

Baltimore style

MARCH 2019 baltimorestyle.com

WHY YOUR
BODY NEEDS
NATURE

PAGE 78

The
Travel
Issue

Ann Marie Barbour
Founder, SoulBody

PRIVATE SCHOOLS
& CAMPS

OUTDOOR
LIVING

BE A SMART
SHOPPER



**BERKSHIRE
HATHAWAY**
HomeServices
Homesale Realty

Y&G YERMAN GAINES

of Berkshire Hathaway HomeServices Homesale Realty

410-583-0400

LUXURY
COLLECTION



STEVENSON \$1,750,000

10821 Stevenson Road
Spectacular Contemporary on 5.4 acres
Michael Yerman 410-979-9790



HOMELAND \$1,595,000

101 Taplow Road
Prepare yourself to fall in love
Michael Yerman 410-979-9790



RUXTON \$1,300,000

1907 Indian Head Road
Premier Location Overlooking Lake Roland
Elise Brennan 410-404-7246



ROLAND PARK \$1,085,000

5709 Roland Avenue
Charming Victorian beautifully restored
Brandon Gaines 410-804-9600



RUXTON \$995,000

7803 Overbrook Road
Beautifully renovated colonial
Elise Brennan 410-404-7246



GUILFORD \$729,000

103 Overhill Road
Classic home with Perks of Roland Park
Elise Brennan 410-404-7246



THE WARRINGTON \$910,000

3908 N. Charles Street #500
Light filled corner unit
Michael Yerman 410-979-9790



THE WARRINGTON \$850,000

3908 N. Charles Street #203
Rarely available unit with sunroom
Michael Yerman 410-979-9790



GUILFORD \$815,000

SOLD

37 Warrenton Road
Spacious, bright 5 BR Colonial
Brandon Gaines 410-804-9600



GREENSPRING \$795,000

3005 Old Court Road
Spectacular mid-century modern
Michael Yerman 410-979-9790



KNOX WOODS \$650,000

2117 Knox Avenue
Elegantly appointed on spectacular lot
Michael Yerman 410-979-9790



PAVILION IN THE PARK \$515,000

4001 Old Court Road #100
Rarely available 2600+ sqft corner unit
Michael Yerman 410-979-9790



GUILFORD \$479,000

4304 Wendover Road
Updated four bedroom
Michael Yerman 410-979-9790



HAMPTON \$469,000

1214 Merediths Ford Road
Classic Hampton rancher
Elise Brennan 410-404-7246



LAKE FALLS \$464,900

1230 Lake Falls Road
Bright new kitchen, Baltimore County
Sue Clark 410-336-3494



CANTON \$399,900

3007 Elliott Street
Chef's kitchen & so much more
Jeffrey Gaines 443-845-6099





**FUN, FRIENDSHIP, ADVENTURE,
AND DISCOVERY AWAIT YOUR CHILD!**

Camp Red Feather, Camp Red Eagle, Senior Camp, All Sports Camp and Outdoor Adventure Camp offer a traditional day-camp experience on our beautiful 800-acre campus. These camps include:

- * transportation
- * before and aftercare
- * lunch
- * multiple sibling discounts



OVER 80 CAMPS!

Visit mcdonogh.org for our full catalog.

- * traditional day camps
- * sports clinics
- * arts and educational programs
- * overnight camps

For more information, email summer@mcdonogh.org or call 443-544-7100.



Bus transportation and lunch provided at no additional cost!

Register today at mcdonogh.org.

Find us on 



2019 MCDONOGH SUMMER CAMPS

Hubble Bisbee

of Long & Foster Real Estate

CHRISTIE'S
INTERNATIONAL REAL ESTATE



WORTHINGTON VALLEY ESTATE

Unparalleled, manicured estate property with resort-like amenities, gourmet Kit, outstanding pool complex, home theater, gym & sport court. An ideal family compound on stunning 24+ acres with pond. Karen Hubble Bisbee | 443-838-0438 Dominique D'Amico Drummond | 215-850-0556



ICONIC GREENSPRING VALLEY

"Brandonwood" A stunning 8 Bedroom Georgian Manor House on nearly 8.5 acres of spectacular horse country. Grand rooms, exquisite craftsmanship, spectacular grounds, pool, guest house, 4-stall barn, paddocks. Karen Hubble Bisbee | 443-838-0438 **\$3,500,000**



31+ ACRE LUTHERVILLE ESTATE

French Country 8 Bedroom estate w/stunning 2-story cherry Library, stone terraces, pool. Add'l 18 ac avail on 4 sep deeded lots. Karen Hubble Bisbee | 443-838-0438 **\$7,350,000**



HISTORIC ANNAPOLIS

Fully restored/updated Victorian 4 Bedroom townhome. Fine finishes, spectacular patios and garden. Next to Paca House. Karen Hubble Bisbee | 443-838-0438 **\$2,475,000**



RUXTON

Masterfully renovated Charleston Colonial w/6 Bedrooms, Chef's Kit, Sun Room, Spectacular new Master Suite, Pool & Gardens. Karen Hubble Bisbee 443-838-0438



IVEY TRACE

Gorgeous Benhoff Builders 5 Bedroom, 5 full Bath custom built home boasting over 6500 sq ft of living space 2+ private acres. Sarah Murphy | 410-207-0208 **\$1,695,000**



LAURELFORD

Cleghorn Rd. Exquisite 5 Bedroom custom home, seamlessly expanded on a beautiful lot, gourmet Kitchen, classic design. Karen Hubble Bisbee | 443-838-0438 **\$1,650,000**



GREENSPRING VALLEY

Chetwick Ct. Elegant Alex Baer designed estate. 4.49 acres. Grand formal rooms, intimate gatherings spaces, lawns & pool/pool house. Karen Hubble Bisbee | 443-838-0438



LUTHERVILLE

Berans Rd. Incredible natural light in this spacious 5 Bedroom contemporary with soaring ceilings and beautiful interiors. Jan Peterka | 410-627-8793 **\$1,395,000**



CLOVERLAND FARMS

Luxurious 6 Bedroom traditional home on 6.67 private acres. Elegant, fine interiors, covered & screened porches & Patio. Karen Hubble Bisbee | 443-838-0438 **\$1,450,000**



MONKTON

Custom built 4 Bedroom contemporary home with towering two-story Great Room and gourmet Kitchen on over 12 bucolic acres. Karen Hubble Bisbee | 443-838-0438 **\$1,275,000**

NANCY C. HUBBLE

ASSOCIATE BROKER, GRI, ABR, CRS

443-465-1424

Nancy@HubbleBisbee.com



KAREN HUBBLE BISBEE

ASSOCIATE BROKER, GRI, ABR

443-838-0438

Karen@HubbleBisbee.com



Green Spring Station • 410-321-1411 • www.HubbleBisbee.com



Hubble Bisbee

of Long & Foster Real Estate

CHRISTIE'S
INTERNATIONAL REAL ESTATE



ILLUSTRIOUS ACTON HALL IN ANNAPOLIS

Circa. 1760, this beautifully renovated Georgian mansion is a home of rare distinction and architectural significance. Waterfront location; one of the finest 18th century homes in Annapolis! Guest apartment. Karen Hubble Bisbee | 443-838-0438 **\$5,750,000**



LANDMARK WOODBROOK ESTATE

"Overleigh." A magnificently renovated and meticulously restored circa 1880 estate home with stunning interiors, extraordinary gourmet Kitchen. 5.46 landscaped acres on one of Baltimore County's most beautiful streets! Karen Hubble Bisbee | 443-838-0438 **\$4,950,000**



CAVES VALLEY GOLF COURSE

Exquisite, custom built 4 Bedroom traditional home by Blackhorse Construction Co., 1st fl Master Suite, stunning Kitchen & Breakfast Rm. Karen Hubble Bisbee | 443-838-0438 **\$2,745,000**



WEST TOWSON

Chestnut Ave. Impeccable 5 Bedroom in an ideal location. Incredible finishes, 1st fl Master, covered stone porches, gorgeous lot. Karen Hubble Bisbee | 443-838-0438 **\$1,195,000**



WORTHINGTON GREEN

Custom 5/6 Bedroom all brick home on premium lot backing to woodlands and pond. Gorgeous finishes, gourmet Kit, LL with gym. Karen Hubble Bisbee | 443-838-0438



STEVENSON

Exquisite 6 Bedroom luxury home in great locale w/gourmet Kit, home theater, incredible LL. Karen Hubble Bisbee | 443-838-0438 Dominique D'Amico Drummond | 215-850-0556 **\$1,495,000**



WORTHINGTON GREEN

Hunters Glen. Stunning luxury home of incomparable quality and aesthetics. Spectacular lower level and pool areas. Lynn Plack | 410-340-2939 **\$2,675,000**



LAURELFORD

Laurelford Ct. Finest finishes and exquisite millwork adorns this beautiful 4 Bedroom Georgian on 1.5 acres with finished lower level. Karen Hubble Bisbee | 443-838-0438 **\$1,635,000**



STONELEIGH

Elegant 5 Bedroom center hall colonial in desirable locale. Updated gourmet kitchen, great backyard with patio & fountain. Karen Hubble Bisbee | 443-838-0438 | Andrew Frank | 410-925-1300 **\$849,000**



WOODBROOK

Montrose Ave. Charming porch front 5BR Southern Colonial on gorgeous 1.18 acre lot on one of the counties most desired lanes. Karen Hubble Bisbee | 443-838-0438 **\$1,495,000**



PHOENIX / SUMMER HILL

Wetherbee Ct. Immaculate Tudor style Luxury home with spacious living areas and vistas overlooking golf course and ponds. Karen Hubble Bisbee | 443-838-0438

www.HubbleBisbee.com

Voted "Baltimore's Best" Upscale Realtor

Green Spring Station • 410-321-1411

Representing Baltimore's Fine Homes & Estate Properties.



Bite Me

— DRY-AGED PRIME —



The
OREGON
GRILLE

THE BEST STEAKS IN BALTIMORE.

HARBOR EAST

FIND YOUR *NEW* FAVORITE SPOT(S).

FEATURING:

THE BYGONE | CHARLESTON
FLEMING'S PRIME STEAKHOUSE
BAR VASQUEZ | OUZO BAY

12 BLOCKS OF SHOPPING, DINING & ENDLESS POSSIBILITIES.
STEPS FROM THE INNER HARBOR. MILES FROM ANYTHING ELSE LIKE IT. // HARBOREAST.COM

 Harbor East



EXQUISITE CUSTOM CLOTHING FOR THE MODERN WOMAN

Ella Pritsker
Couture

410.560.3910 | WWW.ELLAPRITSKER.COM
20 EAST TIMONIUM ROAD | SUITE 312 | TIMONIUM



Something
greater
in
breast cancer
care

Be seen
within 48
hours

L to R: Yvonne M. Rasko, MD; Paula M. Rosenblatt, MD; Katherine H. Tkaczuk, MD; Emily Bellavance, MD; Elizabeth M. Nichols, MD; Erin Rada, MD; Sheri Slezak, MD

Choosing the University of Maryland Greenebaum Comprehensive Cancer Center (UMGCCC) for your breast cancer treatment ensures you have access to the latest options, including treatments invented and only offered here such as GammaPod™. A new method of precision radiation treatment for women with early-stage breast cancer.

Our comprehensive care team includes nationally recognized breast cancer specialists in surgery, reconstruction, genetics, and breast imaging.

All women physicians, all in one place, and you can see them all in one day.

Trust your breast care to the team that delivers today's best, most compassionate care and discovers tomorrow's cures.

Call 410-328-BRST (2778) for an appointment.

Locations: Baltimore, Columbia, Timonium, Towson

Introducing:



Suliat M. Nurudeen, MD MPH



Nikki Tirada, MD



Latest Research

A recent landmark clinical study involving a UMGCCC physician-scientist, showed many women no longer need chemotherapy for their breast cancer.

umgccc.org/lesschemo



UNIVERSITY of MARYLAND
MARLENE AND STEWART GREENEBAUM
COMPREHENSIVE CANCER CENTER



Be a part of something greater umgccc.org/breast



NOW OPEN

award winning crab cakes | prime steaks | killer burgers & sandwiches
fresh seafood flown in daily | rotating oyster list | private party accommodations
happy hour monday - friday 3-7 | brunch saturday & sunday 10-3

720 CONCOURSE CIRCLE | MIDDLE RIVER, MD | 410.335.5370 | MICHAELSCAFE.COM   



SCHEINKER WEALTH ADVISORS

OF JANNEY MONTGOMERY SCOTT LLC

KEEPING CLIENTS FOCUSED ON THEIR VISION OF THE FUTURE — OUR TEAM HELPS INDIVIDUALS, FAMILIES, BUSINESSES AND NOT-FOR-PROFIT ORGANIZATIONS ACHIEVE THEIR GOALS AND LEAVE A LEGACY OF FINANCIAL ACHIEVEMENT.

WWW.SCHEINKERWEALTHADVISORS.COM

2800 QUARRY LAKE DRIVE, SUITE 160,
BALTIMORE, MD 21209 | 410.580.2688

GERALD SCHEINKER
Executive Vice President / Wealth Management

JOSHUA A. SCHEINKER
Executive Vice President / Wealth Management

145 WEST OSTEND STREET, SUITE 400,
BALTIMORE, MD 21230 | 443.471.8714

SANDRA L. STOLL, CFP[®], AIF
First Vice President / Wealth Management

MARVIN V. SNYDER
First Vice President / Wealth Management

BURTON W. DANIEL
Financial Advisor



Janney traces its roots back more than 185 years with a continued commitment to the highest standard of success in financial relationships.



Sheraton[®]

BALTIMORE NORTH HOTEL



©2016 Starwood Hotels & Resorts Worldwide, Inc. All Rights Reserved. Preferred Guest, SPG, Sheraton and their logos are the trademarks of Starwood Hotels & Resorts Worldwide, Inc. or its affiliates. For full terms and conditions, visit sheratonbaltimore.com



Ever After Begins Here

Sheraton Baltimore North Hotel is where people gather to share once-in-a-lifetime memories. The hotel offers a beautiful backdrop for weddings and all the special moments that surround the big day, such as showers, rehearsal dinners, ceremonies and brunches. Whether you invite 50 or 300 guests, our three ballrooms offer unique and memorable options. We guarantee the Sheraton Baltimore North Hotel will make your wedding one of the most memorable events of your lifetime.

CALL US NOW TO CONNECT WITH A WEDDING SPECIALIST
AND ASK ABOUT OUR CURRENT PROMOTIONS AT **443-921-2314**

Find out more at towsonmdweddings.com
903 Dulaney Valley Rd. | Towson, MD 21204

Another World...And Oh So Close.



Spring ChocolateFest, Daffodil Festival,
Sea Glass Festival, WineFest, Running Festival,
BrewFest, Antique & Classic Boat Festival

Summer Fireworks in the Harbor &
Big Band Night, Watermen's Day Crab Feast

Fall Concours d'Elegance Classic Cars,
Shakespeare in the Park,
Mid-Atlantic Small Craft Festival,
Fall into St. Michaels, OysterFest

Winter Midnight Madness,
Christmas in St. Michaels



www.stmichaelsmd.org
Award-winning dining, accommodations
and shopping! Plan your getaway today!

ADVANCED DENTAL CARE OF TOWSON

410.825.7500



MEHDI ZAMANI, DDS

Advanced Dental Care of Towson

Advanced Dental Care of Towson provides a multidisciplinary approach through restorative, prosthodontics, and implant dentistry to achieve comprehensive cosmetic solutions for your dental needs.

Advanced Dental Care of Towson uses the latest digital radiology and scanning technology to provide more predictable surgical and prosthetic treatment plans. These technologies in most cases enable the patient to receive temporary prosthesis at the same time of surgical placement of implants.

Dr. Mehdi Zamani, honorary Alumni of University of Maryland Dental School, is a graduate of New York University's School of Dentistry honors program and completed the honor residency program at New York University. He is certified in oral implantology and an active member of the American Association of Implant Dentistry. He has been providing dental care in Towson for over 20 years.

Your smile is not an accessory



REAL PHOTOS COMPLIMENTS OF DR. ZAMANI

Dental Implant | Cosmetic | Reconstruction
In Office Whitening
One Team, One location.



120 SISTER PIERRE DRIVE #503 TOWSON, MD
ADVANCEDDENTALCAREOFTOWSON.COM



From lower left clockwise: Matthew D. Kunkel, Beth C. Rosenwald, Brennan Dunn and Leksi Kovalerchik

Live a life less complicated

Our knowledgeable and dedicated team works with you to plan for your needs, understand your wants and achieve your wishes.

The Rosenwald Team

2800 Quarry Lake Drive, Suite 260 | Baltimore, MD 21209
(410) 318-5074 | (866) 851-0550

www.TheRosenwaldTeam.com

The Rosenwald Team
A Multigenerational Wealth Management Practice



**Wealth
Management**

Investment and insurance products offered through RBC Wealth Management are not insured by the FDIC or any other federal government agency, are not deposits or other obligations of, or guaranteed by, a bank or any bank affiliate, and are subject to investment risks, including possible loss of the principal amount invested.

© 2018 RBC Wealth Management, a division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC.

A TOTALLY '80s

TASTE OF THE TOWN

Saturday, April 27
7 p.m. to 11 p.m.
Cockeysville Branch

Party on!

We're mixing it up this year for a throwback totally '80s fundraiser.

Visit foundationforbcpl.org to purchase tickets.

'80s "fashion" encouraged but not required.

FEATURING
The New Romance



Benefiting
B Foundation for
BALTIMORE COUNTY PUBLIC LIBRARY
foundationforbcpl.org

this month

Weekend Warrior

We never know what's going to turn into a *Style* story around here. Last fall, I attended an event sponsored by The Associated: Jewish Federation of Baltimore that featured the cuisine of four well-known chefs, including the Food Network's Molly Yeh and James Beard Award winner Michael Solomonov. I went for the great food, but also to support The Associated.

The event was not long after the mass shooting at the Tree of Life Synagogue in Pittsburgh and Solomonov commented on the need we all felt to break bread together after that tragedy. "Food doesn't lie," he said. "It can be conflict, but is mostly commonality."

His remark has stuck with me since then, and I knew I wanted to see his restaurant, Zahav. A few weeks ago, Solomonov invited me and Marc Shapiro, editor of the *Baltimore Jewish Times*, to Philadelphia to tour all six restaurants he owns as part of the CookNSolo restaurant group, and we immediately agreed (see Main Dish, page 92). It was a perfect road trip with great hospitality, good food and even a play mix that Marc made for the car ride up and back (which we will post online).

There is something about travel, even when it's a quick trip like that one, that makes everything right in my universe. This month, we offer you lots of travel ideas from Rome for its art and food, to Lewes, Delaware for the Dogfish Inn and Brewery tour, to LIVE! Hotel for a staycation. We also sent a writer to Ann Arbor, Michigan to find out why this college town is becoming so cool, and I relaxed at Virginia's Tides Inn, a resort with everything from kayaks to high tea.

When it's time for you to return to Baltimore, we can tell you about our cover model, Ann Marie Barbour, a fitness instructor whose SoulBody curriculum is used in gyms around the world. David Stuck photographed Barbour at SEYA CrossFit & Wellness Center/HÁBITAT



VISIT ANN ARBOR

Check out ANN ARBOR
Page 62



DAVID STUCK

Event Space in Highlandtown. You can read about SEYA's owner Mimi Washington on our back page. Washington, who has an entirely different day job, is one busy entrepreneur who embodies the spirit of Baltimore business owners. You'll see what I mean.

What else? How about a hot pot recipe from Gunther & Co., the latest in manicure trends, a cool recycling project and an interview with the new owner of The Ivy Bookshop? We've got all that and more. Happy reading and happy travels to you!

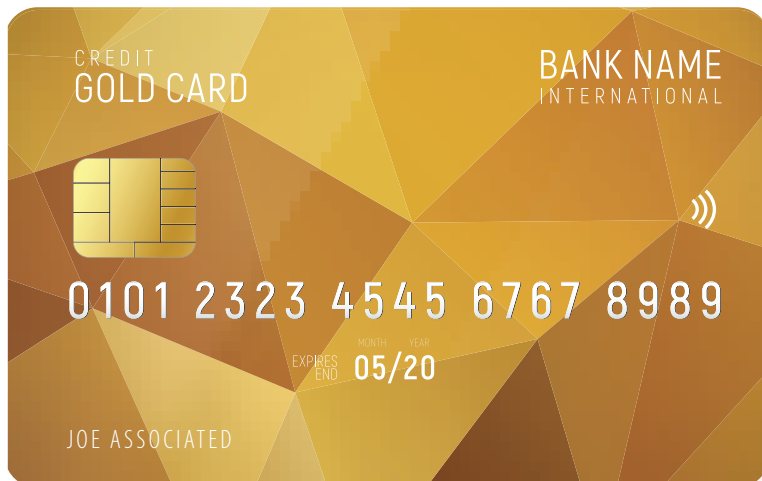
Jessica

JESSICA GREGG
Editor

jgregg@midatlanticmedia.com

WE CAN ALL MAKE CHANGE

— Can you dig deep? —



round up change
from weekly groceries



EACH PENNY DONATED WILL BE DOUBLED BY OUR CORPORATE MATCH SPONSORS.



LITTLE BY LITTLE, EVERY PENNY ADDS UP TO A LOT OF CHANGE.
This year we challenge you to give for the first time or to give more. With your new or additional gift, **you will change lives.** You will feed the hungry, protect the vulnerable, invest in Jewish future and so much more.

Give today by **saving your pennies** or by **rounding up your credit card transactions.**

Share your change at associated.org/change

contents

MARCH 2019, VOL. 30, NO. 2



Ann Marie Barbour, SoulBody co-founder; sweater, jeans and boots, South Moon Under, Harbor East

ON THE COVER

PHOTOGRAPH BY DAVID STUCK
STYLED BY EBONY BROWN
MAKEUP BY IDA M. SLAUGHTER



66 BREWING UP FUN
THE DOGFISH INN IN LEWES OFFERS GUESTS A LAID-BACK VIBE AND BREWERY TOURS. GINNY LAWHORN

FEATURES

62 COLLEGE TOWN COOL Ann Arbor, Michigan sheds its midwestern image with a cool art scene and innovative restaurants. KIMBERLY USLIN

70 ROMAN HOLIDAY Here's how to both splurge and save on a trip to one of Italy's most glorious cities. BRIANNA BAKER

74 LET'S STAY IN When you can't get away, sometimes a spa-cation offers enough of a break. JESSICA GREGG

78 TREE HUGGERS A dose of nature, as it turns out, is just what the doctor ordered. MARY ANN TREGER

80 GIRL POWER Notre Dame Prep's Gym Meet celebrates 90 years of sisterhood, crazy costumes and school tradition. BRITNI PETERSEN

DEPARTMENTS

27 BE IN THE KNOW
Get Out | Get Smart
Shelf Life | Love/Life
Field Trip | Getaways

47 STYLE FILE
Covet | Savvy | The Look
Fashion | Beauty Explorer
Curb Appeal | Spaces

92 LOCAL TABLE
Main Dish | Food News
Booze News | Now Cooking

106 5 QUESTIONS WITH
Business owner
Mimi Washington



35 RECYCLE, RE-STYLE

MICA students turn dry cleaner bags into everyday awesome.



