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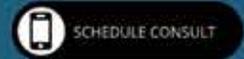


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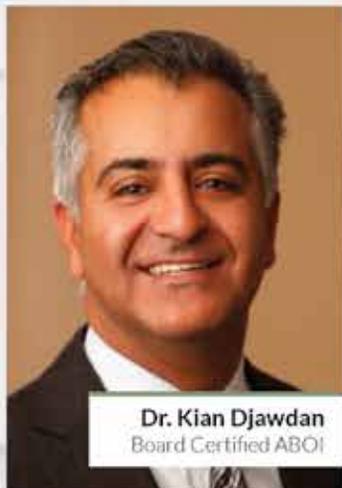
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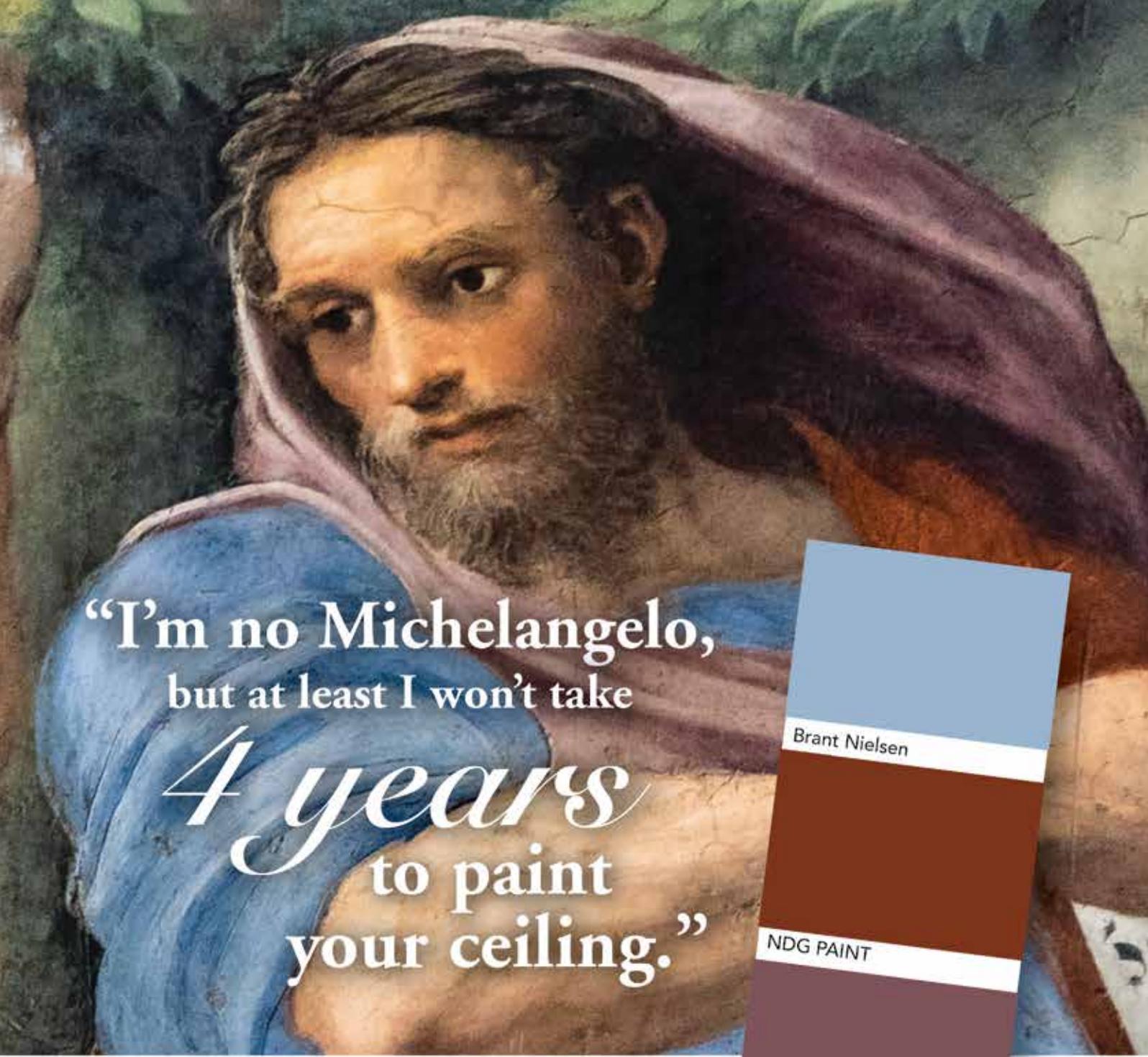
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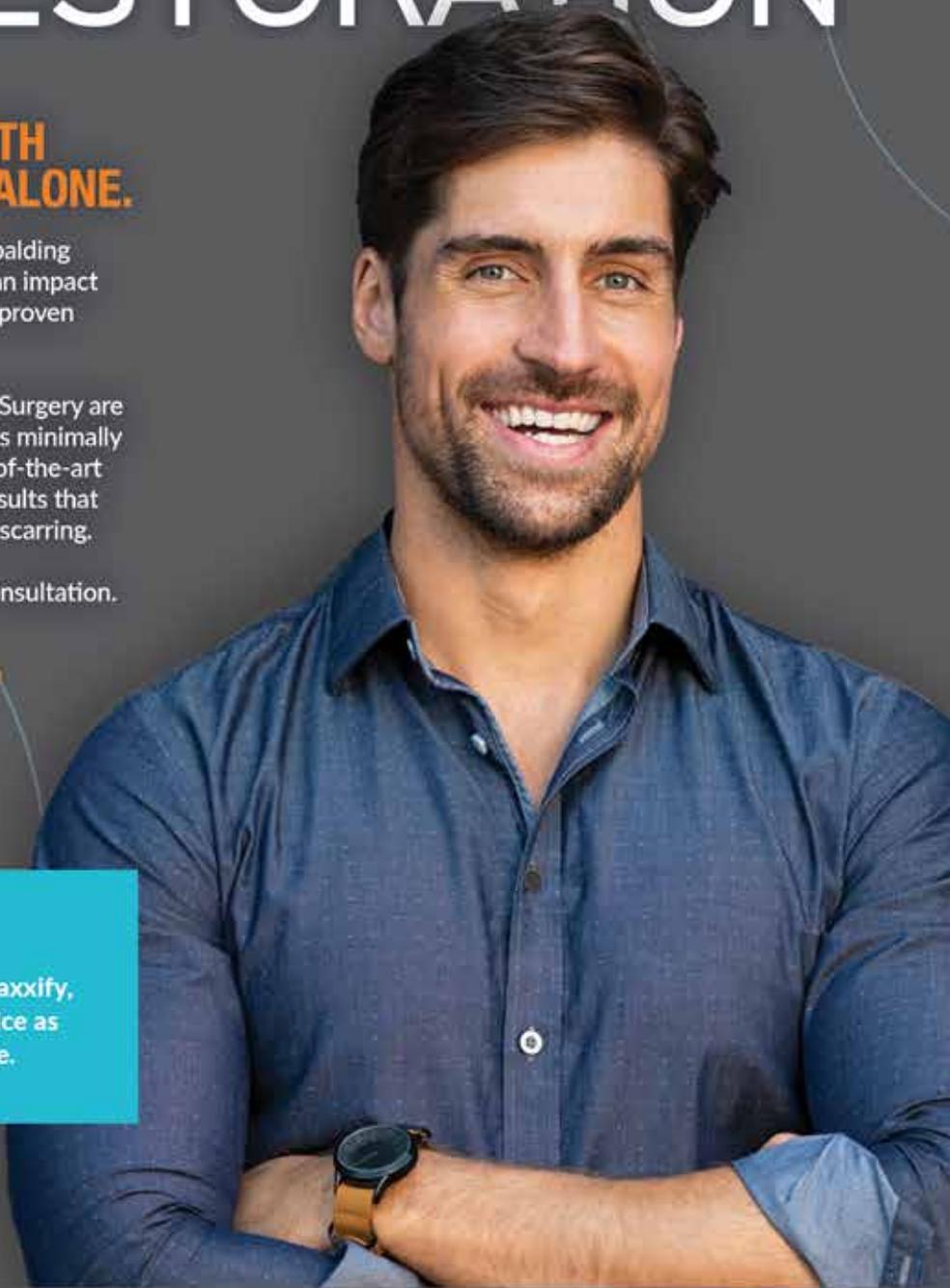
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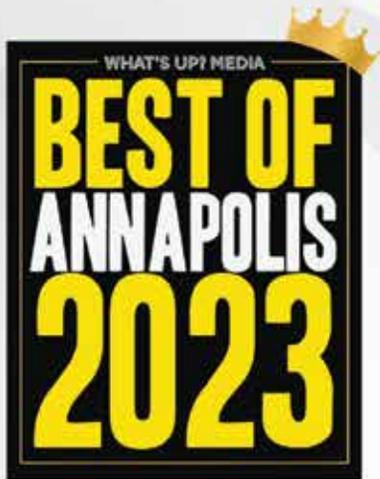


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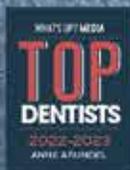
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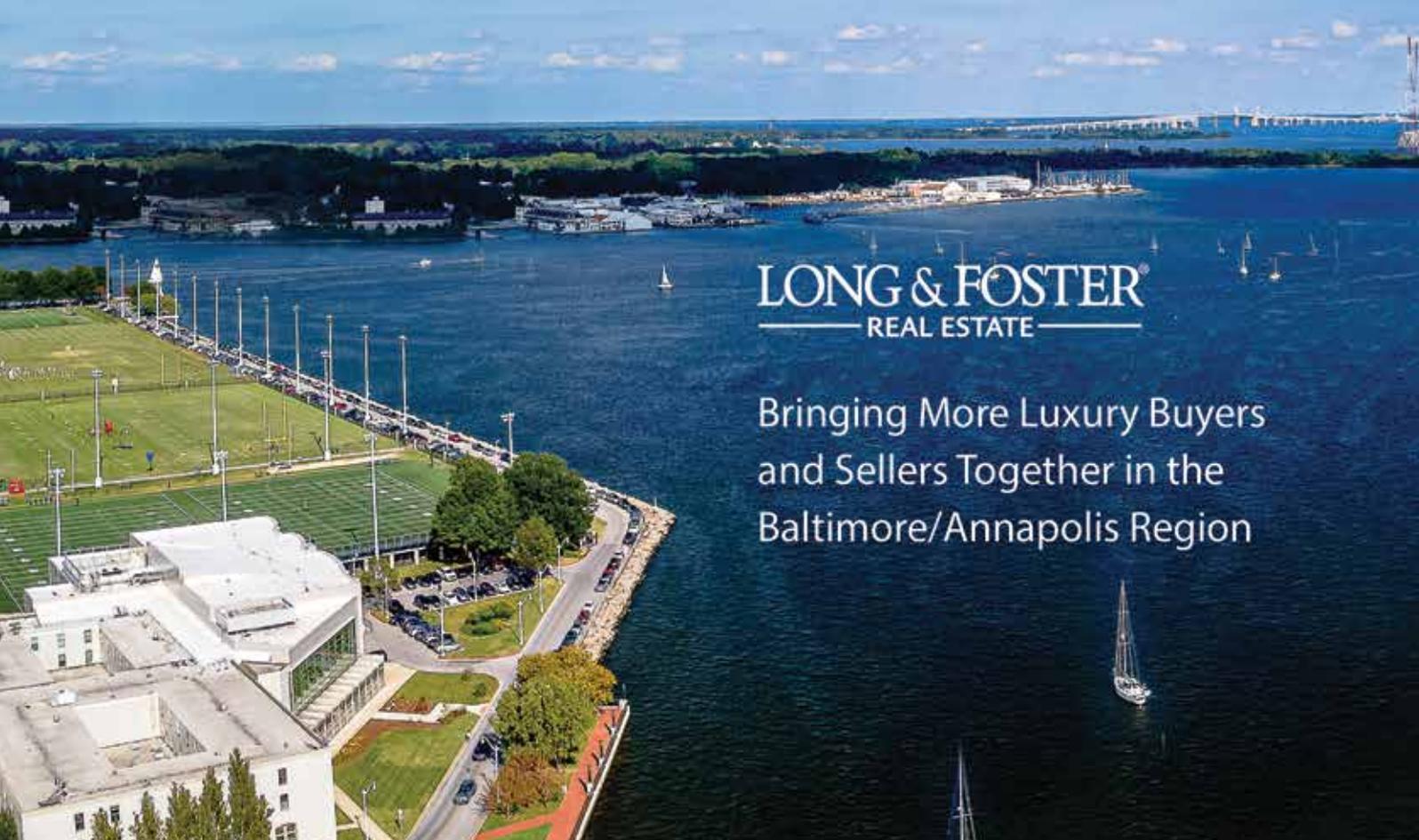
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On the Cover: Summer cocktails, dining, and waterfront sunsets are celebrated in our annual Summer Dining Guide. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. ♻️ Please recycle this magazine.

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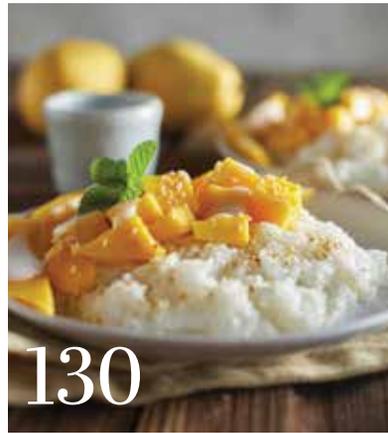
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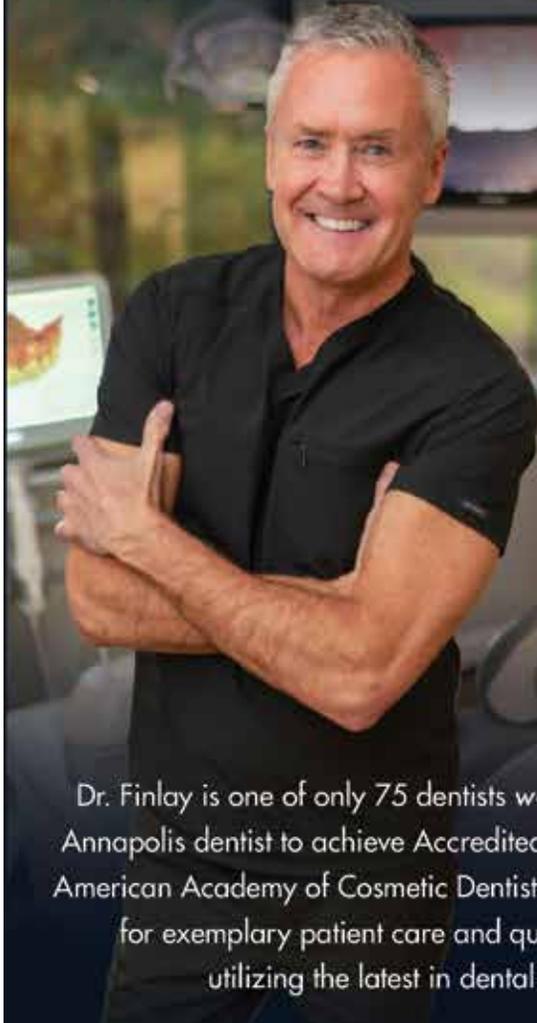
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From the editor

The Chesapeake Bay region is renowned for its numerous ports. So many cities, large and small, call the Bay and its tributaries home. And those of us lucky enough to live here are, well...lucky indeed. Whether you're a lifer or newly relocated to the area, it's probable that you've come to know the town you live in quite well. The landmarks, the waterfront, the dining, shopping, and local attractions.

