday this location may become a forever home for our feature homeowners, it is currently playing a starring role in their best of two worlds scenario with one home in the city and another located a breezy world away from their everyday obligations.

“We just came out here and we picked the lot. There were several lots available. I’m surprised we got this; that no one else picked this one,” explains the homeowner of he and his wife’s good fortune of following up on that ad and meeting the builder who was responsible for many of the homes there.

**THE PROJECT:** A new home build for a couple that wanted a contemporary, minimalistic vibe, both inside and out, for their second home; their retreat from the hustle and bustle of life in the District.

**THE PLACE:** Tranquil river views and great memories of excursions on Shore waterways were what endeared the couple to this location where they can take in the daily sights of the ferry running passengers from St. Michaels to Oxford—and vice versa.

**EXECUTING THE PLAN:** A successful and eye-opening online search lead the homeowners to Paquin Design Build’s advertisement of waterfront lots along the Tred Avon River. A five-bedroom, three-and-a-half bath floorplan would be created comprising approximately 3,000 square-feet of living space.





## **BUILDING ON WHAT HAS WORKED**

Although most builders have classic floorplans that they present to clients, in many cases those plans can represent a jumping off point with which to work—and that was the case in this particular build.

“I took plans that I already created and modified them into this really modern looking home with flat roofs, that’s just very sleek and streamlined,” explains Brent Paquin, President of Paquin Design Build in Grasonville.

This structure was set apart from others within its smaller enclave of homes by incorporating an exterior presentation that combined best-practice materials with an innovative approach to applying them. Customary colors were then juxtaposed with the unconventional application of materials to create the vertical orientation of the exterior materials.

“I knew that a black and white [palette] was the direction they wanted to go in, so I made sure that we incorporated that framework around the garage and some of the dormer areas,” says

Paquin adding that they used a more contemporary paneled look with traditional Hardie boards and then added channels of stainless steel to accent it.

**“IT’S ONE OF THOSE THINGS  
WHERE SIMPLER IS BETTER WITH  
THIS DESIGN. VERY STRAIGHT  
LINES, VERY MODERN.”**

“It’s one of those things where simpler is better with this design. Very straight lines, very modern,” says Paquin of the concept that is a departure from the prominent multi-pitch concepts that we are currently seeing.





## **SOME DETAILS THEY WILL NEVER MISS**

Simple and uncluttered would define the design from the inside, which started with standard approaches to a floorplan that were then tweaked with the couples' interior designer, Kristine DeNinno of KD Art & Interiors of Silver Spring.

The homeowners are staunch proponents of working with an interiors expert and tapped DeNinno's expertise once before for their primary residence in D.C.

Minimalism in itself can have different meanings depending on who you ask, and DeNinno already knew what her clients' take on the style meant to them.

"They love this kind of contemporary, minimal modern style with bold colors," DeNinno says. "This is how they like to live. It's actually not typical of my clients. A lot of my clients are more traditional or transitional. For me this is really fun because they're drawn to a different aesthetic."



An open-plan kitchen, living, and dining room(s) that extends to include an outdoor living area, is a text-book example of that aesthetic and everything the couple *didn't* want the space to convey.

An incredibly clean look in the kitchen was created with all flat-panel, push-to-open cabinetry that allowed for the absence of hardware altogether. The gorgeous Quartzite backsplash mirrors the countertop material for continuity of line, to which the couple altered standard practices with electrical outlets by choosing to hide them out of sight under the cabinetry. So, what is missing is intentional.

“It was something they had asked for to keep that whole space really clean and minimal. And it's different than what they have in D.C. There, it's still pretty contemporary, but they wanted even more of that here,” DeNinno says.



