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- Large sunroom across the back of the house
- Rip rapped shoreline



108 Stoney Bar Bluff Rd. | Grasonville

- Waterfront Cottage on Jackson Creek
- 1 BR with the potential for 2 BR's
- Waterside sunroom with sunset views
- Chester River Beach Community
- Pier and boat lift, rip rapped shoreline
- Detached 2 car garage



209 Harrier Way | Chester

- 55+ Four Seasons at Kent Island
- 4 BR, 3 baths, main level primary
- Unparalleled community amenities
- Luxurious High-end finishes
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- Family room with floor to ceiling stone Fireplace



518 Broadcreek Dr. | Stevensville

- Bay City Waterfront on Broad Creek
- 3BR, 1.5 bath bungalow needs updating
- Quick and easy access to Rt. 50
- Private pier & 50' of water frontage
- Great community amenities
- Shoreline with bulkhead



315 Ruthsburg Rd. | Centreville

- Rancher on .76 acres
- Many recent major updates
- Gourmet kitchen with 42" Amish cabinets
- 4 Bedrooms, 2 Full baths
- 2 Car attached garage/Pole Barn



306 Irene Way | Stevensville

- Bay City Community, minutes to the Bay Bridge
- Amenities: boat ramp, pavillion, kayak rack & play areas
- Broadcreek water views across the street
- Water & sewer connections installed & paid for
- Build your dream home with your builder or ours



Lot 8 Ackerman Dr. | Stevensville

- Romancock on the Bay
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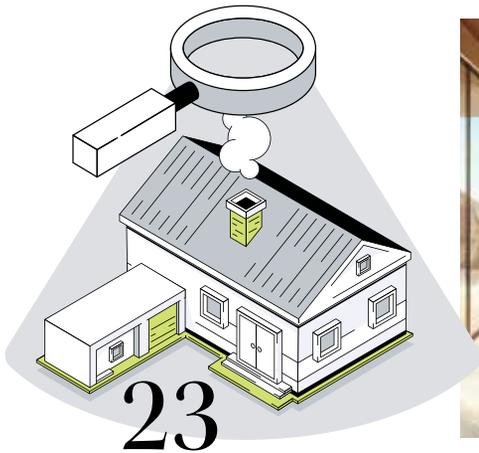


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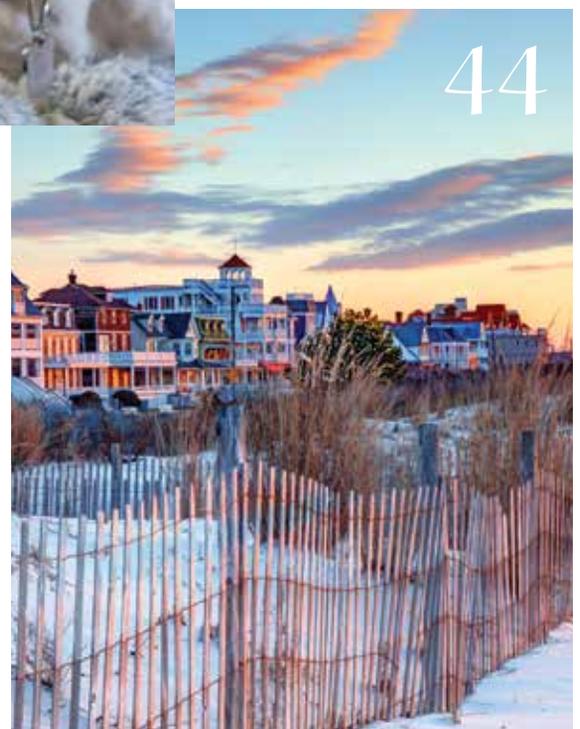
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2025 TOP DOCS

The 2025 What's Up? Top Docs survey is here! A peer-survey project celebrating exemplary medical professionals in the Greater Chesapeake



Bay Region. Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. One survey per doctor may be completed. Voting will close at the end of April (4/30). Results will be published in our October issues. Visit whatsupmag.com/topdocs2025.



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Expert of the Month



Paul Mueller, Jr.

Paul Mueller, Jr.
President
Mueller Homes

PJ. Mueller has spent his entire career in the home building industry. His vision has driven the success of Mueller Homes and sister companies Ella Lee Interiors and Charles Henry Fine Woodworking. He has served as a leader of the National Association of Home Builders Premier 20 Builder Group and has been recognized as a true innovator in the luxury home industry. Mueller's work has received awards locally and nationally for quality, craftsmanship, and bespoke homes.

When building a custom home, why is "Assembling the Team" so important?

Assembling the team early in the design process ensures that your budget and vision are aligned. Our team often includes a site engineer, architect, and client liaison to evaluate the lot and scope of work desired. This strategy fosters clear communication, realistic expectations, and a solutions oriented approach.

What's the biggest mistake when buying a lot or building a waterfront home?

There are many complex factors to consider when buying a lot or building a home on the Chesapeake Bay. The biggest mistake is buying a lot without consulting with a builder who understands the nuances and can assemble the right team. We work with clients to perform the due diligence necessary to ensure that the lot is feasible and the home they want to build is permissible, given critical area guidelines and local jurisdictions.

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Our team consists of designers, architects, and subcontractors who we have worked with over the past 30 years. Our designers provide a concierge approach and harness a vast number of resources with our design studio. Technology allows us to create mood boards and renderings that allow clients to experience and walk through their home before it's built to get a sense of the overall cohesion of the spaces. This creates a very immersive design process.

Our sister company, Charles Henry, creates bespoke custom cabinetry, built-ins, millwork, and exposed wood beams that are inspired by our clients' and designers' vision. These elements often serve as the "jewelry" that makes your home truly unique.

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Arts & Culture

12 EVENTS

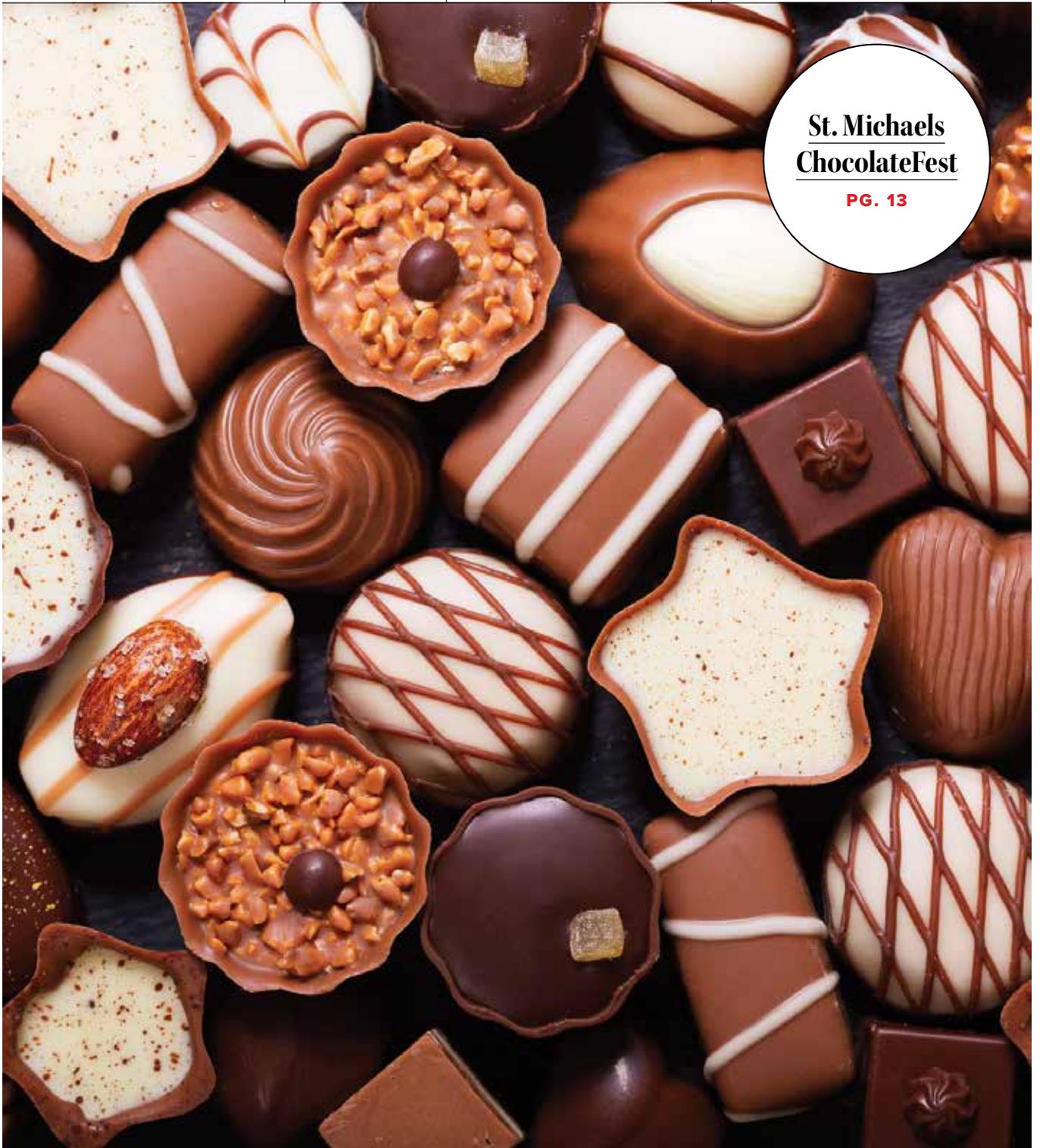
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18 ATTRACTIONS

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**St. Michaels
ChocolateFest**

PG. 13





UPPER SHORE YOUTH ENVIRONMENTAL ACTION SUMMIT

ShoreRiver's Annual Upper Shore Youth Environmental Action Summit gathers hundreds of students from across Maryland to engage with top experts in green career fields. On March 20th, from 9:30 a.m. to 1:30 p.m. at Chesapeake College, enjoy the free summit, connect with other students, and learn how they can get involved with groups driving meaningful environmental action. Find more information at shorerivers.org.

Chefs for Habitat

On March 8th, join Habitat for Humanity at their gourmet gala to raise funds toward building homes for hard-working families in need. This year, Chefs for Habitat will be a Kentucky Derby themed gala at Wicomico Youth & Civic Center featuring local celebrity chefs. The night will offer signature small plates from the area's hottest chefs, music, dancing, and a silent auction. Get tickets at chefsforhabitat.org.





Photo by Discover Easton

Easton's St. Patrick's Day Parade

Every year, there are a couple parades we look forward to, and one is just around the corner! Wear your green and line the streets of Downtown Easton on March 17th at 5:30 p.m. Enjoy lively bands and decorated golf carts. Stick around after the parade for a town favorite, the St. Patrick's Day Potato Race hosted by the Talbot County Young Professionals. The parade will start on West Dover Street, continue down Dover Street, up Harrison Street, down Goldsborough, down Washington Street, through Federal Street, and down North West Street back to Dover. Find more information at discovereaston.com.

ST. MICHAELS CHOCOLATEFEST

Indulge in sweet bliss at the 7th Annual St. Michaels ChocolateFest. Get ready to treat your taste buds on March 8th by celebrating all things chocolate in the charming town of St. Michaels. Talented local chefs will craft chocolate-inspired dishes and desserts. From 11 a.m. to 4 p.m. businesses and restaurants will participate in The Chocolate Crawl, and so much more will be going on while you sip and savor through town. Whether you're a devoted chocoholic or simply looking for a fun and delicious way to spend your Saturday, St. Michaels ChocolateFest promises a fun experience. Find more information at stmichaelsmd.org.





TASTE OF ST. MICHAELS

On March 29th, from 11 a.m. to 4 p.m., crawl around St. Michaels to enjoy participating award-winning restaurants and experience the finest flavors the town has to offer. The Tasting Crawl will allow you to eat your way around town and indulge in exquisite, Chesapeake Bay-inspired tastings. Each venue will have a tasting selection featuring both food and drinks ranging from \$1–5 per sampling. Get more information at stmichaels-md.org.



GiGi's "Seas" the Day Gala

GiGi's Playhouse's "Seas" the Day Gala fundraiser is the perfect opportunity to honor children and adults with Down Syndrome, promoting greater acceptance for all. This can't miss event will be at The Atreum at Soaring Timbers in Annapolis on March 21st from 7 to 11 p.m. Enjoy dinner, drinks, music, dancing, live and silent auctions, a wine pull, and more. Get tickets at gigisplayhouse.org.



Photo by Matthias Kabel

**HARLEM
GLOBETROTTERS**

Harlem Globetrotters' 2025 World Tour is making a pit stop at the Wicomico Civic Center in Salisbury on March 5th at 7 p.m. Get ready for high-flying fun and your chance to witness the world record-breaking trick-shots of basketball. The Globetrotters will be taking on their rivals, the Washington Generals in an action-packed game. Get tickets and more information at wicomicociviccenter.org.

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Arts



Dancing in the Rain by Lana Frey

▲ Faces for Us

The Zebra Gallery, Easton; Through March 31st; Thezebragallery.com

During Black History Month, the Zebra Gallery opened, *Faces of Us*, a poignant exploration of humanity through the lens of human faces. Each piece in the show captures the subtle complexities of emotion, identity, and connection, inviting viewers to reflect on the shared experiences that unite us all. Artists included in the show include Bondu Deji, Tobi Adebisi, Lana Frey, April Claggett, Quadri Afis Enitan, Victor Popoola, Adam Himoff, Susan Fay Schauer, Gabriel Lehman, Jack Knight, Adam Henderson, Ula Buka, and Joanna Jago. These artists use diverse mediums and styles to depict faces that transcend individual boundaries, revealing universal expressions of love, longing, joy, and vulnerability. Whether abstract or realistic, these portraits remind us that behind every face is a story, and regardless of background or circumstance, all people are bound by the same fundamental humanity.

Nature's Readymades

Mitchell Art Museum at St. John's College, Annapolis; Through April 6th; Sjc.edu/mitchell/exhibitions

Nature's Readymades presents an extraordinary selection of gongshi (scholars' rocks or viewing stones) drawn from the National Bonsai & Penjing Museum in Washington, D.C. Carved by nature and relished by Chinese literati as early as the Tang dynasty (7th c.), these paradoxical objects are worlds in miniature, presenting the vital energy of the universe in a hardened, static form. Not sculpted in the conventional sense, they predate Marcel Duchamp's readymades by more than a millennium, and in many ways pose an even greater challenge to long-held definitions of art: they are unauthored and typically undated yet have long been understood and appreciated in artistic terms.

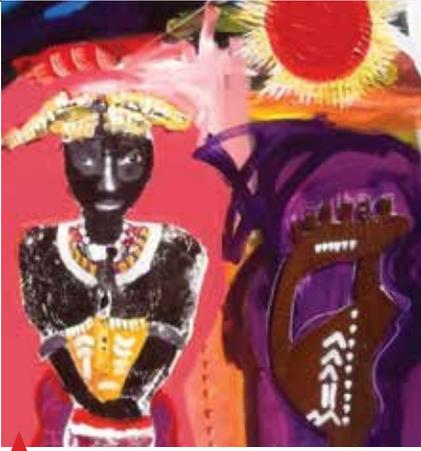
Government officials steeped in poetry, literature, and art displayed them prominently in their studios, alongside brush and ink paintings. In addition, the exhibition includes contributions from a range of scholars—a geologist, a novelist, an observational painter, two poets, a political scientist, a religious studies professor, and a sculptor—who each offer thoughts on a rock or stone in their personal possession. The participants include artist Ellen Altfest, who has spent the last eight months looking at and making a painting of a rock, and Ugo Rondinone, whose sculpture has been inspired, in part, by *gongshi*.



Collection of the National Bonsai & Penjing Museum at the U.S. National Arboretum in Washington, D.C. Photo by Stephen Voss.



Scholar's Rock, Collection of the National Bonsai & Penjing Museum at the U.S. National Arboretum, Washington, DC. Photo by Stephen Voss.