There's a visual that comes to mind when I think of Annapolis, for example. A vibrant City Dock in summer with soaring masts, strollers strolling along, ice cream cones, sunglasses, happy dogs, crabcakes, cocktails by dock bar or by boat. The *Harbor Queen*. And I fondly recall my first visit to another historic town, St. Michaels on the Miles River. Walking the cozy streets with tucked-away boutiques, sundries, B&Bs, a craft brewery, several cafes. The Chesapeake Bay Maritime Museum. Each town is unique, vibrant, and fun to visit *every* time. And there are so many more to discover along the Chesapeake's shorelines.

What's especially neat is to experience the geography and skylines of our towns from the nautical perspective—to observe the landscape when arriving by boat. What a fantastic way to get an entirely different appreciation of the region. In this month's "Chesapeake Maritime Guide" we offer snapshots of several destination waterfront towns. From the northern

reach of Havre de Grace to the southern waters in and around Crisfield, and many points between, the towns featured have excellent anchorage, marinas, promenades, coastal dining, artisans, history, and spectacular sunsets—or sunrises depending on which dock of the Bay you're sitting on. Most of these towns also have charter boats offering water tours, fishing, and the like, so even if you aren't arriving to town by your own boat, you can still enjoy getting on the water...for that unique, nautical vista.

If you're a foodie and enjoy traveling near and far for the very best regional cuisine, our "Summer, Waterfront & Al Fresco Dining Guide" is for you. This guide drills down the numerous restaurants in the region that are perfect for seasonal culinary experiences. And please hang onto this issue because these restaurants are dynamite *all four seasons*.

The sum of these towns, restaurants, and attributes make living and playing here a worthy lifelong pursuit, which is why we're pleased to have renowned sailor, lecturer, and writer Gary Jobson offer the essay, "Your Retirement Lifestyle." Jobson reflects on the significance of transitioning to one's golden years, how ambitions adjust, and that we're blessed with opportunities aplenty to stay active. As an avid sailor himself, Jobson lives the words he writes. He also occasionally instructs Midshipmen of the U.S. Naval Academy's Offshore Sailing Team, so buckle up because Jobson also has "Into the Blue" published this month, which deep dives into this unique program.

Summer is when we're, perhaps, most seeking weekend activities and ideas to fill the days between vacations. I hope our guides help you do so. With the Chesapeake Bay in peak maritime glory surrounding us, it's pretty easy to feel like we're on vacation every day. Lucky us. Have a safe and enjoyable season!

James Houck,
Editorial Director



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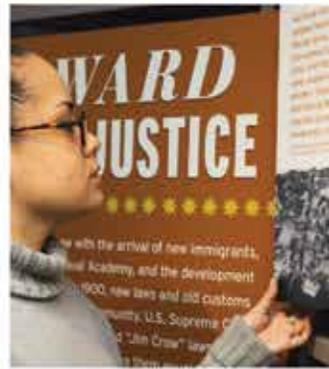
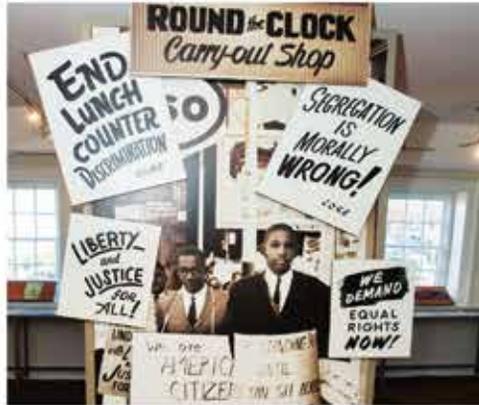
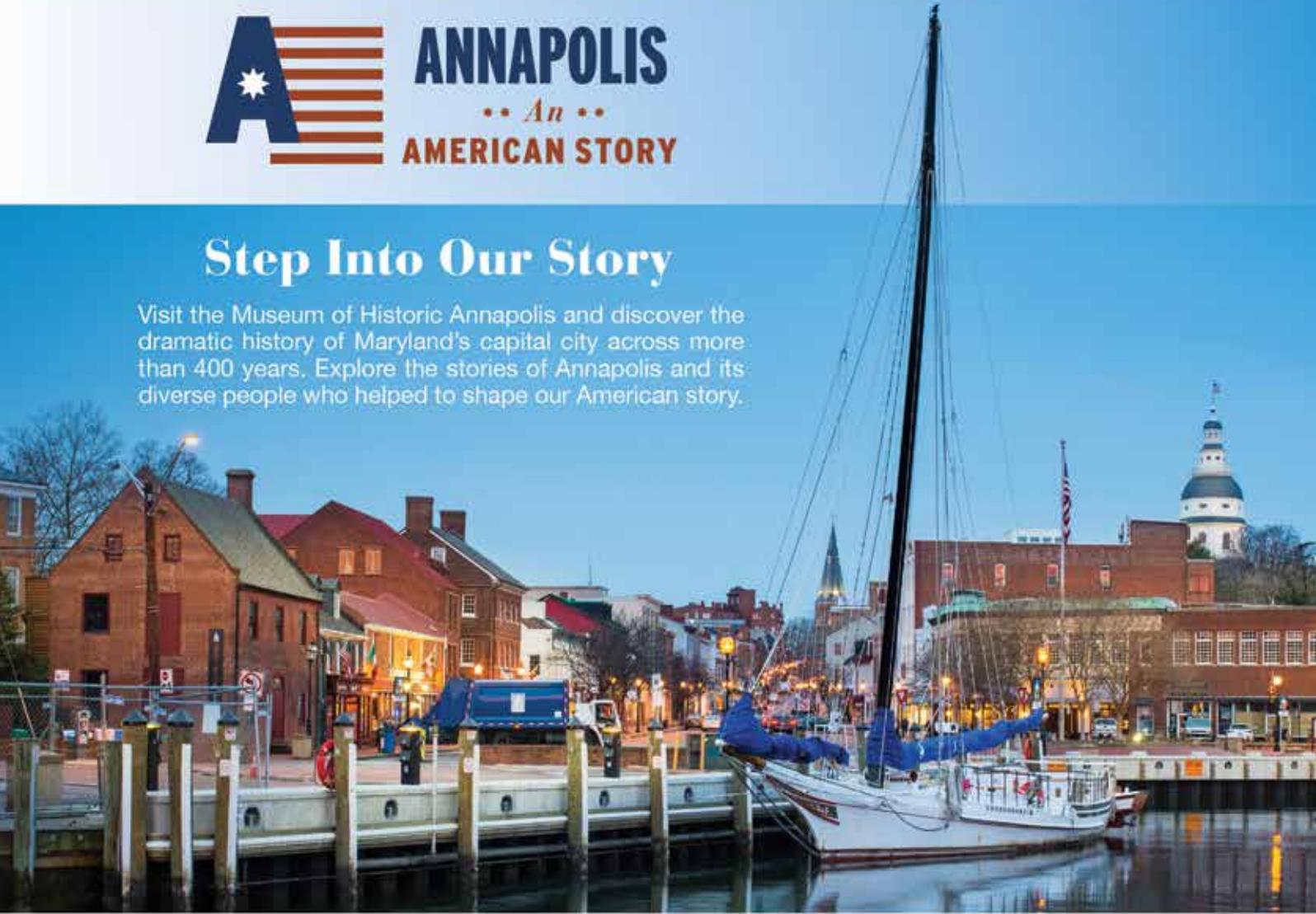
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We advocate for community action, public policy, and practices that improve the economic security, health, safety, and social equality for women and their families.

All proceeds from the May 12 TOTALLY '80s BASH benefit the YWCA's domestic violence, sexual assault and trafficking services.

Thank you!

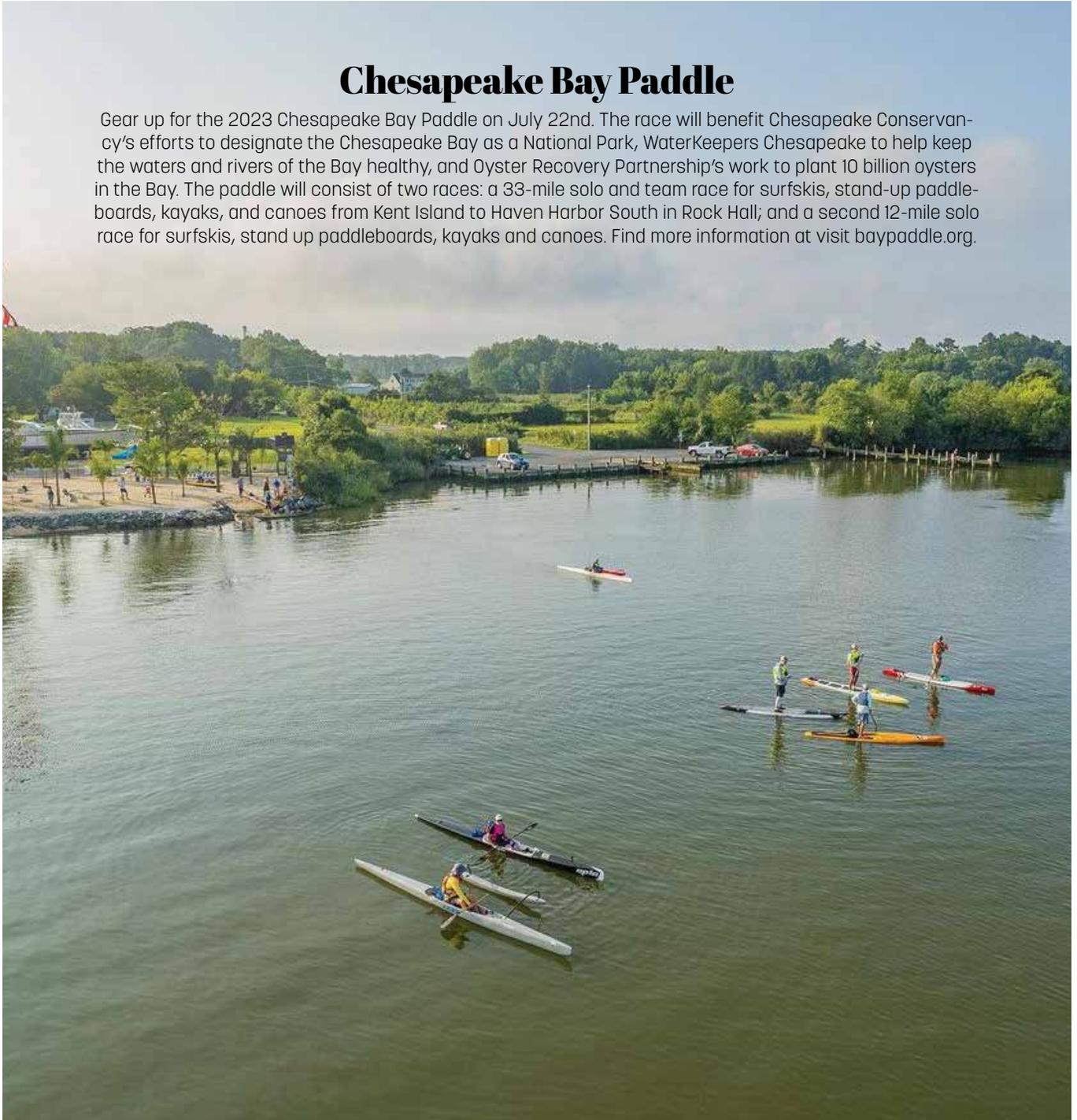
Out on the **TownE**



25 EVENT PICKS | **34** CALENDAR | **39** SOCIAL | **46** SPOTLIGHT | **50** ATHLETE

Chesapeake Bay Paddle

Gear up for the 2023 Chesapeake Bay Paddle on July 22nd. The race will benefit Chesapeake Conservancy's efforts to designate the Chesapeake Bay as a National Park, WaterKeepers Chesapeake to help keep the waters and rivers of the Bay healthy, and Oyster Recovery Partnership's work to plant 10 billion oysters in the Bay. The paddle will consist of two races: a 33-mile solo and team race for surfskis, stand-up paddleboards, kayaks, and canoes from Kent Island to Haven Harbor South in Rock Hall; and a second 12-mile solo race for surfskis, stand up paddleboards, kayaks and canoes. Find more information at [visit baypaddle.org](http://visitbaypaddle.org).



2023 INDEPENDENCE DAY PARADE—BROAD STRIPES, BRIGHT STARS, AND BIG HEARTS

Severna Park's ready for Independence Day! The Broad Stripe, Bright Stars, and Big Hearts parade will be from 10 a.m. to noon on July 4th hosted by Greater Severna Park and Arnold Chamber of Commerce. Come see which floats will win best overall, best theme, and most patriotic! Find more information at gspaac.com.

Photo by Scot Henderson



↑ Annapolis Fourth of July

Take the day to celebrate Independence in Annapolis. On July 4th, the annual parade and fireworks will be taking place Downtown. The parade begins at 6:30 p.m. with the best patriotic salute to our nation, including marching bands, fire engines old and new, cars and vans, service clubs, scouts, dancers, and more. The fireworks will start at 8 p.m. and launch from a barge in the Annapolis Harbor. Gather around City Dock, along the Naval Academy Bridge, and any of the street end parks facing Spa Creek for the best view. Find more information at visitannapolis.org and annapolis.gov.



LAKE ARBOR JAZZ FESTIVAL

Prince George's Cultural Arts Foundation's biggest fundraising event is July 13th through 15th at Lake Arbor Community Center in Mitchellville.

Lake Arbor Jazz Festival attracts more than 10,000 jazz lovers from across the region. The festival showcases nationally recognized jazz artists and some of the top jazz and R&B musicians from the greater Washington, D.C., and Baltimore region. Proceeds from the festival support the Prince George's Cultural Arts Foundation's Scholarship Fund which provides scholarships for books, tuition, room, and board, to deserving college-bound students seeking to continue their education at a four-year college or university. Find more information at lakearborjazz.com.

