

ROLANDPARK

Quarterly from the Roland Park Community Foundation • Volume Seventy-One • Winter 2018

**Top Holiday
Decorating
Tips**

**Winter
Pollinator
Plants**

***Crime
Prevention
Tips***



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Editor's Notes

By Lori Ulloa

Winter is upon us and has graced us with its presence a little early this year. That means it's time to start thinking about the holidays! The holidays are the time of the year that we get to see our families and friends, drink copious amounts of hot chocolate, and wear warm fuzzy socks. This issue is packed with information to help you on your holiday journey and into the new year.

If your decorating scheme leaves a lot to be desired, see our article on Holiday Decorating Tips from a professional florist/decorator. On page 12, you will find some helpful tips and tricks to spruce up your holiday decor.

While the holidays are a festive time of year, there can be a sense of desperation that can lead to an increase of criminal activity and package theft. While Nextdoor and Ring provide great services to keep us informed of issues after they occur, our article Crime Prevention Tips on page 18 will provide you with tips on preventing crime from happening and increase your situational awareness.

If you are feeling like you're stuck in the house and want to get back into your garden sooner than spring, turn to page 16 for an informative article on winter pollinator plants. Our pollinator populations are in dire need of forage and we can do our part by planting the right plants in our landscapes.

After you find yourself ready to pop out of your favorite pants post holiday feasts, head on over to page 22 for tips and tricks to increase your vegetable intake. Vegetables are an important part of regaining your overall wellness and satiating your appetite.

In closing, this will be my last issue as primary editor of *Roland Park News* as I will be pursuing other endeavors in the spring. It has been an honor to bring you the

information that has been in the last year's worth of issues. May your spring be full of new possibilities!

Fall issue correction: The article about our very own Sally Foster was written by the indispensable Johanna Alonso (yes, Alonso....as in the namesake of Cold Spring Lane's Alonso's). Johanna is a junior at UMBC where she is double-majoring in English literature and media



Photo courtesy Sally Foster

and communication studies. On top of working as an editorial intern at *Roland Park News Magazine*, she also writes reviews for *MDTheatreGuide*, serves as the Student Life editor for UMBC's student newspaper, *The Retriever*, and works as a tutor at UMBC's Writing Center. When she is not reading, writing, or editing, Johanna can be found either performing with or music directing for UMBC's Musical Theatre Club. ❖

Roland Park Community Events

Concerts, Film And The Arts

DECEMBER

Music at St David's Presents: The Canticle Singers

Fri, Dec 7, 7:30 pm

An annual favorite, the Canticle Singers of Baltimore return to St David's to usher in the holiday season with a performance of festive choral works.

www.stdavidsrolandpark.com/music

This event is free; a suggested donation benefits the musicians and the music series.

BSO: A Swingin' Nutcracker!

Sat, Dec 8, 11 am

Show-stopping hip-hop dancers join the BSO for this fun-filled holiday concert. Riffing off of Duke Ellington's reimagining of Tchaikovsky's masterpiece, jazz composer Paul Murtha has created a Swingin' Nutcracker that the whole family will love!

<https://www.bsomusic.org/calendar/events/2018-2019-events/a-swingin-nutcracker/>

\$15-\$20

Roland Park Branch Library: Peabody at the Library

Sat, Dec 8, 2 pm

An informal classical music performance for all ages presented by student musicians from the Peabody Conservatory.

<http://calendar.prattlibrary.org/>

Free



BSO: Handel Messiah

Sat, Dec 8, 8 pm

Sun, Dec 9, 3 pm

Experience Handel's great masterwork, including the iconic "Hallelujah" Chorus. A recording of this perennial BSO favorite is released this season on Naxos featuring conductor Edward Polochick and many of the soloists on this performance.

<https://www.bsomusic.org/calendar/events/2018-2019-events/handel-messiah/>

\$12-\$80



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The MODELL LYRIC: Charlie Brown Christmas

Sun, Dec 9, 1 pm

BSO: Cirque Nutcracker

Thu, Dec 13, 8 pm

Fri, Dec 14, 8 pm

Sat, Dec 15, 3 pm

Sun, Dec 16, 3 pm

The awe-inspiring talents of Troupe Vertigo come to the concert hall as acrobats, contortionists, jugglers, strongmen, and high-flying aerialists join the BSO for this spectacular holiday-themed show.

<https://www.bsomusic.org/calendar/events/2018-2019-events/cirque-nutcracker/>

\$12-\$80

Handel Choir: Handel's Messiah

Sat, Dec 15, 7:30 pm

Sun, Dec 16, 3 pm

The baroque master's beloved oratorio performed in our 84th year! The Handel Choir of Baltimore has performed Handel's Messiah every year since 1935, and in 2004 began presenting historically informed performances of Messiah with period instrument orchestra.

The Saturday performance will be located at:

Grace United Methodist Church, 5407 N. Charles Street, Baltimore 21212

The Sunday performance will be located at:

Saint Mark Catholic Church, 30 Melvin Avenue, Catonsville 21228

\$47, \$37, and \$10 student with ID. Reduced ticket price are available with a season subscription at www.handelchoir.org.

Music at St David's Presents: A Festival of Lessons and Carols

Sun, Dec 16, 10 am

Join us as we celebrate the 100th year of the Lessons and Carols tradition, founded by King's College, Cambridge, and filled with beloved carols and hymns of Advent and Christmas-tide.

www.stdavidssrolandpark.com/music

This event is free; a suggested donation benefits the musicians and the music series.

BSO: Gospel Christmas with CeCe Winans

Fri, Dec 21, 8 pm

Renowned gospel singer and twelve-time Grammy® Award-winner CeCe Winans joins the BSO and the Morgan State University Choir in a rousing Gospel Christmas program of holiday favorites.

<https://www.bsomusic.org/calendar/events/2018-2019-events/gospel-christmas-with-cece-winans/>

\$25-\$75

BSO: Holiday Pops

Sat, Dec 22, 3 pm

Sat, Dec 22, 8 pm

Broadway musical director Andy Einhorn leads the BSO and the Baltimore Choral Arts Society in an exciting new holiday pops program, highlighted by festive favorites from Broadway to American classics, the ever-popular tap-dancing Santas, an audience sing-along, and a few musical surprises.

<https://www.bsomusic.org/calendar/events/2018-2019-events/holiday-pops/>

\$12-\$80

Roland Park Branch Library: Rollin' Reels – The Thin Man

Sat, Dec 29, 10:30 am

The story of a retired detective who, while spending much of his time managing his wife's considerable fortune and consuming quantities of alcohol, is asked to follow the trail of a missing inventor. Although reluctant to interrupt his Christmas holiday in Manhattan, he is persuaded to investigate by his wife's craving for adventure, and together they embark upon a case that leads to the disclosure of deception and murder.

The feature runs continuously throughout the day and, when available, shown with subtitles/closed captioning. Snacks permitted!

<http://calendar.prattlibrary.org/>

Free



Concerts, Film, And The Arts

JANUARY

BSO: Leon Fleisher's Birthday Celebration

Fri, Jan 4, 8 pm

Sat, Jan 5, 8 pm

Sun, Jan 6, 3 pm

The program is Mozart's Piano Concerto No. 12, a specialty of Fleisher's. Led by conductor Peter Oundjian, Brahms' Second Symphony, full of beautiful melodies and one of the most exuberantly joyful finales, concludes the program.

<https://www.bsomusic.org/calendar/events/2018-2019-events/leon-fleishers-birthday-celebration/>

\$25-\$80

Roland Park Branch Library: MPT Indie Lens Pop-Up – Rumble

Thu, Jan 10, 6:30 pm

RUMBLE: *The Indians Who Rocked the World* brings to light a profound and missing chapter in the history of American music: the Indigenous influence. Featuring

music icons Charley Patton, Mildred Bailey, Link Wray, Jimi Hendrix, Jesse Ed Davis, Buffy Sainte-Marie, Robbie Robertson, Randy Castillo, and Taboo, RUMBLE shows how these pioneering Native musicians helped shape the soundtracks of our lives. Presented as part of MPT's Indie Lens Pop-Up series.

<http://calendar.prattlibrary.org/>

Free

BSO: Turangalila-Symphonie

Thu, Jan 10, 8 pm

Sun, Jan 13, 3 pm

Marin Alsop conducts more than 100 musicians in this rarely-heard masterwork, featuring the eerie keyboard instrument ondes Martenot with its otherworldly sci-fi sounds, as well as a dazzling performance by world-renowned pianist Jean-Yves Thibaudet.

<https://www.bsomusic.org/calendar/events/2018-2019-events/turangal%C3%AEl-symphonie/>

\$25-\$80

BSO: Off The Cuff: Turangalila-Symphonie

Fri, Jan 11, 8:15 pm

Sat, Jan 12, 7 pm

Renowned pianist Jean-Yves Thibaudet joins Marin Alsop in a discussion and performance of Messiaen's great masterwork for over 100 musicians, featuring the eerie keyboard ondes Martenot with its otherworldly sci-fi sounds.

<https://www.bsomusic.org/calendar/events/2018-2019-events/off-the-cuff-turangal%C3%AEl-symphonie/>

\$25-\$80

BSO: Music Box: Bugs

Sat, Jan 12, 10 am, Sat, Jan 12, 11:30 am

Give your budding music lover the chance to explore music through this highly engaging and interactive performance.

<https://www.bsomusic.org/calendar/events/2018-2019-events/music-box-bugs/>

\$12

BSO: Pulse: Dan Deacon

Thu, Jan 17, 8:30 pm

Baltimore musician Dan Deacon is a singular artist who defies all genres and knows no bounds. Catch this one-night-only chance to experience this immersive electronic-acoustic collaboration, including the world premiere of several new compositions.

<https://www.bsomusic.org/calendar/events/2018-2019-events/bsopulse-dan-deacon/>

\$25-\$55

BSO: Sibelius Violin Concerto

Sat, Jan 19, 8 pm

Sun, Jan 20, 3 pm

Principal Guest Conductor Markus Stenz conducts an eclectic program including the beautiful Siegfried Idyll that Richard Wagner wrote for his wife, Cosima.