Cuban Links: A Three-Artist Exploration of Cuban Culture

Dorchester Center for the Arts,
Cambridge; March 7th through
April 26th; Dorchesterarts.org

This exhibition explores Cuban history and culture through the lenses of three contemporary artists: Lázaro Batista, Ulysses Marshall, and Samuel "Sami" Miranda. The exhibition offers a nuanced and engaging understanding of Cuba's rich heritage, ongoing social and political transformations, and the enduring spirit of its people.



50 Years on the Chesapeake

Annapolis Maritime Museum,
Annapolis; Through March 16th;
Annapoliswatercolorclub.org

The Annapolis Watercolor Club celebrates its 50th anniversary in 2025 with a series of exhibits and events, including a kick-off exhibit at the Annapolis Maritime Museum that showcases a variety of watercolor paintings that relate to the Bay, its tributaries, surroundings and activities.

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National Air and Space Museum(s)

THE SMITHSONIAN DISPLAYS ICONIC PLANES, JETS, SATELLITES, AND MORE AT TWO MAJOR LOCATIONS

By Tyler Ingle

The Smithsonian's National Air and Space Museum is a world-renowned institution celebrating the history and achievements of aviation and space exploration. The impressive collection of historic planes, artifacts, immersive displays, and exhibits span two locations—the original museum on the National Mall in Washington, D.C., and the Steven F. Udvar-Hazy Center in Chantilly, Virginia. Together, these museums offer a comprehensive look at the innovation, science, and ambition that propelled humanity into the skies and beyond.

The National Mall location is an architectural marvel, famous for iconic exhibits like the Wright brothers' *1903 Flyer*, Charles Lindbergh's *Spirit of St. Louis*, the Apollo 11 Command Module *Columbia*, and a piece of moon rock that visitors can touch. This location emphasizes the evolution of flight



and space exploration through carefully curated galleries that tell stories of ingenuity, perseverance, and discovery.

Most notably, this museum is home to many Wright Brother's artifacts, the pioneers of modern flight and aviation. Additionally, this location hosts "Observe the Sun" every Friday and Saturday from 12–3 p.m., allowing visitors to view the sun through a filtered telescope.

Is your child a fan of Sesame Street? "One World, One Sky: Big Bird's Adventure" is the perfect way for your little one to explore the night sky through an interactive viewing filled with Sesame Street characters on Thursdays and Sundays at 10:30 a.m. Exploring the galaxy as if you are in the thick of it, the Planetarium Shows provide a multitude of ways to "tour the universe."

Traveling with a group of 10 or more? Reservations can be made! Daily planetarium shows are available at a ticketed price, while monthly virtual shows are offered for free on Zoom. "The Sky Tonight," taking place on the first and third Saturdays of each month (at 10:30 a.m.), gives an unrivaled tour of the world after sunset, all brought together by a guided facilitator.

Meanwhile, the Udvar-Hazy Center, with its massive hangar space, is home to massive artifact vehicles that could not be displayed in the main museum, such as the Space Shuttle *Discovery*, Lockheed SR-71 *Blackbird*, Concorde supersonic airliner, and the *Enola Gay*, the World War II aircraft that dropped the atomic bomb on Hiroshima. This location is home to large displays of fighter jets, helicopters, satellites, rockets, and revolutionary personal aviation vehicles. This facility also features a state-of-the-art Airbus IMAX Theatre, observation tower, and restoration hangar where visitors can observe ongoing conservation work.





The National Air and Space Museum is undergoing a multi-year renovation that began in 2018. Most recently, eight new galleries opened in 2022, with the remaining galleries opening in various phases throughout 2025 and 2026. Some of the most recent and upcoming exhibitions are:

At Home in Space: An interactive, fully immersive exhibition that takes visitors along a journey that spans over 40 years, delving into how humans can continue to live and work in space.

Climate Change: Features innovations that have contributed to better understanding and mitigating climate change.

Flights and the Arts Center: This exhibit explores the relationship between arts and flight through the display of permanent collections and new temporary installations.

Textron How Things Fly: Roughly 50 interactive pieces come together, showing the functions and cohesion of all working parts that make things fly.

Jay Y. Kislak World War II in the Air: Putting aviation at the center, this display will feature historic artifacts and prominent figures from World War II, focusing on the impactful conflicts that made America a superpower.

A free-timed entry pass, reserved online, is required to visit the National Air and Space Museum's D.C. location. At the Steven F. Udvar-Hazy Center, entry is free with no needed reservation, but parking on site costs \$15. Both locations are open daily, 10 a.m. to 5:30 p.m., except Christmas Day. For more information visit airandspace.si.edu.

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Maryland Lady Terrapins Basketball Star Shyanne Sellers

By Tom Worgo



Shyanne Sellers gets a lot of inspiration from her parents not only in basketball, but also in life. That inspiration has been particularly crucial because Sellers, a University of Maryland shooting guard, has developed into one of the country's best women's basketball players.

Her father, Brad, a 7-foot forward who played professional basketball for 10 seasons—six in the NBA—and her mother, Kymberly, give her on-and-off the court advice.

“It’s been the perfect mix,” Maryland Women’s Basketball Coach Brenda Frese says. “You get the high-level basketball I.Q. from dad. You get the free spirit she plays on the court from mom. That’s why you see this blend of a ferocious competitor and winner who has a great love and passion for the game.”

Sellers goes out of her way to say her mother, who suffers from muscular dystrophy, has had as much of an impact on basketball as her father. “He sets the standard for me,” Sellers explains. “Though, the same goes with my mom. My mom is a main part of my basketball career.”

“SHE IS IN THE LONG LINE OF GREATS WHO HAVE COME THROUGH HERE.”

Sellers comes from a basketball family. Both of her sisters, Shayla (Purdue University Fort Wayne) and Syrra (Kentucky’s Thomas More University) played Division I college basketball.

The Terrapin leads her sisters in achievements and it’s likely Sellers will play professionally. The Aurora, Ohio, native earned Big Ten First-Team All-Conference honors during both her sophomore and junior years. She led Maryland in points (15.6 average), assists (5.5), and free throw percentage (84.9), while ranking second in rebounds (84.9).

Sellers’ growth from year to year has been impressive, and she’s proven to be a vital player since her freshman year. The Big Ten named the 6-foot-2 Sellers, a combo guard, the Sixth Player of the Year that season and she nearly doubled her scoring average as a sophomore (7.7 to 13.9).

“She’s a versatile, dynamic guard and has found a way every to make an impact for our program,” Frese says. “She is in the long line of greats who have come through here.”

Sellers also made some news off the court, going public with her sexuality and support for the LGBTQ community in June. We caught up with Sellers just as the 2024–2025 season began.

What do you want to do after your Maryland career is over? Play professional basketball. Hopefully, I am blessed to do that, and my goal is to really play in the WNBA (Women's National Basketball Association). I would say it's my dream, but I am not really focused on it right now. I am focused on this season. After my basketball career is over, I want to stay involved in sports. I am a communications major.

The hook shot is rare in men's or women's college basketball. How did you learn it to make it a quality shot? You do see it a lot less nowadays. I learned it here at Maryland. I have worked closely with assistant coach Jess Imhof. She put that in my arsenal a couple of years ago. I have also watched some YouTube videos of Kareem Abdul-Jabbar [considered to have the all-time best hook shot] to improve my mechanics.

Describe your relationship with Coach Frese? It is really great. She does a good job of being my family away from family. We have our moments, but at the end of the day it's really love. We have been together for four years and it's one of the best relationships I will ever have. She has taught me how to be resilient and battle adversity. She is big on family and making family time. She understands there is more to life than just basketball. She prepares you for the real world.

What did it mean to you to play against your sister Shayla in a game in December of 2022, when she competed for Purdue University Fort Wayne? It was phenomenal. You don't see things like that too often in college sports. It's just uncommon. It's easily one of the best moments in my basketball career. It was just a blessing to experience it, and it made great conversation for Christmas dinner.

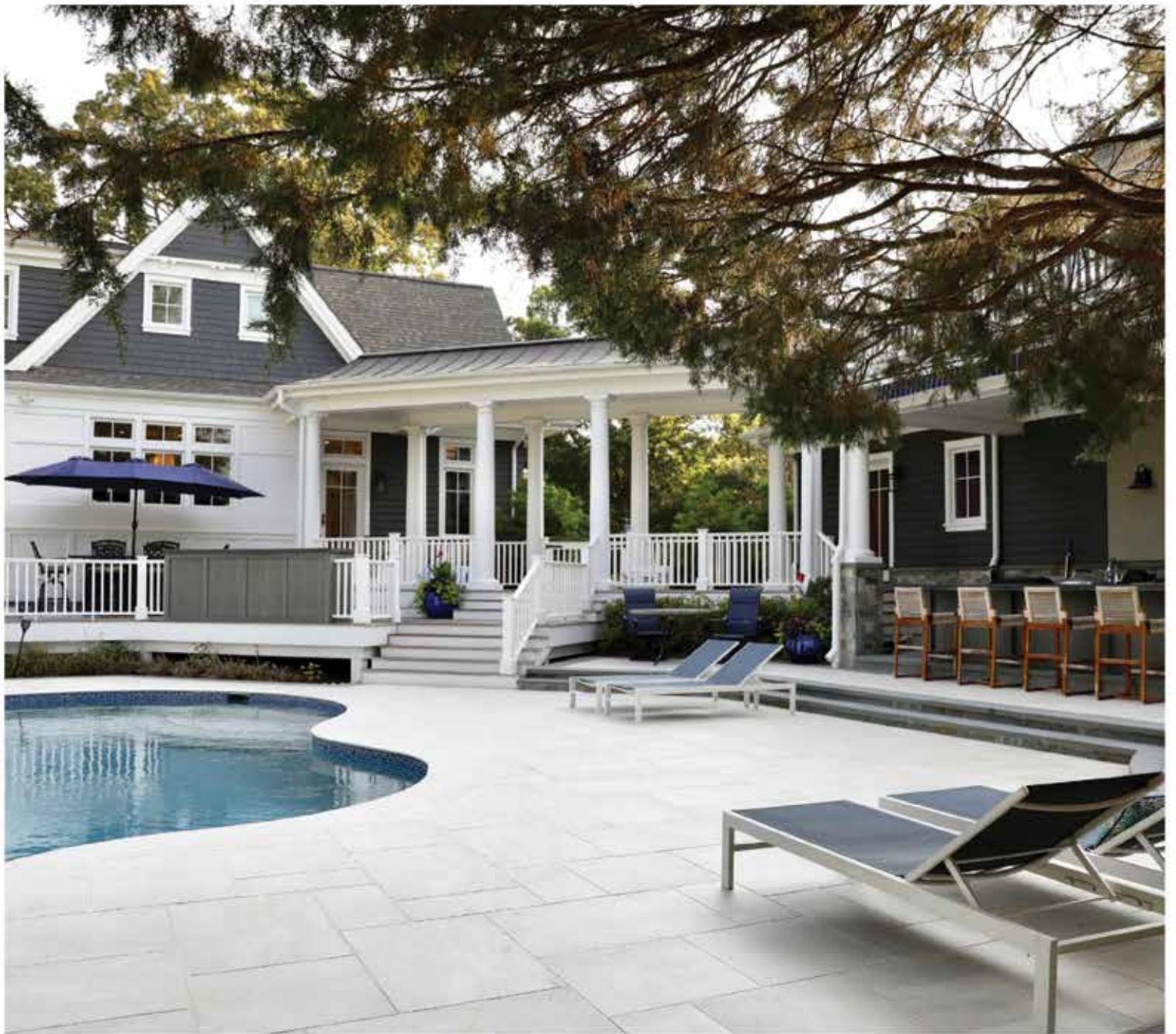


How important has your father been during basketball career? He is a great role model. My father and my mom are great people to have by my side during this process. He critiques my game here and there. He does a good job of not being overbearing. He says some really good things about mentality versus critiquing my game. He wants to mix it up and play up my ability. I do my best in those areas. With my play, I think I have shown that I can do that.

I've read that your mom told you to play with no fear. Is that true? Yes. She battles multiple sclerosis. She hasn't gone a day in her life without knowing fear. She is a very beautiful woman. One of the things with this game is that you can't play scared. That's what she has instilled in me from a young age.

What are your pre-game rituals? Are you superstitious? I always do the same thing. If it's breakfast, I eat an omelet and oatmeal. If it's an afternoon game, I will eat pasta and some vegetables. And I am a left shoe kind of girl. I always put my left shoe on first. You can say I am superstitious.

You must have put a lot of thought into the decision to discuss your LGBTQ experience and orientation publicly. Was this difficult for you or not? It really wasn't that tough a decision. I have a very supportive family. I got a lot of positive feedback. I really didn't get negative feedback. It really didn't matter to me, though. What I like is the support out there. Some (pro and college) teams will have charity games and they donate a lot of the money to children or people who don't have a supportive system. It's great.



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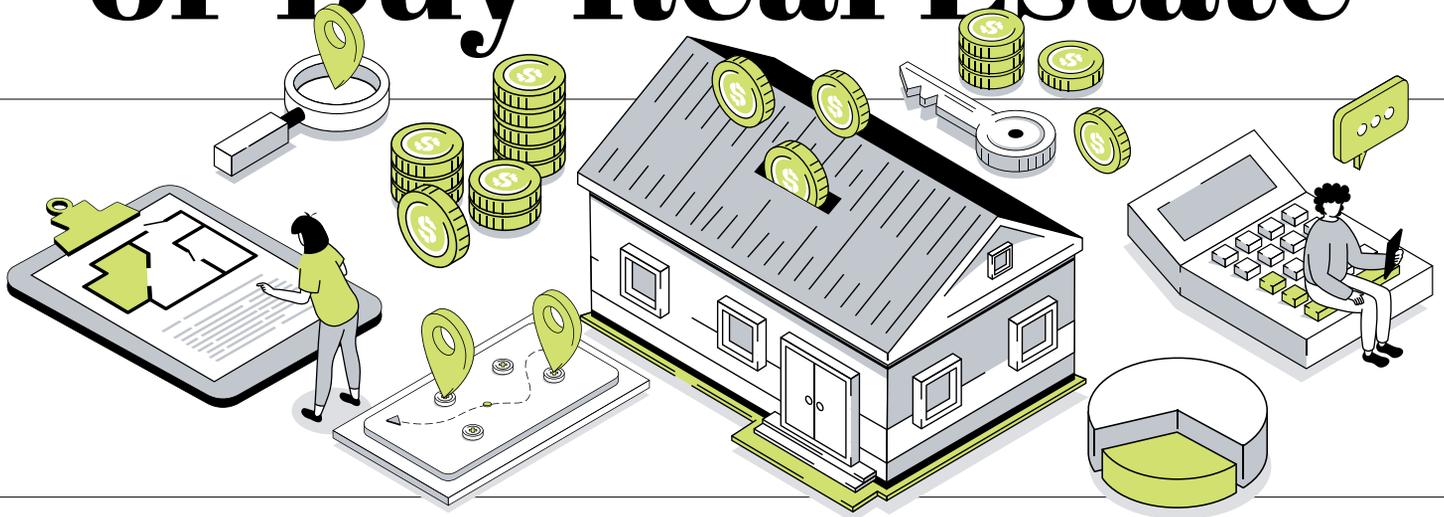
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BY JAMES HOUCK

Planning to Sell or Buy Real Estate



WHAT YOU SHOULD KNOW ABOUT NEW LEGISLATION, THE MARKET, AND HOW TO MAXIMIZE YOUR SIDE OF THE DEAL

Like flowers peeking through the remaining winter frost and inching upward to spring skies, so too do we see more property listings pop up in the local real estate market. As the seasons shift, sellers and buyers seemingly become more active. With a busy real estate market forthcoming, we offer insights into what to expect, some statistics to keep in mind, new legislation, and tips for those on both sides of the deal. We recently discussed the state of the market with Maryland REALTORS® President Cheryl Abrams Davis and the association's Director of Advocacy and Public Policy, Lisa May, to gain expert perspective and advice.