↓ Speak Your Truth

The 7th Annual Speak Your Truth will be held on July 8th at ArtFarm in Annapolis. This is an emotional night to speak, listen, and be motivated through words and art. Since 2017, this night has been a way to talk about mental health in a way that is both entertaining and engaging. The evening will feature poetry, visual art, dancing, clothing design, and more. Find more information and get tickets at tylercalabrese.wixsite.com.



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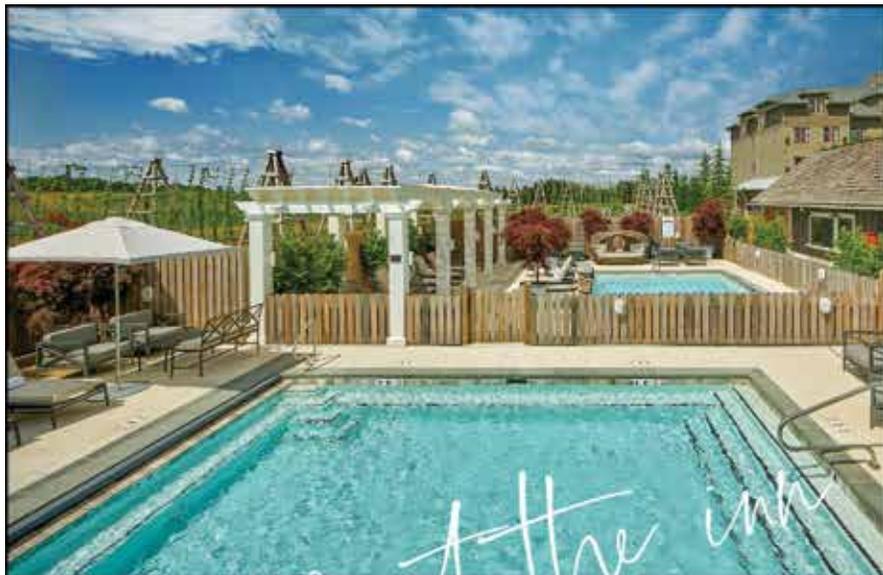
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OUT ON THE TOWNE



Photo by Ted Mueller

PLEIN AIR EASTON

Get ready for the largest and most prestigious juried plein air painting competition in the United States. Plein Air Easton will be celebrating its 19th year July 14th through 23rd at throughout town, with culminating events at the Avalon Foundation in Easton. Fifty-eight artists will be juried in the competition. During last year's Plein Air Easton, the event topped \$462,000 raised, with 403 paintings sold during the course of the week. Find more information at pleinaireaston.com.



↑ Big Band Night

In celebration of Independence Day, the Chesapeake Bay Maritime Museum in St. Michaels will host Big Band Night on July 1st, inviting guests to bring lawn chairs and picnic blankets for an evening of music, dancing, and fireworks along the Miles River. The Shades of Blue Orchestra brings its signature sound starting at 7 p.m., and CBMM's waterfront campus offers a great vantage point to enjoy the St. Michaels fireworks, which will begin at dusk that evening. The rain date for the concert and fireworks is July 2nd. Tickets are on sale now at cbmm.org.



↑ Howard County Whispering Winds Pow-Wow

The 30th Annual Howard County Whispering Winds Pow-Wow and Show is scheduled for July 15-16 at the Howard County Fairgrounds. Pow-Wow, an American Indian owned and operated company will sponsor the event featuring American Indian dancers, singers, drummers, artists, and craft persons. The event will kick off with a parade of nations at noon and Native American Dancers in regalia will dance and drum throughout the day. For more information call 252-532-0821.



FABULOUS FORGERIES

“Fabulous Forgeries” opens July 7th at Troika Gallery and features select gallery artists exhibiting “copies” of their favorite Old Master paintings. Dr. Weiss, Past President & CEO of The Metropolitan Museum of Art is the judge. This unique and educational show runs concurrent with Plein Air Easton and offers the opportunity to appreciate the historical context and creativity of the masterworks. Photos of the original master painting hang next to the “forgery” as a reference. Awards will be given for Most Believable, Most Creative, People’s Choice, and Judges Choice. For more info visit troikagallery.com.

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OUT ON THE **TOWNE**



HEART OF THE CHESAPEAKE BIKE TOUR

Join the Robbins Family YMCA's Heart of the Chesapeake Tour on July 22nd. This 32-mile race will start at the YMCA in Cambridge to Ragged Point and back, all in memory of Bob Brannock, a member of the Y since it opened in 1985. Funds raised will go towards supporting the Robbins Family YMCA to ensure everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. Sign up at bikesignup.com.

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Summer Concert Series

The amount of Summer Concert Series in the Chesapeake region is amazing! There is a free concert going on almost every evening, and they deserve to be enjoyed by the whole community. Below you will find a list of summer concert series locations, times, and a few of their performers this July!

Allen Pond Park (Bowie)

Every Sunday through September 3rd; 7-8 p.m.; cityof-bowie.org *July performers: Smooth Gruv, Priceless Advice, Rise Band & Show, U.S. Air Force Max Impact, Purple Flo*

Annapolis City Dock Select Fridays & Sundays through September 14th; 6 p.m.; annapolis.gov *July performers: H2G Summer Bash, City Dock Tango, City Dock Fiesta*

Annapolis Maritime Museum Every Thursday through August 17th; 7-9 p.m.; amaritime.org *July performers: Weird Science, One Night Only, Kevin Walker and the Jazz Chronicles, John Frase Project*

Annapolis Town Center Every Friday through August 25th; 5-8 p.m.; Annapolistowncenter.com *July performers: Under the Covers, Vertigo Red, Loose Ties, Crushing Day*

Centennial Park (Ellicott City) Every Wednesday through August 2nd; 7 p.m.; howardcountymd.gov *July performers: Reverend Smackmaster and the Congregation of Funk, Columbia Big Band, Damon Foreman & Blue Funk*



Annapolis Maritime Museum



Muskrat Park, St. Michaels



Quiet Waters Park

Summer Concerts in the Park (Muskrat Park, St. Michaels) Every Thursday through August 31st; 6-7:30 p.m.; stmichaels-md.org *July performers: Blues Deville, Ampersand, Down the Road, Three Penny Opera*

Queen Anne's County Arts Council Every Thursday through September 7th; 7 p.m., Various locations; queenannescountyarts.com *July performers: David Chappell & Friends, Jason Morton & The Chesapeake Sons, Wheelhouse*

Quiet Waters Park (Annapolis) Every Saturday through September 3rd; Times Vary; aacounty.org *July performers: U.S. Naval Academy Blues and Gold, Kelly Bell Band*

Waugh Chapel Towne Centre (Gambrills) Wednesdays through August 16th; 6:30-8 p.m.; visitwaughchapel.com *July performers: Technicolor Motor Home, Eric Scott, Diamond Alley, Josh Christina*

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Towne Calendar

A taste of community events taking place this month across the Chesapeake Bay region. For this month's full calendar, scan the QR code



July 1

Annapolis Blues FC vs Northern Virginia United at Navy-Marine Corps Memorial Stadium in Annapolis, 7 p.m.; annapolisblues.com; Show up to support your home team in Annapolis with their second to last game of their inaugural season.

July 2

First Sunday Arts Festival on West Street in Annapolis, 11 a.m. to 5 p.m.; innerweststreetannapolis.com; Inner West Street Association is the proud sponsor of Maryland's premier art festival. From May through November, thousands of visitors enjoy shopping along beautiful West Street in downtown historic Annapolis.

July 4

Chestertown's Fourth of July Fireworks in Downtown Chestertown; riverpacket.square.site; Chestertown's Fourth of July Fireworks are back! Join the River Packet for an evening sail and river view of the show. Tickets are limited; reservations are required - click the link for more information and to secure your tickets!

July 7

Easton's First Friday Gallery Walk in Downtown Easton; tourtalbot.org; On First Friday the art galleries of downtown Easton extend their hours and invite you on a tour of artistic adventure! View new art exhibits, meet the artists, and discover sales and great deals!

The Iron Giant - Outdoor Movie Night at Moton Park, Easton; 8 p.m.; Bring a chair and a blanket for cinema under the stars! Our movie nights will be a free event for all ages. There will also be a free inclusive craft activity at 7 p.m. for the early birds!

Talent Machine Presents "High School Musical" at Pascal Center for Performing Arts in Arnold, 7 p.m.; Our cast includes a highly talented group of 42 kids between the ages of 7 to 14, who will amaze you with their talent and the Company's signature energy.

July 8

A Primitive, Primal, & Personal Journey... Ceramic Artwork by Greg Holmes in Downtown Ellicott City, 3-6 p.m.; artistsgalleryec.com; Greg Holmes combines clay, metal, and wood with fine craftsmanship in ways that complement each other. Whether they are wheel-thrown symmetrical vessels or assembled convex/concave vessels, the addition of copper, silver, and wood accents to these wood-fired forms has become his signature approach to ceramics.

July 9

Annapolis Blues FC vs Alexandria Reds at Navy-Marine Corps Memorial Stadium in Annapolis, 5 p.m.; annapolisblues.com; Support the Annapolis Blues at their last game of the season in Annapolis!

July 12

Sad Summer Fest at Pier Six Pavilion in Baltimore; sadsummerfest.com; Sad Summer Festival 2023 will feature Taking Back Sunday, The Maine, Pvriss, Hot Mulligan & Mom Jeans.

July 13

Celebrity Golf Outing at Oak Creek Golf Club in Upper Marlboro. LakeArborJazzFestival.com; Hosted by golf enthusiasts and jazz saxophonists Elan Trotman and Mike Phillips, we are excited to add the Annual Lake Arbor Jazz Celebrity Golf Outing to the festival lineup of events.

July 15

Free Compost Bin for County Residents at Quiet Waters Park in Annapolis; qwpcomposting@hotmail.com; The Anne Arundel County Master Gardeners teach how to make compost using yard waste and kitchen scraps. Attend a one hour compost demonstration at the compost

Renegade Monster Truck Tour



site on the Wildwood Trail at Quiet Waters Park. Anne Arundel County residents will receive a FREE compost bin.

Renegade Monster Truck Tour at Anne Arundel County Fairgrounds in Crownsville; aaccountyfair.org; For the first time ever! Monster Trucks blast into the Anne Arundel County fairgrounds here in Crownsville. July 15 & 16 for 2 huge shows featuring Monster Trucks, Freestyle Motocross, and more!

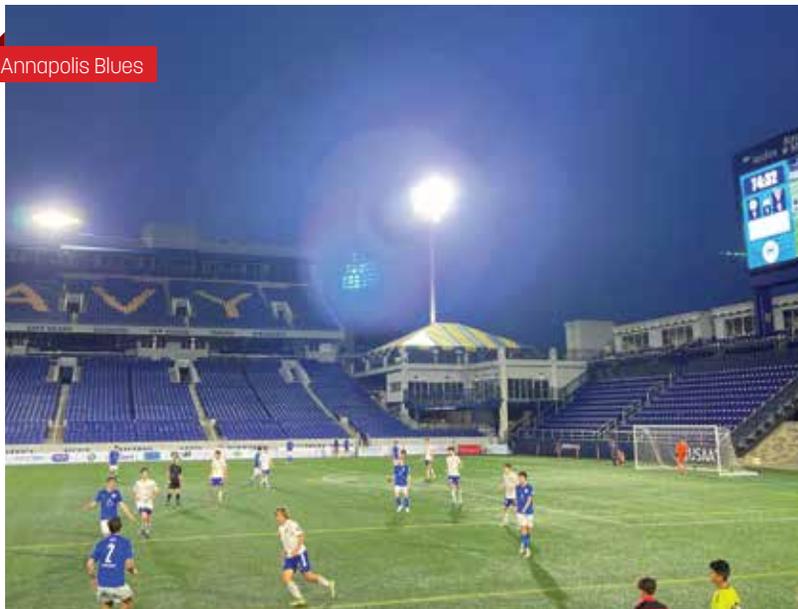
July 18

Music and Movement on the Green with Busch Library at Annapolis Town Center, 9:30 a.m. annapolistowncenter.com; Bring a chair or blanket to join Busch Library for some musical fun with the whole family! This educational program will give the kids plenty to do while they learn and explore different patterns, rhythms, and chants!

July 20

Tide and Tunes Summer Concert Series at Annapolis Maritime Museum, 7 p.m.; amaritime.org; The Tides & Tunes Summer Concert Series offers 10 weeks of popular music - from rock to folk to blues - with the incomparable backdrop of the Chesapeake Bay.

Annapolis Blues



peake Bay. Concerts are free; however, donations are gratefully accepted. Food and spirits are available for purchase.

Concerts in the Park at Muskrat Park in St. Michaels, 6 p.m. to 7:30 p.m.; tourtalbot.org; The St. Michaels Community Center's free, waterfront Summer Concert Series is on Thursdays continuing through Aug. 31.

July 26

Arundel Grown - A Farm to Table Tasting at Great Frogs Winery in Annapolis; Visit Arundel Ag's Facebook Page; We're excited to announce that Arundel Ag and AAEDC will be celebrating Anne Arundel County's farmers and producers at "Arundel Grown - A Farm To Table Tasting" on Wednesday, July 26. Held during Maryland Buy Local Week, the event will include a tasting menu made with 100 percent local ingredients, two glasses of wine per guest, live music, and goodie bags filled with a wide variety of local producers' products - all amidst the beautiful backdrop of Great Frogs Winery.

July 27

The Mind Noodler - Matt Donnelly at Cult Classic Brewing Company in Stevensville, 7 to 11 p.m.; cultclassic-brewing.com; The Las Vegas Review Journal recently named Matt Donnelly, "Las Vegas's Best Up and Coming Comedy Magician." His act, The Mind Noodler has been dazzling audiences across the North America with his

unique and hilarious brand of magic and one of a kind story.

July 28

TGIF Cookout at the Chamber at Greater Severna Park and Arnold Chamber of Commerce in Severna Park, 12-1:30 p.m.; You are cordially invited to kick off the weekend with us at our first TGIF Networking Cookout of the year. Free to Chamber Members, \$15 for non-members.

Food Truck Night at Crumpton Volunteer Fire Department in Crumpton, 5-8 p.m.; visitqueenannes.com; We invite you to join us at Crumpton Volunteer Fire Department for Our Food Truck Night.... Lots of delicious food to choose from. Hope to see you there. Spanky's Soul Food and BBQ, Falling off the Bone Bar Be Que, BBQ Bueno, Belly Bustin Grill, Walker Family Fried, Seafood, Isiah Ice Cream Delights, Carrie Sue's Cupcakery.