<https://www.bsomusic.org/calendar/events/2018-2019-events/sibelius-violin-concerto/>

\$25-\$80

BSO: Rodgers and Hammerstein

Thu, Jan 24, 8 pm

Fri, Jan 25, 8 pm

Sat, Jan 26, 8 pm

Sun, Jan 27, 3 pm

Jack Everly leads Broadway stars and the BSO in some of the greatest Rodgers and Hammerstein hits, including memorable songs from *The King and I*, *South Pacific*, *The Sound of Music*, *Oklahoma!* and more.

<https://www.bsomusic.org/calendar/events/2018-2019-events/rodgers-and-hammerstein/>

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410-377-8040
Mon-Sat 7-8, Sun 8-7

Roland Park Branch Library: Rollin' Reels – Born Free

Sat, Jan 26, 10:30 am



At a national park in Kenya, English game warden George Adamson (Bill Travers) and his wife, Joy (Virginia McKenna), care for three orphaned lion cubs. After the two larger lions are shipped off to a zoo in the Netherlands, the smallest of the three, Elsa, stays with the couple.

When Elsa is blamed for causing an elephant stampede in the nearby village, head warden John Kendall (Geoffrey Keen) demands the young lion either be trained to survive in the wilds of the Serengeti or be sent to a zoo.

The feature runs continuously throughout the day and, when available, shown with subtitles/closed captioning. Snacks permitted!

<http://calendar.prattlibrary.org/>

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BSO: Respighi Pines of Rome

Thu, Jan 31, 8 pm

Fri, Feb 1, 8 pm

Sat, Feb 2, 8 pm

Respighi's *Pines of Rome* and the composer's lesser-known but infectiously brilliant gem, *Brazilian Impressions*, form the centerpiece of this program. This concert also features Jennifer Higdon's Low Brass Concerto, co-commissioned by the BSO and a new concerto by Scottish composer Helen Grime.

<https://www.bsomusic.org/calendar/events/2018-2019-events/respighi-pines-of-rome/>

\$10-\$80

Concerts, Film, And The Arts FEBRUARY

BSO: Mozart Symphony No. 40

Fri, Feb 8, 8 pm

Sat, Feb 9, 8 pm

Sun, Feb 10, 3 pm

Paul Huang takes center stage for Khachaturian's Violin Concerto. Mozart's Symphony No. 40 is one of the composer's best-loved symphonies. The program concludes with Chabrier's sparkling *España* and Beethoven's thrilling *Leonore Overture No. 3*.

<https://www.bsomusic.org/calendar/events/2018-2019-events/mozart-symphony-no-40/>

\$25-\$80

BSO: Ravel Boléro

Sat, Feb 16, 8 pm

Sun, Feb 17, 3 pm

Conductor Mario Venzago leads the Orchestra in Ravel's hypnotic *Boléro* and *Rapsodie espagnole*. Pianist Conrad Tao returns to the BSO to perform Liszt's breathtaking First Piano Concerto. The program also includes Berlioz's *Le corsaire* and *Roman Carnival Overture*.

<https://www.bsomusic.org/calendar/events/2018-2019-events/ravel-bolero/>

\$25-\$80

BSO: Elgar Cello Concerto

Thu, Feb 21, 8 pm

Sun, Feb 24, 3 pm

Narek Hakhnazaryan wowed our audiences last season, and we're thrilled for his return performing Elgar's beautiful and elegiac Cello Concerto. Led by BSO Associate Conductor Nicholas Hersh, this program also features Debussy's *Rondes de printemps* from *Images* and Prokofiev's Sixth Symphony.

<https://www.bsomusic.org/calendar/events/2018-2019-events/elgar-cello-concerto/>

\$25-\$80

BSO: Off The Cuff: Elgar Cello Concerto

Fri, Feb 22, 8:15 pm

Sat, Feb 23, 7 pm

Elgar's beautiful Cello Concerto was his last completed work and reflects his sadness over the loss of friends and countrymen. Featuring Armenian cellist Narek Hakhnazaryan, winner of the Gold Medal at the 2011 Tchaikovsky International Competition in Moscow.

<https://www.bsomusic.org/calendar/events/2018-2019-events/off-the-cuff-elgar-cello-concerto/>

\$25-\$80

Roland Park Branch Library: Rollin' Reels – In the Heat of the Night

Sat, Feb 23, 10:30 am

African-American Philadelphia police detective Virgil Tibbs (Sidney Poitier) is arrested on suspicion of murder by Bill Gillespie (Rod Steiger), the racist police chief of tiny Sparta, Mississippi. After Tibbs proves not only his own innocence but that of another man, he joins forces with Gillespie to track down the real killer. Their investigation takes them through every social level of the town, with Tibbs making enemies as well as unlikely friends as he hunts for the truth.

The feature runs continuously throughout the day and, when available, shown with subtitles/closed captioning. Snacks permitted!

<http://calendar.prattlibrary.org/>

Free



BSO: Music Box: All Aboard

Sat, Feb 23, 10 am

Sat, Feb 23, 11:30 am

From planes to trains, explore the excitement of traveling to new places and discovering new things. Give your budding music lover the chance to explore music through this highly engaging and interactive performance.

<https://www.bsomusic.org/calendar/events/2018-2019-events/music-box-all-aboard/>

\$12

Adult & Family Activities

DECEMBER

Lake Roland: Wreath Making

Sat, Dec 1, 10 am or 1 pm

Sun, Dec 2, 10 am or 1 pm

Make a decorative wreath from natural materials such as pine, spruce, and holly. We'll have everything you need to make a masterpiece—including hot chocolate, cookies, and holiday tunes!

Ages: 14 & up

\$20 per person (\$15 members)

Cylburn: Boxwood Wreath Making Workshop

Wed, Dec 5, 6:30 pm - 8:30 pm

Happy Holidays from Cylburn Arboretum Association!

To celebrate the holiday, make your own fresh boxwood wreath, alongside our Head Gardener, Pat Sherman – a tradition at Cylburn. All supplies will be provided. Creativity is welcome; please feel free to bring your favorite wired ribbon and/or baubles!



Ages: Adult

Cost: \$60

Contact: <https://www.eventbrite.com/e/boxwood-wreath-making-workshop-tickets-50357098437>

Roland Park Branch Library: Women's Self Defense Workshop

Thu, Dec 6, 6:30 pm – 7:30 pm

Learn the fundamental skills necessary to defend yourself. Presented by Aquil Bey of Tailored Defense Training Group.

<http://calendar.prattlibrary.org/>

Free



Roland Park Branch Library: Hands on Holidays Family Storytime

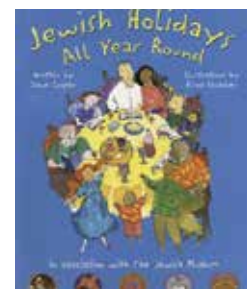
Thu, Dec 6, 11 am

Chanukah

Presented by the Jewish Community Center

<http://calendar.prattlibrary.org/>

Free



Cylburn: Wreath Making Workshop

Sat, Dec 8, 9 am - 11 am

Happy Holidays from Cylburn Arboretum Association!

To celebrate the holiday make your own fresh boxwood wreath, alongside our Head Gardener, Pat Sherman – a tradition at Cylburn.

All supplies will be provided. Creativity is welcome; please feel free to bring your favorite wired ribbon and/or baubles!

Ages: Adult

Cost: \$60

Contact: <https://www.eventbrite.com/e/boxwood-wreath-making-workshop-tickets-50357228827>

Lake Roland: Natural Holiday Ornaments

Sat, Dec 8, 2 pm - 4 pm

Children will listen to holiday tunes, enjoy cookies, and create ornaments from natural materials for your home or to give as gifts!

Ages: 5+

\$10 per person (\$8 for members)

Lake Roland: Art on the Trail: Meet the Artists

Sun, Dec 9, 1 pm - 3 pm

Held at Pavilion #1 (Stone Pavilion), Lake Roland Nature Council will host its annual artists reception at the stone pavilion on the north side of the peninsula. Join us to meet the artists of Art on the Trail and learn more about the motivations behind the outstanding pieces of artwork on display on the Red Trail. Warm beverages and light fare will be served.

Ages: All

Free

Roland Park Branch Library: Maryland on Vacation: Unwinding in the Free State, 1875-1952

Mon, Dec 10 at 6:30 pm

When did Marylanders start taking vacations? Where did they go? How did they get there? Using postcards, steamboat and train schedules, resort brochures, and photographs, this

program explores the ways that Marylanders of different races and social strata found to take breaks from work routines. The program also examines the social mores that shaped vacations for Marylanders.

Presented by staff from the Maryland Department, Central Library/State Library Resource Center.

<http://calendar.prattlibrary.org/>

Free

Roland Park Branch Library: Maker Mondays

Mon, Dec 10, 3:30 pm

Create, explore, design and experiment, using elements of Science, Technology, Engineering, Art, and Math.

<http://calendar.prattlibrary.org/>

Free

Lake Roland: S'mores, Stars & the Solstice

Fri, Dec 14, 6 pm - 8 pm

This week marks the longest nights of the year. Gather around our campfire to learn about the solstice, stars, and folklore of holiday traditions. We'll enjoy sing-a-longs and warm up while roasting s'mores.

Ages: 5 & up, \$5 per person, (\$3 members)

Inner Harbor Wellness: Being in Stillness

Sat, Dec 15, 1 pm - 5 pm

Make time to pause and engage with basic mindfulness and meditative practices that support our expanding awareness, attune to our senses and environment, and encourage relaxation. Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St.

www.innerharborwellness.com

\$50

Lake Roland: Snow is Coming Story Time

Sun, Dec 16, 10 am -11 am

What do animals do when it snows? Join us to read a book that answers this question. Then, make a winter themed craft to take home!

Ages: All, \$2 per child.

Lake Roland: School's Out!

Fri, Dec 28, 9 am - 3 pm

Spend the day outside with one of our naturalists and experience Lake Roland in the winter! Children will enjoy games, crafts, and plenty of outdoor wintery fun.

Ages: 6-12

\$40 per child (\$35 members)



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Adult and Family Activities

JANUARY

Lake Roland: First Day Yoga

Tue, Jan 1, 9 am - 10 am

Join us in the Nature Center for an all-levels gentle yoga class while taking in a beautiful view of the park. Minors must be accompanied by an adult. Please bring a yoga mat if you have one. Mats will be available on a first-come, first-served basis.

Ages: 10+

\$2 per person



Lake Roland: First Day Hike

Tue, Jan 1, 10 am - 12 pm

Start the year off right by enjoying the great outdoors! Join a park ranger for an easy hike observing nature's winter splendor. Dress warm for the weather and bring water with you. Space limited.