LEGISLATIVE UPDATES

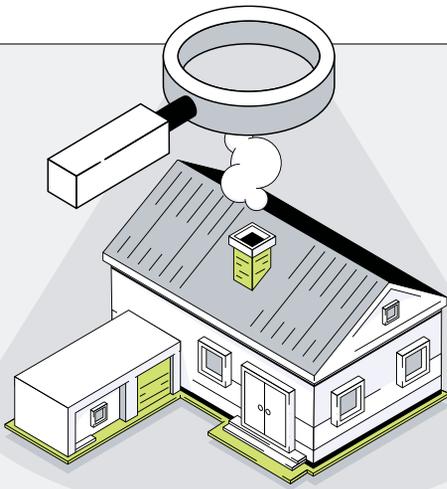
You may have heard about the recent National Association of REALTORS® (NAR) class-action settlement (originally filed by a group of Missouri homeowners in 2019) that resets how realtor com-

mission fees are agreed upon and paid. NAR settled the lawsuit last year and agreed to the following nationwide rule changes: (1) Agents can no longer include the buyer agent's compensation on multiple listing services (MLS); (2) Buyers can negotiate their own agents' pay and formalize it in a signed contract; and (3) MLS participants working with buyers must enter into written agreements with their buyers.

If you haven't sold or bought a property in Maryland within the past decade, then these changes will be brand new to you. But interestingly, prior to this settlement Maryland was one of 17 states that already had similar rules in place. Though Maryland established its buyer-broker agreement laws in 2016, the 2024 General Assembly and MD REALTORS® solidified clarification to the brokerage act with Senate Bill 542.

Under this bill, both buyer and seller brokerage agreements must clearly state the amount of compensation owed as a percentage, dollar amount, or both. In addition, buyers' agreements must state who is obligated for payment, whether compensation can be sought from someone other than the client, and what actions entitle the broker to that compensation.

"But the big bill," Lisa May says, "and the one Maryland REALTORS® supported as vital to addressing our state's housing crisis, was House Bill 538, the Housing Expansion and Affordability Act."



This bill establishes the following:

- Local zoning ordinances cannot prohibit manufactured or modular dwellings in areas designated for single-family residential uses.
- “Middle Housing” and “Cottage Cluster” are defined in state law for the first time.
- Former state properties and federal government military reservations can receive bonus density of 30 percent above the current maximum in exchange for dedicating as affordable 25 percent of the new units.
- Transit-oriented developments within 0.75 mi of a rail station can receive bonus density of 30 percent in exchange for dedicating 15 percent of new units as affordable.
- Lands owned by nonprofits may receive a 30 percent density bonus in exchange for dedicating 25 percent of the units as affordable.
- Local governments may not impose unreasonable restrictions or excessive public hearing requirements on the above projects.

According to May, “That bill alone accomplished more on housing than many previous sessions combined.”

Big picture-wise, what does this mean for the market? Cheryl Abrams Davis says, “We’re encouraged by the General Assembly’s willingness to tackle our housing crisis on a statewide basis. We’re beginning to see the awareness on the state level and in the Governor’s Office about the im-

portant role that housing plays in our economy and the ability to attract and retain our workforce.”

For this 2025 General Assembly, Davis is focusing on state-wide legislation that addresses “missing middle housing” as a stopgap to the housing inventory shortage. A well-known means to boost such inventory is Accessory Dwelling Units (ADUs).

“Accessory dwelling units are near and dear to me because, right now, we don’t have enough housing inventory in Maryland,” Davis says. “Missing middle housing is that housing, such as ADUs, that fill the gap until people are able to buy or to move or to rent. An ADU is either part of an existing property, such as a basement apartment, or it could be a room over a garage or a garage that was turned into a living space.

“Even though ADUs are in law in some counties in Maryland, there are several counties where it’s not allowed. We’re trying to get the ADU bill through on a state level.”

MARKET ACTIVITY

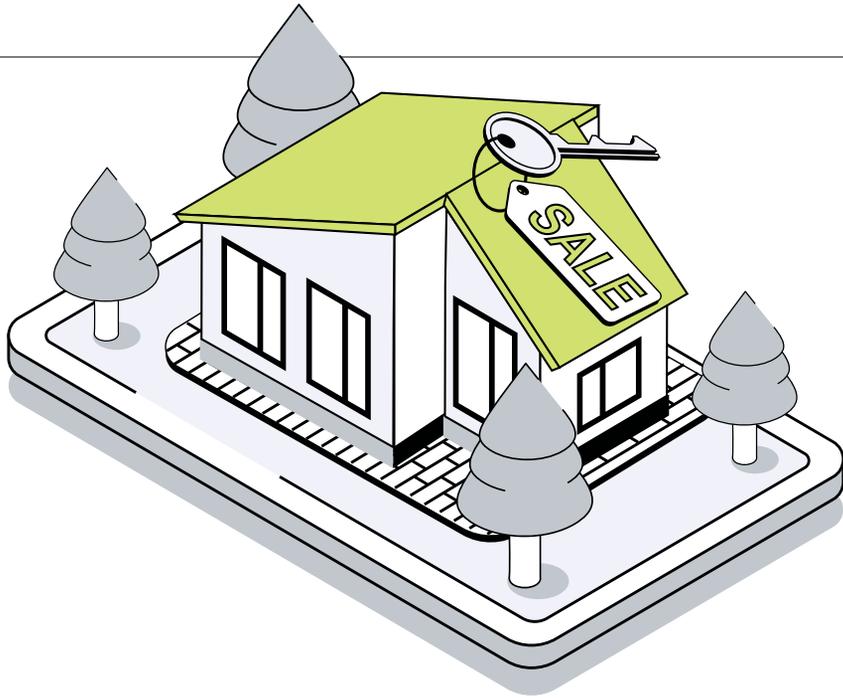
“One thing for sure is that the market is consistently changing,” Davis says. “Just when we get [last month’s] statistics, we’ve moved on to a whole other market.

“Back in October, things slowed down a little bit,” she explains. “Then toward the end of the year, sales picked up, which is very atypical for December or Q4. They picked up significantly. So, we were very excited to see that there was some momentum. Then, it seems we had a dry January in real estate.”

Overall, the state market saw the number of units sold in December increase 1.5 percent versus the year before. The average price of a house increased 5.8 percent over the prior year. The local median price is consistent with NAR statistics, which show that houses appreciate approximately 5 percent annually.

The pricing increase can also be attributed to the lack of inventory statewide. Despite homes selling, the actual inventory has been down; for example, 9,194 units were active in December ’24 compared to 10,543 in December ’23. And many homeowners who locked in the Pre-Covid low-interest mortgage rates in the 3–4 percent range have been less likely to re-enter the market with rates hovering between 6 and 7 percent.

But...“The reason why people buy and sell houses will never change,” Davis says. “At some point, everybody who has that 4 percent or less rate...they’re going to have to move. You have people who are moving up or down, getting a bigger house or a smaller house. First time homebuyers are always coming to the market. People are getting married, people are getting divorced, people are passing away, people will become widows, people are having families. Sometimes seniors can’t live alone, and they have to sell the house. So, because of all of those reasons that will never go away, at some point, those houses will come back on the market.”



SELLERS' PREPARATION

Preparing your home for sale can feel overwhelming. But there are more than a few best practices to consider when putting up the “For Sale” sign. We recommend consulting with a real estate agent well-versed in the local market, who knows the historic values, seasonal pricing fluctuations, local inventory and comparables, most-desired amenities, buyer demographics, and has contactor contacts in many home specialties that can help prepare a home for sale. Preparation can include minor-to-major home repairs, cosmetic enhancements, decluttering, interior staging, landscaping, and property inspections.

It can take quite a while to prepare a property for the market and any homeowner who doesn't take the time to prepare is making a mistake. “Most buyers in our busy world don't have time and/or vision to work on serious structural updates to their new purchase (kitchen, master bath, etc.),” states one local realtor. “The ‘options’ that help to sell a home are for the seller to offer clean, de-cluttered rooms in a setting that looks well-maintained.”

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

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

BUYERS' PREPARATION

If you're entering the real estate market, you have a checklist of to-dos to accomplish, preferably before you begin searching for actual listings. First on the agenda. A meaningful discussion with those involved in the potential move/purchase—your spouse/significant other, children, parents, or even, just yourself. What type of home do you envision? What amenities are important to you? What does life look like five years down the road?

You'll also need to evaluate your buying power and financing options. Shop the mortgage market for best rates and deals. Consult banks, lenders, and research homebuying programs at the Federal, State, and local levels.

“A lot of people are focused on the interest rate when they really should focus on what the payment is and if they really have to move,” Davis opines. “What is the purpose for the move? Everybody keeps talking about the ‘high’ interest rate. The interest rate is not high. The average interest rate since being tracked is 7.5 percent. We are still below the average. Buyers need to consult with professionals before they're ready to go. Consult with the real estate professional in addition to the financial advisor and a lender.”

Once you have some numbers locked in and a pre-approval for a mortgage, the fun begins with reviewing listings and researching communities. You'll also want to pay attention to a neighborhood's infrastructure/connectivity (water/well, sewer/septic, electrical/gas, phone/cable/satellite) and physical property conditions (landscape, natural features/grade slope, proximity to water).

And while buying a home that is well maintained is always the gold standard, it is especially important and highly advisable to choose a home that already has the upgrades you may want. “People buy houses and then they're house-poor because the house keeps nickel and diming them to death,” one realtor says with caution.

Our advice. Develop a relationship with a local real estate agent who knows the market and shows equal care and consideration in learning *your* wants and needs. Having the right team behind your purchase—from agent to lender to home contractors—can go a long way toward your *forever home* happiness. Ditto, for those on the other side of the deal, selling the dream.

Courtney Chipouras Joins TTR Sotheby's International Realty

TTR
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INTERNATIONAL REALTY

Courtney Chipouras, Realtor and Vice President with TTR Sotheby's International Realty, is a trusted expert in Eastern Shore real estate, blending sharp business acumen with a deeply-rooted passion for the Chesapeake region. A Kent County native, Courtney's intimate knowledge of the area's close-knit communities, evocative landscapes, and waterfront properties makes her a richly knowledgeable and connected resource for buyers and sellers across Kent, Queen Anne's, and Talbot Counties.

With an MBA from Wilmington University and nearly 20 years in corporate sales leadership at Verizon, Courtney honed her skills in negotiation, market strategy, and client service—expertise she has leveraged since 2017 to deliver exceptional results in real estate. Recognized as a top-performing executive, she brings the same level of exceptional professionalism to helping clients find their ideal home or commercial property.

Born and raised on the Eastern Shore, Courtney celebrates the slower pace, tight-knit communities, and hidden gems that make this region special. A dedicated community member, she serves on the Queen Anne's County Mental Health Committee, reflecting her commitment to giving back.

Whether searching for a waterfront retreat, a historic home, or an investment property, Courtney's strategic approach and local insight ensure a seamless and rewarding experience.

Courtney Chipouras, mychesapeakehome.com
m +1 410 200 1224, o +1 410 673 3344, courtney@mychesapeakehome.com



4938 Huntingfield Road | Rock Hall | Offered at \$1,190,000



4742 Huntingfield Road | Rock Hall | SOLD \$1,550,000



10785 Big Stone Road | Millington
SOLD \$2,400,000 | Represented Buyer



2444 Bennett Point Road | Queenstown
SOLD \$975,000



208 Brickhouse Drive | Queenstown
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TTR SOTHEBY'S INTERNATIONAL REALTY

As the principal agent of Maryland's #1 Waterfront Real Estate Team, Brad Kappel has dedicated over sixteen years to serving the residents of Anne Arundel County and the Eastern Shore. With a background in real estate, home construction, and renovation, Brad and his team bring a comprehensive understanding of waterfront properties, offering unparalleled insight into each home's condition, value, and potential.

In 2024, Brad's expertise and commitment to excellence resulted in over \$193+ million in sales, a testament to the trust and support of his clients, colleagues, friends, and family. He remains steadfast in his belief that "clients deserve nothing short of excellence." From the initial consultation to navigating key decisions and finalizing transactions, Brad and his team work tirelessly to ensure exceptional client experiences and successful outcomes.

Brad doesn't just sell the waterfront lifestyle—he lives it. A third-generation Annapolitan, he and his family call the Severn River home, where they embrace life on the water. When he's not assisting clients, you'll find him exploring the Chesapeake Bay by boat or spending time with his wife, two children, and their golden retriever, Tica.

Brad Kappel

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PROPERTIES RECENTLY SOLD



27189 Island Creek Road
SOLD \$12,000,000



5808 Widgeon Point Lane
SOLD \$7,200,000



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SOLD \$4,600,000



380 Wye Narrows Drive
SOLD \$4,600,000



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Stevensville
SOLD
\$2,350,000



104 Teal Court
Stevensville
SOLD
\$1,375,000



412 Beachside Dr.
Stevensville
SOLD
\$1,212,500



110 Beachside Dr.
Stevensville
SOLD
\$1,125,000



204 Queen Anne Rd.
Stevensville
SOLD
\$1,030,000



CORNELIA C. HECKENBACH

LONG & FOSTER REAL ESTATE
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Originally from Germany, Cornelia moved to Talbot County in 1989 and quickly became one of Talbot County's top real estate agents. With over 30 years of international experience, she expertly guides clients through every stage of buying and selling—from starter homes to multimillion-dollar waterfront estates, farmland, and new construction.

Known for her warmth, integrity, and dedication, Cornelia combines natural listening skills with award-winning marketing strategies and sharp negotiation tactics. She helps sellers achieve top-dollar results and buyers find their ideal homes. Now connected to the Forbes Global Network, she offers unmatched global reach while delivering exceptional service across the Eastern Shore.

Beyond real estate, Cornelia has a passion for the Eastern Shore's beauty. She enjoys training her champion Labrador Retrievers, bred from European lines, and competing nationally. In her free time, she loves cooking farm-to-table meals and spending time with family on her waterfront farm.

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BIANA ARENTZ

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Biana Arentz has been recognized as a distinguished leader in Maryland Real Estate for 22 years, expertly navigating the waterfront properties of the Eastern Shore and Annapolis.

She was awarded Best Waterfront Realtor in 2024 by *What's Up? Magazine* and by *The Shore Update* and is well known on both sides of the Bridge. Her rise from owner of Hemingway's Restaurant to a leader in real estate is powered by gratitude towards her supportive network and her continuous support of her community.

Merging in-depth local knowledge with unwavering dedication Biana guides her clients in one of their biggest financial decisions of their life. Biana lives in Queenstown with her husband Steve, also a REALTOR, and their dog Harley, not a REALTOR. Her daughter Elizabeth, following in her path, began working in real estate in 2023 and is "The Face of Millennial Real Estate." Biana's proficiency and local understanding effectively turns real estate dreams into reality, a journey now shared with her family.