Maryland's Premier Kitchen & Bath Showroom
& Design Studios Featuring

Wood-Mode
FINE CUSTOM CABINETS



KITCHEN & BATH DESIGN STUDIO

KITCHEN & BATH INSPIRATION
FOR HOMEOWNERS AND A RESOURCE
FOR DESIGNERS, ARCHITECTS
& HOME BUILDERS

Lutherville | Bel Air | Columbia | Annapolis

800-211-8394

www.KenwoodKitchens.com

INSIDE

Baltimore style

APRIL

Home & Garden
Spring Real Estate
Last Chance Camps
Private Schools
Medical Profiles



OUR SPRING FASHION ISSUE!

Readership
112,000

Page Views 35,784
E-News Subscribers 13,932
Facebook Followers 6,493

**CALL
NOW TO
ADVERTISE!**

410-902-2309 or
advertising@baltimorestyle.com

contributors

Four writers whom you will find in this month's issue share their favorite travel destination.



Ann Marie Barbour

"Body and Soul"

"Being that both of my parents are Italian, I've had such a connection to that country. I've actually traveled to Italy three times within the past couple of years and cannot breathe it in or eat it up enough. I found the absolute beauty and luxury of Capri and Positano to be a true escape from reality, enjoying the beauty of both the landscape and the jet setters around me. I also relished in the grittiness of Bologna, which to me felt like the perfect collision of Florence and NYC."



Ginny Lawhorn

"Two-Day Dream Trip"

"Booze News"

"Philadelphia is my most-loved and frequently visited quick getaway. With quirk, culture, curiosities and oh-so-many amazing restaurants that vary widely from neighborhood to neighborhood, no two trips need ever be the same."



Mary Ann Treger

"Into the Woods"

"Unique music festivals in an ultra-sophisticated city, outstanding historic sights and fine dining (not to mention pre-Starbucks coffeehouses where Mozart and Beethoven performed) woo me to Vienna every time. Should I get restless, Prague and Salzburg –plus some extraordinary hiking trails – are short train trips away. Cliche warning: Vienna has it all."

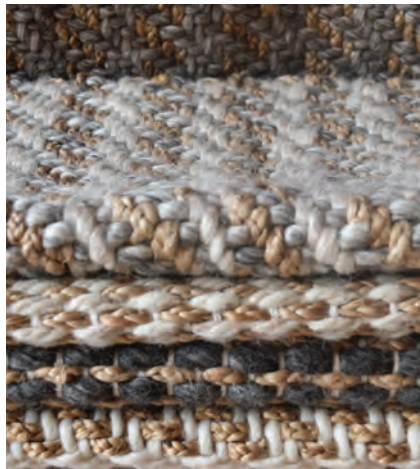


Jamie L. Watson

"Shelf Life"

"If your favorite travel destination is the one you just returned from days ago, then Tulum, Mexico is my number one! It has an old downtown with tacos and tchotchkes, Mayan ruins to tour, cenotes to swim in with turtles and bats and a beachfront filled with beautiful people – and Arca, which is easily one of the best restaurants on the continent."

DECORATIVE CUSTOM & FINE HANDMADE RUGS



TIMONIUM/BALTIMORE
2103 Greenspring Drive
Baltimore Design Center
410-308-3770



www.sennehknot.com

COLUMBIA / MAPLE LAWN
11820 West Market Place, Suite G
Near Harris Teeter, Behind Firestone
301-979-7477





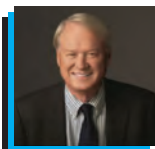
Generously supported by our Gold Series Sponsors:



① **TWO THOUSAND TWENTY: 20/20 HOPES AND PREDICTIONS**

DATE: Sunday, March 17 @ 3pm **VENUE:** Loyola University

Panelists discuss the upcoming 2020 Presidential Election with their predictions and the knowledge that hindsight is 20/20.



CHRIS MATTHEWS

PANELIST

Host of *Hardball* on MSNBC, Chris Matthews is also the prolific author of eight books including his most recent, *Bobby Kennedy: A Raging Spirit*. Matthews has been close to politics his entire career including as a presidential speechwriter in the White House, as a top aide to the legendary Speaker of the House, Thomas P. "Tip" O'Neill, Jr., and as Washington Bureau Chief for the *San Francisco Examiner*.



ROBERT EHRLICH

PANELIST

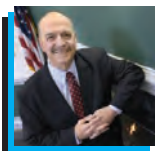
The Honorable Robert L. Ehrlich, Jr. was Maryland's first Republican Governor in 36 years when elected in 2002. He served as Governor, U.S. Congressman, state legislator, and civil litigator, and is currently senior counsel in the Government Advocacy practice at King & Spalding. Governor Ehrlich has been recognized on many occasions for his outstanding public service including in 2009, when he became one of a handful of U.S. Citizens to receive the Order of Diplomatic Service award from the Government of Korea.



LISA DESJARDINS

ASSISTANT DIRECTOR, PBS NEWS HOUR REPORTER AND CORRESPONDENT

Lisa Desjardins is a correspondent for *PBS NewsHour*, where she covers news from the U.S. Capitol. Desjardins spent nearly ten years with CNN, where she was the recipient of a Peabody Award for CNN's coverage of the 2008 election. She also received a Society of Professional Journalists' Sigma Delta Chi award for national breaking news for coverage of the Haiti earthquake.



DAN MORHAIM

MODERATOR

Dan Morhaim was elected to the Maryland General Assembly's House of Delegates for 6 terms and served there for 24 years, from 1995-2019. Morhaim is a board-certified physician with over 35 years front-line Emergency Medicine experience, and he continues to work ER shifts at a Baltimore hospital. He has published numerous articles, both medical and non-medical, and he is a frequent guest on radio and TV.

②

Pleasures or Poisons:

The Science & Culture of Food

DATE: Wednesday, April 17 @ 7pm

VENUE: DoubleTree by Hilton Baltimore North

PANELISTS Chef Egg, Michael Jacobson, Maura Judkis, Chef Malcolm Mitchell

MODERATOR Deborah Weiner

③

Is it Time for Psychedelics in Mainstream Medicine?

DATE: Wednesday, May 22 @ 7pm

VENUE: JHU, Bloomberg Center

PANELISTS Roland Griffiths, Mary Cosimano, Elizabeth Tracey

MODERATOR Dan Morhaim

④

Street & Conventional Art:

The Relevance of Museums Today

DATE: Wednesday, September 25 @ 7pm

VENUE: Chesapeake Arts Center

PANELISTS Christopher Bedford, Gaia, Kelly Towles, Janis Goodman

MODERATOR Tom Hall

⑤

Baltimore:

Not Just an American City

DATE: Wednesday, October 23 @ 7pm

VENUE: Baltimore Museum of Industry

PANELISTS Trif Alatzas, Andre M. Davis, Maya Rockey Moore Cummings

MODERATOR Tom Hall

GREATTALK.ORG for tickets

SEASON SUBSCRIPTION: \$65 INDIVIDUAL TALKS: \$15



Sponsors:



our team

Baltimore style

ASSOCIATE PUBLISHER

Jeni Mann

jmann@midatlanticmedia.com

EDITOR

Jessica Gregg

jgregg@midatlanticmedia.com

ADVERTISING DIRECTOR

Stephanie Shapiro

sshapiro@midatlanticmedia.com

ART DIRECTOR

Ebony Brown

ebrown@midatlanticmedia.com

SENIOR WRITER

Britni Petersen

bpetersen@midatlanticmedia.com

STAFF WRITER

Adranisha Stephens

astephens@midatlanticmedia.com

CONTRIBUTING WRITERS

Brianna Baker, Ann Marie Barbour

Susan C. Ingram, Ginny Lawhorn

Alex Rychwalski, Mary Ann Treger

Kimberly Uslin, Jamie L. Watson

EDITORIAL INTERNS

Cassandra Cipparone, Victoria Harvey

Miranda Nolan, Cassidy Rafsol

STAFF PHOTOGRAPHER

David Stuck

CONTRIBUTING ILLUSTRATOR

Heshan Gunasekara

DIGITAL COORDINATOR

James Meskunas

DESIGN TEAM

Cheyenne Bass, Ross Meadows

Isaac McCoy, Justin Tice

DESIGN INTERN

Diane Adote

SALES CONSULTANTS

Linda Benkhadra, Amie Borenstein

Danny Glazer, Lana Popok, Mary Ramsdale

Jennifer Rosenberger, Jackie Ruane

Michelle Weinstein

PUBLISHED BY MID-ATLANTIC MEDIA

CEO/PUBLISHER

Craig Burke

DIRECTOR OF MARKETING & CUSTOM MEDIA

Jeni Mann

DIRECTOR OF PRODUCTION

Jennifer Perkins-Frantz

SENIOR EDITORIAL DIRECTOR

Joshua Runyan

CIRCULATION DIRECTOR

Bill Sims

ACCOUNTING MANAGER

Kris Ries

OFFICE MANAGER/ACCOUNTING COORDINATOR

Pattie-Ann Lamp

CIRCULATION COORDINATOR

Devorah Neuman



Baltimore STYLE (USPS: 021-572) is published nine times a year by Mid-Atlantic Media, 11459 Cronhill Drive, Suite A, Owings Mills, MD 21117. Annual subscription price is \$15; for subscriptions, renewals or change of address, call 410-902-2300 (Baltimore). Periodical postage paid at Baltimore MD and additional mailing offices. Postmaster: Send address changes to Baltimore STYLE, 11459 Cronhill Drive, Suite A, Owings Mills, MD 21117. baltimorestyle.com

Tomorrow is the first blank page of a 365 page book. **Write a good one!**

- ARM LIFT
- BREAST AUGMENTATION
- BREAST REDUCTION
- BREAST RECONSTRUCTION
- BROW LIFT
- EYELID SURGERY
- FACE LIFT
- FAT TRANSFER
- BODY CONTOURING
- LIPOSUCTION
- THIGH LIFT
- TUMMY TUCK
- RHINOPLASTY
- MOMMY MAKEOVERS
- DYSPORT®
- BOTOX®
- RESTYLANE®
- RESTYLANE LYFT®
- REFYNE®
- DEFYNE®
- JUVEDERM®
- BELOTERO®
- VOLBELLA®
- VOLUMA®
- VOLLURE®
- SCULPTRA®
- KYBELLA®



This is Your Life ... Make it Beautiful!

Dr. Michele Shermak loves to help people look and feel their best. An accomplished, passionate and highly skilled plastic surgeon, she focuses and prides herself on helping patients achieve their best version of themselves.

An expert on Body Contouring & Mommy Makeovers, Facial rejuvenation, all Breast procedures and more; Dr. Shermak understands that each person is unique. Her practice is intentionally client centric and focused on offering a wide range of options to allow patients maximum flexibility and support in choosing the procedure that best suits their distinct needs.

MICHELE SHERMAK, MD
PLASTIC SURGERY

CALL US TO SCHEDULE YOUR CONSULTATION AT:

410-616-3000

OR VISIT US ONLINE AT WWW.DRSHERMAK.COM

Foodies & Friends

Join *Style* for a happy hour at Everyman Theatre on Tuesday, March 12. Meet our writers and learn how to make a cocktail. Enjoy a drink and a tasty snack, then stay for "Dinner with Friends," a Pulitzer-Prize winning play about two food writers who host friends for dinner and then drop a bombshell. Drink, chat, enjoy. It's the perfect weeknight date. Visit BaltimoreStyle.com/giveaway for your chance to win tickets for you and your significant other.



Optical Couture



The latest in selection and style from Milan, Paris, Tokyo and London
Our customers prefer our personalized service and appreciate the finest the world has to offer in eyewear. Over 5,000 frames available including:

- BAARS
- Blackfin
- Caviar
- Chopard
- Coco Song
- Etnia
- Barcelona
- IC Berlin
- Jimmy Choo
- John Varvatos
- Kazuo
- Kawasaki
- Lamata
- miu miu
- OVVO
- Porsche Design
- Swissflex
- Tom Davies
- X-ide
- and many more!



\$50 OFF
When You Purchase
a Complete Pair of
Prescription Eyeglasses

\$75 OFF
Second Complete Pair
With Purchase of First
Complete Pair

Mention this ad for offers at time of purchase. Excludes Oakley, prior purchases, sale items and other promotions.

Expires June 30, 2019



1819 York Road • Timonium, MD 21093 • 410.252.5850
www.eyetoeyemd.com • www.facebook.com/eyetoeye, @eyetoeyemd

Major insurances honored. Serving the community for over 30 years as a leader in upscale, unique eyewear.



Photos & Fun

What goes into making a *Baltimore Style* cover? Just how many pictures does photographer David Stuck take at a cover shoot? Go behind the scenes with our staff to learn how we put together the face of this magazine. It's fun and fast paced, but also a lot of work. Find out how we do it at BaltimoreStyle.com.




2019 NATIONAL SHOWROOM OF THE YEAR
THANK YOU!

SUNNYFIELDS



Photographer: Elvire Morniac

6305 Falls Rd Suite 100, Baltimore, MD 21209 | 410.823.6666 | sunnyfieldscabinetry.com



GREAT LOOKS AT FANTASTIC SAVINGS.



Visit us today for **MID-WINTER SAVINGS** of **30% to 40%** or more **OFF*** the suggested retail prices on our sofas, sectionals, sleepers, chairs and ottomans. ■ You'll find the latest styles by well known manufacturers like Precedent, Rowe, Braxton Culler, Elran, Vanguard, American Leather, Natuzzi Editions, Palliser, Bradington Young, Ekornes, Sherrill, Four Seasons and many others...and all at **Maryland's guaranteed lowest prices.**

Towson ■ 1903 E. Joppa Road ■ Towson, MD ■ 410.661.6600
Columbia ■ 8895 McGaw Road ■ Columbia, MD ■ 410.290.7003
www.sofasetcmd.com ■ sofasetcmd@gmail.com



sofas
ETC
The Best Seats In The House.

*Prior sales excluded. Cannot be combined with any other offer. Does not apply to Ekornes or American Leather products. American Leather only available at our Joppa Road location. See your sales associate for complete details.

be in the know

get out **27** | get smart **35** | shelf life **37** | love life **39** | field trip **40** | getaways **42**



JUAN MARCUS

‘Wicked.’ Witches, wizards and Oz: Oh my! Watch Broadway’s talented actors tell the story before the story in “Wicked: The Untold True Story of the Witches of Oz.” The Hippodrome Theatre, through March 8. Tickets start at \$100. france-merrickpac.com



COURTESY OF THE MODELL LYRIC

1

■ MARCH 2
**George Lopez:
The Wall**

Mexican- American comedian George Lopez delivers his take on current American politics and more. The Modell Lyric, 8 p.m. Tickets start at \$36. modell-lyric.com

■ MARCH 2
The Kooks

Calling all fan girls: British indie rock band The Kooks are performing live as part of their U.S. spring 2019 tour. Have a night to remember rockin' out to your favorite throwbacks and singing along to their new album. Rams Head Live, 8 p.m. Tickets start at \$30. ramsheadlive.com

■ MARCH 6
**'The Woman's Hour: The Great
Fight to Win the Vote'**

Nearly 100 years ago, giving women the right to vote was still a controversial idea. Hear about this time in politics from Elaine Weiss, author of "The Woman's Hour: The Great Fight to Win the Vote." The Ivy Bookshop, 7 p.m. Free. theivybookshop.com

■ MARCH 7
Can I Kick it? Presents 'Kill Bill'

Our secret guilty pleasure? Kung-Fu, and what's even better is that this performative event blends our favorite martial arts flicks with hip-hop in the presentation of "Kill Bill." Creative Alliance, 7:30 p.m. Tickets \$12, members \$9. creativealliance.org

■ MARCH 9

Viva Brasil: Costumed Carnival Dance Party

Put on some shimmer and samba down to this carnival-themed dance party. Enjoy traditional Brazilian dancers, music and fun with tons of flavor. Creative Alliance. Members, \$15; nonmembers \$18. creativealliance.org

■ MARCH 13

Hozier: 'Wasteland, Baby! Tour'

This month, Hozier kicks off a North American tour after the release of his new album, "Wasteland, Baby!" The Hippodrome Theatre, 8 p.m. Tickets start at \$136. france-merrickpac.com

■ MARCH 14

Taste and Tour

Make happy hour worthwhile. Sip, socialize and support the philanthropic vision of The Walters Art Museum, followed by a private tour of select art galleries. The Walters Art Museum, 5:30-7:30 p.m. Tickets \$15, members free. thewalters.org



■ THROUGH MARCH 31

Roland Freeman's 'Arabbers: Life in the Baltimore Streets'

Visualize the history through a collection of photos that capture Arabber commerce in Baltimore. Educational and interesting, this collection was donated to the museum by Roland Freeman, renowned documentarian. Reginald F. Lewis Museum. lewismuseum.org

**HOPE'S
HORIZON**

The Journey Starts Here
Alcohol and Drug Treatment Center

HopesHorizon.com

We are a family-focused, detox-drug & alcohol treatment center. We also offer Maryland State Certified DUI/DWI Education Classes.

For Appointments call:
(443)725-4062
4111 E. Joppa Rd Suite 101
Perry Hall, MD 21236

Hopes Horizon provides full Confidentiality to all of our clients.



JOAN SCHEIBEL, GINA FALCONE, FARIDA HUGHES



■ MARCH 16

Opening Reception: Joan Scheibel- Gina Falcone Skelton- Farida Hughes

Y:Art is presenting a joint exhibition of three female artists whose work addresses human connection, community and divine creation. Heady, beautiful and can't miss. Opening reception is March 16, 6–9 p.m. The exhibit runs through April 27. Y: Art Gallery & Fine Gifts. yarthgalleryandfinegifts.com

■ MARCH 15

Shamrocks & Shenanigans: DJ Pauly D

Kick off St. Patrick's Day Weekend with some old school gym, tanning and laundry because former "Jersey Shore" cast member and world famous DJ Pauly D is here to party. Rams Head Live, 8 p.m. 21 and older. Tickets start at \$20. ramsheadlive.com

■ MARCH 15

Joe Bonamassa

Guitarist, singer and song writer Joe Bonamassa reminds us that there is nothing like the blues. The Modell Lyric, 8 p.m. Tickets start at \$99. modell-lyric.com

■ MARCH 16

Kelly Clarkson: Meaning of Life Tour

"Since u been gone," girl, all of us Kelly Clarkson fans have been playing your songs on repeat. But now we are ready to break out our outfits from the early aughts, since Clarkson is hitting the stage for one night only. Royal Farms Arena, 7 p.m. Tickets start at \$49. royalfarmsarena.org

BALTIMORE
SYMPHONY
ORCHESTRA

2018-19 SEASON

APPALACHIAN SPRING

MARCH 15 & 16

**SUPERPOPS:
CIRQUE GOES
HOLLYWOOD**

APRIL 5-7

PORGY AND BESS

APRIL 12-14

**LESLIE ODOM, JR.
WITH THE BSO**

APRIL 26

**MOVIE WITH ORCHESTRA:
AN AMERICAN IN PARIS**

MAY 3-5



LESLIE ODOM, JR.

JOSEPH MEYERHOFF SYMPHONY HALL • BSOMUSIC.ORG • 410.783.8000

Presenting Sponsors: M&T Bank | BGE, An Exelon Company

EXPERIENCE BALTIMORE FROM A DIFFERENT PERSPECTIVE!



CROWNE PLAZA®
BALTIMORE DOWNTN INNER HARBOR

110 W. Fayette St. • Baltimore, MD 21201

410.347.5707

www.CrownePlazaBaltimore.com

Experience the FIRST Crowne Plaza in Baltimore

Situated in the heart of the city, the Crowne Plaza Baltimore Downtown – Inner Harbor is ideal for all of your meeting and event needs. With 20,000 square feet of flexible meeting and event space, on-site catering and AV services and valet parking, we provide the perfect space.

Whether you are planning an all-staff meeting or a wedding celebration, the Crowne Plaza Baltimore Downtown – Inner Harbor is a customizable venue that can match your needs.



FOODIES & FRIENDS

Happy Hour @ DINNER WITH FRIENDS

 **EVERYMAN THEATRE** | GREAT STORIES, WELL TOLD.
Baltimore style



4

■ MARCH 12- APRIL 7
'Dinner with Friends'

Foodies & Friends Happy Hour

A casual dinner with friends is not always what we expect it to be. This prize-winning play is celebrating its 20th anniversary and it is bound to be deliciously dramatic. Stop by before the show on March 12 for a *Style*-sponsored happy hour. Learn to make a cocktail from our beverage writer Ginny Lawhorn. Everyman Theatre. Tickets start at \$20.

everymantheatre.org

■ MARCH 10
Greedy Reads' First Anniversary

Greedy Reads is hosting a celebration of its first anniversary this month. This charming bookstore will be filled with food, drinks, specials and giveaways all day. Greedy Reads, 11 a.m.-6 p.m.

greedyreads.com



5

Kick into Spring

Join us for a night of beauty and fun.

SAVE THE DATE!

April 4 | 6 to 8 p.m.