### **SOME OF THEIR FAVORITE THINGS**

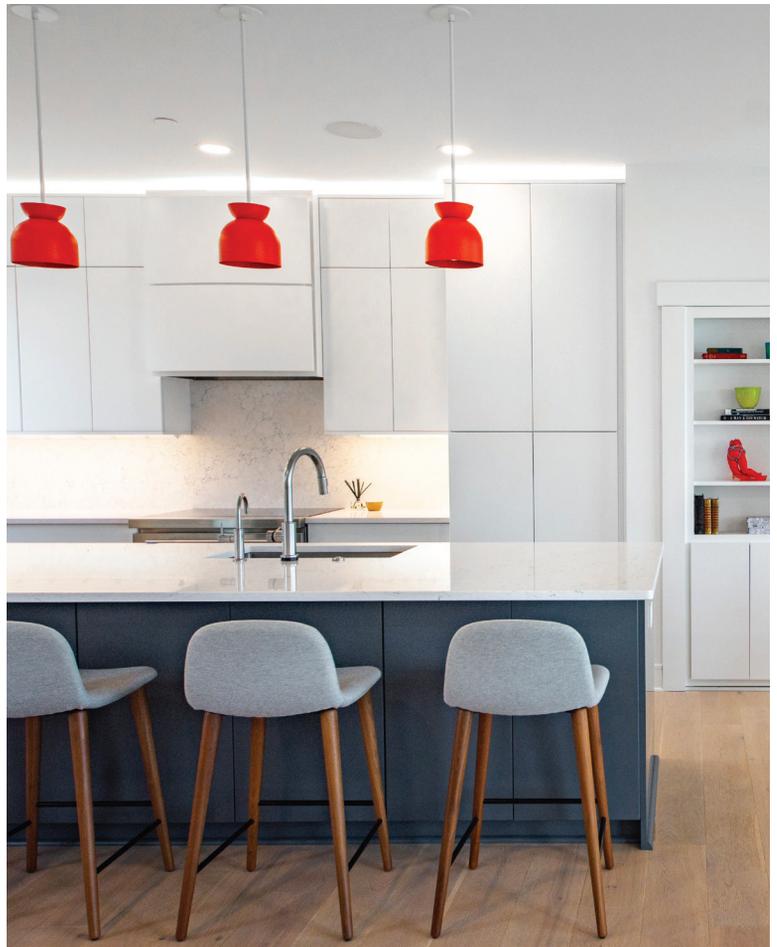
A particularly important discussion was had about the door that led to the first floor primary suite that is located along the main wall in the kitchen that connects with the dining area.

Initially the discussion was to relocate the door to the primary wall in the dining area, which was quickly squashed when they determined that it would disrupt the aesthetic of that entire room which was integral to the couple who needed the space for entertaining.

So, an outside-of-the-box idea was then suggested by the homeowner who found an interesting work-around online in the form of a Murphy door. Once relegated to the ultra excentric homeowner, these secret door concepts are now available to the masses who wish to add a greater sense of creativity, flexibility, and even intrigue to a room.

Now, what just looks like a free-flowing extension of the kitchen cabinetry and shelving into the dining space is actually a door disguised as a bookshelf. The designer worked with the build team at Paquin to retrofit it and match the paneling on the Murphy door to the mimic the look of the kitchen cabinets.

To finish the space, the couple chose a beach-toned French oak hardwood floor with ever-so-subtle tones of blue throughout and then used signature lighting fixtures above the island and dining room table to create colorful points of interest.



A favorite palette of orange and coral lends pops of color to the space and the design lightly leans into a bit of a maritime theme, as well.

Just off the dining room, explains the homeowner, is the water and pool-facing porch.

**“THE PORCH IS BY FAR MY FAVORITE FEATURE OF THE HOUSE.”**

“We’re generally out here, so breakfast out here in the morning, we sit on the couch here, sit by the pool, and then the views are great. So, the porch is by far my favorite feature of the house.”

The positioning of the house provides the most invigorating of sunrises, he adds, and in the evening the moon does a show of its own.

“One of the things that surprised us, is when there’s a full moon, it’s literally right in front of us. So, seeing the moon is really nice on the full moon nights. And then we have probably one of the best spots for the fireworks in Oxford, literally right in front of us, as well.”