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REALTY**

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Annapolis, MD 21401
O: 410.263.8686

Biana Arentz

Coldwell Banker Realty
C: 410.490.0332
biana.arentz@cbmove.com
SellingMarylandSunsets.com



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Queenstown, MD
\$3,100,000



309 Wye Harbor
Queenstown, MD
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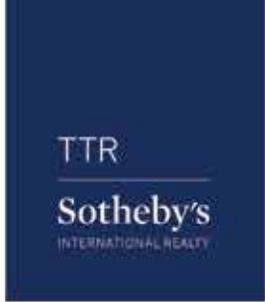
104 Chester Way
Chester, MD
\$1,100,000



49 Prospect Bay Drive W
Grasonville, MD
\$983,000



1488 Westcliff Dr
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27772 Sharp Road | Easton | Offered at \$16,750,000



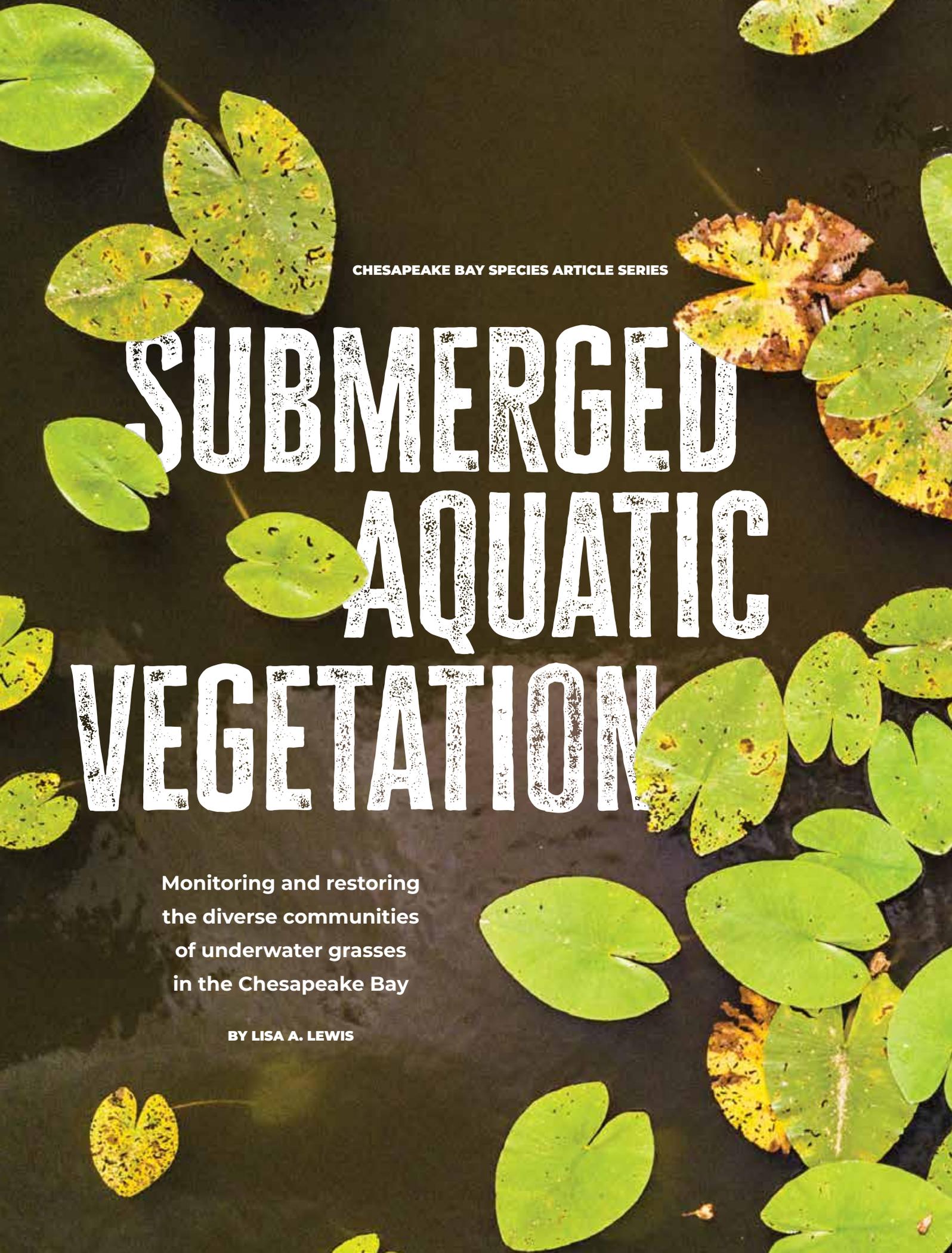
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CHESAPEAKE BAY SPECIES ARTICLE SERIES

SUBMERGED AQUATIC VEGETATION

Monitoring and restoring
the diverse communities
of underwater grasses
in the Chesapeake Bay

BY LISA A. LEWIS



B

eneath the shallow waters of the Chesapeake Bay, underwater grasses sway in the current. Although different species vary in appearance, underwater grasses, also known as submerged aquatic vegetation (SAV), are all critical to the Chesapeake Bay ecosystem.

Indeed, SAV is closely monitored by scientists because its health is dependent on good water quality, and, therefore, its abundance is an excellent barometer of the overall health of the Bay.

Each year, thanks to the funding support of its partners, the Virginia Institute of Marine Science (VIMS) maps the SAV beds of the entire Chesapeake Bay using aerial photography and satellite imagery. The surveys, which are typically conducted between May and October, estimate the annual acreage of SAV. VIMS began monitoring SAV annually in 1984.

According to data released on July 31, 2024, by the Chesapeake Bay Program and Maryland's Department of Natural Resources (DNR), an estimated 82,937 acres of underwater grasses were distributed throughout the Chesapeake Bay and its tidal tributaries in 2023—a 7 percent increase over 2022 acreage. The bay-wide gains observed in 2023 can largely be attributed to increases in three species: widgeon grass, sago pondweed, and eelgrass.

SAV abundance remained fairly steady in Maryland's portion of the Bay in 2023, reaching 37,770

acres. Scientists mapped 37,297 acres of underwater grasses in Maryland during the annual survey in 2022.

Signed in 2014, the Chesapeake Bay Watershed Agreement established interim goals for SAV restoration. The ultimate goal seeks to restore 185,000 acres of underwater grasses with a target of 130,000 acres by 2025. The 2023 data indicates a 45 percent attainment of the ultimate goal and a 61 percent achievement of the 2025 target.

"A 7 percent bay-wide increase is really good," says Brooke Landry, program chief of living resource assessment for the DNR and chair of the Chesapeake Bay Program SAV Workgroup. "When things are trending up, we typically see about a 3 percent increase, so we're very happy. We still haven't recovered from the significant losses in 2019—about one-third of the acreage—when underwater grasses experienced a rapid decline following two years of above-average rainfall, heavy river flows, and stormwater runoff. But I'm confident that we will continue to make progress. I'm especially excited to see the expansion in recent years of species like Horned pondweed and sago pondweed in the mid-Bay."





According to the DNR, there are 15 commonly occurring species of underwater grasses in the Chesapeake Bay. Like terrestrial vascular plants, SAV has leaves, roots, conducting tissues, flowers, and seeds, and it makes its own food through photosynthesis. Since underwater grasses would dry out and overheat on land, they must be submerged by water at all times. And they can only grow in shallow water, so sufficient sunlight can reach them. Underwater grasses evolved to lose structural compounds that terrestrial plants have because they don't need them, but they do have air pockets in their tissue that keep them vertical/upright, and they will float if they break loose.

SAV plays a critical role in the Chesapeake Bay ecosystem. It serves as food for waterfowl, fish, shellfish, and invertebrates, provides habitat and nursery sites, and offers shelter from predators. In addition, SAV absorbs nutrients, produces oxygen during photosynthesis, improves water clarity, settles suspended sediments, stabilizes bottom sediments, absorbs wave energy, and reduces shoreline erosion.

THREATS TO SAV

Although underwater grasses provide several benefits to the ecosystem, they also face threats that impact their survival and abundance. Monitoring the distribution, density, and diversity of underwater grasses helps scientists determine factors that adversely affect SAV—enabling them to forecast emerging issues and implement management strategies.

“Although it's difficult to identify a primary threat to SAV—since many of the challenges are interconnected—poor water quality is an immediate threat,” says Emmett Duffy, chief scientist and director of Tennenbaum Marine Observatories Network at the Smithsonian Environmental Research Center (SERC), located in Edgewater. “Pollutants, such as sediment from runoff, cloud the water, and nutrients, including nitrogen and phosphorus, fuel algae growth in the water column and on the plants. This prevents sunlight from reaching the plants, causing SAV beds to die.”

Healthy grass beds absorb some nutrient pollutants, which improves water clarity. But it's a delicate balance. Since too much pollution is detrimental, the ultimate goal is to reduce the amount of pollution that enters the Bay.

According to the Chesapeake Bay Program, pollution reduction efforts, such as the Chesapeake Bay Total Maximum Daily Load (TMDL), aim to slow the flow of nutrients and sediment into the Bay. A “pollution diet,” which was developed by the U.S. Environmental Protection Agency, the TMDL sets limits on nitrogen, phosphorus, and sediment pollution to meet water quality standards in the Bay and its tidal rivers.

Weather conditions can also affect underwater grasses. For example, experts attribute the losses in 2019 largely to a decline in widgeon grass. Known as a “boom-or-bust” species, the abundance of widgeon grass can fluctuate significantly from year to year, and it's highly sensitive to changes in the light environment. Scientists at VIMS identified the extremely wet spring of 2019, which brought a high volume of sediment-laden water into the Chesapeake Bay, as the most likely cause of the major crash in widgeon grass that year.

In addition, heavy rains can alter salinity levels in the water. Salinity is one of the primary factors that determines where underwater grass species live in the Bay, which is divided into four salinity zones. Landry says there is a freshwater SAV community that prefers the tidal fresh and oligohaline (slightly salty) zones, a mesohaline community that thrives in the moderately salty zone, and a polyhaline community that is found in the very salty zone of the lower Bay. Changes in salinity due to heavy rains can impact SAV's ability to survive, depending on the salinity zone in which it lives.

And, of course, climate change is a major threat to underwater grasses. Warmer temperatures, an increase in severe storms and hurricanes, and rising sea levels can have serious consequences for SAV.

“The Bay is a temperate system, and some species, such as eelgrass, don't do well when it's too warm,” says Christopher J. Patrick, director of the SAV Monitoring and Restoration Program at VIMS and a member of the SAV Workgroup. “After high summer temperatures in 2005 and 2010 caused large meadows of eelgrass in the lower Chesapeake Bay to die, we saw an explosion of widgeon grass, which can tolerate heat better, in the following decade. As temperatures continue to get warmer, especially the frequency of extreme heat wave events, the concern is that these eelgrass losses will happen more frequently, which could lead to catastrophic losses of eelgrass.”



Top: Michael Norman of AACC planting seed on South River. Bottom: Harvested seed ready for processing.

SAV MONITORING PROGRAM

The Chesapeake Bay Program began its annual SAV monitoring efforts in 1984 to estimate SAV acreage and density across the Bay. Since then, its work has evolved to include collecting detailed habitat and water quality data and providing educational volunteer opportunities to communities across the watershed. Today, the program utilizes a three-tiered approach, including aerial surveys, volunteer monitoring, and sentinel sites.

The first tier involves working with VIMS to conduct the annual bay-wide aerial SAV surveys. The data collected from the surveys are used not only to report the acreage and density of SAV but also to track progress and identify trends over time.

“There were bay-wide mapping efforts in the late 1970s and regional efforts at various points over the last century,” Patrick says. “But the annual survey marked the start of a continued, sustained monitoring effort that allows us to keep close track of SAV throughout the Chesapeake Bay on a year-to-year basis.”

To restore and maintain the health of underwater grasses, the Chesapeake Bay Program and its partners focus on improving water clarity, planting underwater grasses, protecting existing grass beds, and promoting SAV-related education and outreach. The Chesapeake Bay SAV Watchers program, which is the second tier of the SAV Monitoring Program, is an integral part of these efforts.

Created in 2019 by the Chesapeake Bay Program and coordinated by the SAV Workgroup, SAV Watchers offers volunteer scientists an opportunity to engage in an educational experience that also provides useful data for Bay scientists and resource managers. Participants collect data on underwater grass diversity and habitat characteristics at sites throughout the Bay and submit photos of their observations. SAV Watchers is the Chesapeake Bay Program’s first official SAV monitoring program for volunteers.

“SAV Watchers is a great opportunity for members of the community to become involved in SAV monitoring and restoration efforts and help make a difference,” says Landry, who is the coordinator of the program. “In addition to volunteer engagement, some of our larger Riverkeeper organizations have expanded their interest from SAV monitoring to restoration. They now work in partnership with the SAV restoration team at the DNR to locate donor SAV beds, harvest and process seeds, choose restoration sites, and conduct the planting. So, we’re getting more people involved in Chesapeake Bay stewardship.”



Top: Arundel Rivers new seed turbulator. Left: Riley Kuehn of Arundel Rivers at turbulator. Right: Sago Pondweed seed harvest.

In accordance with procedures established by the Chesapeake Bay Program, environmental organizations, including ShoreRivers and Arundel Rivers Federation, have created and coordinated volunteer SAV monitoring and restoration programs within their communities.

ShoreRivers has been involved with SAV restoration efforts for more than eight years and works closely with the DNR and Anne Arundel Community College (AACC). In 2020, thanks to funding from the Chesapeake Bay Trust, the organization built a turbulator to increase its capacity to restore underwater grass beds. A turbulator is a tank that agitates harvested SAV to separate the seeds from the plant stems. After separation, the seeds are mixed with sand and planted in shallow waters, where sunlight can reach the bottom.

“The turbulator has allowed us to process the seeds ourselves and effectively doubled the state’s capacity for SAV restoration,” says Captain Zack Kelleher, Sassafras Riverkeeper, ShoreRivers. “Over the past four seasons, we have harvested, processed, and planted more than 15 million seeds in our local Eastern Shore waterways, covering more than 75 acres of river bottom. Through this work, we have also engaged hundreds of volunteers and community members. More than 50 volunteers are involved with our SAV Watchers program, and they go out each summer to scout for and collect data about the grass beds in our local rivers and creeks.”

In the spring of 2024, Arundel Rivers Federation launched the Arundel Rivers SAV Restoration and Outreach Program, which was made possible through funding provided by the Chesapeake Bay Trust and a partnership with the DNR, AACC’s Environmental Center, and Anne Arundel County’s Department of Recreation and Parks.

“In its first year of operation, Arundel Rivers and its partners processed more than two million native grass seeds, which could restore up to 17 acres of grass beds,” says Elle Bassett, the South, West, and Rhode Riverkeeper, Arundel Rivers Federation. “The South, West, and Rhode waterways haven’t seen substantial grass growth for many years, so this project will contribute to meeting our SAV restoration goals for these rivers. The program is also a great hands-on volunteer



ShoreRivers volunteers seed harvesting.



ShoreRivers seed turbulator.

opportunity that raises awareness about the importance of SAV. Volunteers help scout for grass beds, monitor restoration sites, and process the seeds.”

To learn more about SAV Watchers, visit chesapeakebaysavwatchers.com. For more information about the programs at ShoreRivers and Arundel Rivers Federation, visit shorerivers.org and arundelrivers.org.

Created in 2022, the third tier of the SAV Monitoring Program is the Chesapeake Bay SAV Sentinel Site Program. Sentinel sites are located in each of the Bay’s four salinity zones and are monitored using a standardized, in-depth data collection protocol in which scientists track changes in SAV habitat. The program is coordinated by the SAV Workgroup.

FUTURE OUTLOOK

Although progress has been made in SAV restoration, the gains in recent years do not offset the losses in 2019. So, unfortunately, the interim goal for 2025 will not be met. The goal is not out of reach, but the timeline may have been too ambitious. However, restoration partners are optimistic about the future. They know that there is still a lot of work to be done, but they are committed to SAV restoration and will do everything possible to advance this critical effort.

“Perhaps we need to re-evaluate our interim goals,” Patrick says. “The timeline of current goals may be unrealistic. But although we won’t meet our interim goal for 2025, we are going in the right direction. With time, we will achieve our bay-wide goal—and perhaps even surpass it.”

“Humans have done a lot of harm to the planet, and we owe it to Mother Nature to pay back,” Duffy adds. “Our dedicated partners and our numerous, enthusiastic volunteers are all working together to restore SAV and ensure a healthier Bay for future generations.”

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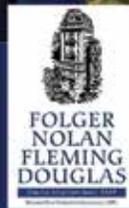
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BY LISA HILLMAN PHOTOGRAPHY BY LAURA WIEGMANN

A Greyhound Love Story



Greyhound experts and enthusiasts share their concerns for this rare breed, the joy of owning one, and the impact of foreign countries on its future

“If gratitude were a thing you could see, you would see it in the eyes of a retired racing Greyhound.”

—John Parker, Greyhound advocate



“Eliza Hamilton” is a beloved greyhound adopted by Eastport couple Marcie Taylor-Thoma and husband Lee.

Meet Eliza

Marcie Taylor-Thoma is in love. Ask her about Eliza, and she gushes with adoration. “She’s so caring and affectionate. It took her a couple of months to be sure we were “safe humans,” but now she’s friends with everyone.”

Marcie and husband Lee share their Eastport home with 7-year-old “Eliza Hamilton.” The pale gray Greyhound with brindle spots raced in West Palm Beach Florida until age 3, when a local Greyhound adoption group connected the couple with the retiring racer.

After raising beagles for years, Marcie observed a pair of Greyhounds walking with neighbors. She admired their calm and unique style. The breed had all the traits she was looking for: easy to train, crate-comfortable, and “needing far less attention than any dog we’ve had.”