About Faces

Shops at Kenilworth, Towson

“Love Your Brows, Lips and Cheeks” mini services



Wine and Nibbles

Swag Bags

Red Carpet Photos

Prize drawings

This event is free
but RSVP for a chance
to win the grand prize.
Aboutfacesstyle.eventbrite.com

ABOUT FACES
— DAY SPA & SALON —

Baltimore
style

■ MARCH 17

Celtic Woman Ancient Land

Celebrate the luck of the Irish in a traditional performance of Irish dance on a great day to celebrate all things Emerald Isle. The Hip-podrome Theatre, 3 p.m. Tickets start at \$63. france-merrickpac.com

■ MARCH 20

T-Pain

T-Pain is coming to town and he might just “Buy U a Drank” while he’s here. The Grammy-winning hip-hop artist is expected to break out the hits we know and love, reminding us why we are still cool. Rams Head Live, 8 p.m. Tickets start at \$26. ramsheadlive.com

■ MARCH 21

Cooking Class: Handmade Pizza

Enjoy the tastes of Tuscany without the pricey plane tickets. Cosima’s executive chef Donna Crivello is hosting a cooking class where you can learn to make your favorite Italian meals and drink the paired regional wines. Cosima, 6:30-9 p.m. Tickets start at \$75. cosimamill.com

■ MARCH 22-24

In Concert: ‘Harry Potter and the Order of the Phoenix’

Expecto Patronum! Dust off your wizard wand and watch the magic happen as a live symphonic orchestra presents a scoring of a famous fan favorite Harry Potter movie. Baltimore Symphony Orchestra, times vary. Tickets start at \$45. bsomusic.org

■ MARCH 23

Baltimore Wing Festival

Can someone pass the ranch? Baltimore’s first annual wing festival is sure to be spicy: head on down to the Inner Harbor for a day filled with fun, food and chicken costumes. Powerplant Live, 2-8 p.m. Tickets start at \$15; kids 8 and under, free. powerplantlive.com

■ MARCH 24

Fleetwood Mac

Grammy-award winning band announced their heading to the U.S. as part of their 2019 tour. Tuck in the kids and call an Uber, because this spring time concert will be one for the ages. Royal Farms Area, 7 p.m. Tickets start at \$93. royalfarmsarena.com

■ MARCH 29-30

Cosmic Depth

Glee club is THE club to see this spring. Performing classic works from Beethoven to Eric Whitacre, the U.S. Naval Academy Glee Club will be set to voice this music to our ears. Maryland Hall for Creative Arts, 8 p.m. Tickets start at \$25. annapolissymphony.org

■ MARCH 30

The Big Baltimore Kite Fest

Pack up your picnic baskets and get ready for a colorful day of windy fun. This family-friendly event celebrates the different cultures that make up the East Baltimore community by coming together with kites to brighten up the sky. Patterson Park, 12-4 p.m. Free. creativealliance.org

■ THROUGH MARCH 30

‘HENRY IV, PART I & II’

Based on the writings of William Shakespeare, watch the thrilling lives of 15th Century royals come to life in drama that rivals “The Crown” and other British dramas. You can stay home and stream any night – find a night in this series to enjoy a spectacular performance of literature-come-to-life in this show is perfect for history lovers. Chesapeake Shakespeare Company. Tickets start at \$17. chesapeakeshakespeare.com

■ THROUGH MARCH 31

‘Indecent’

Based on the true story of a group of Yiddish theatre artists as they travel from Warsaw to Broadway, this play resonates in contemporary America. Baltimore Center Stage. Tickets \$49. centerstage.org

■ THROUGH APRIL 26

BIG INK Exhibition

Lovers of literary publications can come out and experience an exhibition to prove “Print Isn’t Dead.” Watch as artists create works to be printed with BIG INK’s giant mobile print-making press. Maryland Hall, 11 a.m.-4 p.m. marylandhall.org



2018
Baltimore
style
READERS'
CHOICE
WINNER

DON'T JUST SUE THEM,

SNYDER THEM!

Medical Mistake? Birth Injury? Wrongful Death?

(410) THE-FIRM



THE
SNYDER LAW GROUP
LLC

410THEFIRM.COM

Each case is different and past record is no assurance that the lawyers will be successful in reaching a favorable result in any future case. Members of the law firm and licensed to practice law in Maryland and/or Washington DC. In some cases, The Snyder Law Group may associate with outside attorneys as lead counsel, at no additional cost to the client.

New life for plastic bags

LAST YEAR, when China stopped taking plastic recycling from the U.S. and other Western nations, the owners of Glyndon Lord Baltimore Cleaners began to look into ways their business could be more eco-friendly.

Sisters-in-law Janet and Christy Garman, whose family owns the dry-cleaning business, wanted to encourage customers to return and recycle the plastic garment bags that held their freshly cleaned clothing. The wire hangers, they knew, could be reused in some way, too. But how? Janet decided to reach out to Maryland Institute College of Art. "MICA is a hub for creativity," she says. "I thought if anyone could take this and run with it, it's MICA."

Leslie Speer, who chairs the school's product design program, saw the email and immediately thought "huge material supply" she says. Speer teaches design ethics and sustainability to students who were getting ready to make a project following the principles of that class. The recycled plastic bags and wire hangers would be the perfect stuff to start with.

"How do you make a product that elevates the materials?" Speer asks as a challenge to her students. "How do you make something that people don't want to throw away and send back into the waste stream?"

Their final products include a braided dog leash, a flexible laundry basket and a fun statement belt, all made from layers of plastic bags that were melted and sealed to create a thicker, bendable substance. Other students created plant holders and wall sconces made from hangers that were sanded, smoothed and coated with a clear covering.

The sconce is a "great look for a restaurant," Janet says, as she and Christy look over the students' work one recent afternoon.

Students had four weeks to complete the project, which had to have the capability of being mass produced. At the end of the semester, they presented their work to Christy, who offered her feedback and encouragement.

Speer hopes a few of the students will reproduce their projects in time for the Art Market held at MICA each December and possibly



Wire flower basket,
Jade Liu

Students
plan to sell
their products
at MICA's
Art Market.



Laundry basket,
Damla Yenigun



PicPacGo picnic
basket, Daniel Carhuff

make a little profit for their work. The Garmans hope they will be able to sell some of the goods, such as the belt, at their stores. Mostly, they are eager to keep working with MICA, says Janet, who has arrived at Speer's classroom with a car full of plastic bags for the next group of students.

Part of the reason they are so interested in recycling, the sisters-in-law say, is because they want their kids to be proud of the family business. Finding a good partner is key for a project like this, Janet adds, and they feel lucky to work with MICA.

"If a family business can do it, a large corporation can do it, too," she says.

—JESSICA GREGG

CONWAYREALTORS.COM

SELLING YOUR HOME? YOU COULD SAVE THOUSANDS ON COMMISSION

- ✓ Full-Service Brokerage
- ✓ Five-Star Personalized Service
- ✓ Experienced REALTORS®
- ✓ Low, Fixed Listing Fee

Contact us today to schedule a complimentary, no-obligation home evaluation.

SEE HOW MUCH YOU CAN SAVE
CALL 410.377.2211



MISSY CONWAY
Broker/Owner
Missy@ConwayRealtors.com

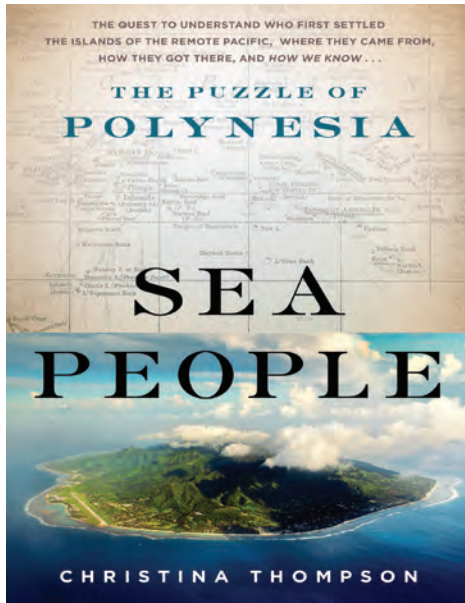
CONWAY
REAL ESTATE



TRAVEL LOGS

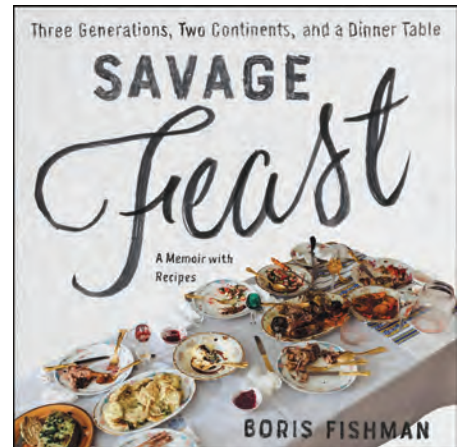
Three Books for the Journey or Simple Enjoyment

BY JAMIE L. WATSON



SEA PEOPLE : THE PUZZLE OF POLYNESIA

Humans have had wanderlust for as long as they've been in existence. Christina Thompson's "**Sea People: the Puzzle of Polynesia**" uses a variety of sciences to determine the who, what, when, where and why the South Pacific became inhabited. Much of what we thought we knew was seen through the eyes and culture of 16th-century European explorers and turned out to be flat-out wrong. Using linguistics, cartography, archaeology, anthropology and genetics, this well-researched study debunks the early ideas and then builds a case that is closer to truthful. Don't underestimate the importance of story here – the oral traditions of the Polynesians, written off as "folklore," turned out to be closer to the truth than the observations of those explorers who came later.



SAVAGE FEAST : THREE GENERATIONS, TWO CONTINENTS, AND A DINNER TABLE

With his extended family, 8-year-old Boris Fishman traveled to the United States as an immigrant from Belarus. In "**Savage Feast : Three Generations, Two Continents, and a Dinner Table**," we get to know Boris and this extended family, especially his grandfather, who is a character in both definitions of the word. Grandfather Arkady was a brilliant black marketer and swindler who kept food on their table in Minsk and remained irascible in Brooklyn throughout his old, old age. When Boris and Arkady grow close to Arkady's home health aide, Oksana, a Ukrainian immigrant, Boris travels with her to her home village to get an idea of the old Soviet life. The soul-searching of the immigrant is powerful throughout – "Where do I belong? How do I fit in? Can I go back or must I keep moving forward?" Boris' narrative sometimes grows tiresome, but Arkady and Oksana always return to center us again.



LAKE SUCCESS

The road trip as a metaphor to find oneself is commonly used in fiction, and it's used to great success in Gary Shteyngart's "**Lake Success.**" But I need to caution: Readers who need to like their main characters may have trouble with this book. Barry Cohen is a hedge-fund trader who gets

so blinded by making money he begins to do unethical and immoral things. Meanwhile, his marriage to beautiful, intelligent Seema is on the rocks, and he feels shame about his nonverbal autistic son, who isn't helping him live out his fantasy of "three perfect children who all wash their faces side by side." After an uncomfortable dinner party with their neighbors, Barry takes off to the Greyhound station on a quest to reunite with his college girlfriend, Layla. Barry's biggest issue is that he seldom sees others as people but more as

objects to help him fulfill his own needs and desires. As he travels through Baltimore, Virginia, Mississippi, Texas, Mexico and Arizona, he meets people and learns from them but never seems to grow. Despite it all, I was nearly moved to tears at how close, but still so far, Barry comes to getting at life's real truths. Shteyngart seems to love his characters, however, and everyone Barry meets would warrant a novel all on their own. This book, set in the summer of 2016, is darkly funny and fiercely observant about American culture today.

Jamie L. Watson is a collection development manager with Baltimore County Public Library.

Having trouble hoisting your sail?

"I didn't think I needed hormone treatment," says 62-year-old Saroya S. She remembers limping into New Day Vitality Hormone Center (NDV) five years ago. "After my first insert, I felt a vibrancy and aliveness in my body that I hadn't felt for years," Saroya says. "I can walk fast without pain now."

Do you see declining hormone levels as a natural part of aging? Hormones not only affect your sex life, but also energy levels, muscle development, weight, cognitive function and memory. Don't live with a declining body and mind.

With careful restoration of the major sex hormones through bio-identical hormone replacement therapy (BHRT), adults can rediscover the vitality they need to enjoy life to its fullest.

New Day Vitality specializes in

providing BHRT. Unlike synthetic hormones, these safer bio-identicals replicate the exact molecular structure of the hormones made by the human body. BHRT comes in a wider range of dosage levels, so we can better tailor your treatment to your bio-specific needs. Our BHRT is administered every three months, so the benefits are more consistent. And no more daily doses to forget!

Don't settle for feeling old! By restoring your hormones to optimal levels with BHRT, you can reclaim your vitality and rediscover ALL the pleasures life has to offer!



Call 410-793-5212 today!
to schedule your free consultation.
newdayvitality.com

1300 Ritchie Hwy., Suite B, Arnold, Md., 21012
 8133 Elliott Rd., Suite 205, Easton, Md., 21601
 90 Painters Mill Rd., Suite 134, Owings Mills, Md., 21117

FOODIES & FRIENDS HAPPY HOUR

TRIPLE THREAT: FOOD, DRINKS, & ENTERTAINMENT

Tickets:
\$20

*Includes happy hour
 and show*

TUESDAY, MARCH 12

6-7:30 P.M.

SHOW @ 7:30

FOR TICKETS CALL 410-752-2208

BIT.LY/FFHAPPYHOUR

Tap into your inner foodie with Baltimore Style and Everyman Theatre for a one-of-a-kind Happy Hour celebrating Everyman's upcoming show, **DINNER WITH FRIENDS**.

Hosted by Boy with the Blue Beard, the evening features Style's Cocktail Queen Ginny Lawson demonstrating a custom cocktail. Enjoy drink specials and light bites by Flavor. Tickets to the happy hour include the evening's performance of **DINNER WITH FRIENDS!**



EVERYMAN THEATRE | GREAT STORIES, WELL TOLD.

Baltimore **style**

DINNER WITH FRIENDS

BY DONALD MARGULIES DIRECTED BY VINCENT M. LANCISI

MAR 12 - APR 7



DAVID STUCK

Want to know
more about
SoulBody?
Visit [soulbody.
fitness](#).

BODY AND SOUL

Our cover model reflects on the start of her fitness business.

BY ANN MARIE BARBOUR

I'm in a small room at 432 House, a unique fitness studio concept in midtown Manhattan, getting fitted into a wet compression suit that's connected to an electrical muscle stimulation (EMS) device. This will send surges of electricity throughout my body that will make my 20-minute workout equal the work of a six-hour workout — it's the future of fitness, and I am ready for it. It's not long after the New Year, which has given me pause to look back and reflect not only on the fitness industry that I'm so blessed to be a part of, but also on what awaits.

The metaphor is right: I am excited and charged.

My journey into fitness, and co-founding a fitness business of my own, wasn't a long stretch. From playing field hockey in high school to eventually

teaching good old step aerobics during grad school (yes, wearing that leotard) to dabbling in a few half marathons, triatholons and one marathon (never again!), I was always game, ready for a challenge and up for a killer workout.

After my third son was born, I decided I wanted to teach a few of the group fitness classes I was taking at Brick Bodies. I loved the music, choreography and incredible community that had been created in the studio. We now consider group fitness the “club within the club,” and I experienced that in a resounding way. I guessed by entering that “club,” I could inspire other people's lives as well as add value to my own, and that's exactly what I did.

Group fitness is having a moment. We are now seeing the rise of the “rock star” instructor and working out in motivational

packs. Think CrossFit and how it creates a community within a box. These tribes are now the preferred form of exercise. I saw the start of that at Brick Bodies years ago, where these instructors were motivating under the radar, before Instagram. People flocked to them, as they were “inspiring through movment, which became my future company's future tagline, and I wanted a piece of that.

From 2006 to 2009, I traveled quite a bit and enjoyed taking classes during my weekends away. I began noticing a lot of cool, boutique-style studios popping up throughout the towns and cities I visited. My cousin lives in the Hamptons on Long Island, and I would literally spend my summer visits hopping into one barre studio after another and was blown away by this ballet-inspired workout and the cool space and experience that went along with it. It was nothing that I had ever seen or felt before, really small movements that used light weights, body weight and steps such as plies and relevés at a tightly spaced ballet barre with other fitness junkies, moving until our legs shook uncontrollably. It was not only the challenging moves, heart-pumping music and inspirational instructor that motivated me, but also the magnetic feel, mood and setting of this boutique studio space that I wanted more of on a daily basis.

Upon my return, I decided barre had to be offered in Baltimore. I, along with a few other trailblazers from the Brick Bodies team, huddled with Lynne Brick about the power and popularity of this new form, and together, we quickly launched the program. At this time, I also added Pilates Mat and Reformer to my offerings, learning that the incredibly challenging

(continued on page 102)



GRAND BAZAAR NYC

Shop for a good cause? You know we love that!

Old-School Bargains

Spruce up your spring wardrobe at this destination

BY CASSANDRA CIPPARONE

Vintage is the new black, at least at Grand Bazaar NYC. Every Sunday, this Upper West Side market, just one block from Central Park, offer shoppers rare finds, such as chic faux furs from the 1970s, straw and leather clutches, fashion worthy of Midge Maisel and even vintage radios. This month, the market also hosts a one-day-only **NYC Vintage Pop-Up** event. Hundreds of local artisans, designers and vendors offer worth-the-trip finds in four main categories: handmade goods; vintage/collectibles/

antiques; global goods; and artisanal foods. The market was founded in 1982 by a group of local parents to raise money for four nearby public schools; it's now the largest curated market in New York, with 100 percent of the profits used to fund programs for more than 4,000 school children. You can shop until you drop while supporting a good cause. Every bell-bottom-loving fashionista knows there's no better vintage than vintage from New York. When not discovering your next must-have items, take the time to enjoy a delicious meal

from dozens of vendor options such as wood-fired pizza, organic Japanese street food, Italian-inspired gelato and even handmade peanut butter cups. The market is also close to the American Museum of Natural History, the Children's Museum of Manhattan, Strawberry Fields and many trendy restaurants and shops. And remember, if you miss the pop-up event, you can return for the regular Sunday show and still great NYC shopping. March 10, 10 a.m.-5:30 p.m. Free. 100 W. 77th St., New York. grandbazaarnyc.org □

CHESAPEAKE SHAKESPEARE COMPANY



THE DIARY OF ANNE FRANK

A play by Frances Goodrich and Albert Hackett

Directed by Eve Muson

Based upon "Anne Frank: The Diary of a Young Girl"

Newly adapted by Wendy Kesselman

APRIL 26 - MAY 26, 2019

The Diary of Anne Frank is presented by special arrangement with Dramatists Play Service, Inc., New York

TICKETS: 410-244-8570

ChesapeakeShakespeare.com

7 South Calvert Street
Baltimore, MD 21202

PENNSYLVANIA'S
Lebanon Valley

You should see our wild side

- Hiking
- Biking
- Wildlife
- Waterways

717.277.0100 • visitlebanonvalley.com •

The Art of Caring

Art Auction and Reception to benefit
Court Appointed Special Advocates (CASA) Baltimore

Grey Matter Art Space
1601 Guilford Ave
Baltimore, MD 21202

Sunday April 28, 2019 3 p.m. – 7 p.m.

Tickets: \$50/person
Groups: 10 or more \$35/person

Purchase tickets:
<http://bidpal.net/artofcaring2019>

CASA OF BALTIMORE
Court Appointed Special Advocates
FOR CHILDREN



RAPPAHANNOCK RIVER: COURTESY OF VIRGINIA'S RIVER REALM; ALL OTHER PHOTOS COURTESY OF TIDES INN

Above: The view from Tides Inn overlooks Carters Creek and a flotilla of boats; opposite page, from top: The terrace offers the same water view and a place to dine; travelers explore the waterways through the inn's Oyster Academy; the sun sets over the nearby Rappahannock River.

THE RELAX FACTOR

Seafood, Southern comfort and easygoing afternoons at Virginia's Tides Inn

BY JESSICA GREGG

My relaxed weekend in Virginia starts with a monsoon and I arrive at the comfortable luxury of Tides Inn amidst a downpour, driving past new corn that looks like it's growing in a creek and creeks that have turned into roiling chutes of water.

A bit damp and still a little frazzled, I am installed in a wood-paneled room — the Eagle Room — for a bourbon tasting, the unrelenting rain rapping on

the windows. The wood panels are actually little lockers, a throwback to Prohibition when this was a dry county and guests were boated to the next jurisdiction to buy booze that was then secured for them in these cabinets. Nearly 100 years have passed, and now samples of the Tides' own private barrel are poured for guests. Crafted by A. Smith Bowman near Fredericksburg, the same distillery that won World

Whiskies Awards in 2016 and 2017, the inn's namesake is cinnamon-y and warm without the fire trail of a lesser potion.

This is vacation, I think, enjoying life's little luxuries. Comfort and pampering after a storm.

Then, executive chef TV Flynn leads us into the kitchen to see the box of soft crabs delivered by a local waterman that afternoon. Three dozen crabs, their

backs still mud colored, their legs cobalt streaked, they are a familiar sight in unfamiliar scenery. Later that night, they will be served with a wedge of cornbread between their claws, a perfect summer meal and example of the tide-to-table cuisine here.

The entree also foreshadows the rest of the weekend: In a bend of Carters Creek, not far from the Rappahannock River and in the tributaries of Virginia's Oyster Trail, this Maryland native is about to learn about and sample some of the region's best seafood.

Oyster Academy

The rain relents enough the next morning for us to go out on the Miss Nicole, a small boat captained by waterman William Saunders and named after his daughter, who earned her oyster license the day before, making her the fourth generation of the family to pursue a career in the waters of the Rappahannock.

Crabbing and oystering "picked me," says Saunders, who looks every bit the part in his "Tangier tuxedo," the bright orange overalls that keep him from getting too wet in his work. "I can't say I don't love it," he says of the job. Why be in an office, he muses, when he could be out on the water. At his elbow as he steers is his tiny dog Rusty, who then circles the vessel in full guard mode, more nosy than threatening.

The boat skims past a seafood house with a one-story-high pile of oyster shells that towers above a Bobcat that eventually will be used to load those shells back on a boat. From there, the shells will be released back into the Rappahannock to rebuild the oyster reef. Back in the day of John Smith, who infamously fell ill on the Rappahannock from the life-threatening nettle of a sting ray, the oyster colonies were as tall as that tower of shucked shells, Saunder says, and a captain like him would have to steer his craft around the reefs. Now he uses sonar to see the oyster beds.

Saunders stops the boat to talk to a fellow waterman who's been out crabbing and asks how many jimmies he caught that morning. At the mouth



of Carters Creek and the Rappahannock, he points out a narrow flow of the waterway that can be crossed easily in five minutes by a swimmer but would take 25 minutes by car to drive from one side of shoreline to the other.

The creek and river banks are green and lush, and the water a deep, healthy blue. The ride is relaxing, but as the clouds threaten, we head back to the resort. From dock to kitchen, our group of travelers reconvenes with Chef Flynn who is ready with a shucking lesson and a sampling of the Rappahannock's finest.

It's a good day when it's not even lunch time and you've already had your first oyster.

Easy afternoons

The Tides Inn has the old-lodge feel of a well-established resort. Guests can sink into a sofa or a terrace chair and turn their gaze to the scenery outside, uninterrupted by anything too fussy. It's the sort of place that people return to, and its comfortable luxury also makes it a natural for milestone moments; the weekend I am there,





Scenes from Tides Inn include, clockwise from top left: a deluxe queen room with a balcony; dinner set up along the beach; the view from the Chesapeake Restaurant; and kayaks at dock ready to be rented.

there are two weddings, a baby shower and several couples on babymoons. The staff is attentive and good at their jobs — for as much rain as there is outside, inside is a dry island of respite.

There is plenty to do. In addition to the Oyster Academy, the inn has sailing lessons, kayaks, a swimming pool and golf. It also has a fleet of bikes — pistachio or aqua in color, with white baskets, of course — and our group of six travelers borrow some for the quick spin into Irvington. Notable among the shops there is Jimmy and Sook, which has crab-accented shirts, leggings and more. We spin back to the resort with a dog trailing us.