Ages: All

Free

Roland Park Branch Library: Hands on Holidays Family Storytime

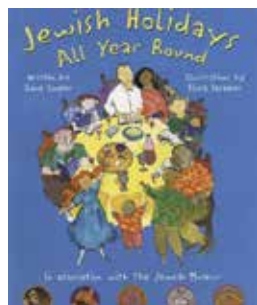
Thu, Jan 3, 11 am

Tu B'Shvat

Presented by the Jewish Community Center

<http://calendar.prattlibrary.org/>

Free



Lake Roland: Primitive Fire Making

Sat, Jan 5, 2 pm - 3:30 pm

What did our ancestors do before lighters and matches? Learn how to make fire from various materials. Children must register with an adult. Limited to 15 participants.

Ages: 10+ with an adult

\$4 per person (\$2 for members)

Lake Roland: All About Black Bears!

Sun, Jan 13, 1 pm - 2:30 pm

What do black bears eat? Where do they live? How do they stay warm in the winter? Join us to learn all about black bears, Maryland's largest land mammal!

Ages: 5+

\$2 per person (\$3 members)

Lake Roland: Wolf Moon Campfire

Sat, Jan 19, 6 pm - 9 pm

Tradition and folklore dub January's full moon the Wolf Moon. Join a ranger for a night hike and then gather around our campfire to warm up with a warm treat.

\$5 per person

Roland Park Branch Library: Charm City Writers - Critique Group

Sat, Jan 19, 2:30 pm - 4:30 pm

Join the Charm City Writers critique group the 3rd Saturday of every month. This small group meets regularly to review each other's work and offer constructive feedback. Open to Maryland Writers Association members and non-members alike; all genres welcome.

For more info: https://marylandwriters.org/Critique_Groups

<http://calendar.prattlibrary.org/>

Free



Inner Harbor Wellness: The SoulCollage® Journey with Annette Laugel

Sun, Jan 20, 1 pm - 5 pm

SoulCollage is a creative process using collage for self-expressions and exploration. We'll use SoulCollage® founder.

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Seena Frost's curriculum to guide us in creating a personal collage cards. Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St.

www.innerharborwellness.com

\$60 per class

Adult & Family Activities

FEBRUARY

Lake Roland: Linoleum Block Printing and Card Making for Adults

Sat, Feb 2, 11 am - 1 pm

Sat, Feb 9, 11 am - 1 pm

Class size: 10 adults

Two sessions. Looking for something new to learn as the winter doldrums approach? Learn how to carve a linoleum block and create multiple prints the first class. In the second class, make unique cards with your original prints. *Must sign up for both classes*

Ages: Adult

\$25 per person (\$20 for members)

Inner Harbor Wellness: Funky Junque Jewelry: Symbols of the Season with artist, Sara Murphy

Sat, Feb 9, 11 am - 5:00 pm

Create original jewelry or a hanging ornament for your home or garden. Extra hearts and love themed materials will be included in the available supplies for this class. Create for yourself or someone you love using rose quartz, the love strengthening stone, along with our stash of funky elements and your box of treasures. For those who are beginning and experienced. Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St.

www.innerharborwellness.com

\$70, \$15 materials fee

Inner Harbor Wellness: Mandala Meditations with Marilyn Clark

Sun, Feb 10, 1 pm - 4 pm

Learn to create mandalas and to use them for personal growth and spiritual enrichment. Sacred texts, music, contemplation, personal journaling, and discussion provide further insights. Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St. www.innerharborwellness.com

\$50 includes materials

Inner Harbor Wellness: Shining the Light on Death: Exploring our Impermanence

Sat, Feb 16, 11 am - 5:30 pm

Join us for an afternoon of exploring how conscious dying reveals the preciousness of life. Participate and engage in experiential approaches, including meditation and artwork, which help us discover how redefining death can guide us toward a more meaningful life. Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St.

www.innerharborwellness.com

\$70 includes materials

Lake Roland: Bird Extravaganza

Sat, Feb 16, 10 am - 1 pm

Sun, Feb 17, 10 am - 1 pm

Join us for birding activities and search for birds while participating in the Great Backyard Bird Count!

We will have live birds, crafts, games, hot drinks, a campfire, and more!

Ages: All

Free







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Inner Harbor Wellness: Flow: Mindful Movement

Sun, Feb 17, 1 pm - 2:30 pm

Movement provides us with a profound and direct way to synchronize our body and mind and to experience the present moment through sensing, feeling, and responding to external and internal cues. We'll use elements of dance, yoga, mindfulness, and qigong to promote the flow of energy and stress reduction. No experience necessary.

Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St. www.innerharborwellness.com

\$15 Single Class \$30 for Flow and Toning

Inner Harbor Wellness: Toning for the Soul

Sun, Feb 17, 2:30 pm - 4 pm

Toning for the Soul with Ann Hughes

Connect with the energy centers in your body and clear them with easy-to-make vowel sounds: OH, AH, EE, etc. Learn to express and balance your daily irritations with your own personal sounding and humming routine. Practice listening and feel the power of community in group toning. Toning for the Soul is about "sounding" – not "singing" – anyone can do it! Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St.

www.innerharborwellness.com

\$20 Single Class \$30 for Flow and Toning

Lake Roland: The Lore of Archery

Sat, Feb 23, 1 pm - 3 pm

The bow and arrow have been one of mankind's greatest tools for thousands of years. Learn the history behind this ancient skill, proper shooting technique, and see if you can hit your mark. Children must be registered with an adult.

Ages: 7+ with an adult

\$5 per person

Ongoing Events

Roland Park Branch Library: Baby and Toddler Storytime

Thu, 1:30 pm

Stories, movement, play, and songs for babies in arms and toddlers together. Playtime follows.

For little ones under two with a favorite adult. All abilities welcome. Groups of 5 or more must call 410-396-6099 to register.

<http://calendar.prattlibrary.org/>

Ages: Birth to 2

Free



Roland Park Branch Library: Family Storytime

Thu, 11 am except Dec 6

Stories, movement, songs, and our most fun activities. Come ready to move, laugh, and learn together. Come early for playtime.

For families with children ages 2-5; siblings welcome. All abilities welcome. Groups of 5 or more must call 410-396-6099 to register.

<http://calendar.prattlibrary.org/>

Ages: 2-5

Free

Roland Park Branch Library: STEAM Saturday

Sat, Dec 8, 10:30 am

Sat, Jan 5, 10:30 am

Sat, Feb 9, 10:30 am

Explore Science, Technology, Engineering, Art and Math through play, discovery, movement, and stories.

<http://calendar.prattlibrary.org/>

Free

CONTINUED ON PAGE 30

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Top Holiday Decorating Tips

By Johanna Alonso

’Tis the season! With the holidays fast approaching, houses all around Roland Park are beginning to be adorned with bright, shimmering lights and festive decorations. Everyone looks forward to transforming their home to embrace the feelings of the holidays, but how can you guarantee that your decorations are up to par? If your holiday vision is a bit uninspired, Amanda Merrill, a professional florist and decorator, is here to help.

Amanda is the owner and operator of Stylish Occasions by Amanda, where she specializes in floral design and special events. Amanda found a passion early on for creating beautiful arrangements, and enjoys the fulfillment of seeing the reactions and emotions on her clients' faces when they see her creations come to life. She has designed events in The Walters Art Gallery, The Engineer's Club, Mt. Washington Dye House, and The Belvedere to name a few.



On top of her magnificent floral arrangements, Amanda is also an expert decorator, with a wealth of experience making holiday wreaths, decorating Christmas trees, and otherwise decking the halls in preparation for the holiday season. Here are her top tips for savvy holiday decorating:

- Don't be afraid to try something new.** Consider what you can do to make your decorations stand out from the crowd. For example, Amanda is adding fuchsia accents throughout her home to give her decorations an exciting pop of color that differs from the traditional red, green, or blue. Think about ways you, too, can have fun stretching the default design principles that are usually associated with this time of year!



All photos courtesy
Blonnie Brooks/Wags Media

■ **Less is more...usually.** If you're looking for a classy, elegant design scheme, your best bet is to go simple but effective: white lights on the Christmas tree, enunciated by ribbons for color, with mostly neutral ornaments. Amanda also says that if you want to go a bit bolder but are afraid of your decorations being too over-the-top, you should lean into it! Christmas decorations are about having fun and enjoying the winter holidays. If you have a homemade ornament or kitschy decoration that doesn't necessarily suit a classy aesthetic, it's usually more effective to put it front and center than to push it into a corner, because "if you put it front and center, it's intentional and no longer gaudy," according to Amanda.

■ **Tablescapes can make a huge impact.** As family and friends gather around the table, Amanda recommends finding a way to incorporate something fresh into your table setting in order to bring liveliness and a natural energy into the dining room. That can be a sprig of a fresh herb or a centerpiece of seasonal flowers — though be wary not to make the centerpiece too tall or your guests won't be able to see each other.

She also advises you to pay attention to place settings; an effective place setting features a "charger" plate, which is a large, decorative base on top of which other dinnerware is placed. Nice linens and stylish flatware can also make a huge difference in the elegance of a table setting. For a personalized touch, you can create name cards or even a printed menu to rest upon each individual place setting. Amanda is in favor of nameplates because they help to bypass drama and confusion about where everyone is sitting. It also allows you to strategically place the best conversationalist on either end of the table so that the conversation never stops flowing.

■ **Lighting is crucial.** You want your guests to be able to see each other, but harsh lighting can make a room feel unwelcoming. Amanda notes that soft candlelight is effective for putting guests in the holiday spirit and that strings of lights can serve to decorate dining areas just as effectively as they can decorate Christmas trees. "Just make sure you don't use the string that is missing a bulb," Amanda jokes.

■ **Don't forget the florals!** Most people think of flowers as spring or summer time decorations, but the flowers that thrive in the colder seasons are often just as beautiful. Some of the most festive flowers and foliage include amaryllis, anemones, berries, and evergreens. They also can give off the spirit of the season with their aromatic smell. Amanda recommends finding ways to incorporate the winter flowers



into your holiday design scheme, whether that means making them the centerpiece at your Christmas dinner, incorporating them into your Christmas tree, placing a bouquet on the mantel above your fireplace, or adding them to the wreath on your front door.