As for exercise, three or four short walks a day, plus a run in the yard with other dogs a few times a week, does it. “I thought she would need more,” says Marcie, who was equally surprised at “how much she sleeps—like 20 hours a day. But when she gets playful—and the zoomies—she’s a real goofball!”

And...Bruno

Jeff and Lori Bortner also are smitten. Within their bucolic Millersville home, attention focuses on Bruno. The stunning seven-year-old, 70-pound black Greyhound with a white throat and white tips on his tail and toes is their second Grey. The couple met their first, Cooper, some 20 years ago at a nearby “Meet’n Greet” for Greyhounds.

“They did that lean thing that they do,” Jeff says, “and then they look up at you with those eyes.”

Allergic to cats, Jeff read about how smart Greyhounds were. “Coming from the track they’re mostly house trained, and lazy. They sleep all day. They’re very clean, very easy to take care of, too.”

Bruno, adopted last year, settled in quickly. Says Jeff, “You can be really energetic with him for about half an hour. Then he sleeps the rest of the day.”

When the Bortners began looking for their dog—and a pet for ten-year-old son Jack—a dramatic shift had occurred in the Greyhound racing world, one that would begin a new chapter in the breed’s long history.



The Bortner family of Millersville enjoys playing with their adopted greyhound, Bruno.



“You look into the eyes of a Greyhound and you look back into the centuries.” —John Parker

A Perfect Storm

Joanne Bast calls it “a perfect storm.” A placement coordinator for Greyhound Pet Adoptions of Maryland, Bast helps prospective adopters in central and southern Maryland and the Eastern Shore. It’s a volunteer position she’s held for 16 years. Working from her Edgewater home she has placed more than 80 dogs and has adopted seven herself.

But today, Greyhound adoptions are down across the U.S. Advocates like Bast are asking why. Greyhound racing has been on the decline since the 1990s. Just as commercial casino gambling began cutting into the tracks’ revenue, animal welfare groups were stepping up measures to close tracks. Gradually tracks across states like Alabama, Arkansas, Wisconsin, Texas, Connecticut, and Massachusetts all shut down. So did their adoption groups. The final death knell was Florida’s closing all of its tracks at the end of December 31, 2020.

“Covid hit in the spring of 2020, just before the Florida tracks had to close,” Bast says. “All outreach activities stopped. Volunteers moved on to other endeavors. Four years later, we are still feeling the effects.”

Anne-Marie Cariotis, Vice President of Greyhound Adoption League of Texas (GALT), blames Covid and the tracks closing for the sharp drop in adoptions. “We’ve been down 55 dogs each year since 2021. This is the lowest number of active applications for dogs we’ve had in quite a while. We’ve never had to look for adopters. We’ve always had a waiting list. This is new territory for us.”

Greyhounds are not alone. National data affirms that canine adoptions are down for all breeds. A database established in 2012 by several leading animal welfare groups cites higher “intakes” in the last year. On the flip side, “outtakes” have slowed.

Claudia Roll, Administrator at Anne Arundel County Animal Care and Control, has seen canine adoptions drop 5 percent from last year, especially among larger dogs. She gives several reasons: (1) the cost of dog ownership, (2) the pandemic

A Biblical Beginning

Historians once traced the Greyhound’s origin to the Pharaohs, but later research points to the Celtic peoples of Western Europe. One of the oldest purebred domesticated dogs, the Greyhound is the only breed named in the Bible. Once revered as gods, Greyhounds were protected by priests from extinction during the Dark Ages. No breed is more celebrated in art and history.

Until the 1700s only nobility owned Greyhounds. But it wasn’t until the 20th century that the Greyhound became popularized in America—all thanks to the breed’s extraordinary athleticism. The fastest in the world, Greyhounds can sprint at speeds exceeding 40 mph.

In the 1980s, Greyhound racing exploded in America with more than 50 tracks across 19 states. Their popularity, and concern for their post-racing careers, spawned more than 300 adoption groups located at or near racetracks.

But all that changed when the tracks closed.

“adoption boom” when intake was down, and (3) restrictions in some urban areas about pets, especially large dogs.

While knowing they are not alone may be comforting to Greyhound advocates, healthy dogs who have finished their racing careers are waiting for homes. Although two tracks remain open in West Virginia, there is another source for these elegant animals—one that heralds fresh hope for the Greyhound’s future.

Taking Flight

Joanne Bast with her adopted greyhounds, Milo (the black and white cow dog) and Phoebe (black with the sugar frosted face.) Photo by Ashley Meade

Among Greyhound advocates there are few more accomplished or controversial than John Parker. A self-described “Greyhound enthusiast since 1994” John and wife Laura live on a small farm in Coweta County, Georgia, with a dozen Greyhounds, a Whippet, and three horses. A breeder, Parker encourages responsible breeding, primarily motivated to preserve important bloodlines.



“People believe the tracks are closed so they can’t get a Greyhound. There is widespread misinformation. But the majority of dogs today are not coming from inside the USA,” he says.

Instead, thanks to the generosity and determination of Greyhound advocates—and a carefully coordinated program involving nearly all manner of transportation—retired racers are coming to America from Ireland, Australia, New Zealand, and England. Racing in these countries under government control remains very popular. More dogs are retiring than there are adoptive homes to take them. The closing of American tracks is an opening for these retiring athletes.

Parker, who has served in several leadership positions with Greyhound Pets of America (GPA), is the Coordinator of the GPA Irish Greyhounds to America program. The program was formalized in 2019 with the Irish Retired Greyhound Trust (IRGT), a charity founded to rehome retiring Greyhounds and promote them as pets. Unlike American groups, the IRGT is funded partially by the government as well as private donations. According to Parker, 1,315 Greyhounds have been rehomed in North America since the program began.

Debra Hardman, president of GALT- Arizona, writes extensively about the Irish Greyhounds who “begin their North American travels by being ferried in a van from Ireland to Heathrow Airport. They travel in handcrafted, roomy crates, complete with a comfy bed and access to water.” After they arrive in the U.S., volunteers ensure each dog is bathed and examined according to USDA requirements before placing the dogs in their “forever” homes.



Costs to cover transportation, care, and associated fees can average upwards of \$2,700 per dog. Adoption groups and the IRGT assume much of the costs, requiring about a third from the adopter. As Hardman notes, “That’s a lot less expensive than most purebreds—or going to Ireland to adopt the dog yourself!”

For the Love of the Breed

Since adopting his first Greyhound 30 years ago, Parker remains a fierce champion for the breed. “They’re such wonderful companion dogs,” he says. “So laid back and sweet. And yet they have this dual dimension. They are amazing athletes.”

But, like many who love the Greyhound, he worries about their future. He’s concerned that the tracks closing could hurt the breed.

“This sport brought them to us...racing is what gives the greyhound its temperament, health, genetic diversity and its athletic build. If we lose professional racing, then we lose many of these attributes that make Greyhounds so unique and special.”

Parker wants American racing “reformed, not banned.” And that takes money. He admires how the racing industry in other countries supports the dogs once they finish racing. They do not rely on volunteers alone.

“Anybody who does anything with animals in a business, they have to have a social license. That means the animals are well treated and once they finish in the business, they have another life.”



The author’s six-year-old red brindle greyhound, Charley, was adopted at age two.

Others, like Denise Schumitz, an officer with GPA, are optimistic about the foreign dog program. She also cites the breed’s inherent pluses: “It’s such a versatile breed. They can live in all different situations, in an apartment in the city or with small children in a home or with other pets. They are very adaptable.”

As is Bruno. The handsome, laid back, leggy, Greyhound in the Bortner household—Irish born and bred—is now among the lucky hounds fortunate to find his forever family which includes young Jack, who adores him: “I like that he doesn’t lick as much as other dogs, or jump on me. He just taps his nose on my chin.”

Like any athlete, for Eliza and Bruno—and the hundreds of Greyhounds awaiting adoption—once the race is won, it’s time to kick back and savor life.

After all, they’ve earned it.

What Greyhound owners say

◆ They say they’re like potato chips. If you have one, you want more.

◆ He’s a 40/mph couch potato.

◆ It’s like having a big cat in a dog’s body.

◆ If you want a lab to go running with, this isn’t your dog. But if you like chilling round the house, the Greyhound is for you.

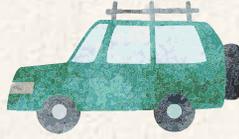
◆ She just seems so grateful, like she knows her days at the track are done.

◆ They’re show-stoppers. You can’t walk down the street without someone stopping you. But that’s ok, because once you have one, you become an advocate.

◆ I never knew they slept so much.

To learn more about greyhound adoption contact: Greyhound Pet Adoptions of Maryland www.gpa-md.com

SEASONAL



WEEKEND EXCURSIONS



BY KAT SPITZER



EXPLORING THE REGION VIA SHORT ESCAPES TO RECHARGE

In our busy lives, it's often hard to find the time to get away for long vacations. Luckily, we live in a region filled with amazing sites, diverse natural beauty, and a myriad of culinary delights. You can reach the beach or the mountains in a couple of hours and feel like you are in a completely different world. Here are some spots—some perhaps, lesser known to most—to explore for a short break if you just need a fun, interesting escape.





FREDERICK, MARYLAND

For history, shopping, and delicious dining options, Frederick is a perfect day trip or weekend getaway less than an hour and a half away from our state capital Annapolis. Start your excursion at the National Museum of Civil War Medicine. This interactive museum gives you a glimpse into the techniques used during a brutal period in history while highlighting the courage of the participants. The methods used during this period laid the foundation for modern medical care. It's a fascinating experience that you will remember forever. Once you've had your fill of the museum, take a leisurely stroll around downtown and enjoy all of the adorable boutiques, antique stores, bookshops, and restaurants. Walk along Carroll Creek Park and appreciate the beautiful views of the creek that winds through the heart of downtown. Make sure to visit the Claire McCardell Statue, commemorating her important legacy in the fashion industry. The town is filled with quaint breweries and distilleries, and you won't want to miss sampling Idiom Brewing Co., Attaboy Beer, and Steinhardt Brewing Company. Frederick has turned outdoor dining into an art form and some great options include The Orchard, Truth and Beauty, and the Wine Kitchen. If you want to stay overnight, you can enjoy gorgeous B&Bs such as 10 Clarke Bed and Breakfast or the Hollerstown Hill Bed & Breakfast, both a short walk to the shops and restaurants. After a weekend in town, you will feel relaxed and rejuvenated.



BOONSBORO, MARYLAND



For outdoor enthusiasts and book lovers, consider a getaway to Boonsboro. Located about an hour and a half to the northwest of Annapolis, the Appalachian Trail winds right through town. You can tour the Crystal Grottoes Cavern, which has been wowing tourists for over 100 years, or spend a day at Greenbrier State Park, walking and biking the trails, or swimming in the freshwater lake. In nearby Devil's Backbone Park, you can fish or rent a canoe or tube for the creek, along with investigating more gorgeous trails through the beautiful forests. Back in town, take an afternoon to browse Turn the Page Bookstore, owned and operated by Bruce Wilder, husband of bestselling author, Nora Roberts (additionally writing as J.D. Robb). The store often holds literary events and features a wide array of signed copies by Roberts. Nearby, you can stay at the Inn Boonsboro on the Square, also owned by Wilder and Roberts. Each adorable room is themed after famous literary couples like Elizabeth and Darcy from *Pride and Prejudice*, or Jane and Rochester from *Jane Eyre*. Enjoy dining at The Branded Chophouse or The Yellow House for casual food and great cocktails.



THURMONT, MARYLAND



For gorgeous wineries and stunning orchards, look no further than a jaunt to Thurmont. In under two hours from Annapolis, you will be surrounded by breathtaking scenery. You can hike and camp in Cunningham Falls State Park or the adjacent Catoctin Park and enjoy epic, sweeping views of the surrounding landscape. Visit the Catoctin Wildlife Preserve and get up close and personal with hundreds of exotic animals in a lush, 50-acre park. You can even take a one-hour safari ride showcasing animals from six continents. Come fall, visit Catoctin Mountain Orchard to pick your own fruit, enjoy homemade baked goods, and purchase jams, produce, and gifts.

When you are ready for a glass of wine, stop in the Catoctin Breeze Vineyard & Winery, where you can savor tastings while you admire the sunset. You could spend a day driving around to an assortment of other orchards and wineries, as well. As you head to dinner, be on the lookout for one of the delightful, covered bridges around town. For dining, don't miss out on Thurmont Kountry Kitchen, Bollinger's Restaurant and Uncle Dirty's Brew Works, or 10Tavern. Stay nearby at Antrim 1844 in Taneytown, a 24-acre estate renowned for its upscale accommodations.





HARPER'S FERRY, WEST VIRGINIA



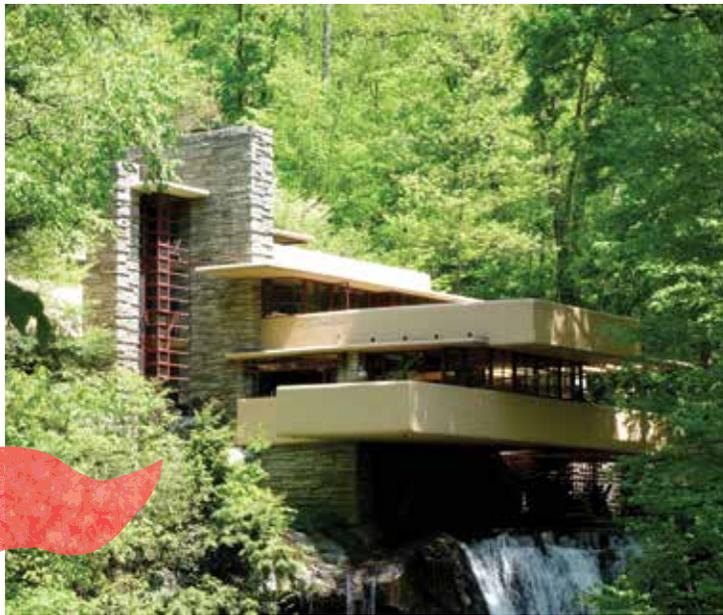
Hikers and nature buffs will definitely want to make the trek to Harper's Ferry. You will drive less than two hours from Annapolis and feel like you are in another world. The Appalachian Trail Conservancy Headquarters resides in town and is one of the most famous landmarks of the 2,190-mile trail. It is often considered the psychological halfway point for hikers who traverse the whole trail. For those of you who might not have the six months to hike the whole Appalachian Trail, spend time exploring the Harper's Ferry National Historic Park. You have nearly unlimited trails to discover, along with major historic sites and cute shops to browse. For a scenic overlook that will take your breath away, hike up to Jefferson Rock. For kids, and kids at heart, stop at the Joy Line Railroad and Toy Train Museum. For dining, try the Rabbit Hole Gastropub or Kelley Farm Kitchen and enjoy some libations at The Barn. There are plenty of B&Bs for overnight accommodation. Check out The Town's Inn, Light Horse Inn, or the Angler's Inn. When spring blooms there are few places more beautiful than Harper's Ferry.



MIDDLEBURG, VIRGINIA

If horses and wineries pique your interest, head to Middleburg, less than two hours away from Annapolis. Middleburg is known as America's horse and hunt country capital. Learn all about this accolade at the National Sporting Library & Museum, featuring artifacts and fine art illustrating the rich history of sporting life, including steeplechasing, foxhunting, polo, horsemanship, wildlife, and more. Once you have finished at the museum, start your wine tour. You will enjoy visits to Boxwood Estate Winery, Greenhill Winery and Vineyards, and 50 West Vineyards. There are many more if

you want to make a full weekend out of wine tasting. If wine isn't your thing, but you still want to enjoy the views, the family-owned Lost Barrel Brewing might be just the ticket. Stay and eat at the Red Fox Inn and Tavern, or the Salamander Middleburg. Both have been around a long time and are quite famous in the area, offering fantastic guest experiences and rooms. Other great dining options include Tremolo Bar, Red Horse Tavern, and the King Street Oyster Bar. Middleburg offers so many opportunities to sit outside, sip on something delicious, appreciate farm-to-table treats, and take in the serene views.