For rainy weekends like this one, the spa can be a refuge. So can afternoon tea, a meal of finger sandwiches, scones worth leaving room for and a sampling of bite-sized desserts. The tea itself is from the Charleston Tea Plantation in South Carolina, the only large-scale commercial tea plantation in North America, and a cuppa was an uplifting counterbalance to the gray skies.

The sun stays tucked in the clouds,

but we eat, drink and enjoy each other's company. Summer is just around the corner, and we have found the perfect way to welcome it.

SHELL GAME

The Resort

The Tides Inn is a less than four-hour drive from the Baltimore area and offers a wide range of activities for couples who want to get away for the weekend and for families who want to get outdoors and get on the water. I would recommend the Oyster Academy and regret not having enough time to kayak while I was there. It's on my list for when I return. Another must: exploring more by bike. tidesinn.com

The Eats

Chesapeake Restaurant — Plan for at least one dinner in the resort's main restaurant, which has a beautiful view of Carters Creek, and opt for whatever the seafood special of the day is, soft shell or rockfish or other freshly caught delights. tidesinn.com

The Dog and Oyster Vineyard —

This nearby vineyard has daily summer hours and is open on the weekends in the winter. Their five estate wines will sate a wide variety of palates, and bottles are reasonably priced at \$40 or under. You can't go wrong with any of the oyster offerings, but leave room for the key lime pie on a stick. dogandoyster.com

Merroir — Defined as a "tasting room," this restaurant on the water in nearby Topping is owned by the Rappahannock Oyster Company, which has oyster bars as far as Los Angeles and as near as Washington, D.C. Follow the shell gravel trail to a waterfront picnic table for small plates of seafood cooked on an outdoor grill. The crab cake is delicious, even by this Marylander's standards, and, of course, there are plenty of oysters. rroysters.com

The River

Visit Virginia's **River Realm** website to find places to oyster, festivals to attend and heritage sites to tour, plus information about the area's history and conservation efforts. virginiasriverrealm.com □



THE ART OF THE
wedding

The perfect day begins at Royal Sonesta Harbor Court. We are known for our exceptional **Food is Art** culinary catering experience, luxurious Four Diamond overnight accommodations and ideal waterfront Inner Harbor location.

**CONTACT WEDDING SPECIALIST
JAY DAY TO BEGIN PLANNING:**

**410.347.9724
JDAY@SONESTA.COM**



ROYAL SONESTA
HARBOR COURT BALTIMORE

Adulting is so hard, even when you're a prince.
Hal would rather go out carousing than attend to matters of state.
Can honor, duty, and his father, King Henry IV, make him shape up?



Henry IV

Parts I and II

By William Shakespeare

Feb. 15 - Apr. 7, 2019

CHESAPEAKE SHAKESPEARE COMPANY
ChesapeakeShakespeare.com 410-244-8570



AVENUE

KITCHEN & BAR

HAMPDEN

High energy yet gracious...

Avenue Kitchen & Bar is a place where one can enjoy terrific wines, cocktails and comforting cuisine from our seasoned and attentive staff. We offer our guests a signature menu made from a scratch that complements our 15 unique wines by the glass, craft cocktails and 14 regional craft brewery drafts. Our concept is rooted in American cuisine with continental influence.

**Open for Dinner
Everyday (5pm-10pm)**

LUNCH & DINNER
NOON-11PM
FRIDAY & SATURDAY

BRUNCH & DINNER
10AM-9PM
SUNDAY



**HAPPY
HOUR**
Everyday
2PM-7PM &
10-close



911 W. 36th St. Baltimore, MD 21211 • (443) 961-8515

style file

covet **47** | savvy **48** | the look **50** | fashion **52** | beauty explorer **53** | curb appeal **54** | spaces **56**



*This bag comes
in other colors
and patterns!*

ARTY SMARTY

You don't have to travel to NYC or Tokyo to get a solid dose of street art beauty with this graffiti-style **Christian Louboutin** Cabata bag. Bold, colorful and loud, this artsy tote makes its mark wherever you go. With an open top, interior leashed zip pouch and roomy insides, it's the perfect carry-on accessory for any travel adventure. Pack in magazines, a book, your AirPods and other essentials and fly off to your next destination in standout style. With a vibrant mix of colors, it's not only an essential statement piece for your sightseeing escapades, but also the perfect "pop" for your comfortable travel-wear. Plus, the double handles, accented with gold studs, are just the right amount of sophistication-meets-urban traveler. Italian-made with 100 percent leather and Louboutin's signature red-lacquered sole, this Cabata tote in "Paris Metro Graf" is not only distinctive and stylish — it's timeless. \$1,690. [neimanmarcus.com](https://www.neimanmarcus.com) —BRITNI PETERSEN

HELLO, L.A. FASHION

In the heart of Federal Hill, **Hello Addie** has been delivering hip women's clothing and accessories since opening last summer. Owner Alexandra Dekowski named the shop after her grandmother, and whether coincidence or not, the boutique gives off a fun and cozy vibe. And also very hip. Denim — the boutique's signature bestseller — adorns the walls from Parker Smith skinny jeans to a cropped, star-embroidered jacket by Pistola Denim, one of Dekowski's favorite brands. There are also knit sweaters, edgy graphic tees, statement earrings, slip-on loafers and some staple basics, many from unique-to-Baltimore brands like 4SI3NNA, ASTR the Label, Matisse Footwear, J.O.A. and AGOLDE. "Most of our brands are L.A.-based," Dekowski says. That was purposeful. She wants to offer shoppers something they can't find elsewhere in the city. The boutique also is committed to being inclusive of all body types, which is why it offers complimentary, in-store alterations to clients. "Everybody's body is so incredibly different," Dekowski says. "I just think it's super important to make sure that women feel comfortable." Each week, the Hello Addie team hosts Instagram livestreams in which women of varying silhouettes try on some of the store's new arrivals and discuss their fit and other features. To that end, Dekowski is on the hunt for the perfect plus-sized brand for customers, one that meets her strict standards of fashion and quality, she says. Look for the store to expand its intimates and active-wear selections this year as well as introduce stylish sneaker brands. Stop in, say hello, and see for yourself. 1126 S. Charles St. shophelloaddie.com

— MIRANDA NOLAN



Sassanova Expands, Again

For all of our fashion and shoe lovers in Baltimore County: A new stylish neighbor is on its way. **Sassanova**, a women's contemporary boutique with storefronts in Harbor East and Bethesda, will open shop at Green Spring Station this spring.

"Sassanova's Harbor East location has satisfied a need for the professional and fashion-forward women who live, work or travel downtown, but there are scores of these women in the county who we have not been able to reach just yet," owner Angela Tandy says. "I love Green Spring Station. I think it's a wonderful mix of independent retailers and I'm excited to be a part of it."

The new store will have all of the same casual, work and all-occasion attire from many well-known as well as up-and-coming designers, including Shoshanna, Frame, Parker and Amanda Uprichard, says Tandy, who has overseen Sassanova since 2015.

"I don't necessarily buy for the stores based on what's trendy. I like to stick to pieces that are classic and buy pieces that women can wear multiple ways," Tandy says.

"So, for instance, a dress that can be worn to work but also a party; it's those kinds of multi-wear items that I look for."

Tandy has also been working with local architect Dawn Sangley of Spry Design to create a new and exciting space for her customers in a space previously occupied by Becket Hitch, a gift shop known for trendy and fun merchandise. Becket Hitch will move to the space occupied by Trillium, which closed late last year.

"In addition to opening a new location, I am also undergoing a renovation at my Harbor East location," Tandy says. "She is working on both of those projects for me. This new location is using our rebranded colors, which are bright pink gold accents and white."

It's an exciting time, and Tandy says she is eager to meet new customers whom she knows are craving something besides big-box shopping. Instead she wants to offer them "an intimate shopping option that offers a personalized, comfortable and memorable customer experience." sassanova.com —ADRANISHA STEPHENS



Handcrafted Custom Kitchen



- 1 Team of Creative Professional Designers
- 1 Team of Skilled Installers, Electricians and Plumbers
- 1 Heaping Selection of Quality Cabinetry
- 49+ Years of Experience

Schedule an appointment. Our experienced problem solvers will help you custom design and build your perfect kitchen. Sit back & enjoy!



Stu Dettelbach's

1201 Greenwood Road
Pikesville, MD 21208
(410) 653-1309
stu@sdkitchens.com

Showroom Hours by
Appointment MHIC 6202

It's more than quality products, or skilled craftsmen. It's the experience to pull together all of the ingredients of a remodeling project to exceed your expectations. For almost 50 years we've been the one-stop shop to handle every last detail to make your custom kitchen a work of art. SDKITCHENS.COM



KITCHENAID / SUB ZERO / WOLF / DACOR / WHIRLPOOL / FISHER & PAYKEL / JENN AIR

Best Seller

Reading along with The Ivy Bookshop owner Emma Snyder

BY JESSICA GREGG

There was a recent meme about meditation that Emma Snyder, owner of The Ivy Bookshop, found particularly amusing. Its message went something like this: Instead of downloading a mindfulness app, try reading a (bleeping) book.

Think about it, she says. In our Twitter-weary world, where else but in a book can we go to think “independently, deeply and quietly” to ourselves but then emerge ready for conversation? In this way, books are a “perfect piece of technology,” she says. As points of connection, our windows to the world, they could be seen as equal to social media. Certainly, their track record is longer.

It makes a lot of sense on this Friday afternoon at The Ivy, the beloved Baltimore bookshop that has hand sold titles to readers since 2001; a steady stream of customers stroll in looking for something to devour in what is predicted to be an ice-filled weekend. It’s an admirable traffic flow for any small business but no longer surprising to Snyder, who became a partner in the business with Ed and Ann Berlin in 2017 and then assumed sole ownership earlier this year when the Berlins retired.

Readers trust their independent bookstores and are looking for additional connections in our electronically focused world, Snyder says. “Digital life doesn’t feel the same.”

Snyder, a Baltimore native who lives in Charles Village, left the city for college and a varied career that took her to both rural Louisiana and China to teach and Washington, D.C., where she oversaw the Writers in Schools program for the PEN/Faulkner Foundation before eventually becoming the organization’s executive director.

Writers in Schools matches published writers with classes to encourage pleasure reading, introduce students to contemporary authors and teach children that a book isn’t finished when an author stops writing but continues with the readers who pick up that work.

“The reading experience is also a piece of the creative process,” Snyder says

The program was designed to have an impact, but it left an imprint on Snyder as much as it did on the students.

“That work was amazing. I got to be this book fairy that went around to the schools,” she says. “In a way, there’s probably continuity to what I do now.”

Snyder met the Berlins at the Baltimore Book Festival. A few years later, she mentioned to Ed that she

wanted to find a way to come home to Baltimore. He floated the idea of her becoming a partner at The Ivy.

“I had never really thought about small-business ownership,” she says. “It took 15 minutes to go from being a crazy idea to ‘Oh my gosh, that’s my dream.’”

Her nonprofit background is a plus, she says, because she knows how sustainable businesses can be run with “mission and meaning in mind” and that shoppers who frequent independent bookstores look for that. She hopes to use the store to continue to promote a healthy book culture in Baltimore and make it an “engine for the community.”

The one downside to owning a bookstore is the “bewildering” number of titles that one will never read because we can’t read everything, she says. Snyder easily recalls the books that shaped her childhood, stories from Laura Ingalls Wilder, a title called “Number Stories from Long Ago” that explains how ancient people created numbers, and the “All-of-a-Kind Family” series about a Jewish family in early 20th-century New York.

In any given week, she double books, reading both a fiction and a nonfiction title. “Books are the ultimate access point” she says. “They are literally about everything.” □

“Books are the ultimate access point. They are literally about everything.”



WHAT SHE'S WEARING:
VINTAGE PAISLEY BLOUSE, \$24, VINTAGE
NYLON TROUSERS, \$35, TURQUOISE RING,
\$45, AND ORANGE SHELL EARRINGS,
SOFT BLONDE, \$45, ALL AT BOTTLE OF
BREAD; GOLD BRACELETS, BLUE SKY, \$12
EACH, HUNTING GROUND

MODEL: EMMA SNYDER
PHOTOGRAPHER: DAVID STUCK
ART DIRECTOR: EBONY BROWN
STYLIST: JESSICA GREGG
MAKEUP: IDA M. SLAUGHTER
LOCATION: THE IVY BOOKSHOP



BlankNYC
Drape front faux suede jacket
(\$78, Nordstrom)



Wolf
Zoe large jewelry box
(\$575, Nordstrom)



Studio Banana Things
Ostrich memory foam
travel pillow
(\$60, Nordstrom)



Tiffany & Co.
Airplane charm
(Price upon request)



Boden
Evelina beaded slippers
(\$190)

Carry On!

Travel can be stressful. So can packing, which often leaves us wondering, *Am I bringing too much or not enough?* These portable posh pieces will have you packing like a pro, wrinkle free and with ease. From a classy jewelry box to shoes with pop, you can be sure that you are ready for any adventure.

—CASSANDRA CIPPARONE/STYLED BY MIRANDA NOLAN



Very Volatile
Kerstin sandal
(\$60, Nordstrom)



Tiffany & Co.
Charm bracelet
(\$2,550)



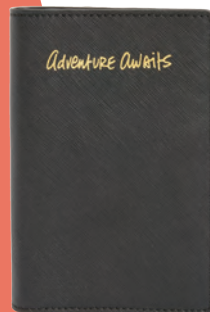
Boden
Robyn jersey tee
(\$38)



CALPAK
Terrazo hardshell spinner
suitcase and carry-on set
(\$295, Nordstrom)



Boden
Evelina beaded slippers
(\$190)



Rebecca Minkoff
Leather passport holder
(\$45, Nordstrom)



Tiffany & Co.
Charms
(\$275)

NAILED IT!

Our intrepid writer signs up for a dip powder manicure.

BY ADRANISHA STEPHENS

➔ It's not often that I leave the house without my fingernails painted. From classic French manicures to foiled metallic gels, I thought I had experimented with everything — until I discovered long-lasting, chip-free dip powder manicures.

A manicure that lasts a full three weeks seems like a beauty miracle. I don't know about you, but I always feel like I'm dealing with chipped and cracked polish just days after leaving the salon. That's why I was excited to try out a new manicure hack — dip powder nails — that supposedly lasts longer than a gel mani.

I took a little trip to the Red Door Salon, nestled in the cozy Village of Cross Keys, where I met resident nail technician Rashaun Bradley and tried her 50-minute ANC acrylic application service, short for the Amazing Nail Concepts brand.

Upon arrival, I received a soft, heated neck pillow, infused with notes of cinnamon, cloves and nutmeg, which made for a most relaxing welcome. Bradley also used a soothing plant-infused olive oil body spray on my hands and nails that was both fresh and hydrating.

Bradley wanted to start with a “blank canvas,” which in the nail world typically means soaking off old gel polish. She then gently wrapped my hands in a warm towel before the polish application.

In the dip powder manicure process, the color comes from a pigmented powder that is odorless and infused with calcium and vitamin E to nourish and protect nails. Instead of using UV rays to seal in your polish, like your traditional gel manicure, the powder sticks to an adhesive, and there is zero drying time, Bradley says.

“The dip powder process is actually what we call in the industry a powder-and-glue resin, so it uses resin and a

polymer powder for each layer, and that is what gives you your pigment and stability,” Bradley explains. “It goes over the actual nail, and it can last a lot longer than gel, roughly 20-21 days. It's a good system if you are looking for protection on your nail or if your nails are cracked and damaged. It's flexible, and it's not as hardening as acrylic, so it's a little bit more forgiving.”

The trend isn't exactly new per se — it's been around for years — but the world of social media is quickly glamorizing the process and helping it stage a comeback.

My manicure started with clear base polish that Bradley applied to my nails before dunking each finger into a small container of powder. She softly tapped away the excess powder, and what remained was sealed with a specialized polish. This process was repeated a few times for each nail until my nails resembled my selected shade, “Strawberry Daiquiri.”

I enjoyed watching the dipping in action — it's one of those beauty hacks that actually is fascinating. As for the removal process, there's no quick way to remove these easily at home, Bradley says.

“To remove, we break the seal, and then we can soak it all off with a cotton swab and also with aluminum foil,” she says. “We use a little bit of heat to speed up the process with a warm towel that will help rev up the process a bit. We try to do as little damage to the nail plate as we can.”

In the end, my nails looked glossy and strawberry — and I was a happy customer. □

SHOPPING LIST:

The products used in my manicure include Elizabeth Arden: Eight Hour Cream Skin Protectant; Villa Floriani Olive Oil Plant-Infused Body Spray; and CND Solar Oil & Cuticle Conditioner Drops.



GETTYIMAGES@OLLINKA



Get the eyelashes
you've always dreamed of.

Naturally Beautiful

Individually applied eyelash extensions look so real you can claim them as your own.

Professionally Styled

Our stylists are licensed cosmetologists using professional grade adhesives.

Comfortably Transformed

Relax in your private suite while your extensions are applied.

First full set of Eyelashes

\$89⁹⁹
Regular price \$250

OWINGS MILLS
NOW OPEN

10010 Reisterstown Rd, Ste 50
Foundry Row Shopping Center
M-F 9-9 / Sat 9-7 / Sun 10-6

(240) 293-3392

AmazingLashStudio.com

Franchises Available Worldwide
© 2018 Amazing Lash Studio Franchise, LLC

Lovely To Look At

Curb appeal is all about, well, curb appeal. Next time you're out house ogling, alight from your carriage and check out these hot homes.

BY SUSAN C. INGRAM

GLENELG GLAM \$850,000 ▶

BEDROOM, 4; BATH, 3; SQUARE FEET: 3,617

This unusual 1977 rancher set on 6.45 acres of Glenelg greenery has a captivating central circular living area surrounded outside by those striking arched Palladian windows, while inside boasts a cedar cathedral ceiling, corner brick fireplace and, look down, bamboo floors. The two wings, wrap-around deck, sunroom with (oh yes) a Jacuzzi, and gently rolling acres of manicured lawn are perfect for keeping the guests mingling at your frequent garden-cocktail parties. Cheers! — CREIG NORTHROP, NORTHROP REALTY, A LONG & FOSTER COMPANY, 410-884-8351.



◀ TIMELY TUDOR TREASURE \$1,499,000

BEDROOM, 6; BATH, 3/2; SQUARE FEET: 6,026

You will never have to worry about being late when you take up residence in this 114-year-old Monkton Tudor on 20 acres, complete with a sundial between the front timbers. Although you might get lost in time inside, where impressive, hobnail-studded, thick-arched doors and heavy-timbered and buttressed cathedral ceilings evoke 15th-century medieval England. Hmm ... wonder if there's a dungeon? — DIANE DONOHUE, MONUMENT | SOTHEBY'S INTERNATIONAL REALTY, 410-236-0027.



▲ VERY (NEW) VICTORIAN LADY \$899,900

BEDROOM, 5; BATH, 4/1; SQUARE FEET: 3,244

Who could resist this bright-blue pseudo Victorian Lady standing regally among the other pastel and cotton-candy-colored homes and townhomes of Ocean City's Sunset Island? Hark back to a simpler time of "Meet Me In St. Louis" ambiance when women strolled the boardwalk in hoop skirts and bustles, staying coyly out of the sun beneath lacy parasols. But, ouch, those corsets! — NANCY REITHER, COLDWELL BANKER RESIDENTIAL BROKERAGE, 410-524-1203.



▲ TONEY TOWNHOUSE \$1,295,000

BEDROOM, 12; BATH, 7/1; SQUARE FEET: 10,000

OK. Now that's a real townhouse. Check out this Calvert Street beauty, a real in-town mansion with, yes, a carriage house. Where's your carriage? Go. Get. One. This is a one-of-a-kind leftover from a bygone Edwardian Baltimore era when craft counted in homebuilding and intricate tile work, stained-glass windows, ornate lighting fixtures, majestic staircases and dark, carved-wood ceilings were de rigueur. There's even a butler pantry. Hurry and snatch it up, before your carriage turns into a pumpkin. — TRACEY CLARK, BERKSHIRE HATHAWAY HOMESERVICES HOMESALE REALTY, 410-583-0400



PENZA+BAILEY
ARCHITECTS

CUSTOM DESIGN/ADDITIONS/TRANSFORMATIONS
410.435.6677 | PENZABAILEY.COM



HunterDouglas Gallery

**ENERGY
SMART
STYLE** SAVINGS
EVENT

Cozier winters. Cooler summers.
Energy savings year-round.

**REBATES
STARTING AT
\$100***
on qualifying purchases
January 12 - April 8, 2019

Windo VanGo

Shades • Shutters • Draperies • Paint

410.521.1700 | In Your Home, Your Way

*Manufacturer's mail-in rebate offer valid for qualifying purchases made 1/12/18-4/8/18 from participating dealers in the U.S. only. Rebate will be issued in the form of a prepaid reward card and mailed within 4 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 6 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2019 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners. 1801PC02

Partake in STYLE

Living Smart
Loving Life

FREE FOR THREE YEARS!

SUBSCRIBE AT
BALTIMORESTYLE.COM/3MORE
OR CALL 410.902.2300



**Baltimore
style**

TERMS: PLEASE ALLOW 8-10 WEEKS
FOR FIRST DELIVERY.



PERSONAL SPACE

Making a model home into a family home

When new Catonsville homeowners bought the model home of a new housing development near Patapsco State Park, they looked to interior designer Laura Hodges to give it some unique personalization.

"Although the homeowners loved the architecture of the house, there was a lot needed to make it feel more personal and customized to their taste," Hodges says.

Hodges chose to incorporate elements that matched the homeowners' upbeat and lively style. "I wanted to bring in some fun patterns like the chevron on the lumbar pillows but still have a soft, neutral background so that the views stayed central to the space," she says. "I also chose lots of fun colors to play off their eclectic art."

And with beautiful views of the park and tons of natural light, a nature element added further inspiration to the space. A more minimal, earthy aesthetic paired harmoniously with the client's bold pieces.

"With such a naturally beautiful backdrop right outside the windows, a modern and tailored approach also allowed the artwork to play an important role and personalize the space," Hodges says.

Keeping on-trend, the room incorporates a few mid-century elements, particularly with the white armchairs and the geometric light fixture. Yet, Hodges still chose to make the design classic and light in order to keep it from becoming dated.

Overall, the finished product reflects the homeowners' taste while also remaining true to the home's natural surroundings.

"I incorporated many pieces of art they had chosen and kept a few key pieces they loved, such as their reclaimed wood dining table from Baltimore's Sandtown Millworks, so there was familiarity mixed in with the new design," she says, adding, "The vision was a vibrant and welcoming space that was colorful, eclectic and light." □

—BRITNI PETERSEN



IN THE DETAILS

Furniture: Four Hands Furniture; Sandtown Millworks

Rugs: Loloi and Feizy; Dash & Albert

Accessories: Domain by Laura Hodges Studio





GETTY IMAGES@KATARZYNABIALASIEWICZ

Make Your Home's Outside Sparkle Like the Inside

PICTURE THIS: The sun is shining, the snow has finally melted away, flowers are starting to bloom, and you are enjoying a delicious lunch on your newly remodeled outdoor patio.