Most importantly, Amanda reminds you to have a blast; the holidays are, after all, the most wonderful time of year! Though classy, elegant holiday decorations are wonderful, so are light-up snowmen, reindeer dolls, and messy, handcrafted ornaments. In fact, the holidays are the one time of year when cluttered, crazy, over-the-top design schemes are not only accepted, but embraced. "If you're going to go all out, you may as well compete with the best," says Amanda. "If your home looks like the North Pole, you've probably succeeded." ❖

Roland Park Community Foundation Landscape Committee Update

Bike Rack by Library:

The Roland Park Community Foundation donated two convenient bicycle racks positioned on the sidewalk in front of the library. The racks are black to match nearby street lamps, trash cans, and benches and to complement the historic stone library. As the original installation didn't hold, the Foundation recently paid for a permanent solution.

Free Trees

Additional free trees will be available for spring planting, but Kate Culotta is placing the order on December 14th.

Roland Park residents, who are current with Civic League dues and pay full R&M fees (10X basic), may have their tree planted for free. If you pay the basic R&M fee, you can still request a



The Japanese zelkovas on Roland Avenue are looking better. Thanks to the Roland Park Civic League, the Roland Park Community Foundation and its landscape committee, Sharon Green Middleton, Robert Ginyard, Kevin Mulinary of Davey Tree, and all Roland Park residents who pay their Civic League dues and Roads & Maintenance fees. Photo Courtesy Anne Stuzin

Greater Roland Park Home Sales

(September - November 2018)

	List Price	Closing Price
5413 Falls Road Terrace	\$385,000	\$382,000
4302 Roland Avenue	\$424,900	\$419,900
4300 Keswick Road	\$525,000	\$487,500
621 Saint John's Road	\$599,000	\$600,000
5105 Falls Road Terrace	\$599,000	\$580,000
501 Hawthorn Road	\$650,000	\$600,000
305 Northfield Place	\$675,000	\$650,000
17 Elmwood Road	\$689,900	\$650,000
502 Somerset Road	\$749,500	\$700,000
306 Somerset Road	\$759,000	\$734,500
306 Edgevale Road	\$925,000	\$855,000

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free tree, but you'll be responsible for its planting.

Please email your requests to Kate at krkulotta@msn.com no later than December 13th.

Available trees will be species such as maples, oaks, Princeton elms, black gum, dogwood, redbud, and cherry.

Gentle Reminders

- During dry spells this winter, please water trees planted within the past two years with five gallons of water per week.
- Please remove debris from gutters and storm drains. Removing this debris is our responsibility as homeowners.
- Please prune front and backyard bushes, so that they don't encroach on sidewalks and lanes.
- For dead trees, fallen tree limbs, and stumps located in the green space between sidewalks and curbs, please call 311.
- And, if you still have leaves in your yard, please consider letting them stay on the garden beds until spring. Beneficial insects and birds will thank you. For more information on the growing Leave the Leaves movement see: <https://xerces.org/2017/10/06/leave-the-leaves> ❖

Roads And Maintenance Wins Legal Challenge

By Christine McSherry

If you have ever wondered whether the covenants in our deeds are enforceable to protect the architectural integrity of Roland Park, the answer is a definitive, "Yes!" In a legal challenge brought by some homeowners against the enforcement of the Roads and Maintenance covenants, the Maryland Court of Special Appeals found that the covenants are enforceable and that the Roads and Maintenance Board acted reasonably when it denied the applicants' request. In describing this case, we will not name any of the parties or the specifics of their proposal, to protect their privacy.

The property in question was under covenants which expired in 1959 but were renewed by previous property owners in 1990. The covenants in question stated:

"No building shall be started, erected, maintained, altered or converted on or any [parcel subject to the Covenants] until the plans therefore, including specifications of construction, design and color schemes, a plat location plan showing the location and grade of driveways, walks and structures of every kind to be erected, have been submitted to and approved by Roland Park Roads and Maintenance Corporation, its successors or its assigns, of the rights hereunder. *Said Corporation, in passing on said plans, shall consider the proposed use of the proposed building, the material of which it is to be constructed, its color and design, the harmony hereof with the surrounding area and properties, its location and the outlook it presents on surrounding properties.* (emphasis added by Court)"

The homeowners argued that these covenants did not apply to them because they had acquired the property by Special Warranty Deed, which stated that the sellers had not done anything to encumber the property. That argument failed in the Circuit Court trial and in the appeal at the Court of Special Appeals, where the Court found that the covenants did apply to the property.

The Court of Special Appeals stated that "a covenant that runs with the land binds not only the parties that enter into the covenant but also successive owners as well." The Court found that the Declaration that the previous owners signed in 1990 renewing the Covenants was unambiguous in its intention that they run with the land, and that the subsequent Deeds did not change that. The Court found that the covenant did indeed run with the property in question and they were, therefore, valid and enforceable.



The homeowners further argued that the Board of Roads and Maintenance acted arbitrarily and capriciously in denying their application, but both the Circuit Court and the Court of Special Appeals found that they did not. They specifically held that the Board's decision was not subject to judicial scrutiny because it was squarely within the "business judgment rule," which "precludes judicial review of a legitimate business decision of an organization, absent fraud or bad faith." In citing another case from the Court of Appeals, the Court noted that "the business judgment rule insulates corporate and association decisions

from judicial scrutiny, 'absent fraud, irregularity, or arbitrary action.'" (citations omitted). The Court specifically pointed out the lengths to which the Roads and Maintenance Board went to try to work with the homeowners. It noted that "The Board spent months reviewing the [homeowner's] various [building] proposals, communicated with them about the Board's concerns, and allowed for multiple resubmissions of the application. The Board followed its own review process. The meetings were memorialized with detailed

minutes. The Board's denial letter provided a clear reason. In other words, the Board's decision was one 'based upon a reason that bears some relation to the other buildings or the general plan of development' and was certainly not 'arbitrary, whimsical or capitious.'"

The homeowners asked the Court of Appeals to accept their case for a further appeal from the decision of the Court of Special Appeals, but the Court of Appeals denied that request, so the matter is finally settled. The Board of Roads and Maintenance regrets that they were not able to resolve this without litigation but they did offer numerous compromises to the homeowners, who would not accept any of them. The Board did approve a design that was substantially similar to the original proposal, but the homeowners declined to build that. The homeowners filed the lawsuit, leaving the Board with no choice but to defend it. In the vast majority of cases, the Board can resolve any concerns that it might have about an application by working with the homeowners and finding a solution that everyone likes.

Approximately 80% of the homes in Roland Park are under some sort of covenant, but those covenants vary widely. If you have any questions or concerns about your covenants, you can find them on the State of Maryland Website, at <https://mdlandrec.net/main/> where you can search your address. Many of the covenants were filed when the houses were built, but not all of them. Others were renewed at some point in the last 70 years, so if you can't find them, try calling the RPCL office at 410-464-2525 to see if we can help you find them. ♦

Winter Pollinator Plants

By Devra He'ui Kitterman

As a beekeeper with many years of experience in horticulture, I am always a bit embarrassed to admit that I spend an unnatural amount of time watching what insects feed on what flowering plants and when. Honeybees and other native pollinators are responsible for three out of five mouthfuls of food that we eat, as they pollinate our fruits, nuts, and most vegetables. The recently documented decline of insects globally estimates that over 70% of flying insects are now gone. In North America, honeybees, native bees, and pollinators, in general, are rapidly disappearing primarily due to loss of habitat and forage, chemical use, and other factors. It is generally agreed that the number one problem is lack of forage (food). Humans have basically killed off the food for pollinators. No more flowers growing alongside the road, no more meadows, rapid loss of our woodlands,



Your backyard could be a pollinator's paradise!
Photo courtesy Devra He'ui Kitterman

and the use of lawn treatments, farm chemicals, and weed/insect killers are turning our shared habitat into an enormous dead zone. Any year with extremes of rain (like 2018) and drought cause further calamity to the food supply of our bees and other pollinators, and further endanger agriculture and our human food supply.

I encourage folks that are interested in protecting pollinators to plant trees, shrubs, and perennials, especially for late season and winter, as forage is typically more readily available in the spring and early summer. And while I agree that native plants are vitally important, there are many non-natives that are superior forage plants that we can no longer afford to snub. It is now an emergency situation.



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Here are a few of the best winter-blooming plants:

Hellebores: *Helleborus orientalis*, Lenten Rose: Native of Greece and Turkey. A worthy must-have winter pollinator plant, evergreen, 12-15" drought-tolerant ground cover, for shade/part shade, with blooms in January, February, March, when pollinators have started emerging and are starving. The best performers are plants that are less hybridized, as the more fancy



Photo courtesy Sally Foster

hybrids provide little to nothing for pollinators, and growers are now seeing these fancy plants suffer from a lack of vitality. Simple is best. Try *Helleborus hybridus* 'Brandywine,' or 'Pine Knot Select,' which provide flowers in tones of burgundy, cream, mauve, pink, white, and green. These two hellebores seed down and will spread magnificently in a shady area in just a few years. The more hybridized cultivars do have lovely fancy flowers, but will not provide forage for bees or seed and the foliage will appear wimpier. For late-winter/early-spring clean-up, trim off the winter-burned leaves as the new foliage and flower stems appear. Deer and rabbits hate hellebores. These are almost completely pest-free plants, although some years aphids appear and can be hosed down with water and Dr. Bronner's peppermint soap.

Camellias: China, Asia origin. On January 1, 2017, we had a warmish, sunny day, and I noticed hundreds of honeybees on a neighbor's two large, beautiful evergreen *sasanqua camellias*. Camellias is considered the Queen of Winter flowers, as they will bloom prolifically during warmer winter periods. The only problem is that I have talked with at least a hundred growers of Camellias, asking them if they are using Neonicotinoids, a supremely toxic family of persistent systemic pesticides, used during cultivation. I was shocked to find that all of them admitted yes, with the primary reason being to have them "looking retail ready." I am constantly looking for a grower that does not use these chemicals because the neonic residue that remains in the leaves and flowers continues to disable and kill pollinators for years. Consumers can help by demanding a stop in the use of these chemicals in all our plants. Almost every single tree or

shrub that you purchase has been treated with neonics unless you buy from a specifically environmentally conscious organic grower.