July 31

Adult Mental Health First Aid at The Community Foundation of Anne Arundel County in Annapolis, 9 a.m.; cfaac.com; Did you know that nearly one in five U.S. adults live with a mental illness? Mental Health First Aid training will teach you how to identify, understand, and respond to signs of mental illness and substance abuse disorders.



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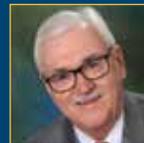
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Backyard Bash

On Saturday, April 22nd, the Summit School hosted its annual Backyard Bash on the campus grounds in Edgewater. A rainy forecast for the day didn't deter the more than 200 attendees who enjoyed the festivities under a tent and indoors. Guests played cornhole and sipped drinks before enjoying the evening's program, dinner, and dancing.

Photography by Tony Lewis, Jr.

1. Betty Simpson and Kim Simpson. 2. Rachele Reid and Lynette Collins. 3. Brandon and Genevieve with Leslie and Jim Eget. 4. Bob Salta, Denise Salta, Tricia Kelly, Dr. Joan Mele-McCarthy, Michelle Salta, Shawn Salta, Jeff Kelly. 5. Kevin McCarthy, Dr. Joan Mele-McCarthy, Sean Miskimins, and Natalie Miskimins. 6. Alan Lanham and Trent Newman. 7. Jim Gardiner, Amy McPherson, and Michael Curry.





TOWNE SOCIAL

Caring for Life Gala

Hospice of the Chesapeake held its Caring for Life Gala on April 22nd in The Hall at Live! Casino & Hotel Maryland in Hanover.

The event brought in more than \$550,000 that will support the organization's hospice, supportive and grief care programs, and services provided to patients and families in Anne Arundel, Calvert, Charles, and Prince George's counties. Guests enjoyed an evening that included dinner, dancing, live and silent auctions and musical entertainment by The Reagan Years.

Photography by Laura A. Wiegmann.

1. Buff and Robin Colchahoff and David Hunt 2. Sheila Davies and Dr. Randy Davies 3. Graham Billings, Rubie and Vincent Iatesta 4. Nancy Smit, Julien Hecht, and Tim McDonough 5. Pam and Len Beidle 6. Beth and David Kuhl 7. Kelly and Michael Abbott, Lee Meyers, and Abbie and Jeremy Friedberg 8. Maria Culucciello, Tony Parasiliti, Cary Melnyk, Kymberly Taylor, and Barbara Bohan



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20th Annual Rockfish Tournament

A rite of spring, the Boatyard Bar & Grill's 20th Annual Rockfish Tournament was held on Saturday, May 6th. Fifty-nine fishing boats competed in the catch-photo-release tournament for the largest striped bass caught in Chesapeake Bay waters. The after party and awards presentation were held on the grounds of the Boatyard Bar & Grill in Eastport, Annapolis.

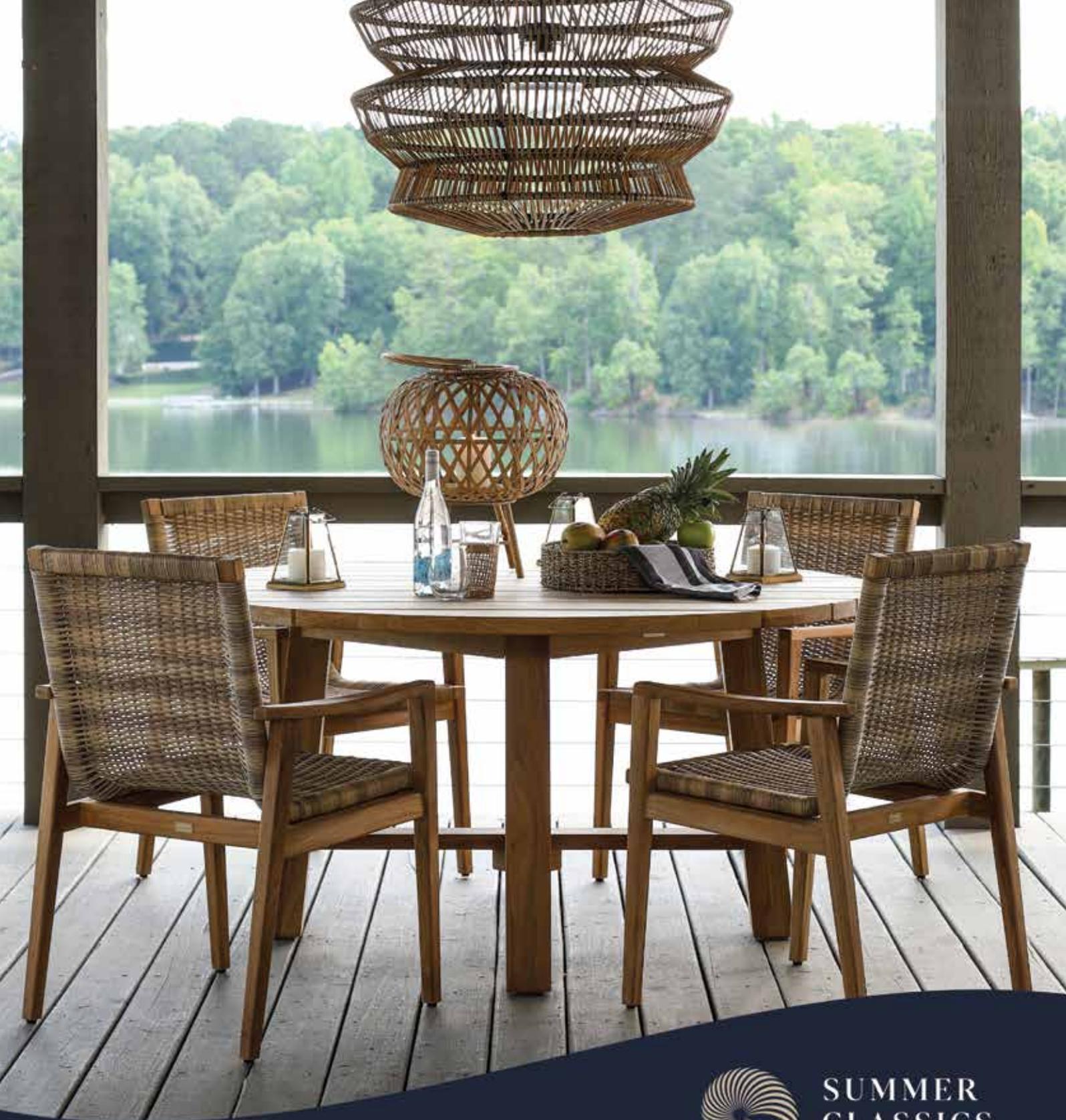
Boatyard owner Dick Franyo (pictured far left in the First Place photo) explains, "We purposely have made the tournament not a big, competitive 'cash prize' event, but rather a rite of spring, an environmental awareness day, and fundraiser for three great causes."

Proceeds from the event benefit three main organizations/causes: the Chesapeake Bay Foundation, the Coastal Conservation Association Maryland, and the Annapolis Police Foundation's Youth Fishing Camp.

Photography courtesy Boatyard Bar & Grill.

1. Captain and angler Andrew Wendell of the boat At Last caught a 44.5" striped bass to claim First Place honors 2. & 3. Captain Cory Cinque positioned his boat, a Mako 22, for 12-year-old angler Dylan Cinque to catch a 40.5" striper and claim Second Place. 4. Third Place honors went to Captain and angler Steve Wagner of the PYY Fishing boat, who caught a 39" striped bass.





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↑ Gallery a Welcome Addition to Annapolis Arts District

Barely one year ago, then-84-year-old William N. Collins fulfilled a lifelong dream of showcasing his abstract art for all to see. His vehicle to do so—open an art gallery in Annapolis, which he did on the heels of the pandemic, when all other professional endeavors seemed at a standstill for Collins, save for painting...and painting some more. Located in the uptown section of the arts district at 162 West Street (near trendy restaurants like Metropolitan and Lemongrass across the street), the W.N. Collins gallery has become a welcome addition to the fine arts scene in town. The gallery features dozens of Collins' large-scale, colorful, abstract paintings with amusing titles such as *Emerald Maze*, *Midnight Regatta*, and *A Little Bit of Brightness*. "The quarantine was my opportunity to devote time and energy to painting," Collins says. "While I had painted off and on during my life, this moment has allowed me to fully release my creativity and explore my inner psyche." Learn more about the Collins and the gallery at wncollins.com.

Photo courtesy AACCS



NEW HEAD OF SCHOOL AT AACCS

Annapolis Area Christian School recently announced the appointment of Chad Dirkse as the next Head of School, effective July 1st. Last fall,

the school's search committee began the process of replacing Rick Kempton—who retired this June after 11 years leading AACCS. Dirkse comes to Maryland by way of Chattanooga, Tennessee, where he served as Chattanooga Christian School's president for 14 years. "Serving as the next Head of School at AACCS is a great privilege," Dirkse says. "Over the last few months, my wife Heather and I have felt a persistent tug to become part of your community. Each interaction with the people within the AACCS family cultivated a sense of belonging..." Learn more about Mr. Dirkse and AACCS at aacsonline.org.



Adaptive Boating Center Opens

Chesapeake Region Accessible Boating (CRAB) held a ribbon cutting ceremony at the new Annapolis Adaptive Boating Center on May 2nd. The Adaptive Boating Center (ABC) is a \$6 million project supported by funding from the State of Maryland, Anne Arundel County, the City of Annapolis, and CRAB donors. The new facility is an essential part of CRAB's strategic plan to increase accessibility to the Chesapeake Bay for people with disabilities, recovering warriors, and youth from underserved communities. Learn more about the new facility and CRAB at crabsailing.org.



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↑ FIRST FEMALE NOMINATED TO LEAD USNA

Rear Adm. Yvette Davids was nominated for appointment to the rank of vice admiral, and then assignment by President Joe Biden as the next superintendent of the U.S. Naval Academy.

Davids, a 1989 graduate of the Naval Academy, is a career surface warfare officer and is currently serving as Director, Learning to Action Drive Team.

Davids has an extensive operational background to include commanding USS Curts (FFG 38), USS Bunker Hill (CG 52), and Carrier Strike Group 11.

Though the transfer of command is tentatively scheduled for this summer, the exact timing of Davids' confirmation is an open question (as of press time). According to U.S. Naval Institute reporting, "Defense Department civilian and military nominations are on hold by Sen. Tommy Tuberville (R-Ala.) over objections to a series of Pentagon policies that allow service members to take out-of-state leave for reproductive healthcare, including abortions. More than 100 DoD nominations are stalled due to the hold." Learn more at usna.edu and news.usni.org.

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TOWNE ATHLETE

Kevin Bredeck

Severna Park High School
Lacrosse, Football

By Tom Worgo

Senior Kevin Bredeck has had quite a following the past few years when it comes to Severna Park High School boys lacrosse home games. His parents, cousins, uncle, brothers, grandparents, and a few friends would come to watch him play. The outcome usually was a good one since the Falcons have won six consecutive state championships.



“HE IS THE HARDEST WORKER ON AND OFF THE FIELD. HE WILL PLAY OFFENSE AND DEFENSE. HE IS A GROUND BALL MACHINE AND THE FASTEST PLAYER IN THE COUNTY.”

The fun won't end for Bredeck's followers despite him recently graduating from Severna Park. Family and others can watch Bredeck play at the University of Maryland Baltimore County, where he will attend the school on an athletic scholarship.

“I think it will be fantastic,” Bredeck says of family coming to watch him play for the Retrievers. “Playing so close to home at UMBC, it will be convenient for my supporters. If I was going to school out of state, it would have been hard for anyone to come see me play.”

He almost did leave the state. That was almost a reality. Bredeck, a midfielder, originally committed to the New Jersey Institute of Technology in Newark, but later changed to UMBC. Bredeck also received offers from Mercer and Mount St. Mary's universities. West Point and Towson State University also recruited him.

“I really like the coaching staff at UMBC, especially head coach (Ryan) Moran,” explains Bredeck, who carried a 3.86-grade point average at Severna Park. “My dad and I had a call with him, and he re-

ally checked all the boxes. He knows what a student-athlete needs playing a Division I sport.”

Bredeck will be reunited with former Severna Park teammate Rory Sullivan, who will be a rising junior. “I think it will be awesome that we are on the same team,” Bredeck says. “He was a fantastic teammate and leader. Going from high school to UMBC, I think he will make that transition easier for me.”

Moran is excited the 18-year-old Bredeck will be part of his program. Moran says he's had good experiences with Severna Park players in his eight years on the job.

“He is the kind of kid who has unreal speed,” Moran says. “We are looking for midfielders who can play offense and defense and have his skill set. He is the type of player you want in your program with his work ethic.”

Playing club lacrosse for eight years helped Bredeck develop into an elite player. He spent five years playing for the Gambrills-based Athletic Performance Inc. before joining Prostart Lacrosse in Annapolis.

“His athletic ability was a main factor for us winning games,” Prostart Lacrosse Coach Will Dalton says. “We gave him the nickname, ‘Jets.’ And his ability to bring the ball to the defensive side of the field to the offensive side of the field in transition...he was one of the top players I’ve had that can do that.”

Bredeck helped make Severna Park click this season as the Falcons went 12-3. He scored hat tricks against Severn and Mount Hebron. Overall, he totaled 16 goals and five assists to be named an Anne Arundel County Coaches First-Team All-County pick. As a junior, Bredeck scored 15 goals and dished out 20 assists to be picked Second-Team All-County selection.

“He is the hardest worker on and off the field,” Severna Park Boys Lacrosse Coach Dave Earl says. “He will play offense and defense. He is a ground ball machine and the fastest player in the county.”

Bredeck also loves playing football. He started for two years at both wide receiver and cornerback. He led Severn Park in all-purpose yards in 2022 with 1,045 and touchdowns (7) to earn Honorable Mention All-County honors. On defense, he recorded 36 tackles and had an interception.

“His athleticism is second to none,” Earl says. “He would have been a heck of a wrestler and a great sprinter in track.”

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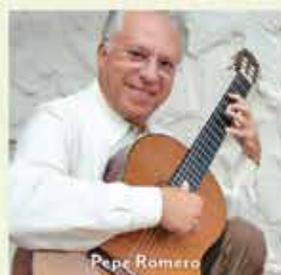
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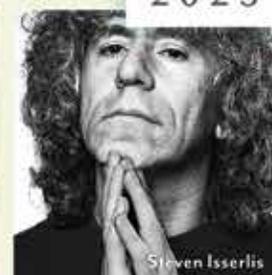
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2023

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▲ ☼ **Where:** 25 Market Space, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 443-949-0024 **Click:** annapolismarkethouse.com **Refreshments:** Annapolis Market House just started offering a full bar! The new best place for a classic crush

ARMADILLO’S BAR AND GRILL

▲ ☼ **Where:** 132 Dock Street, Annapolis **When:** dinner, late-night **Cost:** \$ **Call:** 410-280-0028 **Click:** Facebook **Can’t Miss Dish:** Fat Boy Fried Chicken

BUDDY’S CRABS & RIBS

▲ **Where:** 100 Main Street, Annapolis **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-626-1100 **Click:** buddysonline.com **Family Meal Deals:** Enjoy these family meals for two including ribs and crabcakes, snow



Boatyard Bar & Grill

crab legs and sides, or crabs, shrimp and more!