CONFLUENCE, PENNSYLVANIA

About three and a half hours away, Confluence is the perfect spot for anglers and architecture enthusiasts. In Ohiopyle State Park, enjoy a day of fishing in well-stocked rivers and streams, or wander through almost 80 miles of trails. For adventurers, Mount Davis is nearby, beckoning hikers to summit the highest peak in Pennsylvania. For those ready to experience legendary architecture, take a tour of Frank Lloyd Wright's *Fallingwater* (pictured). Prepare to be amazed by this timeless structure that marries nature and architecture in a stunning setting. You can walk the grounds, as well as peruse the inside of the house. For dining, visitors and locals love the Lucky Dog Café, Mitch's Fuel & Food Restaurant, and the River's Edge Café. Accommodations run from rustic charm to relaxed B&Bs. Two standouts are the Paddler's Lane Retreat and the Smith House Inn. There is also an array of cabins to rent in the area. For a more upscale stay, check into the Nemaquin Woodlands Resort for a 5-star stay and access to sporting clays, fly fishing, and other year-round onsite recreation.





CAPE MAY, NEW JERSEY



Before beach season ramps up, visiting the shore has a different, and arguably, magical vibe with fewer crowds and just as much opportunity. If you enjoy lighthouses, birding, and peaceful moments at the beach, consider a jaunt to Cape May. You can have a truly relaxing getaway in around three and a half hours from Annapolis. In addition to resting on Cape May Beach, pay a visit to the Naval Air Station Wildwood Aviation Museum and marvel at the vintage aircraft collection. You may prefer to mingle with Alpacas at Jersey Shore Alpacas. Or perhaps you would like to take a nice stroll down the Washington Street Mall, the historic shopping district for pedestrians. For birdwatchers, the Cape May Bird Observatory is a spectacular location to spot them. National Geographic has listed Cape May as a “World’s Best Destination” for birding. Cap off a visit to Cape May with a tour of the Cape May Lighthouse. For fine dining try Grana BYOB or the Washington Inn. For more casual fare, give Mario’s Pizza & Italian Eatery a shot. You have a lot of options for accommodations, but a couple of standouts are Angel of the Sea, the Bedford Inn, or the Carroll Villa Hotel. You don’t have to go too far to have a short, but sweet, getaway. A visit to any one of these spots will create lasting memories. They all deserve a spot on your bucket list.

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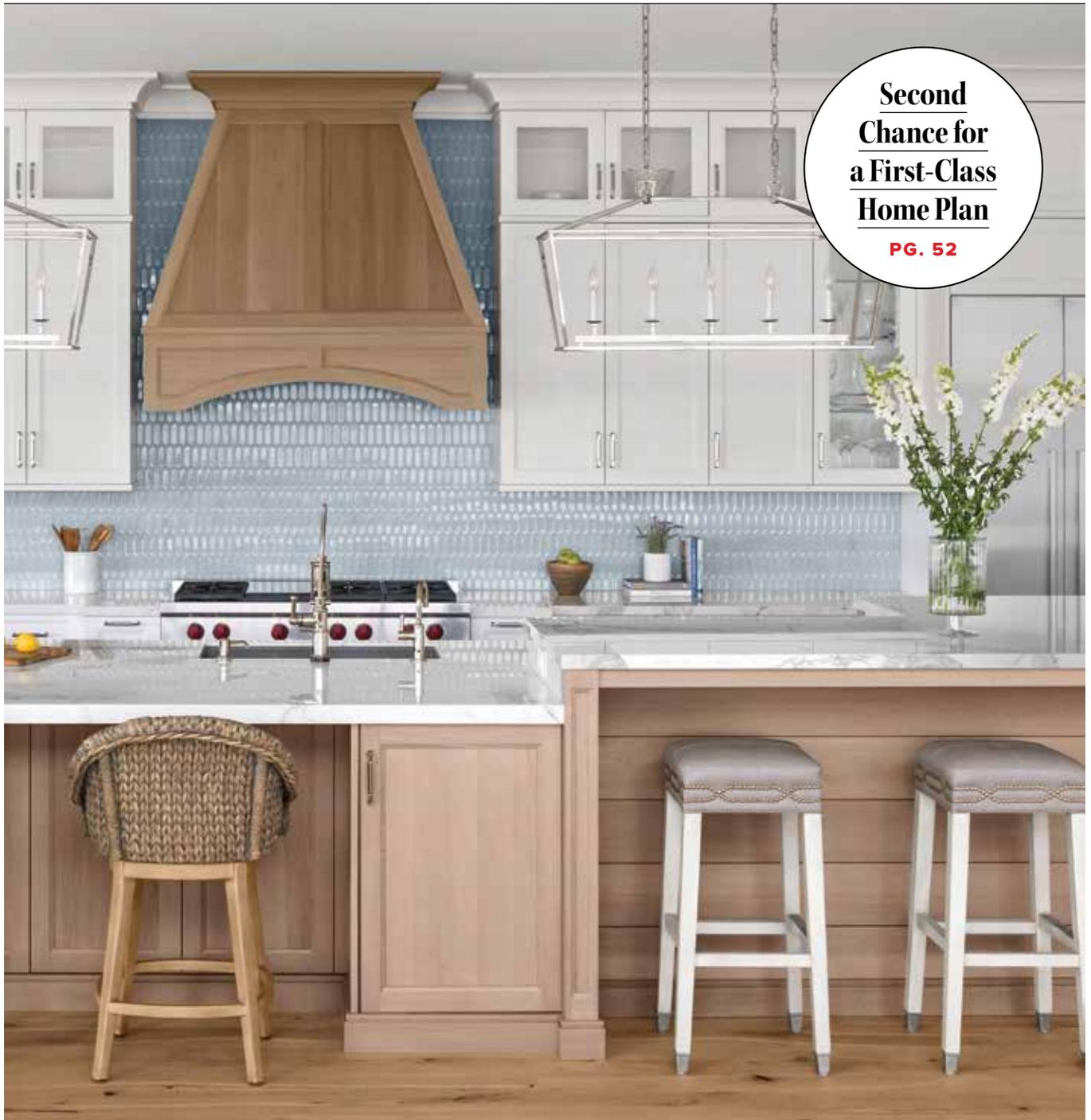


Home & Garden

61 SPRING COLOR FORECAST

64 ULTIMATE CHESAPEAKE BAY RETREAT

66 HEART & SOUL OF THE CHESAPEAKE BAY





Second Chance for a First-Class Home Plan

By Lisa J. Gotto

In life we are always told to trust our instincts. The owners of this month's feature residence fortunately took that particular piece of advice to heart when they realized the plans they initially had drawn up for their dream waterfront home were somehow off the mark, uninspiring, and not in sync with the wish list they had envisioned.

"They had me look at their [original] plans...and those plans just didn't reflect what they were telling me they wanted," says Jonathan Rivera, owner of East Coast-based Jonathan Rivera Architecture. "So, we had a meeting; we kind of reset. I interviewed them and asked them a ton of questions, and then I came up with a plan that was entirely different—because the previous plans, the previous design, it had a garage facing the best view on the property, and so we were going to change all that."

Changing all that would not be easy, however, but Rivera felt the lot with its nearly 300-degree views of the waterfront had exceptional potential with a properly engineered and well executed design.

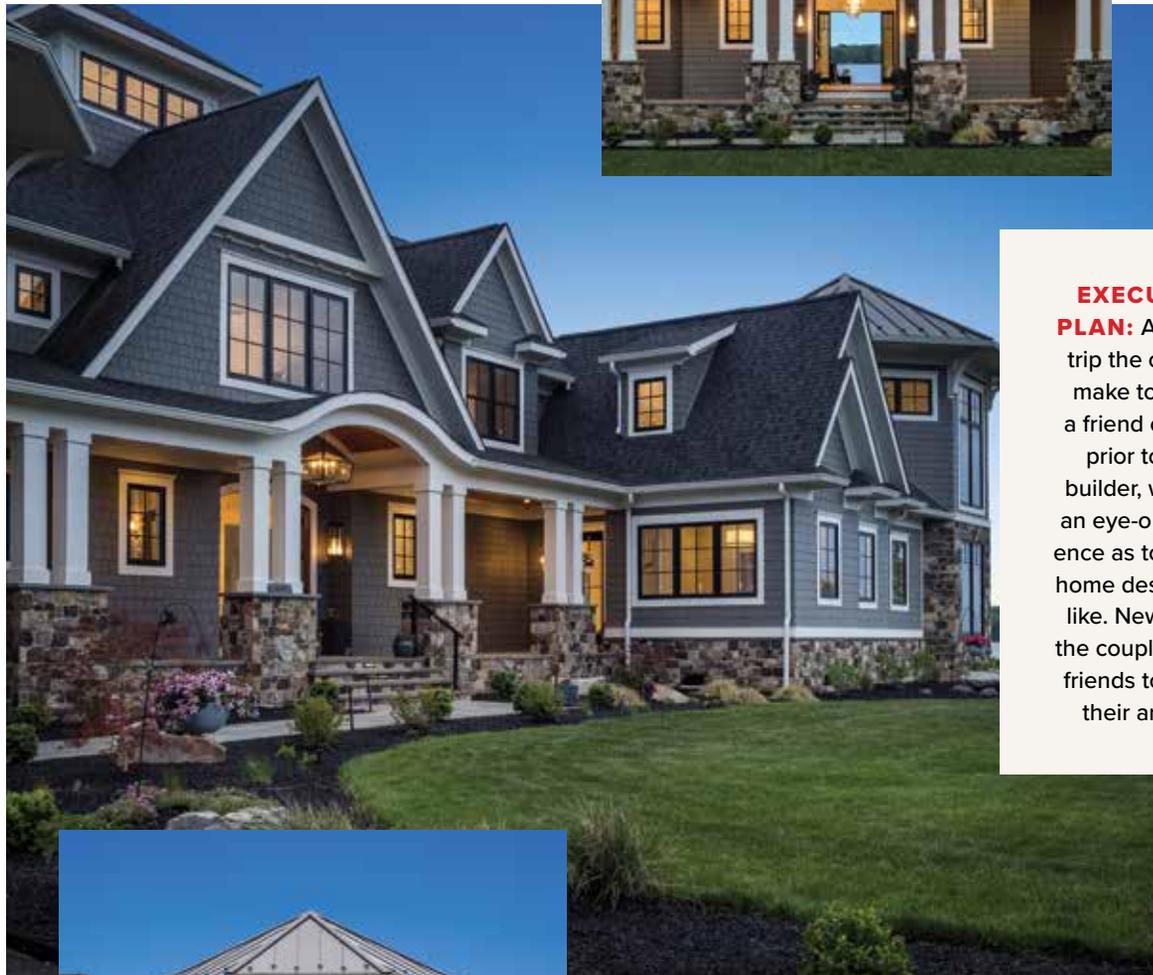
"My biggest concern was that the property had major setback issues from the water and a little bit of wetlands, but the buildable area was a very odd-shaped area," Rivera explains. "And so, my concern immediately was knowing what they had planned and what they wanted to do and how was I going to make this work inside of a buildable footprint? That was the driving factor...we were going back and forth trying to make something work inside of a very difficult footprint."

The first order of business, Rivera explains, was making sure that the four-car garage that they requested was placed in a spot that was the least advantageous in relation to the views, which would enable the rest of the plan to focus on view maximization.

"It was all about the sunrise and the sunset and trying to get the views as soon as you walk in the house to the water, as well," Rivera says. The owner wished to retain the open-plan concept that her former home had, with views to the east and the west. The plan he ultimately devised gave the family sunrise and sunset vistas from the kitchen.

It also checked the boxes for a guest suite with a separate entrance over the garage, two home offices, four bedrooms in the main section of the residence, a huge, first floor gym, and a massive open-plan kitchen and great room with an incredible soaring ceiling.

THE PROJECT: Taking a less-than-optimal, whole-home design back to the drawing board, so a 7,800-square-foot, five-bedroom residence could be constructed with a new concept that would utilize every square inch of possible space to its best advantage and hit the mark for fine design.



EXECUTING THE PLAN: A serendipitous trip the owners would make to the home of a friend on Kent Island prior to securing a builder, would provide an eye-opening experience as to what ultimate home design could look like. Newly motivated, the couple queried their friends to find out who their architect was.

THE PLACE: This family, a professional couple and their teenage daughter chose a three-acre waterfront lot located on a picturesque peninsula in St. Michaels. The site made for a very challenging build and design due to its exacting 100-foot buffer at the back and on both sides of the property.

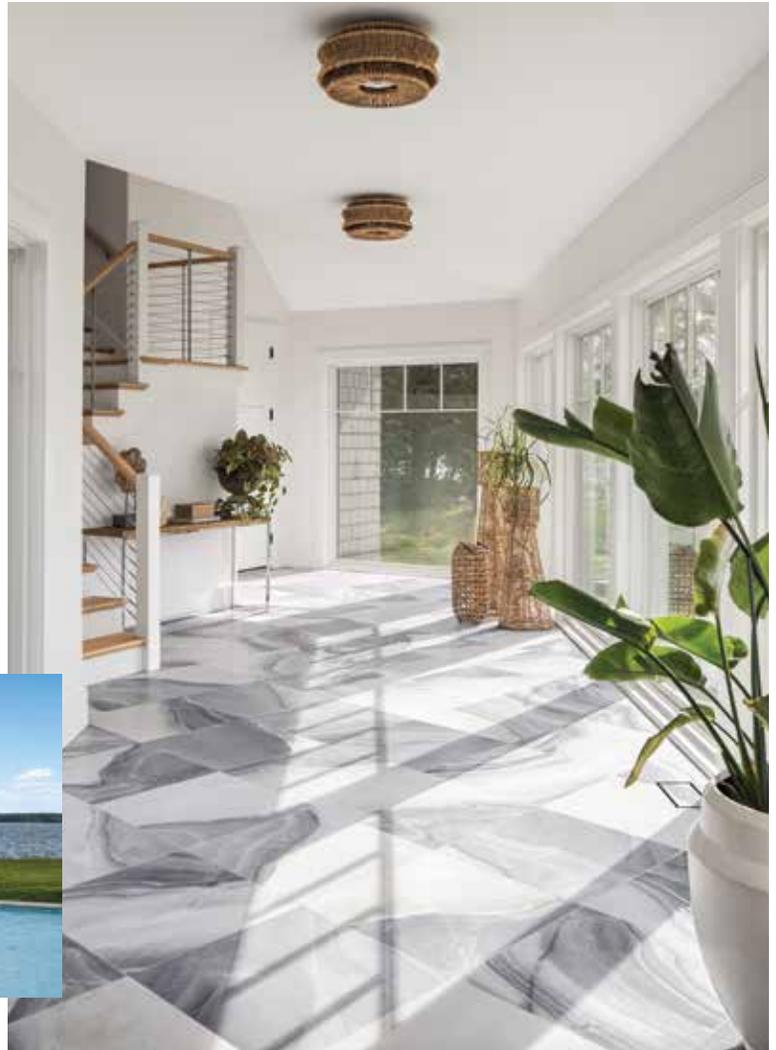


NOTES FROM THE BUILDER

Once the enhanced coastal farmhouse plan was perfected, the couple interviewed a short-list of potential builders and ultimately chose Mueller Homes of Annapolis.

“Jonathan had suggested us as a builder and introduced us to the homeowners. They ended up choosing us just as a result of our process, our transparency, and our team,” says P.J. Mueller, President of Mueller Homes in Annapolis.

“They liked on the front end how we estimated and went through everything with them in detail—and that we’ve also worked with Jonathan on several other projects. So, it was pretty cohesive from that aspect, as well.”



Up there with the most important aspects associated with the construction of any home, is its curb appeal, and Mueller says the location of this property in particular denoted bringing the highest level of attention to the exterior.

“The curb appeal obviously was very important from a material standpoint,” adds Mueller, who explained that his team employed a thin-cut natural stone sourced from Pennsylvania to complement the classic, Federal blue Hardie-plank shingle exterior. A solid collection of Anderson A-Series windows would provide its views and a wealth of natural light.

Architecturally, the home’s profile is striking with its multiple-pitch roof line and the implementation of two, round towers that were employed in the design to enhance the views with a radius of windows in each one, while adding character to the entire expanded footprint.