According to a 2015 report by Statista, Americans spend \$326 billion on home improvement and repairs each year. That includes amenities like pools, landscaping and outdoor lighting systems to boost market value and increase relaxation.

One trend this spring is using café or bistro lighting on your patio, says Tim O'Brien, owner Outdoor Lighting Perspectives in Baltimore. This lighting adds ambience without the harsh glare of commercial flood lights and has become quite popular.

Another new trend are artistic

shadow fixtures, which are custom light fixture designs from a metal artist that use an interior LED bulb. They cast "beautiful shadows" and are often installed along walkways, driveways and in gardens as a focal point.

A final way to customize your outdoor space is through color-changing lights that can be controlled via app. Homeowners can opt for standard white lighting for most days and then change to another color, say, for example, a violet for Ravens Purple Fridays.

What will be cast in the light's golden glow? Hopefully a gorgeous garden. But that's where The Tree People come in. They specialize in tree removal, landscaping, storm damage and other yard-scape services.

"We do everything from pruning your ornamental trees, all the big trees,

fertilization, cabling, anything to do with your trees and your yard," owner Michael Gray says.

Each spring, homeowners should fully evaluate their property, Gray says. Does your yard need more greenery? Do old stumps need to be removed? Are you putting in a pool or another amenity and need to remove vegetation? "We can do all that stuff," Gray says. "We will evaluate the property and take a look around."

The Tree People also will grind stumps, remove the wood chips, top the soil and seed and replace with sod.

"We want to turn your property back to whichever way you'd like it," he says.

And that's the point of all this work — getting your home and yard exactly the way you want it to be. Happy spring!

— STYLE STAFF

Serving Anne Arundel County, Baltimore County, Howard County and Surrounding Counties

THE TREE PEOPLE

TRIM | CUT | GRIND



Crane Service Available!

FREE Estimates!

- TREE REMOVAL
- STUMP GRINDING
- LOT CLEARING
- PRUNING
- TREE FERTILIZATION
- LANDSCAPE SERVICES
- HARDSCAPE SERVICES
- MULCHING
- RETAINING WALLS
- SNOW REMOVAL

15% OFF All Jobs Over \$800

May not be combined with any other offer. Mention this Eblast at time of estimate. Offer expires 4/28/19.

410.975.9333

Contact Us
THETREEPEOPLE.COM

LICENSED TREE EXPERT #001927
Licensed and Insured
Professional Tree Maintenance

HOME SERVICES MAGAZINE

Reach Homeowners Planning For Spring Projects

Reserve your space now for 2019 and watch your business bloom.

- Reach 200,000 affluent, single family homes
- Distributed through Anne Arundel, Baltimore and Howard counties
- Call Tracking: gain valuable insight about potential customers and their needs
- Eblasts: Expand your audience online with a reach of over 10,000



Call Today!
Limited space available



For more information, call 410-864-1190 or email advertising@homeservicesmag.com

“Home Services Magazine’s publication dates and demographics align perfectly for my business.” - Steve Kendall, Kendall Hardware



BOB JACKSON



LANDSCAPES,
INC.

Relax and take a
seat outdoors



Our experience teaches us that a masterplan creates a path that leads to satisfaction.
Call us for masterplan design, installation, and maintenance. 410-356-1620 or bjl-inc.com

Get ready to
SPRING FORWARD
with stunning
OUTDOOR ILLUMINATION



in the front yard



or out back



OUTDOORLIGHTING
PERSPECTIVES®

Enjoy your outdoor spaces every single evening with energy efficient and eco-friendly outdoor lighting.

Schedule your complimentary design consultation today



410-855-4799



OutdoorLights.com

A FOODIE'S MIDWEST MECCA



Ann Arbor, Michigan is an under-the-radar center of cultural and culinary delights.

BY KIMBERLY USLIN

At Argus Farm Stop, a modern farmers' market that sells locally sourced meat, produce and dairy, co-founder Kathy Sample considers her place in the world. "Ann Arbor isn't a food desert," she muses. "It's a food jungle." Clad in khaki overalls, Sample looks a little like a jungle explorer, lacking only a safari hat atop her silver bob.

And though we're standing on a bucolic, decidedly well-groomed farm a few miles outside of the city center, the cuisine is far more than farm-to-table, however.

Within the lens of local, Ann Arbor offers an impressive array of international offerings. Our menu over a four-day weekend there reads like an epicure's vision of Epcot: succulent plum chicken

from Turkish café Aysel's, perfect pot-au-feu from French-American fine dining spot The Standard, a classic Reuben from Ann Arbor institution Zingerman's Delicatessen and a roasted radish and turnip salad complete with microgreens and a ramp pesto from Ollie. And don't even get me started on the Spanish tapas at Aventura or the authentic Italian at Mani.



Argus Farm Stop



“ANN ARBOR ISN’T A FOOD DESERT. IT’S A FOOD JUNGLE.”

— KATHY SAMPLE, CO-FOUNDER OF ARGUS FARM STOP

It makes sense. Ann Arbor is, after all, home to the melting pot that is the University of Michigan, with enrollment hovering around 45,000 students from 122 countries (and an enormous medical system). Like Baltimore, it’s a mecca for “Eds and Meds,” supplemented by a wealthier-than-average population that’s willing and able to spend money on entertainment.

Microgreens to museums

The university also supports a number of can’t-miss cultural offerings. Between sumptuous multiple-course meals, we managed to waddle our way into the Kelsey Museum of Archaeology, a stunning collection of ancient artifacts from Mesopotamia, Egypt, Greece, Rome and other classic civilizations. While the sheer history within the

museum’s walls is impressive, the similarities between life thousands of years ago and contemporary society were most shocking. Take, for example, a glass-encased sandal from first century A.D., indistinguishable from today’s flip-flop, save for a little dirt.

The University of Michigan Museum of Art (UMMA) offered another trip into antiquity. The museum is home



Arbor Brewing Company



Aventura

MELANIE REYES PHOTOGRAPHY

to more than 21,000 pieces of century-spanning art, including a large (and largely unprecedented) collection of Korean art. Though not a huge museum, it still houses the heavy hitters with original works from Monet, Picasso and Whistler and windows from Tiffany and Frank Lloyd Wright. Another of the most interesting historical finds? A scathing letter written by the real Maria Von Trapp to Betty Ford after the first lady's candid and controversial "60 Minutes" interview, discovered in the Ann Arbor-based Gerald Ford Presidential Library. Don't miss the Matthaei Botanical Gardens and Nichols Arboretum, either — especially if you love peonies.

The city is home to far more than ivory tower-esque cultural experiences, however. While in A-squared (as some call it), we had the chance to visit Theatre Nova, an experimental venue a few blocks from the main drag. There, we saw "Miss Fifty Bakes a Pie," an original play making its world premiere that evening about a housewife who finds the confidence to challenge her husband through S&M. Another night brought music at The Ark, the city's long-running music venue. Opened in 1965, it hosts live music more than 300 nights a year from a range of local to national names. Also in town: cool cocktail bars like The Last Word, where a

WHERE TO STAY

The Kensington Hotel

3500 S. State St.
Ann Arbor, MI 48108

WHERE TO EAT

Aventura

216 E. Washington St.
Ann Arbor, MI 48104

Casablanca

2333 Washtenaw Ave.
Ypsilanti, MI 48917

The Standard Bistro & Larder

5827 Jackson Road
Ann Arbor, MI 48103

Zingerman's Delicatessen

422 Detroit St.
Ann Arbor, MI 48104

WHERE TO SHOP

Cherry Republic Ann Arbor

223 S. Main St.
Ann Arbor, MI 48104

The Eyrie

50 E. Cross St.
Ypsilanti, MI 48198

Literati Bookstore

124 E. Washington St.
Ann Arbor, MI 48104

Muse Atelier Vintage

336 S. Ashley St.
Ann Arbor, MI 48104

The Rocket

122 W. Michigan Ave.
Ypsilanti, MI 48197

WHAT TO SEE & DO

The Ark

316 S. Main St.
Ann Arbor, MI 48104

Kelsey Museum of Archaeology

434 S. State St.
Ann Arbor, MI 48109

Matthaei Botanical Gardens and Nichols Arboretum

1800 N. Dixboro Road
Ann Arbor, MI 48105

UMMA

525 S. State St.
Ann Arbor, MI 48109

Zingerman's Cornman Farms

8450 Island Lake Road
Dexter, MI 48130



Zingerman's Delicatessen



Cherry Republic Ann Arbor



The Ark



Matthaei Botanical Gardens and Nichols Arboretum

30-something bearded and man-bunned trio entertained us with a strange hybrid of folk, big band and blues; a smattering of nightclubs and trendy restaurants aplenty; and lovely shops like the excellent Literati bookstore and Muse, a body-positive vintage shop, where I picked up a most spectacular pair of gold dangly '80s earrings (with the cutest Airbnb above the shop).

Booze to Brooklyn-esque

Ann Arbor's craft beer scene is burgeoning, too. While not much of a suds lover myself, my fellow travelers enjoyed beer tastings from HOMES Brewery (named, naturally, for the Great Lakes), town favorite Jolly Pumpkin Artisan Ales, the Arbor Brewing Company, the Pileated Brewing Company and Wolverine State Brewing, to name a few.

If it's all getting a little too cool for you, drive a few miles south to Ypsilanti, a former automotive manufacturing town more known for its Elvisfest and water tower, once declared the "World's Most Phallic Building." The charming little town is spilling with character,

from cute shops and restaurants (including Casablanca, which I would highly recommend) to historic Depot Town to its long record of progressive decisions regarding marijuana legislation, discrimination, diversity initiatives, living wages and more. It's been called "the Brooklyn to Ann Arbor's Manhattan," but the locals just call it Ypsi.

Though it wasn't on during my stay, I'd be remiss not to mention the Ann Arbor Art Fair and its simultaneous rival, the Ann Arbor Street Art Fair, the Original — seriously, that's what it's called. No matter which side you support, however, both parties host their massive outdoor art show the third weekend in July and flood the city with thousands of artists and hundreds of thousands of art lovers. (Think Artscape but bigger.)

While Ann Arbor is a food jungle, there's more to do in the city than eat (though if that's your main goal, there's more than enough to keep your stomach and schedule full). I'd say it's more like a friendly forest — big and busy, but if you spend some time there, you just might begin to feel at home. □



Two Day DREAM TRIP

Beer, the beach and a brewery tour equal vacation for our beverage writer.

BY GINNY LAWHORN

DOGFISH HEAD has taken crisp, clean, cleverly named beers, a truly unique company ethos, three towns in Delaware and in all has created much more than a company: It has created a culture.

One sunny, off-season morning, I set out to spend two days immersed in this culture while staying cozy in the Dogfish Head Inn in Lewes, Delaware.

In 2014, Dogfish Head expanded its craft brewing and spirits kingdom to include this inn. This unassuming, two-building property, formally known as Vesuvio Motel, includes 14 rooms with a mix of double, queen and

king options. Adjacent to the main building is a cottage that houses the Cottage SWEET! featuring a king bedroom, a separate living room and a kitchenette.

The cottage serves as the inn's lobby, gift shop, coffee hub and lounge, the latter of which makes use of every nook. Next to the sofa, for example, is a vintage record collection as you would expect from the Official Beer of Record Store Day and the brewery that has brought us market collaborations from the Miles Davis estate to Pearl Jam to the Grateful Dead. Equally thoughtful is the library curated by the staff of famed City Lights bookstore in San Francisco, who selected 50 classic American literary works especially for the inn.

Nearby is the Suite SWEET!, a beach house ideal for a bachelor/bachelorette weekend, a wedding party or a long weekend with close friends. The house carries through the same thoughtful design as the inn with records, cozy beach flair, a fireplace and an outdoor shower while providing expanded amenities for visitors who may prefer a bit more room to stretch out for their time at the beach.

With my retro hotel room keyring, I enter a darling double bedroom and immediately notice the artwork. Above each bed is a limited-edition concert poster, all music related from artists who have contributed to Dogfish labels or projects. Each room also features contemporary design elements from platform bed frames and large garment racks to mid-century-style desks and an amenities pegboard, all the work of New York-based design team Studio Tack. The rooms also have a complementary growler waiting for you to fill with a new favorite or trusty classic Dogfish Head brew.

(To caffeinate, you must find your way into the cottage to enjoy the signature DFH chicory stout coffee that I already miss and regret not buying by the case.)

Once settled, I decide to start with the obvious fan favorite and head to nearby Milton to check in for a Dogfish Head Brewery tour. There, I meet Kim Koot, a veteran guide. We don our safety glasses and dive into all things Dogfish. Koot starts with an explanation of the Eureka moment when founder Sam Calagoin added unwashed, over-ripe cherries to a homebrew, adding extra yeast and amplifying flavor. This happy accident would pivot Calagoin's life from pursuing a writing career to blazing a trail in the American craft beer industry.

COURTESY OF DOGFISH HEAD BREWERY (5)



The Cottage SWEET! (opposite page) is a must-stay at the Dogfish Inn (above).



The Dogfish Head Brewery



One of the inn's double rooms



When dining at the Dogfish Head Brewings & Eats, try the delicious “Dogpile” nachos (right).



As we walk the halls of the brewery exploring classic beers and new expressions, Calagoine’s literary background shines through in all of the puns and word play that have help define Dogfish’s identity — and market share. The brand’s flagship expressions, the 60 Minute, 90 Minute and 120 Minute IPAs, found their names in the continual hop process, Koot says. Calagoine found inspiration for this process while watching a cooking show that taught viewers to flavor soup through a cycle of continuous seasoning. He then purchased an electric football game at a local thrift store and rigged the board at an angle to shimmy hops throughout the brewing process.

Inn guests have a few more tour options available as part of their stay. The Grain to Glass package opens normally off-limit parts of the brewery to inn guests, and the INNclusive package is available Thursday through Saturday for long-weekend visitors and includes

roundtrip transportation from the inn to the brewery and later the to brew pub in Rehoboth Beach for \$45 per person.

OTHER TIPS

Not a beer drinker? Dogfish Head has spent the last 16 years cultivating a craft spirit line as unique as its beer. The base for all of its spirits is the same 100 percent

There is beer and benevolence here: All tips contributed to tours and at the tasting room are donated to various nonprofits throughout the year.

brewer’s malt and its proprietary “doggie” yeast base used in its beers. This base provides not only a link to the beer-based heritage of the brand, but also a unique nose-and-mouth feel for its spir-

its. These characteristics are most prominent in the Analog Vodka, which makes it an ideal drink for folks who like other beverages, such as whiskey. The spirits line also includes a Roasted Peanut vodka, a Barrel Honey rum, a Compelling gin, and my unabashed favorite, a Sonic Archeology bottled cocktail. Cocktail flights and spirit samples are available in the brewery bar.

There is beer and benevolence here: All tips contributed to tours and at the tasting room are donated to various nonprofits throughout the year. During my visit, the Sierra Nevada Camp Fire Relief Fund was the featured nonprofit.

Also, be sure to ask about the Steampunk Treehouse that greets visitors when entering the property

Later, I head to the Dogfish Head Brewings & Eats brew pub. Brewings & Eats originated as the smallest commercial brewery in the U.S. The company and the location would expand and, as of early this year, employ nearly 500 team members across all of the



The City Lights-curated library in the back corner of the lobby is a nice Dogfish Inn touch.

Dogfish platforms. The current brewpub opened in spring of 2017 and offers a state-of-the-art house mixer and innovative concert space. While the focus is on local music, the venue also hosts national acts such as the Mountain Goats, who will perform there in April.

Music does not overshadow the creative pub menu. Classics like wings, burgers and wood-fired pizzas are updated to mirror the deliberate nature of the brand. I implore you to try the “Dogpile” nachos. While this combination of Flesh & Blood IPA beef chili, mozzarella cheese, spinach and artichoke dip, cured red onion, pickled jalapeño, fired tortilla chips, cilantro crema and cilantro itself may seem daunting and muddled, this combination of comfort foods comes together delectably.

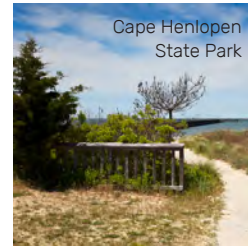
Next door is a finer dining restaurant experience, Chesapeake & Maine. Sourcing seafood exclusively from the waters of the Chesapeake Bay and Maine, this Dogfish restaurant features a raw bar, seasonal sides, decadent desserts and 1¼-pound lobsters every Sunday for just \$10. As a James Beard Award semifinalist nominee for Best Bar Program, the bar is a destination for locals and visitors alike.

Exit through the gift shop: Waggies by Maggie and Friends makes all-natural dog treats with Dogfish’s spent grain and employs persons with intellectual disabilities. Also on tap: beer soap and all the Dogfish-branded personal items and homewares you could want.

Two days with Dogfish was a dream trip for a beverage writer and business owner like me. My only wish is that it hadn’t gone so fast and that I could work for Dogfish when I grow up. Maybe one day. □



The boardwalk at Rehoboth Beach



Cape Henlopen State Park



The Cape May-Lewes ferry

OFF-SEASON AWESOME

What else can you do at the beach when it’s not July? A lot, as it turns out.

The boardwalks in Rehoboth Beach and Ocean City remain open year-round, although some stores are only open in the summer. However, cyclists can bike on Rehoboth’s boardwalk in the off-season, something strictly forbidden from Memorial Day to Labor Day. Cape Henlopen State Park is also open for hiking and cycling and offers beach scenery like no other Delmarva locale. The Seaside Nature Center has limited hours in the off-season but is open.

Still want more outdoor time? The Cape May-Lewes ferry is one of the oldest operating ferries in the U.S., and offers excursion trips and the chance to see dolphins in the Delaware Bay.

How about shopping? Rehoboth’s main drag has plenty of boutiques and shops that remain open, including the ever-popular Browseabout Books and nearby Bella Luna. Need more? Check out the shops in Bethany Beach and Berlin, Maryland, which is also known for its antiques.

In Ocean City, many restaurants are open, including Crab Bag, The Greene Turtle, Fager’s Island, Hooked and Pickles Pub, among others. In Fenwick Island, Harpoon Hanna’s has year-round hours, as does Twilley’s Willys, the hot dog joint with the funniest name. The owners of popular farm-to-table restaurant One Coastal took some time off in January but reopened last month.

Finally, the Ocean City Life Saving Museum is open year-round. □ —STYLE STAFF



GETTY IMAGES © MANJIK

HIGH-LOW HOLIDAY

How to Save and Splurge on a Trip to Rome

BY BRIANNA BAKER

ROME IS KNOWN AS AN OPEN-AIR MUSEUM AND FOR GOOD REASON. ALMOST EVERY TURN ALONG ITS COBBLESTONE STREETS REVEALS A PHOTO-WORTHY SIGHT.

The internet is full of travel deals. But what if you want to jet somewhere that has been a tourist destination for generations, such as Rome? Even as one of the world's premiere travel spots, the Eternal City is easy to navigate on a budget while still hitting the must-see attractions. In fact, food and lodging in Rome are downright cheap when compared with those in Europe's other great cities, such as London and Paris. So if you're determined to visit the *Bel Paese* without breaking the bank, follow this guide.

BUNDLE UP

Flights to Italy hit their lowest point in the tourist off-season, which typically runs from Nov. 1 to Dec. 14 and Dec. 24 to March 31. With chilly temperatures and high winds, especially when walking along the Tiber River, it's easy to understand why crowds thin during this time. But winters in Rome are a breeze when compared with Baltimore's; the temperature rarely dips below 46 degrees. So if you're looking to save cash (and enjoy the smaller crowds), it's well worth some shivers.

COLISEUM: GETTYIMAGES@PIOLA666; TREVI FOUNTAIN: GETTYIMAGES@MICRISTEA; SPANISH STEPS: GETTYIMAGES@BELENDX; FENDI: GETTYIMAGES@NZELETTI



Coliseum of Rome



The Trevi Fountain and Palazzo Poli



Spanish Steps at Trinità dei Monti at dawn



Fendi fashion outlet

SKIP THE MUSEUMS

Before you balk at this suggestion, bear in mind: Rome is known as an open-air museum and for good reason. Almost every turn along its cobblestone streets reveals a photo-worthy sight. From the more famous stops, like the Trevi Fountain or the Spanish Steps, to tucked-away treasures like the Garden of Oranges or the Fountain of the Turtles, Rome's greatest historical and artistic attractions can be admired sans ticket. So if you're willing to trade

churches include Church of the Gesu near Piazza Venezia and Santa Maria in Trastevere. Wander in at your leisure any day of the week, or for a more immersive experience, attend a Sunday mass. But be aware: Almost all services are in Italian, of course.

BUS AROUND

Cheap Travel 101 dictates that if you can walk from Point A to Point B, then you should do so — especially when you're walking around a city as beautiful



Rome sunset over Tiber and St. Peter's Basilica in Vatican City

museum halls for Roman alleyways, you'll certainly cut costs. But if not, all museums, including the Colosseum, are free the first Sunday of every month and the Vatican's Museums are free the last Sunday, so plan accordingly.

CHURCH CHECKLIST

Rome's basilicas are splendid enough to be museums in themselves. Architecturally stunning and filled with ceiling paintings, mosaic panels, relics and more, it's a wonder there's no entrance fee. Even the iconic Pantheon and St. Peter's Basilica in Vatican City are free to enter. Some lesser known (but jaw-dropping)

as Rome. That said, the city is huge, and with missing and uneven sidewalks, foot travel isn't always the way to go. Your best budget-friendly alternative is Rome's public transportation. Though notoriously slow, the bus system is extensive and reaches stops in the historic center that the metro does not, not to mention, it's ideal for sightseeing out the window. Be it bus, metro or tram, a trip



is only 1.50 euros, and weekly passes are sold for 24 euros. Either way, it's far cheaper than a taxi and gives you a peek into how the locals get around.

HAPPY HOUR, ITALIAN-STYLE

Vacations are time to indulge — which means splurging on drinks and appetizers. But in Italy, there's a way to get two for the price of one. Seven to 9 p.m. is *aperitivo* time when restaurants and cafes offer deals that include one cocktail and a host of savory snacks, sometimes even served buffet-style. It's a ritual meant to stimulate the appetite before dinner, but in practice, it's just an excuse to gather and chat with friends. Instead of your go-to drink, opt for a traditional Italian cocktail: a Negroni, Spritz or Americano. You shouldn't pay more than eight or 10 euros for a good *aperitivo*, so say *arrivederci* to any tourist trap that charges more.