CAFÉ NORMANDIE

▲ **Where:** 185 Main Street, Annapolis **When:** lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 410-263-3382 **Click:** cafenormandie.com **Can’t Miss Dish:** Trout Almondine **Go Green:** The Annapolis Leader in Sustainability and Eco-Friendly, Green Practice’s including recycled vegetable oil, composting, and bio-degradable materials.

CASTLEBAY IRISH PUB

▲ **Where:** 193A Main Street, Annapolis **When:** lunch, dinner, Sunday brunch, late-night **Cost:** \$\$ **Call:** 410-626-0165 **Click:** castlebayirishpub.com **Extra Excitement:** Check their Facebook page for live music throughout the summer. **Happy Hour:** Monday through Friday 4-7 p.m.

CHICK & RUTH’S

▲ **Where:** 165 Main Street, Annapolis

When: breakfast, lunch, dinner **Cost:** \$\$ **Call:** 410-269-6737 **Click:** chickandruths.com **The Challenge:** Step up to the plate with these four challenges: Man v. Food Challenge: 6lb Shake and 1.5lb sandwich; 6lb milkshake; 3lb sandwich; 3lb cheeseburger. **Start of your Day:** Every morning, recite the Pledge to the Flag at 8:30 a.m. Monday through Friday and at 9:30 a.m. on Saturday and Sunday.

THE CHOPTANK

▲ ☼ **Where:** 110 Compromise Street, Annapolis **When:** lunch, dinner, late night **Cost:** \$\$\$ **Call:** 443-808-1992 **Click:** thechoptank-restaurant.com **On the Water Entertainment:** Check out The Choptank’s website for their calendar of live music this summer. **Happy Hour:** Monday, 4-6 p.m., Tuesday through Friday, 3-6 p.m.

CURATE ANNAPOLIS

▲ **Where:** 141 West Street, Annapolis **When:** breakfast,

lunch **Cost:** \$\$ **Call:** 410-907-0968 **Click:** curateannapolis.com **Events:** Not only is Curate a bakery and coffee shop, Curate is also a wine bar who offers many wine and special tasting events

DOCK STREET BAR AND GRILL

▲ ☼ **Where:** 136 Dock Street, Annapolis **When:** lunch, dinner, late-night **Cost:** \$ **Call:** 410-268-7278 **Click:** Dockstreetbar.net **Can’t Miss Dish:** Crab Cake Dinner

DRY 85

▲ **Where:** 193B Main Street, Annapolis **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$ **Call:** 443-214-5171 **Click:** dry85.com **Weekly Special:** Bacon Brunch - Because everything is better with bacon. Sunday 10 a.m. - 2 p.m. **Happy Hour:** 3 p.m.-6 p.m. Monday through Friday

THE FEDERAL HOUSE BAR & GRILL

▲ ☼ **Where:** 22 Market Space, Annapolis **When:**

lunch, dinner, late-night **Cost:** \$ **Call:** 410-268-2576 **Click:** federalhouserestaurant.com **The Scoop:** Award-winning cream of crab soup and plenty of beer to try! Not only is there a human menu, but there is also a menu for your four-legged friend to get five-star treatment. **National Celebration:** Are you into National Bourbon Day? How about National Martini Day? Odds are, Federal House is celebrating them!

FOX’S DEN

▲ **Where:** 179B Main Street, Annapolis **When:** dinner **Cost:** \$\$ **Call:** 443-808-8991 **Click:** foxsden.com **Can’t Miss Drink:** For Fox Sake **Happy Hour:** 5-6 p.m. Monday through Friday

GALWAY BAY

▲ ☼ **Where:** 63 Maryland Avenue, Annapolis **When:** lunch, dinner, late night, Sunday brunch **Cost:** \$\$ **Call:** 410-263-8333 **Click:** galwaybaymd.com **The Scoop:** 20+ years of award-win-

ning Irish hospital-ity, even visited by Food Network's Guy Fieri for an episode of **Diners, Drive-Ins, and Dives. What Are We Drinking?:** Besides a full bar, Galway Bay has a large collection of Irish Whiskey with over 80 displayed Irish Whiskeys. This is the largest array in the state. **Happy Hour:** Monday through Friday, 3:30-6:30 p.m.

GAME ON BAR + ARCADE

Where: 114 West Street, Annapolis **When:** dinner, late night **Cost:** \$\$ **Call:** 410-885-4589 **Click:** gameonbar.com **The Scoop:** Grab a 21+ Capri Sun or slushie and play your favorite classic video games, skeeball, sing karaoke, and find your inner child with pinball!

HAROLD BLACK

Where: 236 Main Street, Annapolis **When:** light fare, late night **Cost:** \$\$ **Call:** 410-304-3353 **Click:** haroldblack.com **The Scoop:** Harold Black is the perfect place to grab a cocktail and cheese plate for a nice light dinner.

HARRY BROWNE'S

Where: 66 State Circle, Annapolis **When:** lunch, dinner, Sunday brunch, late-night lounge **Cost:** \$\$ **Call:** 410-263-4332 **Click:** harrybrownes.com **The Scoop:** Fine dining with a beautiful view of Annapolis and the State Circle landmark. Harry Browne's has a beautiful dining room as well as a laid-back bar lounge. **Wine Cellar Membership:** Join Harry

Browne's wine membership for discounts on wine, wine cellar private dining room access, and more! **Can't Miss Dish:** Blue Angel Artisan Pizza

IRON ROOSTER

Where: 12 Market Space, Annapolis **When:** breakfast, lunch, dinner **Cost:** \$ **Call:** 410-990-1600 **Click:** ironroosterall-day.com **Can't Miss Dessert:** Homemade Pop Tarts

JOSS CAFÉ & SUSHI BAR

Where: 195 Main Street, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-263-4688 **Click:** jossushi.com **Can't Miss Dish:** Crunchy Ebi Roll

LATITUDE 38

Where: 12 Dock Street, Annapolis **When:** Lunch, Dinner **Cost:** \$\$ **Call:** 667-204-2282 **Click:** latitude38waterfront.com **Brunch Bonus:** Latitude 38 hosts a Sunday Brunch on from 10 a.m. - 2 p.m. on Sunday mornings. Be sure not to miss the Macadamia Crusted French Toast or the Crab and Shrimp Omelet! **Club 38:** Receive a free bottle of wine a month, a monthly wine tasting, discounts on drinks, and more when you become a Club 38 member! **Happy Hour:** Daily 3-6 p.m.

LEMONGRASS

Where: 167 West Street, Annapolis **When:** dinner **Cost:** \$ **Call:** 410-280-0086 **Click:** lemongrassannapolis.com **Can't Miss Dish:** Chesapeake Pad Thai

LEVEL-A SMALL PLATES LOUNGE

Where: 69 West Street, Annapolis **When:** dinner **Cost:** \$ **Call:** 410-268-0003 **Click:** levelannapolis.com **Can't Miss (Small) Dish:** Tuna Tartare **Sustainability:** Level is the first restaurant in Annapolis to source local and regional ingredients on such a large scale. Visit their website for a full list of the farms they use on a daily basis. **Happy Hour:** Monday through Friday, 4-6 p.m.

LIGHT HOUSE BISTRO

Where: 202 West Street, Annapolis **When:** breakfast, lunch, dinner, week-end brunch **Cost:** \$ **Call:** 410-424-0922; 443-221-6207 **Click:** lighthousebistro.org **Community Contributor:** Light House Bistro is not just running a business, here, giving people new lives. The Bistro gives people with employment barriers jobs as well as help developing resumes through the Light House Homeless Prevention Support Center's

Building Employment Success Training Program. **Boxed Lunches:** Next time your office is getting together for lunch, think about ordering boxed lunches from Light House Bistro!

LUNA BLU

Where: 36 West Street, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-267-9950 **Click:** luna-blufannapolis.com **Can't Miss Dish:** Crab Bruschetta **Pizza and Wine:** Each Tuesday and Thursday, Luna Blu offers a pizza and wine pairing menu for you to check out!

MASON'S FAMOUS LOBSTER ROLLS

Where: 188 Main Street, Annapolis **When:** lunch, dinner **Cost:** \$ **Call:** 410-280-2254 **Click:** masonslobster.com **The Scoop:** A Maryland twist on a Maine classic, Mason's serves perfectly combined lobster rolls of all kind.

MCGARVEY'S SALOON & OYSTER BAR

Where: 8 Market Space, Annapolis **When:** lunch, dinner, late-night, Sunday

brunch **Cost:** \$\$ **Call:** 410-263-5700 **Click:** mcgarveysannapolis.com **Aviator Helmets:** McGarvey's has some unique decorating if you look up. Aviator helmets have been donated to the bar over the years and McGarvey's has announced a long-term project that will tell the stories behind each of the helmets that lives at the bar.

METROPOLITAN KITCHEN & LOUNGE

Where: 175 West Street, Annapolis **When:** breakfast, lunch, dinner, late-night **Cost:** \$ **Call:** 410-280-5160 **Click:** metropolitanannapolis.com **The Scoop:** Dine under the stars on the roof-top bar and enjoy a lamb burger or the fig and goat cheese flatbread for a perfect evening. **Happy Hour:** Tuesday all evening, Wednesday through Friday 4-6 p.m.

MIDDLETON TAVERN

Where: 2 Market Space, Annapolis **When:** lunch, dinner, brunch, late-night **Cost:** \$\$ **Call:** 410-263-3323 **Click:**

middlontavern.com **History:** Middleton Tavern opened in 1750 making it a host to the most revered leaders during the period following the American Revolution. George Washington, Thomas Jefferson, and Benjamin Franklin were all patrons of the bar. **Annapolis Unplugged:** Rediscover your roots on Wednesday nights at Middleton Tavern for "Annapolis Unplugged." The homegrown music series features the area's best talent. **Happy Hour:** 3 p.m. - 7 p.m. Monday through Friday

O'BRIEN'S OYSTER BAR & SEAFOOD TAVERN

Where: 113 Main Street, Annapolis **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$\$ **Call:** 410-268-6288 **Click:** obriensoysterbar.com **Added Bonus:** If O'Brien's oyster bar isn't enough of a reason to come, visit to say hello to the ghosts who have been lingering in the building since 1774. **Poker Night:** Every



Pusser's Caribbean Grille



Osteria 177

Monday night starting at 6:30 and 8:30 p.m., try your hand at Poker Night **Happy Hour:** 3 p.m. - 7 p.m. Monday through Friday

OSTERIA 177

▲ **Where:** 177 Main Street, Annapolis **When:** lunch on Fridays, dinner **Cost:** \$\$ **Call:** 410-267-7700 **Click:** osteria177.com **The Scoop:** Italian coastal specialties brought to Annapolis along with a wine list that will leave you craving more. **Now Online!** Order fresh pasta or jarred sauce from Osteria 177 to go online.

PICANTE COCINA MEXICANA

▲ **Where:** 48 West Street, Annapolis **When:** lunch, dinner, weekend brunch **Cost:** \$ **Call:** 443-775-5957 **Click:** picanteannapolis.com **Catering:** Picante Cocina Mexicana offers build your own taco bars, a bar menu and more to make your next event the talk of the town.

PRESERVE

▲ **Where:** 164 Main Street, Annapolis **When:** lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 443-598-6920 **Click:** preserve-eats.com **The Scoop:** Farm-to-table, casual restaurant, Preserve brings American-Euro dishes to Annapolis which they pickle and ferment themselves. Along with their restaurant, Preserve also has a line of ferments available for purchase.

PUSSER'S CARIBBEAN GRILLE

▲ ☹️ **Where:** 80 Compromise Street, Annapolis **When:** breakfast, lunch, dinner, Sunday buffet **Cost:** \$\$ **Call:** 410-626-0004 **Click:** pussersannapolis.com **Can't Miss Drink:** Pusser's Painkiller **Happy Hour:** Sunday through Thursday, 3-6 p.m.

RAMS HEAD TAVERN

▲ **Where:** 33 West Street, Annapolis **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$\$ **Call:**

410-268-4545 **Click:** ramsheadtavern.com **The Scoop:** Rams Head has beer, sammies, and lobster rolls to be enjoyed by all as well as plenty of live music to be enjoyed any time of year! **Happy Hour:** Monday through Friday 3-6 p.m.

RED RED WINE BAR

▲ ☀️ **Where:** 189B Main Street, Annapolis **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$\$ **Call:** 410-990-1144 **Click:** redredwinebar.com **The Scoop:** Wine, cheese, and pizza oh my! Red Red Wine bar has plenty to choose from including preset wine flights in order for guests to find your new favorite wine. **Happy Hour:** 3 p.m.-6 p.m. Monday through Friday

REYNOLDS TAVERN

▲ **Where:** 7 Church Circle, Annapolis **When:** lunch, tea, dinner **Cost:** \$\$ **Call:** 410-295-9555 **Click:** reynoldstavern.org **The Scoop:** As one of the oldest taverns in Annapolis, Reyn-

olds Tavern offers the classic tea and finger sandwiches or you can head out to the Beer Garden which features an everchanging draft list. Stay the night in a suite style room and wake up in the heart of Downtown Annapolis.

SOFI'S CRÊPES

▲ ☹️ **Where:** 1 Craig Street, Annapolis **When:** breakfast, lunch, dinner **Cost:** \$ **Call:** 410-990-0929 **Click:** sofiscrepes.com **Can't Miss Dish:** The Kevin Bacon Crepe - Turkey, bacon, cheese, and tomatoes with thousand island sauce **The More the Merrier:** Can't make it into town for one of Sofi's Crepes? There is another location in Severna Park and the newest location in Baltimore!

STAN AND JOE'S SALOON

▲ ☀️ **Where:** 37 West Street, Annapolis **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$ **Call:** 410-263-1993 **Click:** stanandjoessaloon.com **The Lounge:** Reserve The Lounge for special events and more. It is easy to enjoy a cocktail and some easy conversation in the quiet and slightly upscale lounge **Happy Hour:** 3 p.m.-7 p.m. Monday through Thursday

TROPHY ROOM

▲ ☀️ **Where:** 126 West Street, Annapolis **When:** brunch, lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-263-7777 **Click:** graduatehotels.com/annapolis/restaurant/trophy-room **The Scoop:** Located within

Graduate Annapolis, Trophy Room offers nostalgia in American dishes with a youthful spin. For example, the Adult Capri Sun cocktail.