INSIDE THE DREAM

And what a footprint it is! Rivera provided the ultimate flow throughout the home starting with a glorious entry with sightlines leading straight from an expanded foyer back through a gleaming gallery space to a pretty back patio.

The entry foyer and gallery spill into the right side of the floorplan and into the kitchen and great room, respectively. This incredible space is the beating heart of the home with its stone fireplace wall and a dramatic, soaring ceiling enhanced with decorative trusses and two stories of windows that overlook the waterfront and the understated sophistication of the property's pool and patio area.

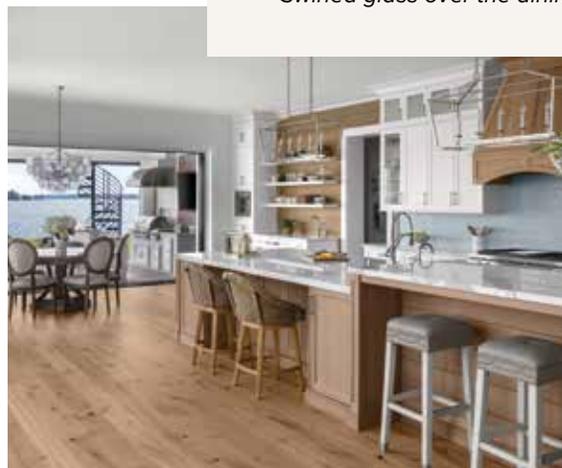
Again, Mueller says, the choice of materials was pivotal to the overall aesthetic.

"The materials were a huge, huge deal in the overall space because of the vast areas and keeping them very neutral. [The feel] is super light and airy with the trim details that you see with the shiplap and it being white. The trim is the same color as the walls, so you don't get that variation of depth, but you do get that light and airiness [despite] all of the heavy trim, as a result of that color choice."



The “heavy trim” being all the board and baton wall treatment that feels much smaller because of the color chosen. That airy feeling was replicated in the choice of floors, which are all white oak and carry through into the incredible kitchen.

It is in this space where the observer can see how re-thinking that original design really paid off, as the water views are just as impressive from the kitchen as they are from the great room. An enormous two-level center island marries the two large spaces exquisitely with its positioning and its style. The flow continues past a large, eat-in area (this home was designed without a formal dining room, which Rivera remarks is a growing trend he is seeing throughout his client base) and out to the outdoor kitchen and patio area.



KITCHEN: INSIDE DISH

Mueller Home’s Design Concierge played a pivotal role in guiding the homeowners through the interior design selection process and kept the project on budget and on time. The Design Concierge also brought in Wesley Pehlke of Simply Wesley and Tracy Farasy of Plain2Pop for specific rooms and finishes.

A refined beauty was created in the kitchen with a Glazzio-Decko Collection mosaic backsplash in Sweet Erte, countertops of 12mm Mediterraneo Stataurio Extra Polished porcelain with a mitered profile on all exposed edges, and a statement-making Talia Large Chandelier in Burnished Silver Leaf and Clear Swirled glass over the dining area.

Once outside the kitchen, the observer will also notice one of several conveyances to the home's second level, a custom, spiral staircase to the upper deck off the primary suite. A stellar spot for stargazing and fresh-air consumption, this area puts the cherry on the sundae of the homeowners' private quarters, which is located in the larger of the two towers conceived in the design.

Much more than just a bedroom-in-the-round, the room offers that aforementioned radius of windows overlooking the water and is just one part of an entire wing of the home that includes a luxurious primary bath, two walk-in closets, and a separate sitting room.

One of the home's signature elements is the gorgeous staircase that transports the family to and from all four bedrooms on the second floor. This element is indicative of the attention to detail and engineered design that exemplifies the entire home.

"That is the only staircase to the second-floor bedrooms and primary suite," Mueller explains. "That was again, important to the theme of the home, and a really special focal point. The ceiling's got a beam detail that's lower profile but mimics and almost correlates to the star light fixture in there. And the cable railing again, keeps the coastal [vibe] light and airy, and it just really complements and ties together the second floor to the first floor."

Among this home's additional first floor highlights are its second room-in-the-round that houses an impressive in-home gym overlooking the water and the wife's to-die-for home office. This room faces the waterfront and was designed with a sliding glass (instead of wood) barn-style door that opens to the interior gallery—a next-level use of material for a now very popular interior feature.

Clearly, from second thoughts to second chances, this project was all about what can happen when one steps back and takes time for a gut check and a second look.



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Cynthia runs a well-kept real estate firm. She offered the opportunity to market our home with a chance to break away from the more commonly known brands such as Christie's and Sotheby's which offered us much flexibility in working together on terms and whatever marketing was necessary to get the sale done. On a personal note, I can tell you she's all in. She operates with high integrity and thoughtfulness for the things that can and should be important to you as you navigate a stressful time in life. She even opened her home to us as a potential resource during the transition time between the sale of our home and settlement of the new. Few Realtors are so compassionate.

*Thank you, Cynthia and Tracey.
-Kirby and Marcie Kaufman*



305 Keene Farm Lane, Stevensville, MD
\$2,600,000

Spring Color Forecast

OUR PICKS FROM 2025'S PALETTE

By Lisa J. Gotto

W

e will soon begin experiencing the sights and scents of spring once again! A welcome end to the winter and an anticipatory lean-in to what's fresh and new.

And newly opened windows will provide us with the opportunity to finally address the projects we dreamed of but dared not endeavor doing during the colder months. That said, design industry pros, such as the color experts at the Pantone Color Institute, have already released the seminal color they deemed to be trending this year, along with collections of the sub-palettes that optimally coordinate with that color to take your fresh new look to the next level.

A common characteristic of color forecasting includes a rationale or basis for why the colors were chosen, which is primarily to address a need, mood, or to capture a specific vibe, or aspiration.



INSPIRED BY OUR CONTINUED DESIRE FOR COMFORT

The surprising color front-runner that emerged under the given name, “Mocha Mousse,” or PANTONE 17-1230, is described as a...“Warming, brown hue imbued with richness. It nurtures us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort.”

Personally, we feel there isn't a better way to upsell a shade of brown than to seed the consumer's conscious with thoughts and images of coffee and chocolate-enhanced confections.

The last time a sable-based hue was popular and was reflected culturally in what we were wearing and how we were dressing our interiors, was the early to mid-1990s. Think grunge, rebellion, and flannel—lots and lots of brown flannels and corduroys.

THIS YEAR'S SUB-PALETTES

This iteration has a smoother quality to it, an almost effortless subtlety. This is also expressed in the way the Color of the Year complements the chosen hues in this year's five color sub-palettes. This multi-palette approach enables just about anyone to envision how they can integrate Mocha Mousse into their personal style and design scheme. ▶



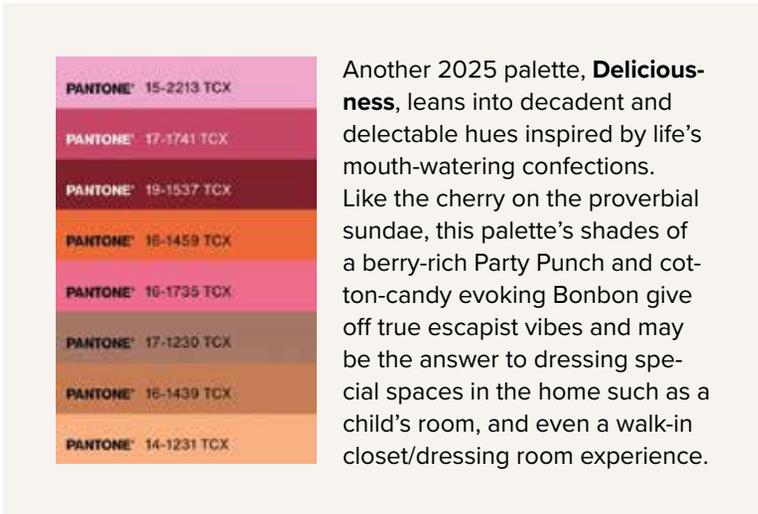
Photo courtesy of Houseofcolorville



Their first palette for your consideration, known as **Uniquely Balanced**, is described as somewhat exotic and multi-colored with a range that embraces both warm and cool tones. From the dense and saturated Cattelya Orchid to the mellow Desert Flower, this palette definitely gives off SXSU vibes.



While the Uniquely Balanced palette may clearly need tweaking to work within our mid-Atlantic interior sensibilities, Pantone's second palette, **Floral Pathways** gets us closer to total immersion especially with the more modern homes that regional builders have noted their clients are requesting. Subtle green hues like Tendril and Willow, blend the Color of the Year with neutral shades of Cobblestone and Gardenia capturing a clean and calm modern aesthetic so popular now with younger families. A modern home anywhere can easily adopt this color scheme and dwell comfortably within it for many years.



Another 2025 palette, **Deliciousness**, leans into decadent and delectable hues inspired by life's mouth-watering confections. Like the cherry on the proverbial sundae, this palette's shades of a berry-rich Party Punch and cotton-candy evoking Bonbon give off true escapist vibes and may be the answer to dressing special spaces in the home such as a child's room, and even a walk-in closet/dressing room experience.



Among the palettes that we could easily see ourselves adopting and integrating right here and right now are the **Relaxed Indulgence** and **Subtle Contrasts** palettes. Relaxed Indulgence is aptly named for the effect it has on the psyche, where shades of Baltic Amber and Cannoli Cream evoke the visual and aesthetic impact of stirring cream into coffee. It's all about conjuring the comforting feeling you get from a sweet treat or a simple walk in nature. Our favorite of the five palettes is Subtle Contrasts for its solid core of versatile neutral tones like the ever so slightly mossy taupe called Laurel Oak and an intense aquamarine called Tapestry. These shades are ready for their 2025 debut in a room near you because they most likely can be integrated and layered in with whatever you may already have going on. The Subtle Contrasts palette can alternately provide the complete refresh you were contemplating over the winter months as its range is rich with naturals and neutrals that can only elevate our cherished waterfront aesthetic.

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Ultimate Chesapeake Bay Retreat

By Lisa J. Gotto

A life best-lived and sublimely serene awaits the new owners of the 7,400-square-foot property properly located on a 3.45-acre peninsula with 700 feet of pure shoreline. Exquisite views, a meticulous landscape, and understated luxury at every turn creates this property's "Can't think of a reason-to-leave" vibe.

Built in 1979, this incredible estate-like residence has been expertly upgraded to add extra accommodations for guests, and square footage and embellishments for entertaining and to enhance its wow factor.

Stunning first impressions are made clear upon entry to this coastal traditional home's expansive and light-filled open floorplan. A gorgeous foyer is accented with a handsome Palladian window feature above the front door. Sightlines through the formal living space and out to the magnificent view of the Wye River transports guests to this private paradise bordered by wetlands.

Primary Structure Built: 1979

Sold For: \$3,850,000

Original List Price: \$4,250,000

Bedrooms: 5

Baths: 6 Full, 1 Half

Living Space: 7,480 Sq. Ft.

Lot Size: 3.45 acres

A tasteful, neutral palette enhances the soaring architectural element of the cathedral ceiling in the living room. Crisp white walls are enhanced with board and baton detail in this space which includes a floor-to-ceiling feature fireplace wall, handsome backlit built-ins, and gleaming, wide-format tile floors.

This room transitions into the main level's enormous great room with its dramatic high ceiling detail, and its clean, bright, and all-white central kitchen with all stainless-steel appliances and a spacious island that seats six. The counter surfaces and backsplashes in this room are all fashioned from luxurious marble. The space flows into a large, family seating area on one side and there's a separate informal dining area that offers incredible views of the water.

There's seamless entry to the residence's screened circular porch, which is perfect for dining *al fresco*, and its outdoor living area features a lovely pergola and great views to the meticulously landscaped grounds with enchanting plantings and flowerbeds. The patio includes an exquisite in-ground pool and lounge area, which is also



accessible via the home's first of two primary suites; one of which is located on the main level.

This spacious suite overlooks the water and provides the ultimate retreat with its expansive river views and cozy fireplace. An impeccable spa-like bath beckons relaxation with its modern, gleaming finishes, large soaking tub with waterfall faucet, and large, glass shower with waterfront views. A relaxing hot tub is also easily accessible from this room from the private deck off the primary suite.

The main level also boasts a gorgeous, water-facing home office and full-bath that provides easy access for guests enjoying the pool.

A second primary suite is located on the upper level with its own private waterside deck and a deluxe full bathroom. This upstairs suite also features several additional rooms that would provide perfect future accommodations for an exercise room, a second office, or a nursery.

Additional guests will be well-hosted in residence's fully updated in-law suite above the garage. This stylish space includes a living room, a full kitchen with an island, bedroom, bathroom, laundry, and a bunk room.

With all this extra space, a totally tricked out game room on the main level, and access to its own private pier and boat slips, it's no wonder that this home is exuding those "Can't think of a reason to leave" vibes.

Listing Agent: Reid Buckley, The Mr. Waterfront Team of Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org. **Buyers' Agent:** Jennifer Gregorski, Washington Fine Properties, 7272 Wisconsin Ave., Bethesda, m. 240-888-0903, o. 301-222-0050, jennifer.gregorski@wfp.com, wfp.com

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Heart & Soul of the Chesapeake Bay

By Lisa J. Gotto

There's so much to love about this amazing, two-and-a-half-acre waterfront property in St. Michaels we don't even know where to start. Bringing the ultimate in luxury and style home, this 3,600-square-foot estate is a turn-key coastal sanctuary. While it was built in 2002, it offers every modern convenience a current-day homeowner could want.

Primary Structure
Built: 2002

Sold For:
\$4,052,707

Original List Price:
\$3,950,000

Bedrooms:
5

Baths: 3
Full, 1 Half

Living Space:
3,674 Sq. Ft.

Lot Size:
2.57 acres

A lovely scenic approach is accomplished via circular driveway and with the home's stunning entry that leads the eye through a gorgeous great room and right out to the Miles River waterfront and out to the Eastern Bay.

The architecturally enticing wall of windows and pitched ceiling provide this room tremendous amounts of light and depth. A modern stone fireplace wall and dark, wide-plank wood floors lend the entire space a rich and tony look.

The five-star gourmet kitchen is accessed just off the great room and offers layers of high-end finishes and fixtures, including furnishings by Serena & Lilly. The dramatic, deep blue center island adds a punch of color to the white countertops and classic, all-white cabinetry, including a luxe integrated refrigerator. A white, glass brick backsplash, blue herringbone-pattern tile over the gas cook top, and a convenient and posh butler's pantry make this room a stylish and substance-worthy stunner. Not to mention, the elegant tray ceiling detail above.

This room offers counter seating as well as a gorgeous view from the extended bay-windowed breakfast nook. The home also offers an exceptional, and more personal space for special occasions in the formal dining room, and there's a lovely den with great views off the eat-in kitchen.

Among its other main floor amenities, the home offers an exceptional primary suite with custom wood trim, French door access to the pool and patio area, a personalized walk-in wardrobe, and a luxurious bath that rivals anything seen at a resort. Gorgeous cabinetry, crisp white quartz counters on the dual vanity, a soaking tub, and an oversized, tiled shower make this room the perfect respite.





There are two guest bedrooms with en suite baths on this floor and another two bedrooms that share a full bath on the upper level. All are roomy, bright, and newly upgraded with fine grass-cloth papers and finishes.

Outside, there's an entertainer's paradise with the property's chic covered patio with wood-inlay vaulted ceiling and an envious view overlooking the water. There's also a separate paver patio seating area and a classic in-ground saltwater pool and lounge area with an unobstructed water view.

A state-of-the-art dock with a 9,000-pound boat lift finishes off this waterfront property's list of amazing amenities.