SKIM FOR THE SUNSET

Rome has a host of rooftop bars and restaurants from which you can enjoy its skyline of domes, arches and steeples — before you're handed a sky-high bill. Instead, take advantage of Rome's many hills for an equally spectacular view. If you're feeling ambitious, try to hit all of the proverbial Seven Hills of Rome, which legend claims were occupied by the settlements that would eventually become the Eternal City. Or opt for the Janiculum, the second highest hill in the city, to enjoy its gorgeous terrace, featuring a fountain, a monument and a series of busts of prominent Italians. In need of a refreshment? Pack a picnic or just a bottle of wine — you can get them for as low as two euros at most markets. Ah, Roma.

NOW, THE FUN PART ...

Here's what to splurge on in Rome.

DINING

Diners will rejoice at this tip. Don't skimp on one of the most important cultural experiences that Rome has to

offer: eating. The city is home to a long list of legendary restaurants, some of which are in choice locations near the city's iconic landmarks, such as the storied **Armando Al Pantheon**, for example, or the Waldorf Astoria's three Michelin-starred **La Pergola**. While you're there, do as the Romans do, and order the traditional five courses: an *antipasto*, or a starter; the *primo*, often a pasta dish (try one of the three Roman classics: *cacio e pepe*, *carbonara* or *amatriciana*); a *secondo*, fish or meat; a *contorno*, or side dish; and of course, the *dolce* or dessert (you can't go wrong with tiramisu).

SHOPPING

When it comes to clothing, Italy has a monopoly on luxury. You can find flagship stores for the highest of high-end Italian brands, Gucci, Prada, Dolce and Gabbana and Giorgio Armani, along **Via dei Condotti**, the posh shopping street leading up to the Piazza di Spagna. Sure, you can always window shop, but there's nothing better to splurge on than a souvenir with a designer logo. And while you're in the area, take a stroll down bustling **Via del Corso**. What it lacks in luxury, it makes up for in volume, boasting a mix of international brands, such as Zara and Nike, with small local boutiques.

OPERA

No trip to Italy is complete without an evening of opera, and Rome has no shortage of breathtaking shows. **Teatro dell'Opera di Roma**, the city's primary opera house, puts on prestigious shows in its stunning theatre. Choice seats for the most in-demand performances can cost upwards of 150 euros each, but it's worth it for this piece of Italian romance. For a more heavenly experience, you can opt to book seats at the **Church of St. Paul Within the Walls**, or for a truly spooky show, catch a performance at the Opera Omnia in the bone-filled **Capuchin Crypt**.

Buon viaggio!

YOUR CUSTOMER IS A SHORT DRIVE AWAY!



"The response has been the best response of any direct mail publication I have done."

— Areen Movsessian, Classic Bakery, Inc.



TARGET YOUR MESSAGE
300,000 Households | 9 Mailings

Call today! We take the guess work out of advertising.

Consumer's Eye
Magazine

410-902-2320
301-230-2222, ext. 4

consumerseyemagazine.com
advertising@consumerseyemagazine.com



A STAYCATION?

Who me?

One writer is assigned to relax at Live! Hotel.

BY JESSICA GREGG

Somewhere deep in the suburbs, I am lying face down with a warm stone in each hand — and it's one of the most calming sensations I've ever experienced.

When stressed, I am normally one to head into nature — to go for a hike or, if time permits, to drive to the beach and stick my feet in the sand or bike through Cape Henlopen. I remove myself from the greater mass of humankind and would never, for example, go to a mall.

And yet here I am, inside the Live! Spa and Salon in the glamorous Live! Hotel at Arundel Mills. The hotel, with its colorful and conversation-starting art collection (there is a video mural of ever-changing flowers behind the concierge desk and a Warhol in the VIP area), is the tallest building in Anne Arundel County. Earlier I stood on the 21st floor and felt the full height of this palace as I gazed out over the events center under construction, the mall itself and the houses that stretched beyond. It was one of those clear-day-see-forever afternoons, and it was both beautiful and peaceful.

I am beginning to understand why people check into hotels for staycations.





Opposite page, top: Live! Spa and Salon's coed waiting room; its eye-catching lobby; **this page**, top: a spa suite; the salon itself

I am beginning to imagine what this could be like. In truth, this place makes me wish that I was a high roller instead of a quiet, rowhouse-dwelling editor. I want to gather a few friends for a stay in the West Wing penthouse with its two-sided fireplace and retro-swank décor of lush burgundy and gold, its pool table and dressing room with a moiré silk wall. Then there's Club 21, the hotel's private gaming room, which makes me want to stage my own "Casino Royale" party. And maybe win a little money. Prices for either accommodation are not made public, a fact that makes them all the more intriguing.

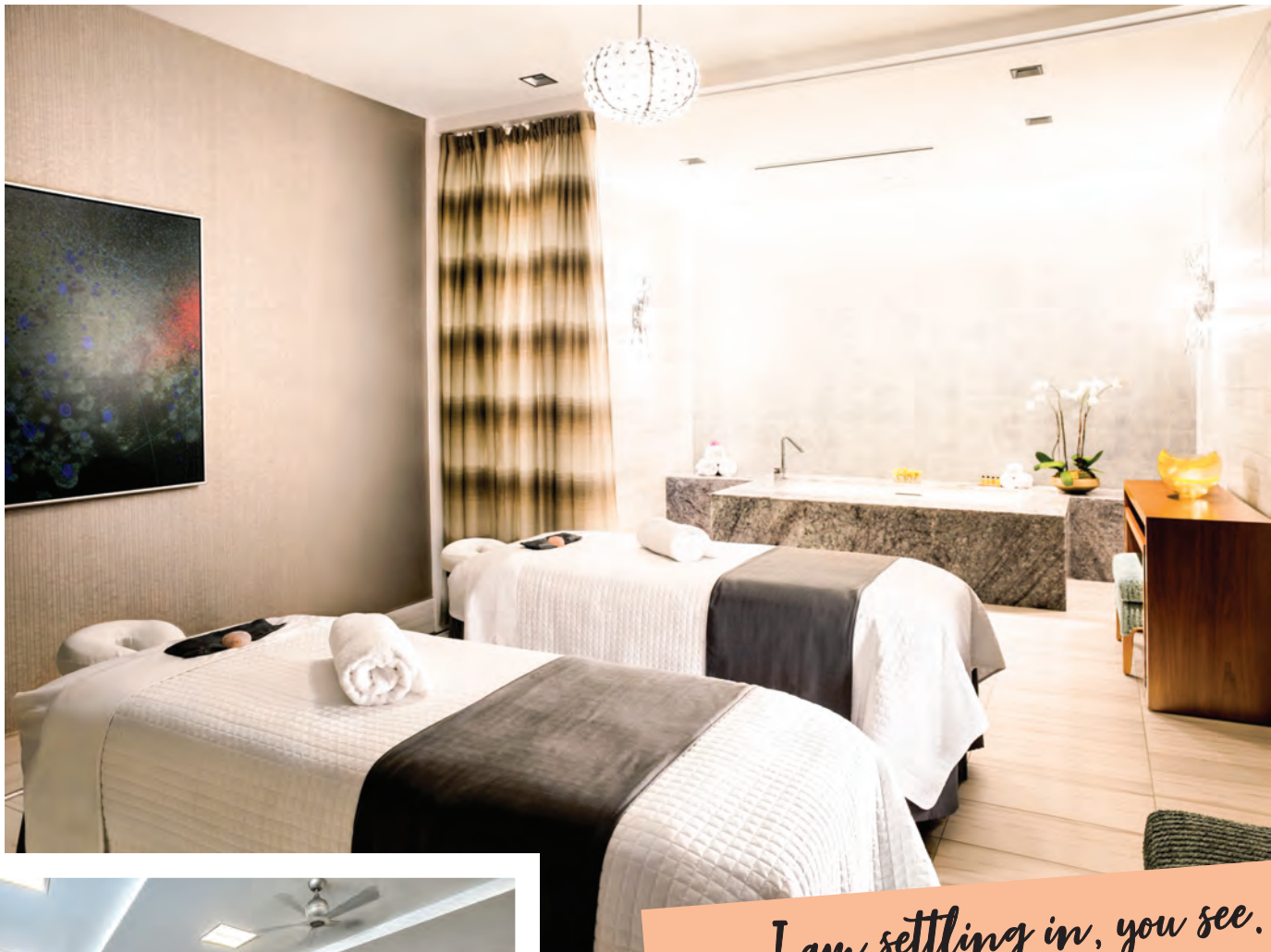
Ease is the word that comes to mind. Live! Hotel



is a place of ease and easy luxury, and that can be relaxing. I gather with a group of women for lunch at David's, the lobby restaurant that offers such treats as all-day breakfast, a flight of crushes and an onion soup served inside an entire crouton-topped onion. They also offer something called Hong Kong-style pancakes, two syrup-splashed bricks of bread product that remind me why I exercise regularly: When presented with a chance to try something this delicious, I never want to turn up my nose.

I am settling in, you see. I have toured the penthouse. I have tasted the pancakes. I think I will stay.

Then, there is the spa, with 6,000 square feet of treatment



From top: A Live! Spa and Salon treatment room; the spa's fitness space

rooms, a full cardio room and a patio. I sign up for a hot stone massage and wonder if I should offer a short prayer for the therapist who has to uncoil the neck kinks earned from too much desk time. He is successful, I must report, and provides some excellent stretch tips to follow my long writing sessions.

The spa offers full- and half-day packages and gears itself for groups of women (and couples) ready to be pampered — bridesmaids, day trippers, anniversary celebrants. When groups of four or more book a massage or body or facial treatment, for example, a complimentary lunch is included. There are champagne toasts and cupcakes and

also spa suites, where guests can receive in-room treatments. The best of these is the spa villa, with its own patio.

Awed by the art and the décor, well fed and stress free, I head home. I have seen how the other half lives, those staycationers, and my flight instinct has quieted a bit. A day of luxury, it turns out, is very relaxing. □

I am settling in, you see.

I have toured the penthouse.

I have tasted the pancakes.

I think I will stay.

EVERY DAY EXTRAORDINARY



Martinsburg
BERKELEY COUNTY, WV

Convention & Visitors Bureau

travelwv.com



800.4WVA.FUN

126 E. Race Street, Martinsburg, WV 25401, 304.264.8801

A watercolor illustration of a forest path. Two people, seen from behind, are walking away on a path that leads into a bright, sunlit clearing. The trees on either side are rendered in various shades of green and brown, with dappled light filtering through the canopy. The overall style is soft and painterly.

INTO THE WOODS

**Turns out there's
something to that
breath of fresh air.**

BY MARY ANN TREGER

ILLUSTRATED BY
HESHAN GUNASEKARA

W “Want to go forest bathing?” asked a friend during a recent walk filled with the usual chitchat about kids, travel and politics. Since she’s been to an ashram and dabbles in assorted woo-woo experiences (don’t ask about our Akashic Records session), thoughts of taking a bath in the woods au natural while chanting “ohm” went through my mind, and I wanted no part of it.

Sensing my hesitation, she divulged that it has nothing to do with a bar of soap but everything to do with being immersed in nature to soak up the proven health benefits. It isn’t a hike. It isn’t a jog. It’s all about walking slowly, silently, stopping frequently to focus on the sights, smells and sounds of the outdoors sans cellphones or Fitbits.

Since Americans spend 90 percent of their time indoors, pinballing from chore to chore, she had my attention. Could it be that Thoreau was right all along when he wrote about the tonic of the woods?

Despite it being a herculean task for two talkers to shut up, we signed up for a guided forest-bathing walk led by Melanie Choukas-Bradley, an accredited forest-bathing guide, naturalist and author of “The Joy of Forest Bathing.”

Before meandering through the woods, we learned that forest bathing — *shinrin yoku* — literally means taking in the forest atmosphere. It began in Japan in the 1980s as a way to address the problem of overly stressed city dwellers and has become a cornerstone of preventative health and healing in Japanese medicine. It’s no secret that spending time in nature is good for you, but forest bathing is different; it forces you to use all your senses.

“Any walk in a forest or garden is beneficial to health, but when you grow quiet, slow down and tune in to your surroundings with all your senses, you find an extra sense of nature connection and inner serenity,” Choukas-Bradley says.

I now regularly take a bath of tranquility solo in my garden, sitting quietly as I breathe nature’s aromatherapy. I’ve put aside my bucket-list neurosis, and my obsession to set some sort of walking record has been put on hold. For now, at least, I’m stopping to smell the roses.

— MARY ANN TREGER

So, we walked. We touched. We sniffed. We listened. We planted ourselves under a tree, dug our toes into the earth and sucked in our breath so the sound of breathing didn’t disturb the quiet. (Full disclosure: Shushing up was a challenge. With giddy defiance, we snuck in the occasional giggle.) Afterward, we sipped tea and shared what we’ve experienced with 20 other fellow forest bathers, each of us seduced by Mother Nature.

Hold the pills and go outside? Even the medical profession is taking note of the health benefits.

According to an Environmental Research Study published by Elsevier, people who spend more time in green spaces have significantly reduced risks for a number of chronic illnesses. It has something to do with phytochemicals that trees emit and humans breathe in.

Researchers looked at data from 100-plus studies that included 250 million people from 20 countries. They compared the amount of time people spent in green spaces with 100 health outcomes. Some studies looked at post-operative recovery time of people who saw greenery out their hospital window compared with people who only saw a wall. The people who saw greenery got better faster.

Urban dwellers, listen up: Vacant lot greening in Philadelphia and the mental health of city residents were linked together according to a paper published in *JAMA Network Open*. After “cleaning and greening,” residents reported experiencing fewer feelings of depression or worthlessness and a “slight uptick in overall mental health,” according to the study.

Researchers randomly selected vacant lots for greening intervention, removing trash and debris and planting grass and trees, and compared people who live near those greening spaces with people who lived near lots with no improvements. The people living near the green spaces experienced a 41 percent drop in depressive feelings and almost a 54 percent drop in feelings of worthlessness.

The study’s co-author, Eugenia South, an assistant professor of emergency medicine at the University of Pennsylvania’s Perlman School of Medicine, says, “Vacant lot greening is a very simple structural intervention that’s relatively low cost and can have a potentially wide impact.”

When architects were designing the new hospital at Mercy Medical Center, they realized the importance of bringing

(continued on page 102)



SPiRiT

MARKED IN
TRADITION

NDP's annual Gym Meet
celebrates 90 years of
sisterhood

BY BRITNI PETERSEN

***GIDDY AND SPIRITED GIRLS,
OVER-THE-TOP COSTUMES, SYNCHRONIZED
DANCES AND LIVELY STADIUMS — THESE ARE
JUST A FEW SCENES FROM ONE OF NOTRE DAME
PREP'S OLDEST, BELOVED EVENTS: GYM MEET***

Right: Mary Mann, Claire Dougherty, Jeanne Fanelinos, and Cara Guadner are off to see the wizard.

- Captain:**
Courtney Blandford
- March Chair:**
Jesse Webb
- Song Chair:**
Jenny Johnson
- Aerobics Chair:**
Kate Boyle
Lindsay Mann
- Dance Chair:**
Carmalita March
Shannon Toohey



GYM MEET '94

"'96's Tribute to the Silver Screen"

'96 Goes to Hollywood



Above: Sophomores aerobicize their way to the big screen.
Right: Angela Huggeman smiles as she runs out of the Sophomore aerobics.



194



Above: Kristen Bianchi wrestles with her pirate foe in the sophomore dance.



Above: Carmalita March, Krista Kidd, Elizabeth Brown, and Genny Johnson pose as Charlie Chaplin.
Left: The Sophomore poster took second place in the poster contest.



195

Hollywood was part of 1994's Gym Meet.

It's a 90-year tradition where sisterhood is strengthened, friendships are made, life skills are learned, and memories remain forever ingrained in students' hearts and minds.

Started in 1929 at this all-girls Towson school, Gym Meet is an entirely student-led school competition — a spirit-filled, laugh-out-loud battle of the high school classes. Although a few elements have changed throughout the decades, the core remains the same. That's part of the appeal, students and alumnae say; while the event may seem quaint or even corny to outsiders, it promotes ideals that never go out of style.

"It's about creating class spirit, leadership, fellowship and creativity amongst the classes and within the school," says Mary Bartel, NDP's physical education chairperson and Gym Meet moderator of 30 years, which she believes factors into Gym Meet's longevity.

So, what makes this event different from your regular high school spirit week? A lot, actually. The process takes



Last year's Gym Meet had no shortage of school

months of planning and weeks of tears and sweat.

Beginning in May, students select a Gym Meet manager and assistant manager for the following year. In the

fall, each of the Gym Meet upper level classes choose a theme and a captain for each class as well as various committees to oversee specifics like routines, costumes, design and poster. Then, from early



“IT’S ABOUT CREATING CLASS SPIRIT, LEADERSHIP, FELLOWSHIP AND CREATIVITY AMONGST THE CLASSES AND WITHIN THE SCHOOL.”

— MARY BARTEL, GYM MEET’S LONGTIME MODERATOR

Gym Meet throughout the years, clockwise from top: in 2014: juniors in 1970; sophomores in 1955; "Song" in 1965; dancers

January to March, students prepare, practice and perfect their skills in five categories: march, song, dance, class poster and aerobics.

It's a community effort by all — with every student taking on a specific role to help bring the event to fruition. When Gym Meet day arrives, the girls finally show off their efforts and perform in front of friends, peers, parents and staff.

And for NDP students, this process is a rite of passage. From the bright-eyed freshmen to the victory-seeking seniors, every class anticipates getting the chance to win the coveted Gym Meet Silver Cup, chosen by anonymous judges. The Silver Cup, which remains at school, displays an engraving of each class winner throughout the years. It's fawned over like a precious Stanley Cup — a token of dedication, tradition and victory. It's embedded with 90 years of history.

Seniors have the advantage in this friendly but fierce competition, with three years of practice and performance under their belts — mastering their craft in song and dance to take home a win. There are rare times, however, when juniors come in on top, including last year, when the juniors won the Silver Cup for the first time since 1985. Their Girl Scouts-turned-haunted zombies theme shined among the rest.

"We took a scary, not traditional Girl Scout approach, with all of us sitting by a fire, and then all of a sudden we start getting possessed," says current NDP senior and Gym Meet manager, Katie Rogers.

This gear toward outlandish, quirky themes is the general trend. Decades of crazy laughter-inducing themes like "5,000 Spirits of the Layers of an Onion" in 1971, "80s Magical Mystery Tour" in 1980 and "British Invasion: The Seniors are Coming" in 2008 have provided epic

performances. Many of these themes still leave a lasting memory.

"I remember a class in the '80s where they were supposed to be 'building a salad.' The girl playing the tomato was stuffed with newspaper and when she was dancing at mid-court, she lost all of her stuffing," Bartel says. "She kept on dancing though."

And with each year brings more experience and acquired skills to win the competition. "One thing that always amazes me is the level of creativity and improvement over the years," Bartel says. "From freshman to senior year, you see an amazing, amazing advancement

Pinterest would be impressed by what these girls come up with," says Val Thompson, a NDP class of '99 alumni who was a Gym Meet captain for all four years.

As for designing props, only hand-held props are allowed: a rule that was instated in the '80s after one class tried to jam a massive, intricate prop through the gym doors — and failed.

So without full props to "wow" the judges, the students must rely on their well-executed performances. And regardless of expertise or natural talent in the five categories, the girls still practice and show off what they've got. It's a



WITH A BUDGET OF \$2 PER COSTUME, THE GIRLS HAVE TO LEARN THE ART OF RESOURCEFULNESS.

in every way possible. As the freshmen advance to be seniors, you can tell that a light bulb has gone off and they are finally thinking: "We got this."

Along with this age advantage, upper-classmen are also allowed to use their costume materials from the previous year. So by the fourth year, seniors have much more to work with than the freshmen.

With a budget of \$2 per costume, the girls have to learn the art of resourcefulness. They rely on materials like trash bags, cardboard boxes and crepe paper to build their costumes. It awakens some serious creativity, like the 2018 freshman class that crafted spray-painted 2-liter bottles as scuba tanks for their "Under the Sea" theme. "People on

no-fear-of-embarrassment type of event.

"The atmosphere is so fun and you are with all your friends, so even if you are not super inclined in dance or aerobics, it's still fun," Katie says. "You just laugh at yourself, because there's no judgment."

But for some, hidden talents are put on display, which sometimes comes as a surprise to peers. "I still remember the class below me during their song performance. They sounded like a choir of angels. I also remember one girl making this amazing speech, and honestly, I hope she's on Broadway now," Thompson says.

Yet some of the event's awe-factor starts before the big day even arrives.

(continued on page 102)

A young girl in a school uniform is smiling and writing on a whiteboard. She is wearing a white shirt and a dark tie. Her right hand is raised, holding a red marker, and her left hand is holding a black marker. The background is bright and out of focus, suggesting a classroom or office setting.

Baltimore
style

**Finding
the Perfect
School.**

I'm in love with the Chinese language.

I enjoy meeting, and understanding, different people.

When I put myself out there and I fail, I learn.

我知道这个，因为我在Park上学。

— Bishop, *Class of 2021*

The Park School of Baltimore is an independent, coeducational, non-sectarian, progressive Pre-K through 12 school located on a 100-acre campus just minutes from the city. parkschool.net



PARK CAMPS

FRIENDSHIP
HIKING
SWIMMING
CRAFTS
MUSIC
ART
STEM
SPORTS
COOKING
GAMES
ROBOTICS
EXPLORATION
GARDENING
DANCE
YOGA
and MORE

Photo by Noah Blau, Park School Class of 2018

PARKCAMPS.COM
THE PARK SCHOOL OF BALTIMORE



PRIVATE SCHOOLS



GRADES K-8 • PROGRESSIVE • SMALL SCHOOL
ENGAGING CURRICULA • EMBRACING COMMUNITY
INSPIRED TEACHERS • CONFIDENT STUDENTS

TAKE A CLOSER LOOK!

CONTACT THE ADMISSIONS OFFICE OR VIEW OUR WEBSITE
FOR UPCOMING ADMISSIONS EVENTS
ADMISSIONS@GREENMOUNTSCHOOL.ORG OR 410-235-6295

501 West 30th Street | Baltimore, MD 21211 | greenmountschool.org



The Auburn School
NURTURING UNIQUE MINDS

For Bright Students with Social & Executive Functioning Challenges
Campuses in Baltimore, Silver Spring and Fairfax VA
▪ www.theauburnschool.org ▪



Education with an Eternal Purpose since 1987

Apply now for grades K-12

ggca.org

6063 MORAVIA PARK DRIVE • BALTIMORE, MD 21206 • 410-485-0700



JUNIOR GOLF ACADEMY



baltimore
golf
county

We offer nine Junior Golf Academies throughout the summer. Each camp runs for four days and they are conveniently located across Baltimore County.

Each Academy is limited to 40 juniors to provide maximum enjoyment!

REGISTER TODAY
BaltimoreGolfing.com/JuniorGolf



the camp life

FOR GENERATIONS, children have spent their summers at day and sleepaway camps, trying new activities such as swimming, hiking and various sports. But what many families may not realize is that camp can be more than just a fun escape for kids when school is not in session. It can provide children with different opportunities to develop essential life skills.