Bulbs: Easy, critically important forage for pollinators. Deer-and-rabbit-proof, although sometimes squirrels inadvertently dig them up while squirreling away food. Be mindful that tulips and Narcissus (daffodils) provide little to nothing for pollinators. Most of the excellent winter bulbs have nice small-leaf foliage, unlike tulips, which tend to bloom out in a day or so leaving you with really unattractive foliage for many weeks. Consider using Crocus, Eranthis, Galanthus and Scilla, among others. It is best to acquire multiple bulb catalogs in the summer and order before fall, as many suppliers run out of some of the best bulbs early. Bulbs can easily be installed with an electric drill and small augers to match the size of your bulbs. Simply drill the holes in your yard to the proper depth for each bulb type, add a little bone meal, the bulb, backfill, and voila-much needed winter color will be coming up for years to come! ❖

For Pollinator-Preferred plant lists, bulb list, and free info, contact devra.kitterman@gmail.com.

Devra He'ui Kitterman worked in the Horticulture Industry for over 37 years, and was the owner/operator of He'ui Horticultural Services. Her Hawaiian family background instilled a love of plants, flowers, and an abiding respect and affection for the natural world. She designed and installed the landscape at the Roland Park Library some years ago and it has thrived with a minimum of maintenance. She teaches about protecting pollinators and beekeeping, and keeps bees at her house and in the yards of generous, like-minded neighbors around Roland Park. ❖

Crime Prevention Tips for The Coming Holidays

By Jerry "Buz" Busnuk

Many years in the Baltimore City police department have taught me that the coming of fall weather and the subsequent holidays begins an uptick in criminal activity. As the days get shorter and night falls more quickly, criminals are given cover for their activities. People are out buying presents, and spending money; they are attending social events and parties in the evening, and their normal carefulness can be altered by festive social events.

Roland Park is one of the safest neighborhoods in the city, particularly as crimes against persons go. But, it's best to be reminded that we live in one of the highest crime cities in the country, so crime prevention tips are often beneficial.

- The most important attribute for preventing crime, I believe, is mindfulness. This means being aware that crime is out there, while not being paranoid about it. The worst mistake anyone can make regarding their security is to think "it can't happen here," or "that kind of thing never happens in Roland Park." It can and does.
- When getting money from an ATM, always try to do so during the day. At night, those machines tend to be well lit



so you stand out, but anyone watching you is difficult to see in the dark. Always look around before you use an ATM, particularly at night or during a slow day when not many people are around, such as when the Ravens are playing a big game. If you find someone who seems to be staring at you or looking at you inappropriately, it may be useful to delay getting money at that time, as you may be in the process of being targeted. Use your instincts! If something does not feel right, get out of the situation as quickly as possible. This caution applies not only at ATMs, but at any time when you feel uncomfortable.

- If you only need a small amount of cash, most grocery stores, such as Eddie's and Whole Foods, will allow you to get cash in addition to a purchase when you use a debit card.
- If possible, avoid running after dark. Try to move your workout to early morning or midday. Whenever you run, or even while walking, I recommend not wearing earbuds and listening to music; save those for running on the treadmill at the gym. While walking around the neighborhood, you need to be fully aware of what is happening around you.
- Try to find a buddy to run or walk with you.
- If someone in a car stops to talk to you, stay well away from it if you're even the least bit suspicious. If you feel threatened, run or walk in the opposite direction of where the car is pointing. It's a lot harder to drive in reverse.
- Many street robberies nowadays are motorized "jump-outs," wherein a potential victim is seen, assessed, and attacked. It is likely the car is stolen. These typically happen to lone pedestrians on streets that are relatively quiet at the time; the element of surprise is often present.



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- Again, mindfulness comes into play. To the greatest extent possible, you should be aware of your surroundings. Try to place potential perpetrators under surveillance before they place you under surveillance. This means being aware of your surroundings as you park the car, looking before you park, and, then, before you get out, seeing if there is anyone around about whom you may be concerned. When on foot, walk confidently, and do not talk on your cell phone or text while walking. It sends an immediate message that your attention is elsewhere and that it would be easy to catch you off guard.
- If you have the unfortunate circumstance of being surprised by men demanding your valuables (it's almost always men), do not resist, fight, or attempt to run if you cannot easily get away. Do not argue or lecture suspects, as they can be impulsive and resentful of being disrespected. Your job at this point is to make the interaction go as quickly and "pleasantly" as possible. The old expression "your money or your life" applies here. It is better to survive and prevent harm to yourself than resist giving up some material item, whether it be your smartphone or your purse.
- Be alert before entering stores during the holiday season, when store robberies often occur. Be especially vigilant about entering convenience stores, such as 7-Eleven or Royal Farm, particularly during periods of time when it is not busy, such as overnight.
- "Nothing much good happens after midnight." This classic saying is applicable to crime prevention. If you're out and about during the holidays, the later you stay out, the more risks you face—particularly after imbibing certain tasty beverages.
- Uber and Lyft, whatever else you may think of them, are useful crime prevention tools. They can pick you up right at your residence and drop you off right at your destination, and vice versa. Thus, you won't have the walk to and from your car, which can be particularly risky if you're in an unfamiliar area.
- Nightlife can be a lot of fun, particularly for kids home from school for the holidays if they are of legal drinking age. However, a good rule of thumb is that as the clock hits 1 a.m., it's time to head home. Though bars can serve until 2 a.m., it's been my experience that as last call approaches, trouble increases.
- Place your purse or other valuables in the trunk of your car before leaving for a destination where you don't want to carry them in—not after your arrival there. Under the seat is not a safe place.
- Don't leave anything tempting in your car, such as laptops, briefcases, gym bags, iPods, etc.
- The simplest way to evaluate the security of your house is to walk outside and think: if you left your keys inside, what would be the easiest way to get inside? Then consider how you could get into your house without risking being seen by anyone. Bingo! You've now done a security assessment of your house! Take the appropriate measures to correct vulnerabilities.

Package Theft

By Johanna Alonzo

Package theft is a huge problem across America, and, according to a recent Baltimore Sun article, Baltimore "ranks eighth in prevalence of theft of Amazon deliveries." To prevent being a victim of package theft this upcoming holiday season, consider having your package delivered to some place other than your doorstep, such as your workplace or the home of a relative who you know will be home. Certain companies also have safe pick-up locations around the Roland Park area: Amazon Lockers can be found at the 7-Elevens at 3601 Falls Road and 401 E 33rd Street, and UPS packages can be delivered to the UPS Store located at 711 W 40th Street.

There are also several new technologies that discourage package theft. The BoxLock, for instance, is a small, padlocked box that can only be opened by scanning a package that you are expecting to be delivered soon, thus allowing delivery men to safely secure your packages until you can retrieve them. Amazon Key is another similar service that allows delivery men to deposit packages just inside your doorway while being monitored by cameras.

If you have nowhere safe to send your packages and you don't want to invest in any expensive hardware, you can also simply take the following precautions: keeping track of when your packages are going to be delivered, asking your neighbors to keep an eye out for deliveries to your house, installing security cameras, and requiring a signature for your deliveries. It only takes a few simple steps to discourage thieves away from your packages.

- Always have your doors and windows locked unless you are right there and actively using them.
- Make sure your outdoor lights are on after dusk.
- Most Roland Park houses can benefit from having an alarm system, but it's only effective if you use it.
- Don't warm up your car in the morning with no one in it. You may have it locked via fob, but suppose you forget. Moreover, it only takes a second to smash a window and take your car.
- Be aware that theft of packages left at your door is rampant. If you're not usually home, have them sent to a neighbor who is, or to your workplace.
- Finally, get to know your neighbors in this wonderful neighborhood, and look out for each other. ❖

Jerry "Buz" Busnuk is a local Security Consultant with expertise in Roland Park. With more than 30 years of police and security experience, including growing up in and policing inner-city Baltimore, no one knows crime and crime-prevention strategies better than Buz. He can be found on www.buzoncrime.com.

Halloween

By Lori Ulloa

The year was 2012 and we lived in Canton. We were looking for a new place to raise our growing family and Roland Park was one of the Baltimore neighborhoods we were eying. When a friend who already lived in the neighborhood invited us trick or treating, I had no idea what to expect. As soon as we arrived, we immediately embarked out on our Halloween journey. To us, Roland Park seemed like a blast from the past: almost all of the houses were open to trick or treaters and decorated like they were entered into a contest, a stark contrast from the downtown condo complex where we lived. Halloween sold us on Roland Park and as soon as we found the right house, we bought and have called it home ever since.

Please enjoy these photos from our 2018 Halloween season.

Photos courtesy of Sally Foster





Photo courtesy Jim Considine

I love math, science, and hockey.

I think I bring positivity to any group I'm in. I always try to be my best self and to be happy and get the most I can out of any experience.

I want to become an architect — to design something that everyone will use. *It takes a lot of knowledge.*

I know this because I go to Park.

— Elijah, 7th Grade

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10 Tips to Increase Your Fruits and Veggies!

By Beth Graham

Ever since you were a kid, you've probably heard people say, "eat your veggies!" and now, you're probably saying it to your own kids! The big question is how do you put it into practice and make it enjoyable? Most Americans score subparly, so don't feel you are in the minority if you're not making fruits and veggies a part of your daily routine. If you start by taking small steps to add a little more to each meal and snack, in time, you will reap the rewards. Whole, plant-based foods are nutrient dense and loaded with vitamins, minerals, antioxidants, fiber, and water. They provide structure to your diet, will help to balance cravings, keep you full longer, and reduce inflammation, so you feel better and have a greater sense of wellness. When you focus on adding more of the "good," some of the "bad" will begin to slip away!

As a community, we can focus on making it fun and exciting! Commit for the next 30

days to increase fruits and vegetables in your diet. It's important to set a specific goal that's attainable and realistic. Write your goal down and record your fruit and veggie consumption. Don't go it alone! Partner with your spouse or with a neighbor and check in with each other daily to hold each other accountable.

Here are some tips to get you started!

1. Add fruits and vegetables to breakfast:

Start your day off right with a green smoothie (see recipe below); add sautéed spinach or zucchini, peppers & onions to eggs; add fruit to warm oatmeal; in a hurry, grab an apple and some raw nuts to eat on your commute.

2. Now that winter is approaching, add veggie soup as a lunch option or as a starter for dinner.

If you are making soup at home, increase the number of veggies the recipe calls for.