Well, if that doesn’t sound like the best seat in the house, we don’t know what is.



Photo courtesy of kraftmaid.com

# Today's Most Coveted Kitchen Cabinets

By Lisa J. Gotto

**N**othing defines the visual tone of a kitchen more than the look of its cabinetry. Within that vein, consumers find themselves spoiled for choice with a head-turning array of options in door styles, hardware, colors, and materials.

There is also a growing number of options within the pre-fab sector of this marketplace that enables consumers to make upgrades to provide enhanced storage and style more efficiently. Whether you are upgrading existing cabinets or designing a new room altogether, homeowners are always

wise to choose options where quality is baked in. There are actually three tiers of quality when it comes to construction, not just stock or custom. Between stock, which are pre-manufactured in standard sizes and thereby the most affordable and quickest delivered, and custom, which are built from scratch to exact specifications, there is semi-custom, which provides a large inventory of styles that can be altered to allow for custom inserts or specific widths.

And while you may think that solid wood is the best choice for quality, it loses points as it tends to warp when exposed to heat and humidity. With that in mind, many consumers choose cabinets made of plywood for strength, moisture resistance, and its ability to hold screws well. Starter cabinets are generally made of particle board. They are the most budget friendly but are also the most likely to succumb to water damage and sag under heavy weight. The remaining option is medium-density fiberboard, or MDF. If you love the look of painted cabinetry, which is currently trending, this is your best option because it has no grain to expand or contract, so paint does not crack at the joints as it ages.

Knowing how cabinets are made helps consumers manage their budgets and expectations.

**PRO CONSTRUCTION TIP NO. 1:** Experts advise that new cabinetry adhere to the standard “ceiling” rule which means cabinets are run up the wall to meet the ceiling to avoid the otherwise dusty scenario that will occur high above your head and be a challenge to clean.

## TRENDS IN PALETTES, TEXTURES & VISUALS

When it comes to the cabinet colors, we can expect to see a waning of stark white and cool gray iterations being replaced with palettes that reflect the color zeitgeist of the year with a **collection of refreshed neutrals** such as **sandy beige, mushroom, taupe, and cashmere tones** leading the way.

A collection of moody earth tones will also play a role and will be dramatic with the application of color drenching with hues like burgundy, terracotta, and deep forest green. And what we're already seeing now in new builds and remodeling projects is the use of a hopeful and sunny mellow butter yellow as a standout accent color.



Photo courtesy of farrow-ball.com



Photo courtesy of perigold.com



Photo courtesy of castacabinetry.com



Photo courtesy of mastercabinetry.com

Design experts are noting **natural wood as their material of choice** in a big way this year and leaning into the look of white oak again for its subtle grain and versatility. Dark-stained iterations of oak and walnut are also trending in harmony with the emerging “quiet luxury” design aesthetic.

When it comes to style, simplicity is taking the lead in the form of “**Slim Shaker**” and **flat panel cabinet door fronts**. While Shaker styles are always a no-fuss option, the trending slim style features even thinner rails and stiles, or frames, around the door creating a look that lands somewhere between traditional and contemporary aesthetics.

Don't anticipate seeing any glossy lacquers in new kitchens this year, as **matte finishes accomplished with the application of clear, matte sealants are preferred** to allow the natural texture and feel of the wood shine though.

## THE EXPERT TAKE ON “WOW” FACTOR

If we could point to any one particular aspect of design and say that’s what’s hot this year, it would have to be **the use of texture in cabinetry**. And you can expect to see these textures represented as **fluted and reeded details** sprinkled and layered in rather than applied in whole-cloth fashion. Think of vertical ribbing added to the base of a center island or aspects of fluting on select cabinet doors.

Another aspect that is resonating in cabinet design is **adding inserts to select cabinet doors** for an extra layer of added interest. While glass inserts are always tasteful approaches for showcasing curated domestic collections, we are now seeing frosted, reeded, and mesh inserts showing up in the most auspicious of places.