“There is this sense of belonging that manifests itself, said Ashley Fishell, executive director of Camp BMore Kids in Towson. “In a traditional camp setting, they’re not just dropping in for a couple of days here and there. Each camper has an opportunity to excel. They’re developing this sense of community, they’re building trust with one another

and we give them an environment that’s safe and supportive to help navigate these new experiences.”

Every day at camp offers a new adventure, Fishell says.

Summer camp is also a unique venue for growth, allowing kids to become independent and self-confident while socializing and building friendships.

“There are no superlatives that come out of camp, it’s very group based and they work together,” Fishell says. “They learn to be accountable and to support one another and cheer people on.”

She also shared an exciting new initiative added at Camp BMore this summer which includes a partnership with The Baltimore Science Guys.

Fun is important, but what about the

summer academic slide? If parents are worried about their child completing school work over the summer, students can even keep up with their studies at camp. According to a survey by the American Camp Association last year, new partnerships with school systems are emerging as a way to help children retain learning over the summer. Forty-nine percent of camps report some relationship to schools and one out of every five camps partners directly with schools as part of their school year academic programs.

“If there are kids that have summer work that needs to get done, we offer to tutor and then comfortably schedule that into the camp day,” Fishell says, adding this gives ample time for students to go home and spend quality time with their family.

According to the ACA, in the past two years, 22 percent of camps have added programs such as adventure camps. One of those camps is local. McDonogh Summer Camps, which also offer more than 80 traditional day camps, offers hands-on outdoor adventure camps, with an intense focus on outdoor and survival skills. Campers will learn how to fish, build shelters and survival kits, start campfires and learn basic skills like map and compass reading, according to Ramzi Sifri, director of the McDonogh Summer Camps.

“They will also ride mountain bikes, hike, cook over the campfire, go on stream walks and identify different plants and animals, just to name a few of the activities,” he says. “And of course they will utilize our rock wall, ropes course, and zip line as well as participate in numerous team-building activities.”

As for what kids can attain from camps? Having downtime and structured time are both essential for children, Sifri says. “Children who are given loads of free time in the summer often don’t use their time in the creative and productive ways their parents would like,” he says. “Summer camps can provide the perfect dose of structure and fun in a long summer of downtime.” □

—ADRANISHA STEPHENS

CAMPS



**SENSATIONAL SUMMER
CAMPS FOR BOYS AND
GIRLS AGES 5-18!**

JUNE 10TH - AUGUST 9TH

Expert instruction provided by Loyola coaches, faculty, and staff on the campus of Loyola Blakefield.

- CYBER SCIENCE ✨ ACADEMICS ✨ ADVENTURE
- DRIVER'S ED ✨ PERSONAL ENRICHMENT ✨ SPORTS
- ✨ YOUNG FILMMAKERS WORKSHOP ✨

Early Enrollment Offer!

\$20 OFF
FULL DAY CAMP OF YOUR CHOICE

\$10 Off Half Day Camp of Your Choice

Register Online. Multi-camp and multi-sibling discounts applied at checkout.

Expires May 1, 2019

LOYOLABLAKEFIELD.ORG/SUMMER



More than 20 day camps to choose from for boys and girls ages 4 to 13!

FRIENDS SCHOOL OF BALTIMORE • 410-649-3218 • WWW.FSCAMP.ORG



CAMP CONRAD WEISER
How The World Should Be!

Resident Camp for Boys and Girls 7-16
Fees Starting at \$575 a week.



- Archery, BBs,
- Canoeing, Climbing
- Tower, Crafts,
- Guitar, Kayaking,
- Mountain Boards,
- Mountain Biking,
- Radio Station,
- Sailing, Swimming,

- Traditional Camps
- Riding Camps
- Theme Camps
- Adventure Camps
- International Travel

610-670-2267
SMYMCA.ORG



Camp Aristotle at The Auburn School

a camp program that supports social development through fun and friendship!
Baltimore, Silver Spring, and Fairfax
Visit us today to learn more!
www.camparistotle.org



**Camp
BMORE
KIDS**

Not affiliated with Concordia Preparatory School.

BUILDING BRIGHT FUTURES One Summer at a Time!

A Variety Day Camp at Concordia Prep School

SESSION 1: JUNE 17-JULY 12
SESSION 2: JULY 15-AUG. 9

MINI BMORE KIDS
3 1/2 to Preschool

CAMP BMORE KIDS
Kindergarten to 6th grade

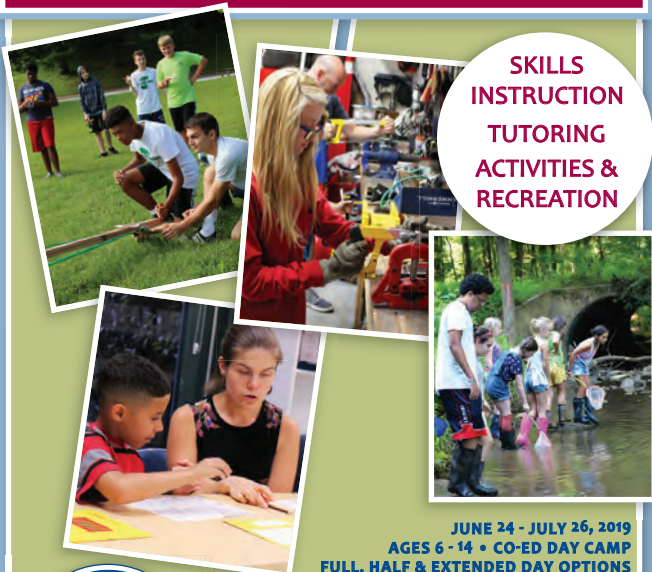
TEEN BMORE
7th and 8th grade

Private Campus | Tutoring | Multi-Kid Discounts
Affordable Extended Day Programs Available



Learn more and register online at
www.campbmorekids.com

summer at Jemicy



**SKILLS
INSTRUCTION
TUTORING
ACTIVITIES &
RECREATION**

JUNE 24 - JULY 26, 2019
AGES 6 - 14 • CO-ED DAY CAMP
FULL, HALF & EXTENDED DAY OPTIONS

JEMICYSCHOOL.ORG/CAMPS • 410-753-8032
OWINGS MILLS, MD

**Camp
Jemicy
2019**

JEMICY SCHOOL
A LEADER IN EDUCATING STUDENTS WITH DYSLEXIA OR
OTHER RELATED LANGUAGE-BASED LEARNING DIFFERENCES

Your Stories. Our Strategy.

Many of the most respected names in town rely on us to produce creative, results-driven content solutions for their brands. Whether you're looking to design a custom publication, refresh your website or find other innovative and affordable ways to engage your audience, make us your go-to marketing gurus.



Let's meet – we'll bring the coffee!

Please contact Jeni Mann, director of Custom Media, for more information.
410-902-2302 / jmann@midatlanticmedia.com



MID-ATLANTIC CUSTOM MEDIA

An integrated marketing firm from the publisher of Baltimore Jewish Times, Baltimore's Child magazine, Baltimore STYLE magazine, Consumer's Eye magazine, Mid-Atlantic Custom Media, Home Services magazine and Washington Jewish Week.

ACADEMIC | HEALTH CARE | NONPROFIT | LIFESTYLE | CORPORATE

CAMPS

Summer Camp

Where EVERY day is an adventure!

Cooking Activities, Obstacle Courses, Slime & Glow Activities, Face Painting, STEM, Stop-Motion, Building Challenges, Games, Laser Tag & MORE!



Half Day: \$25
Full Day: \$50
Full Day, Weekly: \$215
Workshop: \$150

Save 10%
Code: STYLE

KIDDIE CRUSOE

7 Fox Tail Road
Timonium, MD 21093

CALL (410) 853-7910
www.KiddieCrusoe.com

SUMMER IS LOOKING BRIGHT AT THE ST. PAUL'S SCHOOLS!



Registration open now!

June – August | Co-ed and single-gender camps
Rising Kindergarten through 12th grade programs
Before and after care available
Early bird discounts

For more information and to register, visit www.spsfg.org/summer
11232 Falls Road | Brooklandville, MD 21022

SUMMER

AT THE ST. PAUL'S SCHOOLS



THE WALTERS ART MUSEUM

ENCOURAGE CREATIVITY

At the Walters, kids enjoy art-making projects, collaborative activities, and gallery visits.

SUMMER CAMP

JUNE 24–AUGUST 9, GRADES 1–5

- WEEKLY SESSIONS
- BEFORE AND AFTER CARE INCLUDED
- REGISTER AT THEWALTERS.ORG/CAMP

Museum members receive discounted fee and early registration. Join today at thewalters.org/membership

BEYOND THE NATURAL SUMMER CAMP

"A Music Arts Enrichment Experience Changing Lives"

Kids Learn

- ★ Drumming
- ★ Piano
- ★ Songwriting
- ★ Production
- ★ Guitar
- ★ Vocal

Kids Experience

- ★ STEM
- ★ Nature Exploration
- ★ Faith-based Life-Skill Development
- ★ Fun Trips



★ \$150/wk ★

Kids Grades 1st - 8th

6/17 to 7/26

8am to 4pm

After-care Available

Snacks & Lunch
Provided

Visit www.beyondthenatural.org to Register



In Collaboration With



Your best friend is waiting...

Baltimore Humane Society is a private non-profit no-kill animal shelter and does not receive any operational funding from the government or national humane societies. It relies on the support of the community to keep its doors open.

Free adoption for First Responders and military (active, retired & reserves)

Silver Linings Senior Discount



BALTIMORE HUMANE SOCIETY
protecting, saving & caring for animals since 1927, no-kill since 2008

local table

main dish **92** | food news **96** | bottoms up **98** | now cooking **100**



The modern Israeli cuisine at Zahav includes chicken shashlik, branzino and a rice pilaf, making for a colorful table and flavorful meal.

PHILLY FRESH

For our TRAVEL ISSUE,
we head north for a foodie road trip.

BY JESSICA GREGG | PHOTOS BY MARC SHAPIRO

James Beard Award-winning chef Michael Solomonov is standing in Goldie, a vegan and kosher restaurant in Philadelphia's Center City, putting into words his food evolution. Goldie is one of six restaurants that Solomonov owns with business partner Steve Cook as part of the CookNSolo restaurant group, and it has earned a following for its falafel and shakes.

Outside a snow squall swirls, and Solomonov wears a striped knit cap low over his ears.

On the table in front of him is a tray of falafel, made from an Israeli machine that spits them out with remarkable speed, as well as a paper pocket of pita strips, shawarma fries and six colorful tehina sauces that range in heat from an

amba with pickled green mango to a schug with spicy serrano. Next to this tray of delights is a green salad with kale, beets and toasted sunflower seeds — a salad that one might aspire to make at home but not execute at this level.

This food is fresh, colorful and fun.

When Solomonov arrived in Philadelphia in the early 2000s, Center City's food scene



Left: Tehina shakes and homemade soft drinks are some of the healthy offerings at Goldie.

Below: Salads, a mainstay of an Israeli meal, are served up at Abe Fisher.



On the Philly food community:

“It’s among the best in the world, but it feels very small at the same time. It’s a tight community that is diverse, welcoming and innovative.”

— Yehuda Sichel, chef at Abe Fisher

was full of grand restaurants and small plates. Philly living was half the price of New York City, and there was experience to gain in this “big restaurant era.” But Solomonov remembers thinking that while the meals served at these restaurants were, of course, delicious, “everything was precious.” Trips home to Israel got him thinking. “There were 35 salads and hummus on the table, and I thought, ‘Why aren’t we doing this?’” he says. “Everyone was like small plates, small plates, tapas. Mèzze beat that by hundreds of years.”

Mèzze does have centuries on America’s small-plates movement — it’s also more organic and more communal. Solomonov decided to bring this spirit to what is now

his signature restaurant, Zahav, which serves modern Israeli food and has a months’ long wait for reservations. It’s also helped Solomonov earn four James Beard Awards, two of which he won with Cook for their cookbook based on Zahav. Their second book, “Israeli Soul,” published this past fall.

Now, Solomonov reaches unceremoniously across the table at Goldie for one of the falafel and pops it in his mouth. A trio of Baltimore foodies has come in on the first stop of a restaurant road trip. The owners of Harmony Bakery, a gluten-free bakery in Hampden, recommended Goldie as a can’t-miss, and they are excited to eat here.

Ever hospitable, Solomonov heartily

welcomes them. He is open like this, gracious with compliments, and one gets the feeling this guy is ready to break bread with everyone in Philadelphia.

Zahav

Hours later, Solomonov pulls laffa from the oven at Zahav, perfect puffs of bread speckled with sparking salt that deflate with the first tug, as diners dig into bowls of hummus, served simply with butter and garlic or tehina or, on this day, with braised short rib, carrots and chick peas.

This is a place for vegetable haters. In fact, vegetable haters should come here at least once in their lives and then text their mothers: You were right. Salatim



Clockwise from left: Three CookNSolo offerings worth the drive are the latkes at Abe Fisher, the pastrami sandwich at The Rooster, a restaurant that benefits Philly's Broad Street Ministry, and the infamous doughnuts at Federal Donuts.

or little bowls of individual veggies arrive — earthy beets or nutty eggplant without any of that briny aftertaste that home cooks struggle to eliminate — and the table is suddenly vibrant with color.

Oh, but there is meat, too, including a kibbe niya, inspired by an Iraqi sandwich. Raw lamb topped with a hard-boiled egg is stacked between two slices of eggplant and served with amba, one of the many menu items that show up in more than one of CooknSolo's restaurants. There is a branzino for seafood lovers, a hangar steak and chicken shashlik, served with tehina and, once again, amba.

Desserts include custard with caramel, pistachios and kumquats, which must be ordered because it's divine and also because surely eating this unlikely fruit earns a diner all sorts of points and dietary dispensations.

Zahav embodies a few enviable restaurant secrets. The space is open and bright with carved wooden tables and multicolored pendant lights. Every table is full and stays full on this blustery 10-degree Wednesday night when most Philadelphians are snugly home and the streets are quiet. Diners chat and savor. In the background, Bell Biv DeVoe belts out its harmonic warning about that poisonous lover. It's louder than music

in any restaurant and yet everyone can carry on their conversations without shouting or straining to hear each other. These perfect acoustics add to Zahav's cheerful, welcoming feel. Diners are not here to hide out from the polar vortex; they braved the cold for this.

Then there were doughnuts ...

Solomonov and Cook opened Zahav in 2008, just in time to greet the recession. It obviously did well in a precarious time for new businesses, and they decided to open a barbecue place, thinking the universal appeal of barbecue, its low-tech profile and the ease with which it's prepared would make for a sure hit.

"We were wrong about all of it," Solomonov says.

Making barbecue was very time consuming, and diners had a lot of thoughts on how it should taste. "Everybody's been to Memphis once," he says. The place closed, and the duo looked eagerly for its next challenge, settling on an unexpected next sibling in this family of restaurants: doughnuts. More specifically clouds of cake fried right in front of customers and dipped into cinnamon and sugar to make a circle of sweet simplicity that Philadelphians know as Federal Donuts.

There are seasonal specials, like a hot chocolate doughnut dotted with marshmallows for this cold week or sufganiyot's jelly-filled spheres for Chanukah. But Federal's well-known offering that siren-calls diners into its storefronts is the chicken and doughnuts. Juicy on the inside with the right crunch of a crust, the chicken is served with a plain cake doughnut in an all-American pairing that makes it the almost direct diet opposite of Zahav's vegetable rainbow. But that's the beauty of doughnuts: Who cares?

"Zero." That's how much doughnut making-experience Solomonov and Cook had, he says. But they had the help of Tom Henneman, a Catonsville native who had been living in the city since the 1990s and finds its restaurant scene an easy second home.

"It's growing. It's ever growing, it's ever changing, and it's ever expanding," says Henneman, who still has family in Baltimore and whose father only the week before had sent him Orioles Fanfest photos with Eddie Murray.

Henneman met the CookNSolo crew when he ran a coffee shop next to Xochitl, a Mexican restaurant that Cook also owned, but was ready for the "fun little side project" of Federal Donuts.



Zahav

WHAT TO EAT WHERE

GOLDIE: Try the tehina or Turkish coffee shakes with schawarma fries or falafel with a turmeric lime soda.

DIZENGOFF: A frozen lemonade with mint and, of course, hummus

ABE FISHER: The latkes!

FEDERAL DONUTS: Try the chicken and doughnuts at least once. We bet you'll go back again. Not a meat eater? Go for a cinnamon and sugar doughnut, which will be

handed to you while it's still warm.

THE ROOSTER: All proceeds from this old-school basement diner benefit Philadelphia's Broad Street Ministry. Discarded chicken bones from Federal Donuts make the broth for the Yemeni-inspired matzah ball soup. The pastrami is "like butter," according to *Baltimore Jewish Times* managing editor Marc Shapiro, and the chocolate chip cookies set some sort of mini-chips-per-inch record.

ZAHAV: Truly, you can't go wrong. But try the salatim with hummus and laffa, the kibbe naya, the fried cauliflower, any of the meats and, after dinner, a Turkish coffee or arak, an anise-flavored liquor.

Above: The brussel sprouts at Zahav are a popular item; **below:** Goldie, which is both vegan and kosher, offers healthy fast food, such as this green salad, falafel with six different tehina sauces and shawarma fries.

Within the first week, they started selling out of chicken and doughnuts shortly after opening each morning.

"On day two, we were like, 'Wow, we are onto something,'" Solomonov says.

Now there are five Federal Donuts throughout the city, including at Citizens Bank Park.

Let's meet Abe

Henneman is not the only Baltimorean with a hand in this Philly restaurant empire. Pikesville native Yehuda Sichel serves as chef for Abe Fisher, which is "Jewish Jewish" to Zahav's "Israeli Jewish," he says. Not that this stops gentiles from eating there.

"Who would have thought a plate of latkes and sour cream would get people excited," Sichel says. "It's cool."

The aforementioned latkes are plump with potatoes and crisp on the outside, served with sour cream and apple sauce. There's also borscht tartare, chicken liver mousse. And pickles. So many things are pickled in the CookNSolo world.

Sichel, who grew up in an Orthodox family, left Baltimore to check out other cuisine out in the world — Asian fusion,

Italian and more. He first tried Zahav as a diner, but within a few minutes of absorbing its colorful and flavorful atmosphere, he knew he had to work

people, just the two of us. We grew close," Sichel says.

But the Philly food community is like that. "It's among the best in the world, but



there and eventually became a line cook, working alongside Solomonov.

"We'd put out lunch for 25 to 75

it feels very small at the same time," Sichel says. "It's a tight community that is diverse, welcoming and innovative." □

DAVID STUCK (3)



Clockwise: Pillion Tea offerings include, from left, blueberry muffins, a tart berry tea, London fog latte with lavender buds and a blueberry matcha soda; owners Zena Lichter and Eric Mitchell; books from The Ivy Bookshop add to the cozy appeal of the space.

A TEA SHOP THAT REVS IT UP

Pillion Tea, a new tea shop that opened in Mount Vernon this February, is a stylish yet informal community space for people who drink tea prepared by people who love tea, all paired with a strong motorcycle theme. It may sound strange, but it's a coupling that's yielded positive results for cafés across the states, according to owners Zena Lichter and Eric Mitchell, who are partners in real life, too.

"We are big fans of motorcycle culture, and we even have our own motorcycles," Mitchell says. "There were a lot of motorcycle-themed coffee shops that we visited when we lived in Portland, Oregon. It's just something visually, as an aesthetic, that we liked."

When they moved from Portland to the area two years ago, the couple said they found a unique opportunity to open a shop.

"Our shop, it is different than a typical British teahouse. We're not making high tea with finger foods," Mitchell says. "We are similar to a coffee shop. We will have 60-plus teas which will be done hot or cold. We will also have some lattes and tea sodas."

And, he adds, "This shop isn't for just motorcycle enthusiasts. Anyone is welcome to come in."

Lichter, who has years of knowledge from working in the restaurant industry, says she is excited to educate the community on the wonders of tea.

"Our big goal is to have teas from all over the world, from really small family tea gardens and farms with an emphasis on rare teas to specialty hybrid teas," she says. "We want it to be as organic and fair trade as possible. So, if people are interested in the educational portion, we will be able to help them with that. Or, if they want to come in and try something that they have never found before, then we are happy to accommodate."

Pillion Tea has also begun partnerships with local businesses, including The Ivy Bookshop. If patrons wish to sip on tea and read a good book, they will be able to browse through a small curated bookstore at the back of the shop.

"Ideally, we would like to branch this out. We are friends with a gentleman who owns a motorcycle repair shop, and we would love to do a collaborative setup where you can get work on your motorcycle there and then have tea over here," Mitchell says. "We are also looking at a distillery down the road, whiskeys, vodkas, rum, but possibly with some tea extracts as well. We want to take this as far as it can go."

— ADRANISHA STEPHENS



YEAR OF THE POP-UP

Inspired by the Year of the Pig, **The Corner Pantry**, located in Lake Falls Village, transformed its entire café menu for one day to celebrate Chinese New Year.

Executive chef and owner Neill Howell's menu featured many different preparations of pork and cuts from local farmers. The list consisted of savory and sweet, Asian-inspired cuisines, where guests can snack on Peking duck spring rolls, kanpachi tartare, siou, a lemongrass pork sausage, miso black cod, a "pig plate" of pork belly and char siu, plus we can't forget the bubble waffles and doughnuts fillers with toasted rice cream and topped with a lychee glaze.

The inspiration for the dishes came from Howell's travels abroad and childhood years spent in Hong Kong, says the pantry's co-owner and catering director Emily Howell.

"When Neill was younger, his dad was in the army, so his family moved around quite a bit. He lived in Hong Kong as a child, so I would say that was an influence," she says. "He also took a six-month break in his 20s and traveled all through Asia, so that's been a big influence for him, all those interesting Asian flavors."

This modern café is a prime destination for diners looking for breakfast, lunch and quick grab-and-go items. On the daily, Corner Pantry's scones, biscuits and chocolate chip cookies are the first to go, according to Emily.

"We also have an all-day egg-and-cheese sandwich and avocado toast that are huge sellers," she says.

As for the pop-up? It was a great way to celebrate the restaurant's fifth anniversary, Howell says. "We are just making this one big extravaganza," she says.

corner-pantry.com. — AS

ICE CREAM COLLABORATIONS



DAVID STUCK (2)

Local nonprofit **Mera Kitchen Collective** recently teamed up with **Cajou Cream** to create a pop-up dessert event at the LB Tavern inside the Lord Baltimore Hotel. The resulting delicious treats united flavors from Sudan, Egypt and the Caribbean.