3. Order veggie dishes at a local restaurant.

Restaurants at Belvedere Square like Atwater's and Ejji Ramen always have options like the veggie "noodles" at Ejji or the veggie & lentil



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soup at Atwater's. Namaste on Cold Spring Lane also has a vast selection of vegetable dishes like the Tandor Vegetables or Vegetable Jalfrazi. Also, Miss Shirley's on Cold Spring Lane, where lines gather for weekend brunch, has some

Drink Your Greens Juice

8oz water or nondairy milk like almond, coconut, hemp or rice

1-2 frozen bananas

1c fresh or frozen fruit like blueberry, pineapple, mango, peach, apple or pear

1-2c greens or veggie option like spinach, kale, chard, dandelion greens, celery, zucchini, cucumber, canned no sugar pumpkin

Combinations to try:

Banana-strawberry-celery or cucumber

Banana-mango-spinach

Banana-pineapple-dandelion

Banana-pumpkin and 1t pumpkin pie spice, ½ t vanilla, 1T maple syrup or 1 pitted date

Enjoy!

on your plate with a squeeze of fresh lemon juice. Then add your protein, dense carb, and a veggie option.

9. Include some veggies in your blended dip or salad dressing.

Make a salad dressing by blending a whole peeled zucchini, cherry tomatoes, or red pepper 1/3c tahini (sesame seed butter), 1/3c Bragg Raw Apple Cider Vinegar, 1/3c fresh lemon juice, and season with sea salt and herbs like dill. If you would like it thinner, you can add water.

10. Use lettuce like romaine leaves or collard greens instead of bread for a sandwich wrap. At the Waverly Farmer's Market on Saturdays (open year round) or the Farmer's Market and Bazar under the Jones Falls on Sunday (open until the end of December and opening back up in April), the stall From Farm to Face uses collard greens for their falafel wraps. Enjoy one and recreate at home! ♦

Beth House Graham is "almost" a Baltimore native and has been teaching yoga & wellness in the area since 1997. She works mostly teaching corporate wellness and private clients with a few weekly classes.

Visit www.BethGrahamWellness.com for videos and blog and start feeling good again!

of the city's best salads. I recently enjoyed the Southern Chopped Salad loaded with beans, tomatoes, onion, and corn with smoky vinaigrette, and my friend had the Spinach and Kale with beets, mushrooms, and cranberries. Don't overlook the three-egg omelets as an option and add spinach, tomato, peppers, and broccoli instead of the traditional ham and cheese.

4. When preparing chicken or wild salmon for your next dinner party, top the entree with sautéed chopped onion, mushrooms, peppers, and zucchini with a shake of sea salt and chopped parsley.
5. Try a new vegetable or one you disliked as a child. Not a fan of brussels sprouts or asparagus as a kid? Try roasting them at 400 or 450 degrees (depending on how your oven cooks) with a little coconut oil for 30 – 40 minutes checking for desired "doneness" at 20 minutes. Finish with a squeeze of fresh lemon juice and sea salt.
6. Make fruits and vegetables your snack option instead of chips, pretzels, or candy. Keep fruit washed and ready to grab and make up veggie snack bags with sliced carrots, celery, and cherry tomatoes. Make up five every Sunday for the week ahead.
7. Have a green juice or smoothie from the Plant Bar at Belvedere Square instead of an afternoon coffee or tea (see recipe above). Make sure the juice you order is 80% vegetable and 20% fruit. You will feel the energy! Just give it a try.
8. Plate with GREENS! When plating your dinner of wild salmon, brown rice, and a veggie, start with greens as the base. Simply put fresh greens like romaine or mixed lettuce

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Braised Pomegranate Short Ribs With Roasted Butternut Squash

Eddie's of Roland Park

A comforting dish for cold winter nights.

Prep Time: 20 minutes

Cook Time: 2 ½ Hours

Serves: 4

Ingredients:

2 lbs. boneless short ribs of beef

Salt and fresh ground pepper

2 T. canola oil

1 c. onions, chopped

1/2 c. celery, chopped

1/2 c. carrots, chopped

1 bay leaf



3 cloves garlic, chopped

2 T. balsamic vinegar

1 c. red wine, full bodied such as Cabernet

1 c. Pom pomegranate juice

1 fresh pomegranate, cut in quarters, garnish

¼ cup fresh flat leaf parsley, chopped, garnish

1 butternut squash, peeled, seeded, cubed

1-2 T. olive oil

½ tsp. chili powder

¼ tsp. allspice

¼ tsp. ground cumin

¼ tsp. ground cinnamon

Salt and pepper

The world needs what our children can do.



To prepare: Preheat oven to 350°. Season beef ribs with salt and pepper. Heat canola oil in a large frying pan over medium-high heat. Brown short ribs on all sides. Spray roasting pan with non-stick spray. Transfer ribs to roasting pan and set aside. To the hot frying pan, add onions, celery, carrots, and bay leaf. Lower heat to medium and stir mixture until onions are translucent and golden in color. Add garlic and balsamic vinegar. Deglaze the pan, scraping up brown bits that stuck to the bottom. Add wine and continue to stir. Pour in Pom juice and stir to combine. Pour mixture over short ribs in roasting pan. Be sure ribs are nestled in liquid. Cover pan tightly with foil and bake for 2 hours until tender. Uncover for 15 to 20 minutes to brown.

Meanwhile, to prepare the butternut squash, spray a shallow sheet pan with non-stick spray. Spread out cubed squash in one layer on the prepared pan. Sprinkle with chili powder, allspice, cumin, cinnamon, salt, and pepper. Drizzle with olive oil, then toss with your hands to combine seasoning and oil, then re-spread evenly on sheet pan. Roast in 350° oven for 30 minutes until squash is tender and lightly browned.

To serve, place roasted butternut squash on platter, top with a braised short rib with some of the pan sauce, then garnish with a quartered pomegranate and chopped parsley. Serves 4. ❖

Pair with Martinelli Zinfandel.

Eddie's Tip: This is great do-ahead dish. It can be prepared 3 days in advance or prepare ahead and freeze until ready to eat.

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French Onion Soup

Petit Louis

Yield: 1 gallon

- 4 qts chicken broth (preferably homemade)
- 2 qts beef broth (preferably homemade)
- 6 large yellow onions, sliced
- 1 cup Blandy's Madeira
- 1 cheese cloth sachet containing: 1 head worth of garlic cloves, 8 sprigs of thyme, 6 bay leaves, pinch of black peppercorn
- 2 oz. salt
- For serving:
- Sliced day old baguette
- Sliced gruyere or comte cheese
- Grated parmesan

Method:

In a wide, heavy bottomed pot, sweat onions in a small amount of butter and a heavy pinch of salt. Continue to cook until the

onions start to brown. Deglaze the bottom of the pot with water every so often to prevent burning. Cook for approximately 30 minutes or until the onions are dark and caramelized, but not burnt. Add chicken and beef broth, Madeira, sachet, and salt. Bring to a boil and reduce to a simmer. Continue to simmer until the liquid is reduced by 30%. Stir occasionally to make sure that the onions are not sticking to the bottom of the pot.

To Serve:

Ladle hot onion soup into an oven safe serving bowl. Place 2-3 thin slices of day old baguette on top of the soup. Top with sliced gruyere or comte and

grated parmesan. Place the soup bowl on an oven safe cooking tray in the oven on the low broiler setting until the cheese is golden brown and bubbly. Serve immediately. ❖




Photo courtesy Petit Louis


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Math as a Creative Subject

At Roland Park Country School, the mathematics department introduced an innovative curriculum three years ago known as “integrated math” to develop mathematicians who can transfer their skills to solve novel problems, rather than just memorize one way of solving equations. Integrated math unites analytical and creative thinking, which helps students become more enthusiastic about the subject. Instead of teaching one math subject at a time, such as fractions or pre-algebra, the curriculum across the entire school focuses on problem-solving, critical thinking, connecting and building upon different math concepts, and drawing from prior knowledge to encourage deeper learning. By teaching creative and flexible approaches to solving problems, students gain a deeper understanding of these math concepts and how they are intertwined, which also expands their future possibilities in math and STEM fields.



Lower School Math
Photo courtesy of Roland Park Country School

What Integrated Math Looks Like in the Classroom

From kindergarten through 5th grade, students are assigned a group activity at the beginning of class. The teachers ask students thought-provoking questions throughout these exercises about what they are noticing, why it is important and how it relates to math. Multiplication tables are still memorized, but they are made fun by incorporating music.

The 6th and 7th graders follow a student-centered, problem-based learning curriculum, which also includes a group activity at the beginning of class.

In grades 8 through 11, instead of textbooks, students work from spiral-bound books filled with word problems. The desks in class are arranged in a square to face each other and the teacher sits with the students.

Students take on leadership roles in class, sometimes in teams, by writing their homework problems on the boards and explaining the reasoning behind them. Then the class and teacher discuss the methods and key concepts, used and challenge each other to think about the answer from different perspectives.

The Struggle is Real

Make no mistake, this math program is rigorous. In one recent 9th grade honors math class at RPCS, they covered everything from the Pythagorean theorem (geometry) to quadratic formulas (algebra) in just 70 minutes. One honors student explained, “I can’t imagine going back to a regular math program, but in the beginning, I really struggled and didn’t like it at all. With my teacher’s help, I have become very confident in math and my grades have improved a lot.”

This ability to persist even when something is difficult is a crucial part of integrated math and a fundamental principle at Roland Park Country School. “A productive struggle is the goal,” explains Carla Spawn-van Berkum, Assistant Head of School for Academics. “The very best learning happens when things are hard.”

Preparing the Next Generation of STEM Leaders

An integrated math curriculum encourages students to have a growth mindset, become risk takers as they dive into problems, be creative and persistent, and revel in the challenge of not knowing how to solve a problem, but figuring out a path to an answer. And most importantly, it helps girls believe in their own abilities to excel in math. Plus, it’s fun! ❖



An individualized approach: Friends School's College Guidance focuses on finding best fit

It is late fall and for families of high school seniors, the anxiety-inducing process of searching for colleges is well underway. The headlines don't help to ease that anxiety; we've all read about the esteemed, ivy-covered institutions in New England that routinely turn away class valedictorians with perfect SAT scores. Add to that the skyrocketing costs of college tuition, with price tags at many schools now exceeding \$70,000 a year, and it's easy to understand how angst can rule the day when it comes time for your student to start applying.