These attractive eye-catchers add interest while partially concealing the cabinet’s contents—a perfect recipe for many homeowners.



Photo courtesy of homebuilding.co.uk

### PRO CONSTRUCTION TIP NO. 2: IS IT TIME TO CONSIDER A BACK KITCHEN?

Over the last couple of decades, we have tasked our kitchens with being many things to many people: the homework station, the home office, the command center, the gathering space—in addition to its primary role as the place where we prepare and consume meals. Designers are responding by providing clients with the clever option of planning for a back kitchen. These are fully equipped, out-of-sight, storage enhanced workhorse zones that oftentimes multi-task as pantries, as well. Known also as sculleries, prep kitchens, or dirty kitchens, these trending spaces help keep open-plan kitchens clear of clutter, make hosting less stressful, and provide flow when extra hands are required in the kitchen.

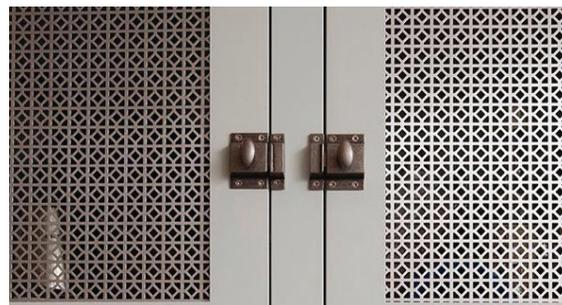


Photo courtesy of mclinchols.com

## A FINAL TAKE ON FUNCTION

Like that last bangle applied to your fashionable attire, **hardware is like the jewelry** that will finish your kitchen’s look. And whether you go all-in, take a moderate tone, or opt for nothing at all, designers and homeowners are fortunate to have many choices.

Leaning into that aspect of quiet luxury again, we will see **warm metals** that coordinate well with the earthy palettes and natural woods we’ve already mentioned. So, expect to see **soft brushed golds, champagne bronzes, and coppers** chosen for their compatibility with both light and dark cabinetry.

In closing, *pun intended*, one should consider not just how your cabinets will look, but how they will move, as well. The enduring addition of a soft-close hinge is a luxury no longer, rather an essential ingredient to any tasteful kitchen cabinet recipe.

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# Health & Beauty

88 BENEFITS (OR NOT) OF TRACKING BLOOD SUGAR

90 CARDIO + STRENGTH TRAINING

Stressed? Try a  
“Color Walk”

PG. 89

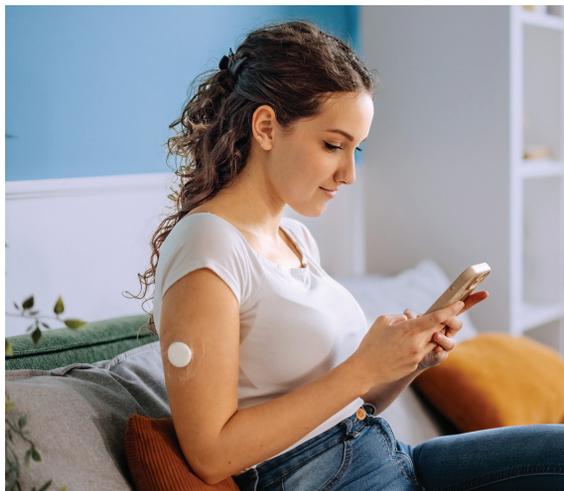


# Benefits (or Not) of Tracking Blood Sugar

**A TYPICAL PRACTICE FOR PEOPLE WITH DIABETES IS ADOPTED BY NON-DIABETICS—BUT TO WHAT ADVANTAGE?**

By Dylan Roche

**F**or people with diabetes, tracking blood sugar levels is a necessity—dramatic fluctuations can damage vital organs like the brain and heart, creating both short-term emergencies and long-term complications. It's why diabetics track their blood glucose levels (also known as their blood sugar levels) using a monitor. Ever since the first over-the-counter continuous glucose monitors hit the market in 2024, curious non-diabetics have started using them to see how lifestyle factors like diet and exercise affect their blood sugar levels.