TSUNAMI

▲ **Where:** 51 West Street, Annapolis **When:** dinner, late-night **Cost:** \$\$ **Call:** 410-990-9868 **Click:** tsunamiannapolis.com **The Scoop:** This unique menu has an extravagant sushi menu as well as guilty pleasures like sriracha mac-n-cheese.

VIDA TACO BAR

▲ **Where:** 200 Main Street, Annapolis **When:** weekend lunch, dinner **Cost:** \$ **Call:** 443-837-6521 **Click:** vidatacobar.com **The Scoop:** Plenty of tacos and quesadillas for everyone to enjoy. Pair with an amazing margarita or special Purple Drank which is a 50/50 mix of sangria and margarita.

GREATER ANNAPOLIS

CANTLER'S RIVERSIDE INN

▲ ☹️ ☀️ **Where:** 458 Forest Beach Road, Annapolis **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-757-1311 **Click:** cantlers.com **The Scoop:** Crab Cake, cream of crab soup, snow crabs, and soft-shell crab sandwich galore. Cantler's Riverside Inn is not any types of crab, no matter what your favorite way to eat it is.

CARPACCIO TUSCAN KITCHEN

▲ ☀️ **Where:** 1 Park

Place, Suite 10, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-268-6569 **Click:** carpaccio-tuscankitchen.com **Can't Miss Dish:** Vitello Annapolis **The Scoop:** Comfortable, yet sophisticated. Carpaccio Tuscan Kitchen & Wine Bar offers more than just a menu of authentic Italian specialties. Revel in our uptown ambiance indoors or alfresco while you savor the perfectly portioned and exquisitely flavored pastas, pizzas, meats and seafood dishes.

COOPER'S HAWK WINERY & RESTAURANT

☀️ **Where:** 1906 Towne Centre Boulevard, Suite 238, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 443-837-9989 **Click:** chwinery.com **The Layout:** Enjoy a delicious restaurant with signature menu items paired perfectly with their own wine's upstairs. Venture downstairs for a tasting room that includes seven to eight different wines with no reservation necessary! **Wine Club:** Cooper's Hawk offers a wine club to help members discover new wines each month, enjoy dining rewards, discounts and more. **Happy Hour:** 2 p.m. - 5 p.m. Monday through Friday

DAVIS' PUB

☀️ **Where:** 400 Chester Ave, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-268-7432 **Click:** davispub.com **Welcome to the Neighborhood:** George Washington Davis opened his



ENTRANCE

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LOOK
HOT

POP THE
TOP OF
THE F...
NEVER
STOP

Ciao
Bella



Catch The Vibe!

TUSCAN
PRIME
ITALIAN CHOPHOUSE

& Dolce Bar

WHAT'S UP! MEDIA
**BEST OF
ANNAPOLIS
2023**

Tuscan Prime Italian Chophouse & Dolce Bar
1905 Towne Center BLVD, Suite 100 Annapolis, MD 21401 www.TuscanPrime.com 443.572.4677

own confections and general store in the 1920's, which converted to Davis' Lounge by the 1940's by local watermen in the neighborhood, and became Davis' Pub in 1986. To this day, Davis' Pub continues to be a local, neighborhood joint with good, affordable food.

FLAMANT

▲ **Where:** 17 Annapolis Street, Annapolis **When:** lunch and dinner **Cost:** \$\$ **Call:** 410-267-0274 **Click:** flamantmd.com **The Scoop:** Flamant represents Chef de Puc's classical training in Belgium, but is defined by his team's love for seasonal cooking, world travel, and of course, his European roots.

GRAPES WINE BAR

★ **Where:** 1410 Forest Drive, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-571-5378 **Click:** grapeswinebarannapolis.com **Patrick's Picks:** Owner Patrick Bouculat comes from a small town in central France and strives to keep the best wines at his bistro. Grapes Wine Bar has earned the Wine Spectator Restaurant Award of Excellence for seven straight years, ranking among the best places in the world to drink wine. Check out their website for what Patrick picks this week!

JULEP SOUTHERN KITCHEN & BAR

★ **Where:** 2207 Forest Drive, Annapolis **When:** lunch, dinner, Sunday Brunch **Cost:** \$\$ **Call:** 410-571-3923 **Click:** julepannapolis.com **Happy Hour:**

Monday through Friday, 3-6 p.m. **Julep Chili:** Looking for the next best Chili in Annapolis? Julep's chili contains twenty-two ingredients including seven chiles, red beans, brisket and smokey tomato sauce!

LEMONGRASS TOO

★ **Where:** 2625 Housley Road, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Click:** lemongrassannapolis.com **Share:** Crispy Green Beans, Chicken Satay, and Crispy Chive Cakes are all great appetizers to share with friends!

LURES BAR & GRILLE

★ **Where:** 1397 Generals Highway, Crownsville **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$\$ **Call:** 410-923-1606 **Click:** luresbarandgrille.com **The Scoop:** Lures, a casual bar with a nautical feel, specializes in regular customers, offering both a beer and wine club for repeaters. You can also sign up to receive its weekly newsletter with the latest happenings. **Beer:** Lures has an extensive daft list featuring craft beers from small breweries all over the country, and right here in Maryland!

MISS SHIRLEY'S CAFE

★ **Where:** 1 Park Place, Annapolis **When:** breakfast, lunch **Cost:** \$\$ **Call:** 410-268-5171 **Click:** missshirleys.com **The Scoop:** Definitely a can't miss since it has been voted best breakfast in Maryland by Food Network Magazine and so many other awards since.

SEVERN INN

☼ **Where:** 1993 Baltimore Annapolis Boulevard, Annapolis **When:** lunch, dinner, Sunday brunch **Cost:** \$\$\$ **Call:** 410-349-4000 **Click:** severninn.com **The View:** Sit on the patio, or inside with floor to ceiling windows with a panoramic view of Annapolis and the Naval Academy at the Severn Inn. **Can't Miss Dish:** Crab Cakes **Can't Miss Cocktail:** April Showers - Botanist Gin, grapefruit juice, squeezed lemon, sugar, topped with Champagne

SMASHING GRAPES

★ **Where:** 177 Jennifer Road, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-266-7474 **Click:** smashinggrapes.com **Adventure Partnerships:** Smashing Grapes offers an Adventure Annapolis Prix Fix Menu for including 25% off select bottles of wine with proof of purchase from any Adventure Annapolis Partners including Annapolis Maritime Museum, Annapolis Opera, Annapolis Symphony Orchestra, Maryland Hall, Historic Londontown and Gardens, Ballet Theatre of Maryland, Classic Theatre of Maryland and more! **Happy Hour:** Monday through Friday, 3-6 p.m. and Friday and Saturday, 9 p.m. to 12 a.m.

TRUE FOOD KITCHEN

★ **Where:** 1906 Town Centre Blvd, Suite 110 **When:** lunch, dinner **Cost:** \$\$ **Call:** 443-775-5179 **Click:** truefoodkitchen.com **The Scoop:** True Food Kitchen

is the only restaurant fundamentally based on science which ensures all of its craveable dishes and drinks work to increase the longevity of our people and planet.

TUSCAN PRIME

★ **Where:** 1905 Town Centre Blvd, Suite 100 **When:** lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 443-572-4677 **Click:** tuscanprime.com **Happy Hour:** Sunday through Thursday, 4-7 p.m.

EASTPORT / BAY RIDGE

ADAM'S GRILLE AND TAPHOUSE

▲ **Where:** 921 C Chesapeake Avenue, Eastport **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-267-0064 **Click:** adamsribs.com **A Family Tradition:** In 1981, the Bagdasian family opened a place for ribs in Edgewater and has since opened five more locations: Severna Park, Eastport, Prince Frederick, Kent Island, and Salisbury. Adam's is known for their

quirky nature and love for all things local. **Happy Hour:** Monday through Friday 3-6 p.m.

ANNAPOLIS SMOKEHOUSE AND TAVERN

▲ ☼ **Where:** 107 Hillsmere Drive, Eastport **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-571-5073 **Click:** annapolissmokehouse.com **Can't Miss Dish:** Eastportorican - Pulled pork and smoked ham served on Cuban bread with Swiss cheese, pickles, and whole grain mustard

BEACON WATERFRONT GALLEY AND BAR

▲ ☼ **Where:** 2020 Chesapeake Harbour Drive, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 443-949-8456 **Click:** beaconwaterfront.com **Can't Miss Dish:** Butternut Risotto

BLACKWALL HITCH

▲ ☼ **Where:** 400 Sixth Street, Annapolis **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-263-3454 **Click:** blackwallhitchannapolis.com **Can't Miss**

Dish: Braised Short Ribs **Happy Hour:** Monday through Friday 4-7 p.m.

BOATYARD BAR & GRILL

▲ ☼ ☼ **Where:** 400 Fourth Street, Annapolis **When:** breakfast, lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 410-216-6206 **Click:** boatyardbarandgrill.com **Can't Miss Drink:** Cucumber Cooler **Near and Far:** Everyone knows how great Boatyard's Crabcakes are, so be sure to spread the love. Ship crabcakes to your family all over the country to show off what they do best. **Happy Hour:** Monday through Thursday 3-6 p.m.

BREAD AND BUTTER KITCHEN

▲ ☼ ☼ **Where:** 303 Second Street, Suite A, Annapolis **When:** breakfast, lunch **Cost:** \$ **Call:** 410-202-8680 **Click:** breadandbutterkitchen.com **The Scoop:** Bread and Butter offers a variety of classic breakfast and lunch favorites, from omelets and scones to egg, chicken, or tuna



Carpaccio Tuscan Kitchen

salad sandwiches. The ingredients in the kitchen come from local farmers, giving this eatery the freshest menu. **Can't Miss Dish:** The Hippy Hash Skillet - Two eggs scrambled together with freshly grated potatoes, bacon, sausage, ham, spinach, green pepper, mushroom, tomato, onion, cheesed

CARROL'S CREEK CAFÉ

📍🌊☀️ **Where:** 410 Severn Avenue, Annapolis **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-263-8102 **Click:** carrolscreek.com **Can't Miss Dish:** Herb Encrusted Rockfish Fillet **Allergy Friendly:** Carrol's Creek Café is fine dining for everyone, even if you have a nut allergy. Carrol's Creek's kitchen is completely peanut and tree nut free.

CHART HOUSE PRIME

📍🌊☀️ **Where:** 300 Second Street, Annapolis **When:** lunch, dinner, Sunday brunch **Cost:** \$\$\$ **Call:** 410-268-7166 **Click:** chart-house.com **Happy Hour:** Sunday through Friday, 4:30 - 7 p.m. **Drink and a Show:** Enjoy a tableside torched Apple Manhattan with Basil Hayden Toast bourbon, Berentzen Apple Liquor, and Carpano Antica Sweet Vermouth infused with applewood smoke.

EASTPORT KITCHEN

📍 **Where:** 923 Chesapeake Avenue, Annapolis **When:** breakfast, lunch, dinner **Cost:** \$ **Call:** 410-990-0000 **Click:** eastportkitchen.com **The Scoop:** Whether you have a hankering

for breakfast, lunch, or dinner, Eastport Kitchen has you covered! Check out their website for monthly dinner specials.

FORWARD BREWING

📍☀️ **Where:** 418 Fourth Street, Annapolis **When:** dinner **Cost:** \$ **Call:** 443-221-7277 **Click:** forwardeastport.com **The Scoop:** Forward Brewing's mission is to offer a fresh and local product that Eastport and Annapolis can call its own. Forward Brewing aims to advance the community by honoring its history, offering a gathering place, using forward-thinking methods, and providing an Eastport experience to locals and visitors alike.

LEWNES' STEAKHOUSE

📍🌊☀️ **Where:** 401 Fourth Street, Annapolis **When:** dinner **Cost:** \$\$\$ **Call:** 410-263-1617 **Click:** lewnessteakhouse.com **The Vino:** Lewnes' Steakhouse has won 12 years straight as Best of Award of Excellence for their wine list by the Wine Spectator (2011-2022)

O'LEARY'S SEAFOOD

📍🌊☀️ **Where:** 310 Third Street, Annapolis **When:** dinner, Sunday brunch **Cost:** \$\$\$ **Call:** 410-263-0884 **Click:** olearysseafood.com **Can't Miss Dish:** Diver Scallops **Can't Miss Drink:** Smoke & Mirrors - Arette Blanco Tequila, El Silencio Mezcal, St. Elizabeth's Allspice Dram, Leopold Bros. Michigan Tart Cherry Liqueur, lime juice, agave, chocolate bitters

RUTH'S CHRIS STEAKHOUSE

📍🌊☀️ **Where:** 301 Severn Avenue, Annapolis **When:** dinner **Cost:** \$\$\$ **Call:** 410-990-0033 **Click:** ruthschris-annapolis.com **The Scoop:** This widely-known steakhouse is renowned for its excellent cuts of meat, and also offers poultry and seafood options for those who don't love steak. The side dishes are ordered separately and come in portions large enough to share to be served with beautiful cocktails.

VIN 909 WINECAFÉ

📍🌊☀️ **Where:** 909 Bay Ridge Avenue, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-990-1846 **Click:** vin909.com **The Scoop:** Vin 909 Wine café is built on family history, and passion for food, wine and beer. The name "Vin" means wine in French and also defines the vintage feel of our inviting setting in the eclectic neighborhood of Eastport. **Can't Miss Dish:** The Rock Star Pizza

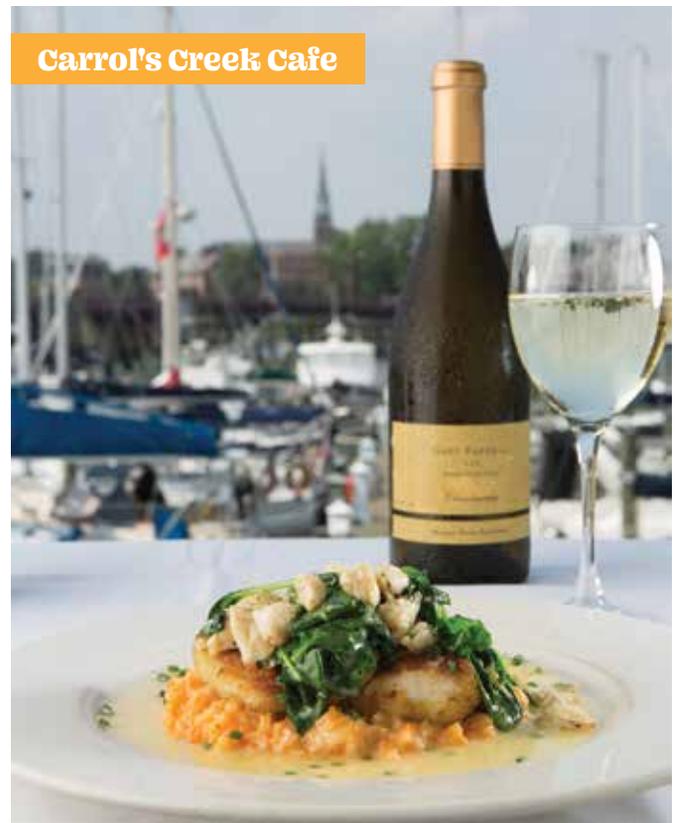
EDGEWATER / SOUTH COUNTY

THE BOATHOUSE

📍☀️ **Where:** 604 Cabana Blvd, Deale **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-867-9668 **Click:** theboathousedeale.com **Happy Day?:** Enjoy all day Happy Hour on Mondays

CAPPY'S

📍🌊☀️ **Where:** 479 Deale Road, Deale **When:** lunch, dinner **Cost:** \$\$ **Call:** 443-607-4138 **Click:** cappysdeale.com **Crabs:** Waterfront view and



outdoor porch dining? That sounds like the exact atmosphere for crab picking!