Memorable items from the pop-up included the basboosa ice cream sandwich, filled with coconut cardamom ice cream layered between a Sudanese rose-water-infused semolina cake and topped with crushed pistachios. Another hit of the night was the bird's nest, a toasted and shredded filo dough filled with Cajou's signature flavor, a coconut honey pistachio ice cream.

Mera Kitchen Collective was founded in 2017 by Aisha AlFadhlah, Emily Lerman and Iman Aishehab and is a worker-owned cooperative that seeks to empower immigrant women through food. What started as a few dinners hosted in homes with friends has since expanded into pop-up events such as this one, catering services and cooking classes throughout Baltimore City, with each event showcasing the story and cuisine of a different chef.

"The idea is to keep growing this and

employ more women full time," Lerman says, adding that the business model has been a very intentional cooperative. "Everybody has a share of the business, and everyone has a voice in the decision-making. It's just been nice to see how everyone's self-confidence has increased since being a part of this," AlFadhlah says.

Cajou owners Nicole Foster and Dwight Campbell also have a passion for food. What started as a venture in their kitchen two years ago has become a thriving and sustainable business for this husband-and-wife duo. Now, they have a commercial space where they churn out vegan, plant-based ice cream from handmade nut milks, free of artificial flavors or ingredients.

Their goal is to make healthy ice cream and to eliminate any guilt for eating it. "It should be a joyful, decadent experience," Foster says.

As for the collaboration? That also came naturally, she says. "We decided to collaborate to celebrate our collective culinary heritage. It was amazing to see how the flavors fuse perfectly into these delectable little desserts."

mera.kitchen; cajoucream.com — AS



Ketel One's Botanical line



Edinburgh Gin's botanical liqueur line

DAVID STUCK



OLD PRO
A BATH OF SALT - GOSE - A TOUCH OF TART

How does your garden grow?

MY GOSH, DID THIS WINTER SEEM SO LONG! As the weather warms and the days get brighter, it is a great time to explore lighter, more botanically forward spritzes.

- **Edinburgh Gin's** botanical liqueur line is now available stateside in the elderflower, raspberry and rhubarb-ginger varieties. Using their gin spirit as the base, these aromatic, low octane 20 percent ABV beauties are perfect for single mixer sipping. The

raspberry is a delightful addition to a glass of prosecco, the elderflower shines in lemonade, and the ginger-rhubarb is a dream in ginger beer.

- Not to be left out in the cold, **Ketel One** has innovated its vodka line to include three bright, 75-calorie, zero-carb expressions in warm-weather flavors – grapefruit and rose, peach and orange blossom and cucumber mint. Distilled with

real botanicals and infused with natural fruit essences, these are designed to be easy and delicious. Pick your botanical, add soda water and enjoy.

- The Pittsburgh-based **Maggie's Farm Distillery** has grown their award-winning rum line. Its pineapple rum is made from a 50/50 blend of white and dark rums, each separately infused with different parts of fresh whole pineapples to maximize the retained flavor. The final product is medium-bodied, subtly sweet and ripe for the mixing.

- **Ancho Reyes** chili poblano liqueur has expanded its offerings to include a Verde expression. The original Ancho Reyes spirit is warm and rich from deeply ripened poblano chilis that are dried and smoked. Ancho Reyes Verde diverges by starting with chilis harvested months earlier while still vibrantly green. This milder profile is bright and crisp, carrying a lighter hue, aroma and spice.

- **Union Old Pro Gose** has returned! And deserves an exclamation point. This gem is one of my favorite gose-style beers, light and refreshing with balanced fruity sourness and a salty finish. With crisp peach and citrus, accented with coriander seed, 4.2 percent ABV and 10 IBUs, this golden German-style wheat beer is a tasty crowd pleaser.

Simply Prickly Perfect

- 1 ½ ounces Maggie's Pineapple-Infused 50/50 Dark Rum
- ¾ ounces Ancho Reyes Verde or Ancho Reyes Ancho Chile Liqueur, your choice
- 5 ounces Kimino Sparkling Yuzu beverage

In a double old fashioned glass filled with ice, combine Maggie's Pineapple-Infused 50/50 Dark Rum and Kimino Sparkling Yuzu beverage. Top of your preference Ancho Reyes Verde liquor and allow to settle.

Ginny Lawhorn is an award-winning bartender at Landmark Theatres, Harbor East, and founder of Baltimore Cocktail Week.

DAVID STUCK



**JOSE
TEQUILAS**

**10% OFF
ENTIRE BILL**

VALID MON-THUR.
NOT VALID WITH OTHER PROMOS.
ONE COUPON PER TABLE.

**FREE
CHEESE DIP**

WITH PURCHASE OF ENTREE.
NOT VALID WITH OTHER PROMOS.
ONE COUPON PER TABLE.

Famous
**FAJITAS
MARGARITAS
SANGRIAS**

**BOOK YOUR
PARTY TODAY!**

JOSE-TEQUILAS.COM

10500 OWINGS MILLS BLVD.
OWINGS MILLS MD. 21117
TEL: (410) 998-9223

©// SOCPRINTS.COM | JOSE TEQUILAS J16ZXR219



**We aren't just another chain restaurant.
We're your neighbors!**

Serving your neighborhood quality and value for 17 years! Visit us for daily lunch or dinner and Sunday brunch. Or, call to book your next private party.

Razorback's Raw Bar & Grill

826 Dulaney Valley Rd.

Towson, MD 21204

www.razorbacksgrill.com

410.821.9550



SPICE UP

your social life with **STYLE >>**

Join us on **Facebook and Twitter** for invites to exclusive events, exciting giveaways, funny musings from our editors and curated scoop on the most stylish happenings and hot spots in Baltimore.



BALTIMORE **STYLE**

A Taste of Home

Gunther and Co's signature dish mixes Thai cuisine with local flair.

By Alex Rychwalski



Growing up in Fredericksburg, Virginia, chef Jerry Trice learned to use nature as an ally to his culinary creations. His grandfather, a survivor of the Great Depression, taught him to rely on the ingredients around him.

"[My grandfather] was a gardener, he had an orchard and we hunted. Nothing went to waste," says Trice, now executive chef at Gunther and Co. in Canton. "So I grew up using local sources, using the bounty of the Chesapeake and whatever came from the garden."

This discipline shows up in Trice's dishes, such as his signature Thai Hot Pot — a globally inspired entrée with a Maryland staple of fresh, local seafood.

Trice says it's one of his favorite dishes — the one he would choose himself to eat from the menu — and it has been crafted to perfection over the last few decades.

"It's nothing I'd take off the menu, and I don't alter the ingredients," Trice says. "I'd suggest, for the desired taste, to get the freshest local ingredients possible, but that goes for anything."

The hot pot, a perfect blend of sweetness, acidity and natural flavors, features a panang curry broth with coconut milk, lime leaf, fish sauce and "not too much sugar" over seafood. It's served with jasmine rice.

"I call it an interactive dish," says Trice. "Some people dump the rice in, and some people take the seafood out and then dump the sauce on the rice. Others take all the shells off first before stirring everything together. There's no right or wrong way to eat it. As long as you're enjoying it, you're doing it right."

Originally an art student, Trice's creativity morphed into cuisine.

"Painting and printmaking used to be my forte," Trice says. "Now, I'm working with an actual edible palette."

PANANG CURRY HOT POT (Serves 6-8)

Trice says H Mart in Catonsville is a one-stop shop for these specialty ingredients.

PANANG CURRY SAUCE

- 2 ounces of canola oil**
- 24 ounces of coconut milk**
- ½ cup red curry paste (Mae Ploy)**
- 4 each lime leaves, kefir**
- 2 each shallots, small diced**
- 2 each lemongrass**
- 2 tablespoons of ginger, freshly grated**
- 2 each Thai chilis**
- 3 each lime juice + 2 ounces**
- 2 tablespoons of fish sauce (Nam Pla)**
- ½ cup sugar**
- 10 ounces of vegetable/chicken stock**

Method:

In a medium sauce pot, heat the canola oil over medium heat. Sweat out the curry paste, shallots, lemongrass, ginger and Thai chilis for about 3-4 minutes. Add remaining ingredients and bring to a boil. Reduce to a simmer and allow a lazy bubble for 12-15 minutes. Then, puree all ingredients in a blender and pass through a fine mesh sieve. The sauce can be kept for up to seven days in fridge or freeze it for extended freshness.

SEARED HOT POT

2 ounces of canola oil
2 ½ -3 pounds of fish, firm
(catfish, tilefish and
rockfish are all great
choices)
24 each clams, little necks
(cleaned and scrubbed)
32 each mussels, Pei
12 each scallops (ask for
untreated or “dry”)

18-24 each shrimp, peeled
and deveined
Panang curry sauce,
as needed

Garnishes:

Bean sprouts
Lime wedges
Julienne carrots
Scallions
Thai basil (use no substitute)
Cilantro leaves

Method:

In a large sauce pot, heat canola oil over high heat until it simmers but isn't smoking. Sear scallops, fish and clams for about 2-3 minutes. Add in shrimp and mussels and continue sautéing for another minute. Then, add enough panang curry sauce to just cover the seafood. Cook over medium-high until all clams and mussels open. Serve over steamed jasmine rice. Garnish with bean sprouts, lime wedges, carrots, scallions, Thai basil and cilantro.
Foodie tip: Drink with Singha beer or sparkling wine.



Body and Soul

continued from page 39

but mindful movements of both barre and Pilates were one of the smartest and most effective ways of strengthening the body and creating better balance, flexibility and body alignment

In 2009, my best friend since ninth grade, Stacey Vandiver, a Pilates enthusiast, started coming to my barre classes. She instantly fell in love with the program and raised her hand to teach barre at Brick Bodies. One year later, we started SoulBody, when Stacey suggested, after a class, that we do this on our own. We started studio-based, working primarily out of larger health clubs and teaching classes within their “mind body” studios to our friends, then eventually their friends. We then welcomed more and more women seeking this unique workout who discovered us through word-of-mouth. We gained momentum and then our own rock-star following. We stayed studio-based for a few years before realizing we really had a tried-and-true method of teaching and could create a certification and subscription-based model out of our signature SoulBody barre class. SoulBody’s classes are now in more than 100 clubs around the world. We pride ourselves on our more than 500 inspiring instructors we call our SQUAD who lead our classes with passion throughout the U.S. and in Egypt and the Middle East, Canada, Spain and soon China.

The beauty in what we do is in the lives we change for the better through education and movement. Everybody wants to be a part of a community and be around other like-minded people. I found the fitness community, that motivational tribe, many years ago taking classes at my gym and at studios around the world. That pack inspired me to create something of my own, with Stacey’s nudge.

At SoulBody, we believe that this community, created around wellness and movement, is vital for the longevity of our lives. I’m grateful and proud of what we’ve created. I’m ready to receive the jolts of electricity and to witness the future every day. □

Into the Woods

continued from page 79

the outdoors into a city building and created two garden levels with trees and water features. “A lot of research is going on about people with delirium and confusion in intensive-care areas,” says Dr. Joseph Costa, medical director of Mercy’s Intensive Care Unit. “All the medical data suggests pharmaceutical is the worst way to treat it.”

Costa recommends spending time outdoors to patients whenever possible. “We definitely see a difference in patients who spend as little as 40 minutes a day in the gardens during recovery,” he says. “Time outside does wonders.”

Maria Mayzel, a certified midwife and women’s health nurse practitioner at the Bay Area Midwifery Center at Anne Arundel Medical Center, often advises women struggling with post-partum depression or anxiety not only to be mindful of nutrition, but also to simply “get out.”

“The rise in social media contributes to depression, isolation and anxiety,” she says. “The stress hormone cortisol associated with being outdoors not only decreases depression and anxiety, it helps people sleep better. Nature is free.”

“Spending time in green spaces is linked to lower heart rate and reduced risk of coronary disease and type 2 diabetes,” Choukas-Bradley says. It lowers blood pressure and cholesterol and improves mood.”

That forest air doesn’t just feel better, she adds, but inhaling the active substances emitted by the trees improves immune system function.

Since my first forest-bathing experience, I now regularly take a bath of tranquility solo in my garden, sitting quietly as I breathe nature’s aromatherapy. I’ve put aside my bucket-list neurosis, and my obsession to set some sort of walking record has been put on hold. For now, at least, I’m stopping to smell the roses.

John Muir, the naturalist, was right when he said: “Wilderness is a necessity.” □

For a list of upcoming forest-bathing walks, visit melaniechoukas-bradley.com.

Spirit Marked in Tradition

continued from page 83

The week before Gym Meet is a full-on spirit week and celebration.

Think high school Texas football. Imagine a “Friday Night Lights”-esque atmosphere where the energy extends throughout the town. Posters are put up throughout the community, cars are decorated, and the girls don their costumes inside and outside the classroom, building up anticipation for the big day. You don’t have to directly be a part of Gym Meet to know what it entails and what it means for the school.

“You’ll see all the girls in their Gym Meet uniforms after school at the Royal Farms, Smoothie King or the mall, and it just cues people in that it must be that time of year again,” Thompson says.

And when Gym Meet ends and the last trash-bag-turned-masterpiece gets put away, a collective sadness ensues. “I always call it the day after Christmas,” says Bartel. “It’s anti-climactic,” Thompson agrees.

Others, like Katie, find its lasting effects difficult to describe.

“We try to put it in words, but if you ask a lot of people, they’ll say that Gym Meet can’t be put into words. It’s like a feeling. Taking part in it and actually doing it is what it’s all about.”

Bartel agrees and says that’s another reason for Gym Meet’s long-standing success: It’s entirely student-produced.

“It’s about them. It’s for them. It’s run by them. And, they do a beautiful job,” she says.

For NDP, 90 years of Gym Meet is a significant marker. And for Bartel, getting to experience 30 years of this leaves her with heart-fulfilling pride.

“I beam as an educator,” she says, misty-eyed and reflective, “It’s education at its best.” □

ELDER CARE

410-323-1700

Elizabeth Cooney
PERSONNEL AGENCY, INC

- R.N.s
- L.P.N.s
- C.N.A.s
- 24-hour Service
- Live-in
- Private Duty
- Companions

The Nursing Care Specialists
Since 1957
A Tradition of Excellence
elizabethcooneyagency.com

When you care enough to use the best

Servicing the Balto-Metro area

The **Nurse Bank** of Maryland **24/7**



- RNs, LPNs and CNAs
- Private Duty Nursing and Personal Care
- Home, Hospital and Extended Care

410-486-3350
www.NurseBankofMD.com
40+ Years of Dependable Caring Service
Licensed by the State of Maryland DHMH

ELDER CARE

FREE CARE ASSESSMENT

Home With You
SENIOR CARE



*It's good to be cared for...
It's great to be cared about.*

- Specializing in Dementia Care
- Bathing & Personal Assistance
- Meal Planning & Preparation
- Medication Reminders
- Laundry & Light Housekeeping
- Transportation

410-756-0959 | HomeWithYou.net
Licensed, Bonded & Insured R4194

MENTAL HEALTH CARE

Children First MD, LLC
Board Certified Child and Adolescent Psychiatrist

- Medically trained at Penn and CHOP
- Parent Coaching
- Psychiatric medication management
- School-based Consultation
- Psychotherapy



Ayanna Cooke-Chen, MD, PhD
11350 McCormick Road, EPII, Suite 104
Hunt Valley MD, 21031
443-546-5350
childrenfirstmd.com

ADVERTISE IN APRIL!

CLASSIFIED ADVERTISING SPACE AVAILABLE IN

Baltimore style

Contact Michelle Weinstein at mweinstein@midatlanticmedia.com or call 410-902-2326 to reserve your space today.

BATHROOM REMODELING

Budget Bath 

Professional Bathroom Renovators

CALL TODAY **410-663-4183**

To schedule your Free in home Estimate



houzz Rated #1
Angie's list

BBB Our Award Winning Designs can be seen on

www.budgetbathusa.com

ENTERTAINMENT

Marilyn Spector's
☆ *Away We Go Travel* ☆

Temptin' Temptations-Ain't too Proud
Wed. 3/20/19 • \$199.00

Tootsie
Wed. 5/8/19 • \$209.00

The Prom
Wed. 5/29/19 • \$185.00

Price includes bus, theater ticket, and breakfast.
All tickets are non-refundable.
For reservations & information contact Marilyn
410-486-3888 OR
marilynspe@gmail.com

SMART SHOPPER

**GREAT
SAVINGS
WHERE
YOU LIVE**



Be a SMART SHOPPER with STYLE



From Main Street to a waterfront promenade. Beautiful parks to cultural arts. Shopping and dining. Create your memories in Harford County!



VISITHARFORD.COM
410-838-7777



Catalina POOL BUILDERS

ASK ABOUT OUR Baltimore style EXCLUSIVE OFFER

100% FINANCING AVAILABLE On Approved Credit

"FAMILY OWNED & OPERATED"

PAYMENTS AS LOW AS \$249 NO PAYMENTS UNTIL 2020 AVAILABLE On Approved Credit

Please Ask About Our Discounts For Seniors, Teachers, Police, Firefighters & Military Personnel

APSP The Association of Pool & Spa Professionals

Annapolis FIRST ANNAPOLES.com

Golden Anchor Award VOTED BEST SHORE UPDATE

VISA MHC #126789

COMPLETE CONCRETE POOL

\$29,980*

17'x35' Caribbean or 16'x34' Tahiti

CALL TODAY 410-777-8760

FREE DESIGN CONSULTATION
RENOVATION SPECIALISTS
CatalinaPoolBuilders.com
info@CatalinaPoolBuilders.com

Includes: Plans, Permits, Normal Excavation, Steel, Plumbing, Filter, Pump, Skimmer, Concrete Structure, Steps, Light, 100 Ft. Normal Electric, Coping, Tile, Plaster, Start-Up, Chemicals, Clean-Up & Pool School. Price Subject To Normal Access, Local Codes & Zones. *Walkway Additional. Expires April 30, 2019

Now Accepting New Patients
ALEXA F. FARADAY, MD

BOARD CERTIFIED IN
INTERNAL MEDICINE

Personalized, preventive and primary care.

Greater Baltimore Medical Center

6701 N. Charles Street, Suite 4106
Baltimore, MD 21204

Phone: 855-372-5392 | Fax: 855-372-5399
www.DrAlexaFaraday.com

Healthcare access 24/7. Advocacy for your health.

Keeping Baltimore Looking its Best Since 1921

2018 Baltimore style READERS' CHOICE winners

GLYNDON LORD BALTIMORE CLEANERS

ANOTHER HAPPY AREA RUG

Expert cleaning and care for all of your Wardrobe & Home Textile needs.

FREE PICK-UP & DELIVERY

gblcleaners.com 410-833-5200

Mimi Washington

*Founder and CEO
SEYA CrossFit & Wellness Center
HÁBITAT Event Space*



DAVID STUCK

Q Tell us about your day job. It's not at SEYA or HÁBITAT, is it?

A: My day job is providing business development, proposal writing and other management consulting services to firms that do construction for the federal government.

Q How did that lead to running an events/wellness space?

A: I have always been an athlete and found CrossFit a few years back. I had a vision of a wellness center with offerings that would help athletes recover from training and taking a yin/yang approach to fitness in that there has to be a balance of training hard, but also recovering properly. Having an event space was never on the radar but happened by chance because I ran

into some structural challenges with my building, which ultimately lead to 3,000 square feet of open space I needed to find a use for. Quitting my day job was never part of the equation, and as most business owners know, sometimes the end result is totally different from what you originally imagined.

Q How do you manage these two occupations?

A: On an average day, I am up early to meet clients throughout the Baltimore/D.C. area. I head to SEYA in the evenings to coach a couple classes, then workout myself. A few nights a week, I attend an event at HÁBITAT or elsewhere to support other businesses, owners, friends and causes I am passionate about. A typical day consists of at least three outfit changes for each place. I get

asked all the time how I make it work and the answer is I just do. I've never been afraid of hard work, and honestly, I can't remember the last time I wasn't working.

Q You're so dedicated to the city. Did you grow up here or get charmed by it later?

A: I was born in Vietnam and immigrated to Florida when I was 4. My father fought with the Americans during the war and was subsequently assassinated by the communist party when my mother was pregnant with me. I was the youngest of eight children to a widowed mother just coming to the U.S. My childhood is the reason I have no issue with working hard, because my mother worked two jobs my entire life.

Q Did you pick the location for HÁBITAT and Seya, or did it pick you?

A: A little of both. I began looking at spaces in 2014. At the time I knew I didn't want to be in an established neighborhood but one that was up and coming, not overly developed and had some grit to it. When I initially saw the building, which is on Eastern Avenue in Highlandtown, and its potential, I knew that was where I wanted to be but did not move forward due to the amount of work it needed. Throughout the process I had several other buildings that made the final list and had an offer on a different space, but the SEYA building was always there in the back of my mind. Ultimately, I think it chose me. The working-class feel, the neighborhood, the grit and grind it represented was everything I had been looking for from the beginning. □



GET IN
CONTROL:

EXPERT CARE FOR PELVIC FLOOR DISORDERS

Urologists from University of Maryland are in your neighborhood, offering the latest treatment options for urinary incontinence, pelvic organ prolapse, reconstructive urology, and more.

Using surgical and non-invasive techniques, our physicians can help you live more comfortably.

Innovative treatments include:

- Pubovaginal Sling*
- Nerve Stimulation (similar to acupuncture)
- Intravesical Botox® Injections
- Anterior Vaginal Wall Suspension
- Robotic Prolapse Repair

We also specialize in revision surgery, mesh removals, urinary diversion and complex cases.

Appointments available within two weeks. Call **667-214-2100** or **410-328-2887**, or visit umm.edu/RenaMalik for more information.



UNIVERSITY of MARYLAND
FACULTY PHYSICIANS, INC.
COLUMBIA

MEET OUR EXPERT



Rena D. Malik, MD
Assistant Professor of Surgery, University of Maryland School of Medicine
Director of Female Pelvic Medicine & Reconstructive Surgery

***Pubovaginal Sling** treats stress urinary incontinence by using the patient's own tissues. This mesh-free alternative brings very few side effects, and offers a **success rate of up to 90%**.



YOU ALWAYS KNOW A STUART KITCHEN.



SINCE 1955, WE'VE BEEN FIRST CHOICE FOR THE BEST KITCHEN IN THE NEIGHBORHOOD. COME VISIT OUR SHOWROOMS. EVERYTHING YOU NEED FOR THE ROOM YOU'LL LOVE THE MOST IS HERE IN ONE PLACE. AND, YOU'LL UNDERSTAND WHY SO MANY PEOPLE SAY, "NOTHING ADDS MORE VALUE TO YOUR HOME."

BALTIMORE SHOWROOM AT 1858 REISTERSTOWN RD. 410-486-0500
TIMONIUM SHOWROOM AT 2221 GREENSPRING DR. 410-252-6200
ANNAPOLIS SHOWROOM AT 2335B FOREST DR. 410-761-5700

WWW.STUARTKITCHENS.COM