**But is that a good thing?** Generally speaking, there's no harm to knowing what's going on in your body. And if paying attention to your blood sugar levels encourages you to make healthier choices, it doesn't hurt to pay attention. But there's a degree of risk: It might be more info than you need, especially if you don't know what to make of that info.

**HERE ARE ANSWERS TO A FEW OF THE COMMON QUESTIONS YOU MIGHT HAVE ABOUT AN OVER-THE-COUNTER BLOOD GLUCOSE MONITOR IF YOU'RE A NON-DIABETIC:**

**What is a blood glucose monitor and how does it work?** You've probably seen somebody with diabetes wearing a glucose monitor: It's a small monitor with tiny sensor wires that go into the skin, usually on the abdomen, and are covered by an adhesive patch. Those sensors measure how much glucose, or usable energy in the form of sugar, is in the blood. Modern monitors pair with an app so they can show results right on your phone.

**Why does my blood sugar fluctuate?** Everyone's blood sugar fluctuates slightly throughout the day. When you eat food, your digestive system breaks it down into glucose (sugar) for energy and releases it into your blood. What's important is staying within a target range: Most healthy adults have about 80–130 milligrams of glucose per deciliter of blood (80 mg/dL to 130 mg/dL) before a meal. After the start of a meal, their blood sugar could go as high as 180 mg/dL for up to two hours. High-carbohydrate foods raise our blood sugar levels quickly, but fiber and fat can slow digestion and steady the release of sugar into our blood for more consistent energy over time.

**Is it just food that affects my blood sugar?** Not at all—what you eat is the most influential factor, but many aspects of your life can affect your blood sugar. For example, if you're not getting high-quality sleep, your body could end up using insulin less effectively until you're well rested. If you're dehydrated, then glucose will be more concentrated in your blood, which would make your levels higher. Even stress can spike your blood sugar levels.

**What's the harm in monitoring my blood sugar if I'm not diabetic?** There's not a lot of harm, but there's not much benefit either. As with any metric, you could misinterpret or overestimate its importance without a doctor's guidance. For example, you could see a normal spike in blood sugar after a meal and think it means you need to start avoiding certain foods, even something nutritious like fruit or brown rice. The better option if you're non-diabetic: Follow a balanced diet, exercise, and reach for a nutritious snack if your energy levels are low.

# Stressed? Try a “Color Walk”

By Dylan Roche

**V**ery few people would deny that daily life gets overwhelming—it’s why a lot of us struggle with chronic stress and anxiety. Too many stressors can leave our bodies in continual “fight-or-flight” mode, which affects our ability to function. We end up struggling to make decisions, we’re in a bad mood, and we might even be mean toward people who don’t deserve it.

To take yourself out of this mental space, you may need to practice a grounding technique like a color walk. *Grounding techniques* get you out of a negative headspace and ground you in the present moment by helping you intentionally focus on your sensory surroundings. Color walks are the latest mental wellness trend that let you do exactly that while getting physical activity.



## WHY DOES THIS WORK?

Even with its simple premise, a color walk is a popular option for people trying to improve their mental health because it gives you a specific task that’s unrelated to other stressors in your day. It requires very little thought but focuses your attention on what’s actually in front of you. You’re not required to see a specific number of items, so it doesn’t matter whether you identify one sight that’s your chosen color or a hundred.

Research shows grounding practices like color walks help us **regulate our moods, control our emotional responses, and clear our minds for better focus on what actually matters.**

Plus, you’ll be getting physical activity while you walk, which boosts your energy and releases endorphins.