Listing Agent: Kara Chaffin-Donofrio, Long & Foster Real Estate, 1355 Beverly Rd., McLean, VA, m. 703-795-7238, o. 703-790-1990, kara@longandfoster.com, longandfoster.com **Buyers' Agent:** Cliff Meredith, Meredith Fine Properties, 101 N. West St., Easton, m. 410-924-0082, o. 410-822-6272, mre@goeaston.net, meredithfineproperties.com

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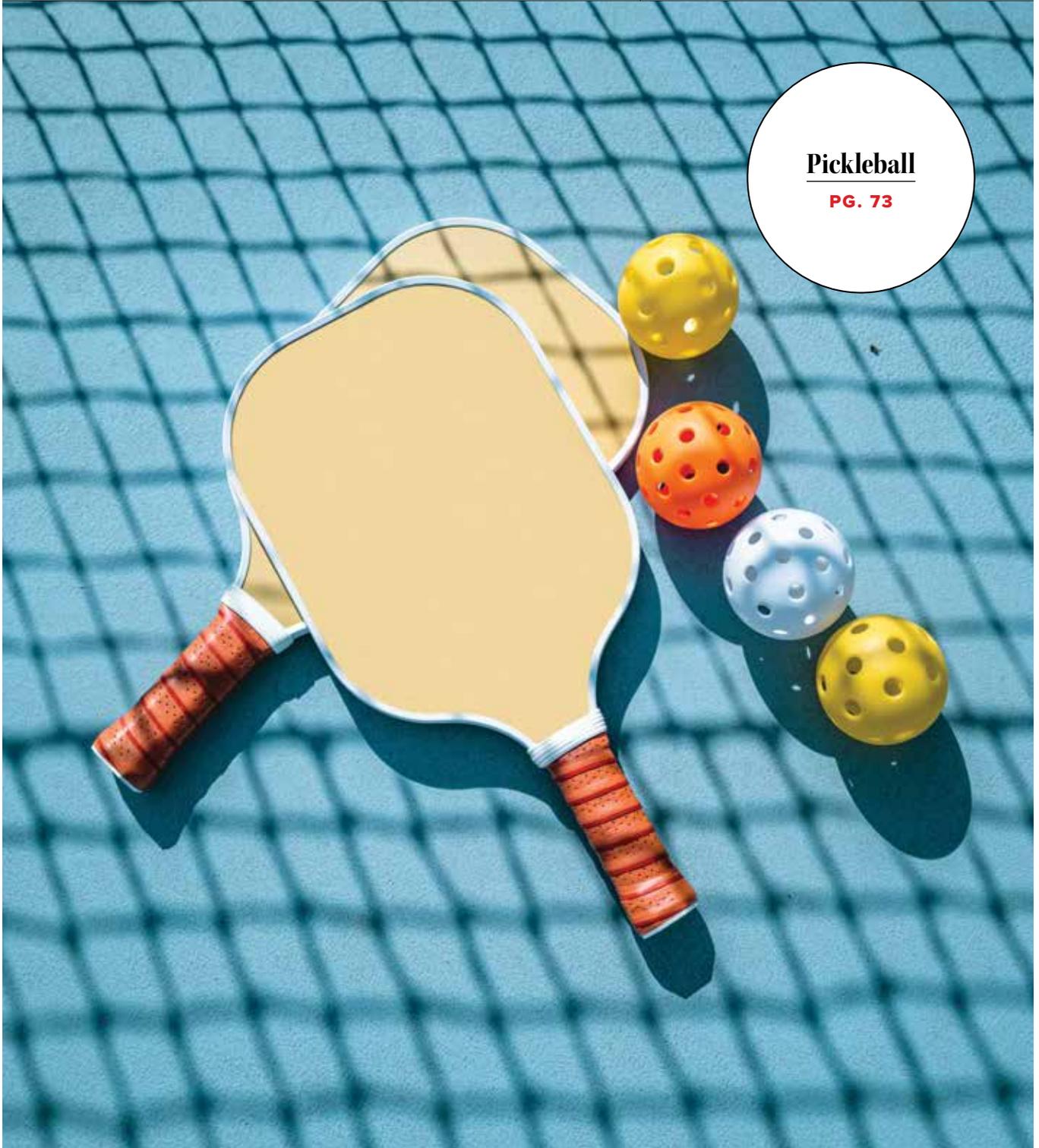
Health & Beauty

70 STRONG TEETH, HAPPY SMILES

72 GET SALTY

Pickleball

PG. 73





Strong Teeth, Happy Smiles

FLUORIDATED WATER KEEPS DECAY AT BAY

By Dylan Roche

Strong, healthy teeth are more than just the makings of a beautiful, confident smile—good oral health is a key component to good overall health. This might explain why adding fluoride to tap water is considered by the Centers for Disease Control and Prevention to be one of the greatest public health achievements of the 20th century.

Fluoride is a naturally occurring mineral found in food that strengthens teeth and reduces risk of decay and cavities by 25 percent, according to the Cleveland Clinic. In fact, fluoride is a “powerhouse for oral health,” in the words of Dr. Scott Finlay of Annapolis Smiles. “It strengthens tooth enamel, making it more resistant to

“FOR BOTH CHILDREN AND ADULTS, FLUORIDE SERVES AS AN ESSENTIAL DEFENSE AGAINST TOOTH DECAY.”

decay caused by acids produced by bacteria. Additionally, fluoride can reverse early stages of tooth decay by re-mineralizing weakened enamel. It also helps reduce harmful bacterial activity in the mouth, creating an environment less conducive to cavities. For both children and adults, fluoride serves as an essential defense against tooth decay.”

WHY FLUORIDATE WATER?

The movement to fluoridate tap water really gained momentum in 1962 with a U.S. Public Health Service recommendation following decades of research. But even before this recommendation from a public agency, many municipalities had been adding fluoride to tap water and seeing a sharp decrease in the number of children with cavities.

The concept: When small amounts of fluoride are added to public water, anyone who consumes that water from the tap throughout the day gets exposure to fluoride, which coats the teeth and strengthens them. Most water contains natural amounts of fluoride, but not in levels high enough to prevent tooth decay.

Over the decades that followed the U.S. Public Health Service recommendation, more state and local governments chose to implement water fluoridation into their public water supply based on the agency’s guidance. Since then, oral health across populations have drastically improved. In a 2015 statement, Dr. Vivek H. Murthy, then the U.S. Public Health Service Surgeon General, noted that it wasn’t uncommon for young teenagers to have lost one or more of their adult teeth to tooth decay prior to the 1960s, and half of Americans age 65 or older had lost all their natural teeth, which had to be replaced with dentures.

“Patients who regularly use fluoride, whether through water or other sources, typically experience fewer cavities and less severe decay,” Finlay says. “Their teeth are generally more resilient against the acids that cause decay. In contrast, individuals without regular fluoride exposure are more likely to develop cavities and may face more frequent dental treatments. Over time, the difference can significantly impact both oral health and dental expenses.”

PROTECTING THOSE PEARLY WHITES

Although most of us would agree we want a vibrant smile with strong teeth, the benefits of good oral health go far beyond aesthetics. Harmful bacteria breeding in the mouth can cause inflammation and instigate problems all over the body. Studies have found correlation between gum disease and heart disease, likely because oral bacteria can enter the bloodstream and worsen the

buildup of plaque that causes heart attacks and strokes. Oral bacteria entering the bloodstream can also cause an infection of the heart lining known as endocarditis.

Despite these benefits, the process of public water fluoridation has been the subject of criticism from people who call it “mass medication” (though it’s worth noting that fluoride is a natural mineral, not a type of medicine). Fluoride, like many other minerals, can be harmful in excessive amounts—hence why we’re not supposed to swallow toothpaste—but extensive research on the part of the CDC and the World Health Organization have found water fluoridation to be both safe and effective.

WHY WATER IS SUCH A WINNER

Are there other sources of fluoride that can benefit teeth? Of course. Many brands of toothpaste and mouthwash have fluoride, as do foods like fish, shellfish, spinach, and potatoes. The American Dental Association considers fluoridated tap water to be better than these other sources because it provides consistent, low-level exposure on an ongoing basis—pretty much every time you take a sip of tap water.

Finlay agrees with this. “To benefit fully from fluoride in tap water, regular consumption is essential. The small amounts in water work cumulatively to strengthen teeth over time,” he says. “While fluoride toothpaste does provide some protection, it doesn’t replicate the consistent exposure from drinking fluoridated water.”

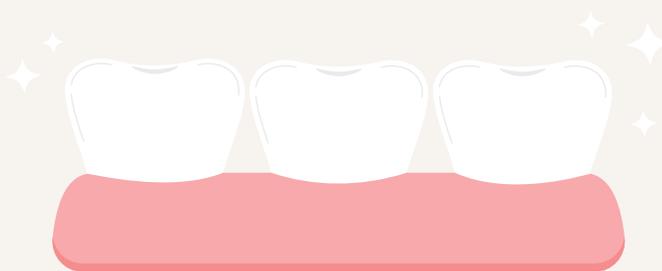
So, if you’re looking for strong, beautiful teeth that will last you a lifetime, brushing and flossing are important—but drinking tap water throughout the day could be the unsung hero of your oral health routine.



OTHER SOURCES OF FLUORIDE

Fluoridated water is not the only source of fluoride. If you’re looking to increase your consumption of fluoride, you can look for fluoridated toothpaste or mouthwash, or you could include more of the following foods in your diet:

- ◆ Black tea
- ◆ Spinach
- ◆ Potatoes
- ◆ Shellfish, especially shrimp and crab
- ◆ Okra
- ◆ Chard
- ◆ Grapes and raisins
- ◆ Oats



TIPS FOR STRONG TEETH

Fluoride isn’t your only safeguard against tooth decay. Remember to practice good tooth care by:

- ◆ Brushing your teeth twice a day with a soft-bristle toothbrush—and don’t forget to floss
- ◆ Watching your consumption of sugary and acidic foods, which can break down tooth enamel.
- ◆ Not smoking or chewing tobacco, which will not only discolor your teeth but also cause gum disease.
- ◆ Getting plenty of calcium, which is important for strengthening your teeth the same way it strengthens your bones.
- ◆ Visiting your dentist every six months for a cleaning and checkup.

Get Salty

MAKING A DIY BODY SCRUB WITH SALT

By Dylan Roche

When it comes to soothing and improving your skin, one of the most reliable ingredients is probably already sitting right in one of your kitchen cabinets: salt. Yes, the same go-to mineral you add to food can also help remove dead skin cells and other debris for healthier skin. A DIY homemade body scrub is a great choice for *exfoliating*, when fine particles (such as salt grains) slough away debris to freshen up your skin and prime it for absorbing products like moisturizer. This leaves your skin, both body and face, smooth and soft, with reduced redness and inflammation, as well as smaller pores and less visible fine lines. Exfoliating can also increase the flow of blood to the surface of your skin, so it can not only give you a vibrant glow but also improve the healing of blemishes or pimples.



THE BEST PART IS THAT A HOMEMADE BODY SCRUB IS EASY—AND IT CAN BE TAILORED TO YOUR SPECIFIC NEEDS AND WANTS. HERE'S HOW TO DO IT:



1 cup salt: Start with selecting a salt of your choice. Fine-grain salt is gentler and better for sensitive skins, but a coarser sea salt will give you a more intense exfoliation. Sea salt is also richer in trace minerals like magnesium, calcium, and potassium, which are nourishing for your skin, especially in dry weather. (You can even replace the salt with sugar if your skin is especially sensitive and you need only a mild exfoliant, as sugar granules are much smaller and less abrasive.)

1/4 cup oil: Oil will serve as a moisturizer to soften your skin once the salt has stripped off dead skin and other debris. Cooking oils, such as olive or coconut, are rich in antioxidants that your skin can absorb topically. If you're using coconut oil, you'll need to melt it in the microwave before combining with other ingredients in your scrub.



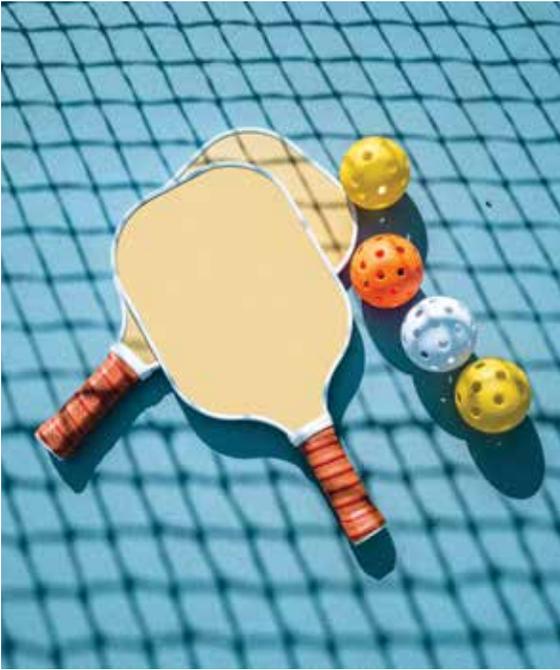
10 drops of essential oil: Essential oils smell great, which adds a boost of spa-like luxury, but they do much more than that—certain essential oils have unique benefits that are specific to your skin's needs. If you have acne-prone or inflamed skin, try tea tree oil, which has antimicrobial and antifungal properties. A citrus oil like orange or grapefruit can cut through excess sebum, the waxy substance your skin naturally produces as a barrier against the elements. Rose oil is hydrating, so it's great for dry skin.

1 tablespoon of honey (optional): Honey is hydrating for your skin, delivering much-needed moisture when you've been exposed to too much dry air.



1 tablespoon vitamin E oil (optional): You can buy vitamin E oil over the counter at most pharmacies, and it's good for repairing and nourishing dull skin.

Combine the ingredients well and store in an air-tight container, such as a glass jar. Store in a cool, dry place and use twice a week. The scrub will keep for up to two months.



Pickleball

AN ALL-AGES FITNESS TREND

By Dylan Roche

Most of us know exercise is good for us—the problem is just all the things that prevent us from getting the exercise we need. The time commitment. The boredom factor. The way exercise just seems harder and harder as our bodies age. In fact, the Cleveland Clinic reports that after age 50, more than 70 percent of people fail to get enough exercise.

Maybe this is why pickleball has exploded in popularity over the past few years. It's an all-ages sport offering physical *and* social benefits that are especially important for seniors. Pickleball is similar to tennis, but it's played on a slightly smaller court with a paddle and lightweight plastic ball instead of a racquet and heavy rubber ball. A round of pickleball is often slower paced and less physically demanding, so it's easier for beginners or casual players to participate.

BUT JUST BECAUSE PICKLEBALL IS NOT AS INTENSE DOESN'T MEAN IT'S NOT PHYSICALLY FULFILLING. HERE ARE FOUR REASONS TO PICK UP A PADDLE:

1. IT'S GOOD CARDIO. An aerobic workout doesn't have to have you wheezing to be good for you. Just 150 minutes of moderate-intense activity—that is, enough to raise your heart rate and break a light sweat—is sufficient. So, if you play for an hour just three days a week, you'll exceed your cardio needs! Aerobic activity improves circulation, staves off heart disease and stroke, and aids in weight management.

2. YOU'LL RETAIN MUSCLE AND BONE STRENGTH. We naturally lose muscle and bone strength as we get older, setting our bodies up for easy injuries. But pickleball gets you moving around on your feet, bearing your own weight as you move from side to side, forward, and backward. You'll be running, leaping, squatting, and swinging your arms. These movements are good for strengthening your legs, core, and even your arms. This will also help with your coordination and balance, which are crucial for staying injury-free in old age.

3. YOU GIVE YOUR BRAIN A WORKOUT. A lot of pickleball is strategy. You always have to think about what your opponent is going to do next and prepare to respond to it quickly. You'll find the strategic part of pickleball keeps your mind sharp and your instincts responsive. Practicing your shots can also improve your hand-eye coordination. Many seniors who engage in mental challenges on a regular basis find that it delays cognitive decline.

4. IT'S SOCIAL. Finally, pickleball is the type of workout that you do with other people—it's a great excuse to get out of the house and engage with others. This boosts your mood, reduces feelings of isolation, and improves your overall wellbeing.



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Food & Dining

76 READERS' DINING GUIDE



**A collection
of dishes at
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Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email mktelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

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- **127 Waterfronts Under \$1 Million**
- **325 Million Dollars in Home Sales**
- **Queen Anne's County - 368 Homes**
- **Anne Arundel County - 107 Homes**
- **All other Counties - 67 Homes**



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