THE CRAB SHACK (EDGEWATER)

☀️ **Where:** 3111 Solomons Island Road, Edgewater **When:** lunch, dinner **Cost:** \$ **Call:** 443-837-6279 **Click:** thecrabshack-md.com **Happy Hour:** Wednesday and Thursday, 12-8 p.m. and Friday, 12-6 p.m. **Soup To-Go:** The Crab Shack offers Maryland Crab Soup, Cream of Crab Soup, and Oyster Stew to-go by the quart!

DOCKSIDE RESTAURANT & SPORTS BAR

📍🌊☀️ **Where:** 421 Deale Road, Tracys Landing **When:** lunch, dinner, Sunday breakfast **Cost:** \$\$ **Call:** 410-867-1138 **Click:** docksiderestaurantmd.com

The Scoop: True to its name, Dockside Restaurant sits directly on Rockhold Creek, and features a casual yet delectable dining experience, a sports bar area, tiki bar outside, and a wide-ranging menu of seafood classics, pub grub, and American staples. **Weekly Specials:** Mexican Night Monday, Prime Rib Tuesday, Quarter Oysters Wednesdays, Baby Back Ribs Thursdays and a chef special on the weekends

HAPPY HARBOR RESTAURANT AND BAR

📍🌊☀️ **Where:** 533 Deale Road, Deale **When:** lunch, dinner, weekend breakfast **Cost:** \$ **Call:** 410-867-0949 **Click:** happyharbordeale.com **The Scoop:** Come get happy at Happy Harbor with a drink on the Doc Bar.

Crab cakes, burgers and beyond are all available for a day on the water in Deale. **Happy Hour:** 3 p.m. - 7 p.m. everyday **BYOF:** Bring Your Own Fish! You hook 'em, Happy Harbor will cook 'em! Bring your fresh catch and they will prepare it with sides and all the fixins' for \$9.95 per person.

HARPER'S WATERFRONT RESTAURANT

📍🌊☀️ **Where:** 1107 Turkey Point Road, Edgewater **When:** dinner **Cost:** \$ **Call:** 410-798-8338 **Click:** harperswaterfront.com **The Scoop:** Harper's Waterfront Restaurant is a casual, upscale steak and seafood restaurant in Edgewater, MD. Harper's offer mouth-watering steaks and an unmatched seafood menu you will love. Come dine while

taking in the panoramic breathtaking view that makes the Harpers' Waterfront experience unbeatable!

JESSE JAY'S

☀️ **Where:** 5471 Muddy Creek Road, Churchton **When:** lunch, dinner **Cost:** \$ **Call:** 240-903-8100 **Click:** jessejays.com **Truck:** Go online now to see where Jesse Jay's food truck will be next! **Name Origin:** Interested in where the name Jesse Jay's came from? Jesse Jay's is owned and operated by husband-and-wife team Jesse and Jayleen!

KILLARNEY HOUSE

☀️ **Where:** 584 West Central Avenue, Davidsonville **When:** lunch, dinner, Sunday brunch **Cost:** \$ **Call:** 410-798-8700 **Click:** killarneyhousepub.com **Can't Miss Dish:** Fish and Chips **Happy Hour:** Monday through Friday, 3-6 p.m. **We Care:** Killarney House, and other restaurants at the Irish Restaurant Company, promote the use of local produce and green products. Killarney House has gone above and beyond by installing solar panels for electricity as a bio-thermal hot water heating system to maximize their use of renewable energy sources and to lower their carbon footprint.

MIKE'S CRAB HOUSE

☀️ **Where:** 3030 Riva Road, Riva **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-956-2784 **Click:** mikescrabhouse.com **Parking Situation:** No excuse to skip out on Mike's Crab House,

if the parking lot is full, boat dockage is free for patrons! **Can't Miss Dish:** Maryland Crab Soup

OLD STEIN INN

☀️ **Where:** 1143 Central Avenue, Edgewater **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-798-6807 **Click:** oldstein-inn.com **The Scoop:** Old Stein is renowned as the region's authentic German restaurant, complete with an outdoor bier garden, live music on weekends, and plenty of gemütlichkeit. The schnitzel is as good as it gets, plus the assortment of authentic wursts, import beers, and home-made spaetzle.

THE PIER OYSTER BAR & GRILL

☀️ **Where:** 48 South River Road, Edgewater **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 443-837-6057 **Click:** thepierwaterfront-barandgrill.com **The Scoop:** Find your beach at The Pier, a family-friendly sandy getaway with live music, beach-inspired food, and an upbeat atmosphere. **Music:** Ready for a night out with some live music? Visit their website for who is playing tonight.

PIRATES COVE RESTAURANT & DOCK BAR

☀️ **Where:** 4817 Riverside Drive, Galesville **When:** lunch, dinner, Sunday brunch **Cost:** \$ **Call:** 410-867-2300 **Click:** piratescovemd.com **Can't Miss Dish:** Crab Imperial **Happy Hour:** Monday through Thursday, 4-7 p.m.; Friday, 4-6:30 p.m.

SKIPPER'S PIER RESTAURANT & DOCK BAR

☀️ **Where:** 6158 Drum Point Road, Deale **When:** dinner, weekend lunch **Cost:** \$\$ **Call:** 410-867-7110 **Click:** skipperspier.com **Can't Miss Dish:** Black Eyed Susan Salmon Salad

SOUTH COUNTY CAFE

☀️ **Where:** 5960 Deale Churchton Road, Deale **When:** breakfast, lunch **Cost:** \$ **Call:** 410-867-6450 **Click:** southcountycafe.com **The Scoop:** Build your own sandwich or choose from one of South County Cafe's many specialty sandwiches for lunch or grab French toast or an omelet for breakfast at this country style cafe in Deale. **Can't Miss Dish:** Bourbon Chicken Sub

STAN AND JOE'S RIVERSIDE

☀️ **Where:** 4851 Riverside Drive, Galesville **When:** lunch, dinner **Cost:** \$ **Call:** 410-867-7200 **Click:** snjriverside.com **Weekly Specials:** Mahi Mondays, Burger Tuesdays, Wednesday Shrimp Night, "Lobstah" Thursdays, Prime Rib Fridays **Happy Hour:** 3 p.m. - 6 p.m. Monday through Friday

YELLOWFIN STEAK & FISH HOUSE

☀️ **Where:** 2840 Solomons Island Road, Edgewater **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-573-1333 **Click:** yellowfinedgewater.com **The Scoop:** An extensive wine list pairs perfectly with seafood, steak, or sushi at Yellowfin Steak & Fish House.



Old Stein Inn

Watch the sunset on the South River and boats drive at the beautiful waterfront restaurant. **Happy Hour:** Daily, 4-7 p.m.

WEST & NORTHERN ANNE ARUNDEL COUNTY

THE BLACKWALL BARN & LODGE

☀️ **Where:** 329 Gambrells Road, Gambrells **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$\$ **Call:** 410-317-2276 **Click:** barnandlodge.com **Can't Miss Dish:** Country Fried Chicken and Waffles **Can't Miss Drink:** Massive Mary **Gathering Hour:** Monday through Friday, 4-7 p.m.

BROKEN OAR BAR & GRILL

☀️ **Where:** 864 Nabbs Creek Road, Glen Burnie **When:** lunch, dinner, late-night **Cost:** \$ **Call:** 443-818-9070 **Click:** brokenoarbarandgrill.com **The Scoop:** An Oaresome place with a view and plenty of deals you can't miss.

On top of happy hour, join Taco Tuesday, Wing Wednesday, Sushi Thursday, and Sunday Funday right on the water. **Can't Miss Sushi Roll:** Deep Fried Sweet Potato Roll

DONNELLY'S DOCKSIDE

☀️ **Where:** 1050 Deep Creek Avenue, Arnold **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-757-4045 **Click:** donnellysdockside.com **The Scoop:** Pick your crabs with the views of Deep Creek with a cocktail in hand at Donnelly's Dockside, formally known as Deep Creek Restaurant. This beautiful view and amazing seafood is located just outside Annapolis. **Can't Miss Dish:** White Crab Pizza on Cauliflower Crust

FAT BOYS CRAB SHACK

☀️ **Where:** 1581 Defense Highway, Gambrells **When:** lunch, dinner, late-night **Cost:** \$ **Call:** 410-721-5252 **Click:** fatboyscrofton.com **Can't Miss Dish:** Crab Cake Egg Rolls

Coming Soon: Private Dining is coming soon to Fat Boys Crab Shack

FOUNDERS TAVERN & GRILLE

☀️ **Where:** 8125 Ritchie Highway, Pasadena **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-544-0076 **Click:** founderstavernandgrille.com **Can't Miss Drink:** Whiskey Flights - Founders has a long list of Whiskeys available to make your own personalized flight **Can't Miss Dish:** Maryland Crab Soup served in a home-made bread bowl

GARTEN

☀️ **Where:** 849 Baltimore Annapolis Blvd, Severna Park **When:** lunch, dinner **Cost:** \$\$ **Call:** 443-261-3905 **Click:** garten-eats.com **The Scoop:** Garten is a natural wine and beer garden which is sourced locally and sustainably whenever possible. **Can't Miss Dish:** Fried Hake Sandwich - Gluten-free tempura fried white fish, cheddar, shaved lettuce, house tartar sauce, potato bun

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STONE-FIRED PIZZAS



STRAIGHT FROM THE GRILL

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Cantler's Riverside Inn



GUINNESS OPEN GATE

☀️ **Where:** 5001 Washington Blvd, Halethorpe **Cost:** \$ **Call:** 443-575-7893 **Click:** guinnessbrewerybaltimore.com **The Scoop:** Though Guinness recently ceased onsite brewing operations, the brewery's restaurant, taproom, and beer garden remain open to patrons for the full Guinness experience. Burgers, soups, crab cakes, flatbreads, and beer-inspired items round out the menu.

LEMONGRASS ARNOLD

☀️ **Where:** 959 Ritchie Highway, Arnold **When:** dinner **Cost:** \$ **Call:** 410-518-6990 **Click:** lemongrassannapolis.com **Can't Miss Dish:** Pad See Lew - Stir-fried wide rice noodles, broccoli, Chinese broccoli, and egg in a soybean and oyster sauce

O'LOUGHLIN'S RESTAURANT & PUB

☀️ **Where:** 1258 Bay Dale Drive, Arnold **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$ **Call:** 410-349-0200 **Click:** ooughlinspub.com **Can't Miss Dish:** Luck

of the Irish Burger with Guinness BBQ sauce **Happy Hour:** 3 p.m. - 7 p.m. Monday through Friday

THE POINT CRAB HOUSE & GRILL

⚡️☀️ **Where:** 700 Mill Creek Road, Arnold **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-544-5448 **Click:** thepointcrabhouse.com **Can't Miss Dessert:** Nutty buddy Slider **Happy Hour:** 3 p.m.-6 p.m. Monday through Friday

RAMS HEAD DOCKSIDE

⚡️☀️ **Where:** 1702 Furnace Drive, Glen Burnie **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$ **Call:** 410-590-2280 **Click:** ramshead-dockside.com **What's On Tap:** Rams Head Dockside features house drafts from their brewery, Fordham and Dominion Brewing in Dover, DE. They also offer nine rotating taps from over 100 bottles of beer from around the world. **Happy Hour:** 3 p.m.-6 p.m. Monday through Friday

SAM & MAGGIE'S DOCKSIDE GRILL

⚡️☀️ **Where:** 1575

Fairview Beach Road, Pasadena **When:** Dinner **Cost:** \$\$ **Call:** 410-360-9526 **Click:** samandmaggies.com **The Scoop:** Over-looking scenic Rock Creek in Pasadena Maryland, Sam and Maggie's is steps from the water at Fairview Marina. Their kitchen offers fresh, scratch made food that combines classic Chesapeake fare with items inspired by Caribbean and Latin cuisine.

SMASHING GRAPES

☀️ **Where:** 2383 Brandermill Boulevard, Gambrills **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-451-7544 **Click:** smashing-grapes.com **Wine Pairing:** "Not your average wine tasting." Smashing Grapes' wine experts take you on an one-hour immersive journey five select wines to get the wine country experience without leaving Anne Arundel County. Choose from Red Wine Drinkers, Around the World or Central Coast.

THE SOCIAL

☀️ **Where:** 139 Ritchie Highway Suite A,

Severna Park **When:** dinner, Sunday Brunch **Cost:** \$\$ **Call:** 410-544-2457 **Click:** thesocialsp.com **Can't Miss Dessert:** Donut Bread Pudding

QUEEN ANNE'S COUNTY

AMALFI COAST ITALIAN + WINE BAR

☀️ **Where:** 401 Love Point Road, Stevensville **When:** Brunch, Lunch, dinner **Cost:** \$\$ **Call:** 443-249-3426 **Click:** amalficoastki.com **Happy Hour:** Monday through Friday 3:30 - 6:30 p.m. **Pace Yourself:** Even though it is hard to limit yourself on Amalfi's delicious pasta, do your best to save room for dessert! Amalfi offers many desserts and dessert cocktails that will take your night to the next level. **Can't Miss Cocktail:** Limoncello Martini - House-made Limoncello, Stol Vodka, house-made lemon foam, fresh lemon zest

BIG BATS CAFÉ

☀️ **Where:** 216 Saint Claire Place, Stevensville **When:** breakfast, lunch, dinner, late-night **Cost:** \$ **Call:** 410-604-1120 **Click:** bigbats.com **The Scoop:** Route for any team you want at this baseball-themed bar who doesn't pledge loyalty to any particular team. **Happy Hour:** Wednesday through Friday, 3-6 p.m.