### HERE’S HOW IT WORKS:

- ◆ Go for a walk—it could be around your neighborhood, around your office complex, at a local park, or anywhere convenient.
- ◆ Choose a color—it can be any color, but keep it general. (For example, choose blue instead of a specific shade of blue.)
- ◆ Keep an eye out—look for anything that is the color you chose. Try to see how many objects you can identify.
- ◆ Switch it up on future walks—when you choose a different color, you challenge yourself to look for things you didn’t see last time. If you run out of general colors, choose a specific shade to look out for (or choose a different place to walk).

**Tip: Need to switch it up?** If you’ve already been through a full rotation of colors on your walks, or you’re walking through somewhere without a lot of color variety, give yourself a different challenge. You could focus on objects that start with a specific letter, or you could focus on other senses, such as sounds or smells.

# Cardio + Strength Training

## SOME WORKOUTS DO DOUBLE DUTY

By Dylan Roche

**A** well-rounded fitness routine is always going to combine cardiovascular/aerobic exercises and resistance/strength training. Even if you choose to focus on one—for example, if you're a marathon runner or a bodybuilder—you don't want to completely neglect the other.

**Tip:** Health experts recommend at least 150–300 minutes of moderate aerobic activity per week (or 75–150 minutes of vigorous aerobic activity) plus strength training to target all major muscle groups twice per week.

Most people divide up their workouts: They'll go for a run or a bike ride one day, and they'll lift weights the next. They might even try to vary a workout session by doing a little of each. But the reality is you can easily do a workout that gives you the benefits of both. Here's what three exercise experts recommend:

“You can train strength and cardio at the same time, but it's less about finding special ‘hybrid’ exercises and more about structure,” says sports performance coach Bryce Holmes. “A resistance training program using high volume and short rest periods generally allows for adaptations in both areas.”



**In other words:** If you do more reps and sets (higher volume) with a lighter weight, taking shorter breaks between your sets, you keep your heart rate elevated during your entire weightlifting workout—which gives you aerobic benefit. Instead of lifting a 50-pound weight five times, you could lift a 25-pound weight twenty times.

Lois Manzella Marchitto, a personal trainer and the founder of Fitness Knocking, echoes this sentiment. “Most weight training can be made into cardiovascular training by limiting the time of rest in between sets,” she says. She recommends:

### Squats, Pushups, Glute Bridges, Reverse Lunges

The exercises act as bodyweight calisthenics you can do to work both your cardiorespiratory system and your major muscle groups.