Friends School of Baltimore parents can take a deep breath, however. Darryl Tiggie, Director of College Counseling since 2009, and his team have been at it long enough now to say a few things with certainty: nearly all Friends students (yes, even those without "A" averages) will wind up getting accepted to a variety of great colleges, and many will receive generous offers of need- or merit-based scholarship support from schools that are very eager to have them.

"The Friends School brand resonates with colleges," says Tiggie. "They like the way we deliver education. With our students, colleges assume a certain level of academic prowess, community spirit, and richness in diversity and inclusion that combines for a very appealing package."

The numbers support his claim. At Bucknell University, the undergraduate acceptance rate last year was 13%. Among Friends students who applied to Bucknell (from 2003-2018), the acceptance rate was 60%. At Williams College, where 9% were accepted last year, the Friends School acceptance rate was 57%. At Georgetown (15%) the Friends School rate was 44%. At Tufts (15%), 34%. At Brown (8%), 17%.

While these schools are among the most selective in the country, Tiggie is quick to point out that the constellation of great colleges and universities is vast: "We work very hard to broaden students' understanding of what a 'good' school is and of how many there are. There are easily 100 great schools," he says, opening his arms wide for emphasis, "and I would argue even more."

Toward that end, rather than unduly focusing on the handful of colleges with the biggest household names, Tiggie and his team



Friends School Class of 2018 alums proudly wear their college t-shirts
Photo courtesy of Friends School

consider it their mission to help each Friends student find the very best college to fit their needs, whether that is Harvard or Harvey Mudd. "We put our emphasis on students making the best match — on finding a place where they can truly prosper. And we do that by really making an effort to get to know each child and each college," he says.

For more information about Friends School of Baltimore's College Counseling program, visit friendsbalt.org. ❖

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Heart of Campus: Bryn Mawr's Plans for a new Student Center

Big changes are coming to The Bryn Mawr School campus in 2019, as the school breaks ground on a new Student Center this February. Set to open in the fall of 2019, the Student Center will expand and upgrade Bryn Mawr's dining, arts, and athletic facilities and transform the heart of campus.

Head of School Sue Sadler says the project is the most visible and impactful action the school is taking to realize its strategic plan, and will make a tangible impact on the daily life of every student at Bryn Mawr. "We want to ensure that our students have a place to feel nourished — by food, community, and activities — in the heart of campus," said Sadler. "The new Student Center will be our physical space where we can care for the whole girl, for the whole day."

The new spaces will feature a large dining hall that allows for an expanded cooking and serving area, a new café with food and snacks available throughout the day, and flexible seating that creates space for students and teachers to work and relax. The project will also add dressing rooms and a scene shop for students participating in theater productions, locker rooms for student athletes, and new cardio and weight facilities.



The dining hall will feature expanded seating and serving areas, plus a new cafe with food and snack available throughout the day. Photos courtesy of Bryn Mawr School

Sadler says that while it is an ambitious project and timeline, it is also very exciting: "By this time next year, the Student Center will be a hub of activity where students gather, play, socialize, collaborate, relax and strengthen bonds with classmates and teammates." ♦

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Renderings of Bryn Mawr's new Student Center, set to open in the Fall of 2019.



Athletic teams will enjoy updated cardio and workout rooms. Go Mawrtians!

An Exciting Fall at Gilman School

Gilman School is abuzz with activity and achievement year-round, but the fall was particularly exceptional.

In October, an event 50 years in the making took place: the commemoration of the first black students to graduate from Gilman in 1968, and a celebration of the generations of black alumni who have followed. Alumni from across the country and as far away as Africa and London returned to campus to reconnect and celebrate. Events included divisional student assemblies with trailblazing black alumni, exhibits, campus



50th Reddy Finney Photo courtesy of Gilman

tours, sporting events, and a recognition dinner. Among the honorees were former headmaster Redmond "Reddy" C. S. Finney, Class of 1947, one of the primary architects of the school's integration, and William A. Greene Jr., the first black faculty member, who served the school for 34 years in various capacities,

including assistant headmaster. Both returned to campus for the recognition dinner. Over the weekend, more than 1,000 members of the Gilman community participated in one or more events.

In arts news, middle school art teacher Dave Anderson, a Roland Park resident, has been recognized as the state's Middle Level Art Educator by the Maryland Art Education Association. The Traveling Men, one of Gilman's a capella groups, recently performed for Governor Hogan.

After five years of dedicated work by the Greenhounds, Gilman's Lower School environmental group, a milkweed garden on the campus has been certified as an official Monarch Way Station by the Monarch Watch Foundation. Each September, students eagerly follow the monarchs' metamorphosis from egg to butterfly and carefully protect the habitat until they depart for their winter home in Mexico. This causes great excitement in the Lower School, and related lessons are incorporated throughout the curriculum.



Nathan Hale drawing Gilman monster
Photo courtesy of Gilman

Throughout the fall, Gilman welcomed authors on topics ranging from games to race relations. Stuart Gibbs, author of the *Funjungle*, *Spy School*, and *Moon Base Alpha* series, and the author/illustrator of the eponymous Nathan Hale's *Hazardous Tales* series, thrilled readers in both the Lower and Middle schools. Writer and game designer Russell Ginns and Courtney Lamar Charleston, author of *Telepathologies*, visited. The Parents Association sponsored a book club discussion on Antero Pietila's book, *Not in My Neighborhood: How Bigotry Shaped a Great American City*, about Baltimore's history of housing segregation.

Mr. Pietila was interviewed and answered questions from a large group of parents, faculty, and students. Robert Wilkins visited the Gilman community to discuss his book, *Long Road to Hard Truth: The 100 Year Mission to Create the National Museum of African American History and Culture*. This spring, the community is looking forward to visits from Caldecott Medalist Jason Chin, author and illustrator of *Grand Canyon* and other nonfiction books about natural ecosystems, and poet Anders Carlson-Wee.

Roland Park parents: mark your calendars for Sunday, Feb. 10, when you can take your children on a free trip around the world without leaving town. Gilman presents its 16th Annual Cultural Arts Festival, which is free and open to the public, from 1 - 4 pm in the Old Gym. The festival will include exhibits, giveaways, performances, and an international buffet. The snow date for the event is February 24. Information on this and other Gilman events and activities can be found on gilman.edu. ❖



Monarch butterfly wingspan
Photo courtesy of Gilman



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Roland Park Branch Library: Disney Delights

Sat, Dec 8, 11 am and Thu, Dec 20, 5 pm - BOLT

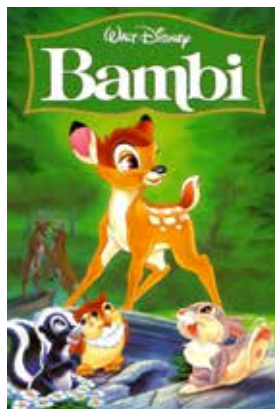
Sat, Jan 5, 11 am and Thu Jan 17, 5 pm - Wreck it Ralph

Sat, Feb 9, 11 am and Thu Feb 21, 5 pm - Bambi

Enjoy old-fashioned Disney animation as we continue our series of Disney classics.

<http://calendar.prattlibrary.org/>

Free



Roland Park Branch Library: Family Day

Sat, Dec 8, 1 pm – 4 pm

Sat, Jan 5, 1 pm – 4 pm

Sat, Feb 9, 1 pm – 4 pm

Enjoy origami with our Charm City Creasers partners as well as Games Galore in the children's area.

<http://calendar.prattlibrary.org/>

Free

Roland Park Branch - Anime Club

Tue, Dec 18, 3:45 pm

Tue, Jan 15, 3:45 pm

Tue, Feb 19, 3:45 pm

Watch Anime, eat snacks, and learn about Japanese Culture

Ages: Teen



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Roland Park Branch - Chess Club

Mon, Dec 3, 3:30 pm
Mon, Dec 10, 3:30 pm
Mon, Dec 17, 3:30 pm

Hone your skills by playing with other chess enthusiasts!

Ages: Teen

Inner Harbor Wellness: Prism: Mindfulness and Creativity for Children

Tue and Thu, Jan 8 - Mar 14, 4 pm - 6 pm
Tue and Thu, Mar 19 - May 23, 4 pm - 6 pm

PRISM is a holistic program with experiences in mindfulness, creative arts and crafts, yoga, movement, music, drama, and community projects for young people, ages 6-12. Join anytime. Held at the Corner Community Center, 5802 Roland Ave.

innerharborwellness.com

\$30 Single/\$250 1 class a week for 10 weeks /\$400 2 classes a week for 10 weeks

Inner Harbor Wellness: Mindfulness in Daily Life with Robin Williams

Wed, Feb 6 - Mar 20, 6:30 pm – 8:30 pm

Learn about the practice of mindfulness, tools for stress reduction, and how to create a mindful practice in your daily life. Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St.

www.innerharborwellness.com

\$90

Lake Roland: Yoga in the Park

First and third Saturdays of the month, 9 am – 10 am

Join us for an all-levels gentle yoga class with a beautiful view of the Lake Roland dam. Please bring a yoga mat if you have one. A few mats will be available on a first-come, first-served basis. Please meet at the Nature Center. Yoga will be outside, weather permitting.

Ages: 10+

\$2 per person



Lake Roland: Weed Warriors

Second Saturdays of the month, 9 am - 10 am

Volunteer with our weed warriors to help keep Lake Roland beautiful. Participants under the age of 18 must have a parent or guardian present. Bring gloves, boots, and water. Meet at Ranger Station.

Ages: 13+

Lake Roland: Ranger Talk

Last Saturday of the month, 10:30 am - 11 am

Beginning in September 2018, on the last Saturday of each month, join a park ranger for a short informational talk in front of the nature center.

Ages: All

Free

Lake Roland: Nature Book Club

Mon, every 6-8 weeks, 6:30 pm – 8:30 pm

Meet at the Nature Center to discuss some of the greatest nature book selections. Bring a snack to share. Meetings are on Mondays every few weeks. Please email for details about our upcoming book selections and meeting dates.

Adults Only

LakeRol-RP@BaltimoreCountyMD.gov

Free



Story Walk at Lake Roland

By Nancy Worden Horst

While walking at Lake Roland with my little granddaughter one winter day, Kathryn spied the first page of Jan Brett's classic tale *The Mitten* on a storyboard just at her eye level. "Oh! Look! A book!" she said. "What does it say?" I asked. "Once there was a boy named Nicki who wanted his new mittens made from wool as white as snow . . ." she read.

She continued the story as we slowly traversed the snow-covered path, pausing at each storyboard to read the page before she excitedly ran toward the next one.

The book we read that winter day several years ago marked the beginning of the story walk project at Lake Roland. Starting at Acorn Hill, the children's playground on the peninsula, the walk continues around the paved portion of the main trail past the dog park, Paw Point, a distance of about 1/4 mile.



Matthias Pridgeon's beech tree storyboard
Photo Courtesy Merritt Pridgeon

The idea of a story walk at the park began when former Head Ranger Shannon Davis saw a prototype at a national park conference*. Her idea was to begin the storyboard panels at Acorn Hill, and place each succeeding panel a short distance away, leading people forward around the paved path on the peninsula. This encouraged families to take a stroll while reading the story. "We tried to select stories that were nature related and

appropriate for the season. The loop of the peninsula was perfect for it," she said.



Summer story walk: *Miss Fox's Class Goes Green* by Eileen Spinelli Photo Courtesy Nancy Horst

Comprised of fifteen wooden panels mounted on moveable posts, each about two by one-and-a-half feet, the story unfolds on one or two pages of a child's book affixed to each panel.

At first, the storyboards were simply corrugated signs on thin metal posts. Then Master Naturalist Dan Alper of the Lake Falls community designed and built the storyboards out of treated lumber mounted with stainless steel hardware to landscape stakes.

Several Master Naturalists have helped with the project over the years, choosing published stories or contributing original tales. Featured books have included such classics as *Make Way For Ducklings*, *Blueberries for Sal*, and *Frog and Toad*.

Matthias Pridgeon, the son of Master Naturalist Merritt Pridgeon, wrote and illustrated one of the first stories when he was seven. 'Tree Diaries' tells about words carved on beech trees in the park. A combination "book of beginning

botany" and a plea for conservation, the book is both sweet and insightful.

"We've had a great response from park visitors," says Shannon. "Turns out more than families were enjoying the stories. Park joggers and other regulars commented on how much they enjoyed them and asked when the next one would be out. We tried to do a new story every month. Occasionally, we had... stories aimed at the

adults or added fun facts on the sides of the story pages about our local flora and fauna or where in the park you might see them. On some books, we added captions like 'flap your wings like a bird' to encourage children to really get into the stories."

"The story walk program encourages the things we all need, especially today," says Shannon. "Nature, exercise, and reading!" ❖

* Combining physical activity with literacy is the idea behind StoryWalk®, created by Anne Ferguson, a volunteer in Montpelier, Vermont, and developed with the help of Rachel Senechal, Program and Development Coordinator of the Kellogg-Hubbard Library in Montpelier, Vermont.



American Beech Trees have funny green leaves shaped a bit like a fat feather with teeth along the edges.
Illustration from Matthias Pridgeon's beech tree storyboard

The Book Nook

As we head into the winter cold and snow, we hope that you'll join us for some of our monthly programs. We have films (for families and adults), Family Fun Day (storytime, a family film, and an afternoon of origami & board games), and an after school Anime Club. We look forward to seeing you!

Please note that I always update the voice message on the branch phone when there are changes to our public service schedule. Just call 410-396-6099 and listen to the first message for any changes to hours, openings, etc. Changes to the public schedule are also posted, usually as a banner, on the Pratt Library's webpage at <http://www.prattlibrary.org>.

Our phone number is 410-396-6099. Our branch e-mail is rln@prattlibrary.org and when e-mailing us, please make sure the subject line indicates that you have a library question by using BOOK REQUEST or something similar as your subject.

Roland Park Branch hours:

Monday and Thursday – 10am – 8:00 pm
 Tuesday and Wednesday – 10:00 am – 5:30 pm
 Friday and Saturday – 10:00 am – 5:00 pm
 Sunday - Closed

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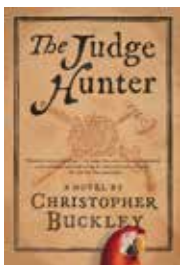
Christmas Eve, Monday, December 24 – 10 am – 5 pm
 Christmas Day, Tuesday, December 25 – Closed
 New Year's Eve, Monday, December 31 – 10 am -5 pm
 New Year's Day, Tuesday, January 1 – Closed
 Martin Luther King, Jr. Day, Monday, January 21 – Closed
 Presidents Day, Monday, February 18 - Closed

As always, the following reviews and summaries are excerpted from the library's online catalog, available at <http://www.prattlibrary.org/>.

Fiction:

The Judge Hunter by Christopher Buckley

In *The Relic Master* (2015), essayist and political humorist Buckley demonstrated his aptitude for historical fiction with the farcical adventures of a relic collector during the Middle Ages. Here he moves the timeline forward to 1664 and splits the lively locales between early colonial America and London under the reign of King Charles II. Twenty-four and chronically unemployed, Baltasar Balty St. Michel had done almost nothing in his life except be a nuisance to his brother-in-law Samuel Pepys, the chief secretary to the admiralty and future famous diarist. When an assignment presents itself to hunt down a pair of fugitive justices partly responsible for the execution of the king's father, Charles I, Pepys drafts Balty for the position and sends him packing to the New World. After landing in Boston, Balty finds himself, by turns, haplessly entangled with suspicious Puritans, hostile Indians, and a mysterious king's agent named Huncks. Buckley serves up generous helpings of witty dialogue, colorful characters, and intriguing plot twists that his fans and historical novel enthusiasts will find irresistible.



The Masterpiece by Fiona Davis


[This novel] takes readers into the glamorous lost art school within Grand Central Terminal, where two very different women strive to make their mark on a world set against them. In 1928, 25-year-old Clara is a talented illustrator, with dreams of creating cover art for *Vogue*. But she and her friends have no idea that they'll soon be blindsided by the Great Depression. Nearly fifty years later, in 1974, the terminal has declined almost as sharply as Virginia's life. Recently divorced, she accepts a job in the information booth and stumbles upon an abandoned art school within the terminal and discovers a striking watercolor hidden under the dust.

Southernmost by Silas House

In this stunning novel about judgment, courage, heartbreak, and change, author Silas House wrestles with the limits of belief and the infinite ways to love. In the aftermath of a flood that washes away much of a small Tennessee town, evangelical preacher Asher Sharp offers shelter to two gay men. In doing so, he starts to see his life anew – and risks losing everything: his wife, locked into her religious prejudices; his congregation, which shuns Asher after he delivers a passionate sermon in defense of tolerance; and his young son, Justin, caught in the middle of what turns into a bitter custody battle. With no way out but ahead, Asher takes Justin and flees to Key West, where he hopes



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to find his brother, Luke, whom he'd turned against years ago after Luke came out. And it is there, at the southernmost point of the country, that Asher and Justin discover a new way of thinking about the world, and a new way of understanding love.

Codename Villanelle by Luke Jennings

Superior prose and a cracker jack plot lift this exceptional spy thriller and series launch from Jennings (*Beauty Story*). Assassin Oxana Vorontsova, who was once a linguistics student at the University of Perm, is employed by someone she knows only as Konstantin, who works for a secret international organization called the Twelve, a dozen men who decide which evildoers who threaten the stability of the world should die. Three years earlier, Konstantin rescued Oxana from the Dobryanka women's remand center in the Ural Mountains, where she was serving



time for murdering three gangsters. After a year of intensive training, Oxana now goes by the code name Villanelle. After carrying out several assigned killings, she guns down Russian political theorist Viktor Kedrin in London, which brings her to the attention of former British MI5 agent Eve Polastri, who was in charge of protecting Kedrin. Eve slowly begins putting together the pieces of the Villanelle puzzle. The breakneck thriller that inspired BBC TV sensation *Killing Eve*, starring

Sandra Oh, is "unlike any other spy drama you've seen before", according to Daily Beast

Nonfiction:

A Nation Like All Others: A Brief History of American Foreign Relations by Warren I. Cohen

The idea of American exceptionalism, that the United States would promote democracy, equality, and fairness around the globe has long been a feature of the nation's public approach to international relations. But in reality, we have had tragic blunders, expensive failures, and plenty of greed driven by crass imperialistic and economic motives—just like other nations in the world. Cohen (Distinguished Univ. Professor, Emeritus, Univ. of Maryland Baltimore Cty.; *America's Response to China*) is proud of but disappointed in the United States. He feels that the security demands during the Cold War era led to the abandonment of the high ideals that made this country great and offers a critical interpretation of the use and abuse of power and its many consequences. The "moral imagination" of our leaders is highlighted to show how that might have guided national policy to match the ideal, although it frequently was pushed aside in practice.

There Are No Grown-Ups: A Midlife Coming-of-Age Story by Pamela Druckerman

She's not sure how they knew, but after she turned 40, waiters started calling Druckerman (*Bringing Up Bébé*, 2012) madame. No longer able to pass as mademoiselle kicks off a midlife rumination on the generation gap between her and her parents, the nature of wisdom and whether she has any, the 11-shaped wrinkle between her eyebrows, and the way French women age more chic than American women. Along the way, she explores current scholarship on the cultural construct of the midlife crisis and interviews women from many fields before

diving into her own genealogy. This is no journalistic tome, though. Druckerman's voice self-deprecating but also keenly observant will remind readers of the late Nora Ephron. Her family members, especially her husband, Simon, appear, but this is largely her story of reconciling what she thought she knew about aging with what she is actually experiencing, from the unique perspective of an American expat living in Paris. Peppered with You-know-you're-in-your-40s-when lists, this is a delightfully funny, thoughtful, coming-of-middle-age story.

Buzz: The Nature and Necessity of Bees by Thor Hanson

From the award-winning author of *The Triumph of Seeds and Feathers*, a natural and cultural history of the buzzing wee beasts that make the world go round. In *Buzz*, the beloved Thor Hanson takes us on a journey that begins 125 million years ago, when a wasp first dared to feed pollen to its young. From honeybees and bumbles to lesser-known diggers, miners, leafcutters, and masons, bees have long been central to our harvests, our mythologies, and our very existence. They've given us sweetness and light, the beauty of flowers, and as much as a third of the foodstuffs we eat. And, alarmingly, they are at risk of disappearing. As informative and enchanting as the waggle dance of a honeybee, *Buzz* shows us why all bees are wonders to celebrate and protect. ❖



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