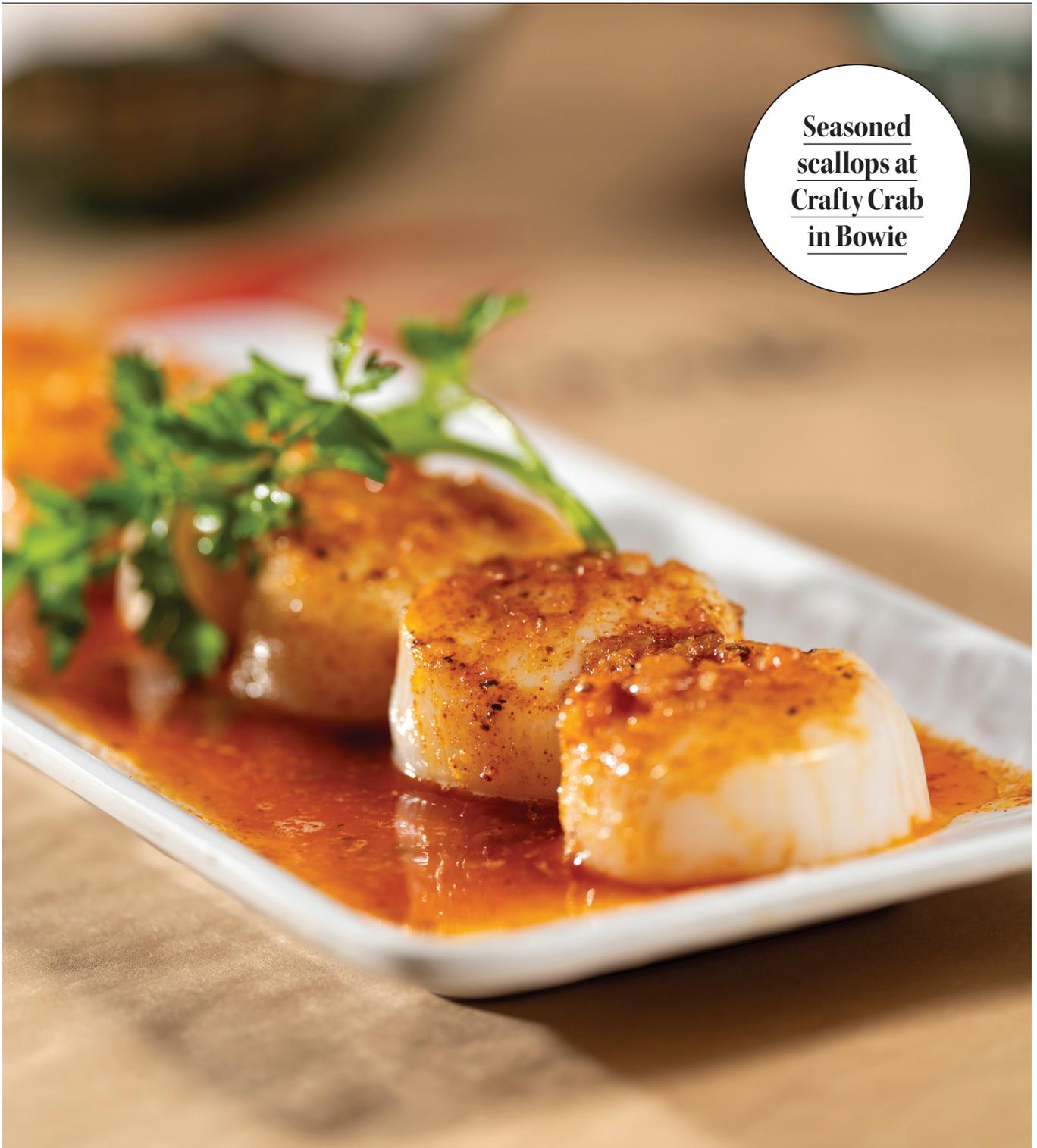
Finally, don't assume every cardio workout strictly uses your lower body—workouts like swimming and rowing work your arms, shoulders, and chest. Nutrition and lifestyle coach Dr. Shawn M. Talbott says a mere 20–30 minutes on a rowing ergometer will hit all your major muscle groups in a time-efficient way. “As a former elite-level rower, and former rowing coach, I can tell you that there really is no better exercise that combines cardio and strength in one activity—and it is low-impact and can be completed by anyone at any age,” he says.

So, whether you speed up your strength workouts, do calisthenics, or hit the rowing machine, you can build up muscles while working your heart and lungs at the same time—no need to choose one or the other!

# Food & Dining

92 READERS' DINING GUIDE

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scallops at  
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# Readers' Dining Guide



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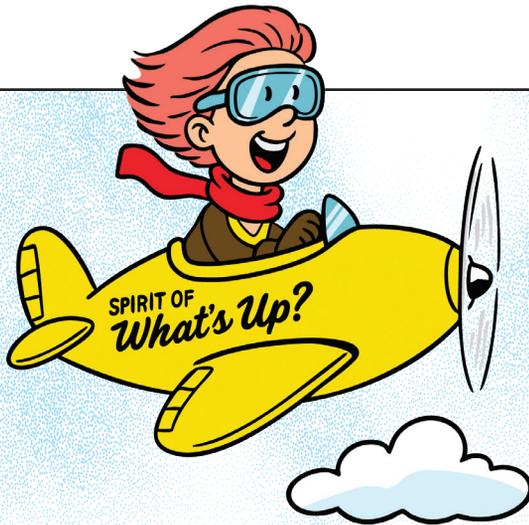


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