THE BIG OWL TIKI BAR

⚡️☀️ **Where:** 3015 Kent Narrow Way South, Grasonville **When:** lunch, dinner, late-night **Cost:** \$ **Call:** 410-827-6523 **Click:** thebigowl.com **Live Music:** Visit the

website for a full list of live performers for the summer

BRIDGES RESTAURANT

⚡️☀️ **Where:** 321 Wells Cove Road, Grasonville **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-827-0282 **Click:** bridgesrestaurant.net **Can't Miss Dish:** White Sausage pizza **Parking Situation:** Bridges offers first come first serve complimentary slips for free for boats up to 65' in length, 20' in width, and 6' draft. Overnight slips are available for \$25.

DOC'S RIVERSIDE GRILLE

☀️ **Where:** 511 Chesterfield Avenue, Centreville **When:** lunch, dinner, late-night **Cost:** \$ **Call:** 410-758-1707 **Click:** docsriverside-grille.com **Live Music:** Doc's offers live music all summer! Be sure to check their website for a full schedule **Happy Hour:** 3:30 p.m. - 6:30 p.m. Monday through Friday

DOCK HOUSE RESTAURANT

⚡️☀️ **Where:** 110 Piney Narrows Road, Chester **When:** lunch, dinner **Cost:** \$\$\$ **Call:** 443-446-4477 **Click:** dockhouserestaurant.com **Dock and Dine:** Enjoy a traffic free trip to Dock House with front row parking by taking the boat to dinner! Dock House offers complimentary docking with great views of Kent Narrows while you enjoy a meal or beverage at the bar.

FISHERMAN'S CRAB DECK / FISHERMAN'S INN

⚡️☀️ **Where:** 3116 Main Street, Grasonville **When:** lunch,

dinner **Cost:** \$\$ **Call:** 410-827-6666 (Crab Deck); 410-827-8807 (Inn) **Click:** crabdeck.com; fishermansinn.com **The Scoop:** The Crab Deck is exactly that; an expansive outdoor deck where crab picking is the calling card. Meanwhile the indoor Inn is finer dining in an upscale atmosphere. **Can't Miss Drink:** Nauti Mermaid **Seafood Market:** When visiting Fisherman's Crab Deck visit the seafood market open daily from 9 a.m.-6 p.m. and 9 a.m.-5 p.m. on Sundays.

HARRIS CRAB HOUSE & SEAFOOD RESTAURANT

⚡️☀️ **Where:** 433 Kent Narrow Way North, Grasonville **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-827-9500 **Click:** harriscrabhouse.com **Community Contributor:** Harris Crab House is an admirably eco-friendly restaurant by working with Oyster Recovery Partnership, a non-profit dedicated to restoring oysters in the Chesapeake Bay.

THE JETTY

⚡️☀️ **Where:** 201 Wells Cove Road, Grasonville **When:** breakfast, lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-827-4959 **Click:** jettdockbar.com **The Scoop:** Jump in the Jetty Bus which travels to and from Stevensville, Chester, Grasonville, Romancoke, and parts of Queenstown to join trivia night, karaoke, or any other of The Jetty's events. With a packed calendar, the Jetty is always the place to kick back

with your Orange Crush **Happy Hour:** 3 p.m.-7 p.m. Monday through Fridays

LIBBEY'S COASTAL KITCHEN + COCKTAILS

📍 🌊 🌟 **Where:** 357 Pier One Road, Stevensville **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-604-0999 **Click:** libbeyscoastalkitchen.com **Locals Night:** Enjoy locals night every Wednesday with a 2-course prix fixe dinner for \$25 **Can't Miss Dish:** Corn & Crab dip

KNOXIE'S TABLE AT THE INN

📍 🌊 🌟 **Where:** 180 Pier One Road, Stevensville **When:** dinner, weekend brunch **Cost:** \$\$ **Call:** 443-249-5777 **Click:** baybeachclub.com **The Scoop:** Located off the lobby of The Inn at Chesapeake Bay Beach Club is the warm, rustic farm to table, Knoxie's Table. The ingredients are from local farmers and watermen to make up classic dishes with a Chesapeake twist.

THE NARROWS

📍 🌊 🌟 **Where:** 3023 Kent Narrow Way South, Grasonville **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-827-8113 **Click:** thenarrows-restaurant.com **The Scoop:** Customers go crazy for The Narrows' award-winning crab cakes and cream of crab soup. If you can't make it to Grasonville, the restaurant will satisfy you craving by shipping both of them, along with their vegetable crab soup, overnight to anywhere in the U.S. **Happy Hour:** Sunday through Thursday, 3-6 p.m.

RED EYE'S DOCK BAR

📍 🌊 🌟 **Where:** 428 Kent Narrow Way North, Grasonville **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-827-3937 **Click:** redehyedb.com **The Scoop:** If you're looking for some live music, chill atmosphere, and somewhere to bring your best furry friend, look no further! Red Eye's has all of that, and then some. Choose from their large food and drink menu, sit back, and relax.

THE SANDBAR AT ROLPHS WHARF MARINA

📍 🌊 🌟 **Where:** 1008 Rolphs Wharf Road, Chestertown **When:** lunch, dinner **Cost:** \$ **Call:** 410-778-6347 **Click:** rolphswharfmarina.com/the-sandbar **The Scoop:** The outdoor beach bar at Rolphs offers the opportunity to take your shoes off and feel the sand between your toes while drinking a cold beer or frozen margarita. And that view of the Chester River isn't too shabby either.

TALBOT COUNTY

AVA'S PIZZERIA & WINE BAR

🌟 **Where:** 409 S. Talbot Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-3081 **Click:** avaspizzeria.com **Where to go:** There are three locations. The St. Michaels location is a short walk from the docks, but there is also a location in Cambridge and in Rehoboth Beach, Delaware. **Can't Miss Dish:** Ma's Meatball Sliders

Thank you for voting **Senor Chile's** Best Mexican/Latin Restaurant

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BISTRO ST. MICHAELS

★ **Where:** 403 S. Talbot Street, St. Michaels **When:** dinner **Cost:** \$\$ **Call:** 410-745-9111 **Click:** bistrostmichaels.com **The Scoop:** High quality, local ingredients make up traditional and modern culinary masterpieces at Bistro St. Michaels. Local seafood and free-range eggs are just a few of the fresh ingredients they put into their food. **Can't Miss Dish:** Chicken Roulade **Happy Hour:** 4:30 p.m.-6:30 p.m. Daily

BLU MILES SEAFOOD AND GRILL

▲ ☼ ☀ **Where:** 305 Mulberry Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-8079 **Click:** theblumiles-restaurant.com **Can't Miss Dish:** Ahi Tuna Steak

CAPSIZE OXMD

▲ ☼ ☀ **Where:** 314 Tilghman Street, Oxford **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-226-5900 **Click:** capsizeoxmd.com **The Scoop:** Take in the Calm Waters of Town Creek at the relaxed and casual Capsize. Dine in the waterside dining room or grab a drink on the deck overlooking the Creek. Bring your dog for the 4-legged sailors' menu. **Can't Miss Dish:** Honey Lavender Glazed Salmon

CARPENTER STREET SALOON

▲ **Where:** 113 S. Talbot Street, St. Michaels **When:** breakfast, lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-745-5111 **Click:** carpenterstreetsaloon.com **Night Life:** This casual restaura-

nt offers live music throughout the week, pool tables, and other fun nightlife events throughout the year. Enjoy their diverse menu as you catch up with your buddies at this friendly pub. **The Scoop:** Carpenter Street Saloon is located in the center of St. Michaels, Maryland and has served as the cornerstone gathering spot for residents, boaters and tourists for many years. C-Street, as it's called, is open year-round opening Monday & Tuesday at 3:00 p.m. and breakfast, lunch and dinner Wednesday - Sunday at 8:00 a.m. Our upstairs features pool tables and other nightlife throughout the year. We hope to see you, serve you and enjoy your company.

CHARACTERS BRIDGE RESTAURANT

▲ ☼ ☀ **Where:** 6136 Tilghman Island Road, Tilghman Island **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-886-1060 **Click:** charactersbridgerestaurant.com **The Scoop:** With Shore classics, seafood, beef, and chicken dishes, Characters offers a robust menu and fine drinks. Guests can relax indoors or on the outside deck, and enjoy views of Knapps Narrows.

CORAH'S CORNER

★ **Where:** 105 N Talbot Street, St. Michaels **When:** Lunch, Dinner **Cost:** \$\$ **Call:** 410-745-8008 **Click:** co-rah.com **Can't Miss Dish:** Harissa Chicken Zoodle Bowl - Fresh zoodles with spinach, artichoke, tomato, pickled red cabbage,

cucumbers, feta, yogurt dressing

THE CRAB CLAW

▲ ☼ ☀ **Where:** 304 Burns Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-2900 **Click:** thecrabclaw.com **The Scoop:** Once a clam and oyster shucking house for local catches, The Crab Claw is known for having great drinks and even better seafood. And because of its position on the water, you can sometimes catch a glimpse of watermen pulling up with the day's catches. The restaurant is still owned and operated by the original 1965 owners Bill and Sylvia Jones.

DOC'S DOWNTOWN GRILLE

▲ ☼ ☀ **Where:** 14 N Washington Street, Easton **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-822-7700 **Click:** docsdowntowngrille.com **Happy Hour:** Monday through Friday, 3-7 p.m. **Can't Miss Dish:** Grilled Shrimp BLT

DOC'S SUNSET GRILLE

▲ ☼ ☀ **Where:** 104 West Pier Street, Oxford **When:** lunch, dinner **Cost:** \$ **Call:** 410-226-5550 **Click:** docssunsetgrille.com **Can't Miss Dish:** Crab-by Chicken Sandwich **The Scoop:** Located right on the Tred Avon River and facing West, Doc's Sunset Grille in Oxford, MD, is an amazing place to be for sunset. Being on the water also makes Doc's a great place to be, every day of the year. The view is always changing with the days and seasons.



Fisherman's Crab Deck

FOXY'S HARBOR GRILLE

▲ ☼ ☀ **Where:** 125 Mulberry Street, St. Michaels **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-745-4340 **Click:** foxysharborgrille.com **Can't Miss Dish:** Crab Pretzel **Can't Miss Cocktail:** Watermelon Lemon Crush **Happy Hour:** 4:30 p.m.-6:30 p.m. Monday through Friday

THE GALLEY

▲ ☼ ☀ **Where:** 305 S. Talbot Street, St. Michaels **When:** breakfast, lunch, Friday dinner **Cost:** \$ **Call:** 410-200-8572 **Click:** thegalley-saintmichaels.com **Chicken Pot Pies:** The Galley's Chicken Pot Pies are so popular that you can order them fresh every day for dine in, carry out, or catering! Check out their website for to order your chicken pot pies! **The Scoop:** Located in the heart of historic downtown St. Michaels, The Galley is known for the best breakfast in the area made with fresh, delicious and high-quality ingredients. Check them out on Friday evenings, as they offer dinner

and live music—a nice way to start your weekend.

GINA'S CAFE

▲ ☼ ☀ **Where:** 601 S. Talbot Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-6400 **Click:** ginascafemd.com **Dips:** Gina's Café has a full list of homemade dips that you can't miss! From hummus to salsa, try them all with corn and flour chips **The Scoop:** A southwest restaurant/bar in the heart of St. Michaels, Gina's is the place to go for Mexican cuisine.

HARRISON'S HARBOUR LIGHTS

▲ ☼ ☀ **Where:** 101 N. Harbor Road, St. Michaels **When:** breakfast, lunch, dinner **Cost:** \$\$ **Call:** 410-745-9001 **Click:** harbourinn.com **The Scoop:** In season, enjoy the bay breezes on one of our outdoor decks. The Port Deck located on our ground floor next to our outdoor pool features a full bar, stone fireplace, heat lamps, fans, and a relaxing atmosphere for any occasion. Come upstairs to enjoy the River Deck- a com-

pletely open-air sun deck with the best views overlooking the historic harbor.

HUNTER'S TAVERN AT TIDEWATER INN

★ **Where:** 101 East Dover Street, Easton **When:** breakfast, lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 410-822-4034 **Click:** tidewaterinn.com/hunters-tavern **Decanter Room:** Hunter's Tavern has a beautiful room with a long wooden table that seats up to 26 guests with extensive wine storage, dome ceiling, and an elegant chandelier. Enjoy private dining in the Decanter Room with groups of friends, coworkers, or family.

LIMONCELLO ITALIAN RESTAURANT & WINE BAR

▲ ☼ ☀ **Where:** 200 South Talbot Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-3111 **Click:** limoncellostmichaels.com **Half Price Wines:** On Mondays and Tuesdays, enjoy half price bottles of wine **Happy Hour:** Daily 3-7 p.m.

LOWES WHARF BAYSIDE GRILL & TIKI BAR

📍 🌊 🌞 **Where:** 21651 Lowes Wharf Road, Sherwood **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-6684 **Click:** loweswharf.com **The Scoop:** The epitome of a hidden gem, Lowes Wharf is one of those places that's off the beaten path, but so worth the drive. Beautiful views, a sandy beach, fun activities, and a full bar and restaurant—you might just want to stay the night in the accompanying inn.

MARKER FIVE

📍 🌊 🌞 **Where:** 6178 Tilghman Island Road, Tilghman **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-886-1122 **Click:** markerfive.com **Can't Miss Cocktail:** Black Plum Fennel Gimlet **The Scoop:** Local seafood and house smoked meats are on the table at Marker Five in Tilghman/ This casual, waterfront restaurant makes everything from scratch and has over 30 beers on tap.

POPE'S TAVERN

📍 🌊 🌞 **Where:** 504 S. Morris Street, Oxford **When:** dinner **Cost:** \$\$ **Call:** 410-226-5220 **Click:** oxfordinn.net **The Scoop:** At Pope's Tavern, indulge in the American bistro experience with seafood flair. Sit back and relax, and choose from a wide variety of spirits, wine, and beer for the ultimate dining experience. **Can't Miss Dish:** Nanny's Homemade Meatballs with ricotta and hot peppers.

THE PURSER'S PUB AT THE INN AT PERRY CABIN

📍 🌊 🌞 **Where:** 308

Watkins Lane, St. Michaels **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-745-2200 **Click:** innatperrycabin.com **The Scoop:** Enjoy a warm summer evening in the garden courtyard as you sip on a cocktail and indulge in some tasty Eastern Shore fare.

THE ROBERT MORRIS INN

📍 🌊 🌞 **Where:** 314 N. Morris Street, Oxford **When:** breakfast, lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 410-226-5111 **Click:** robertmorrissinn.com **The Scoop:** Located in one of the Eastern Shore's most historic towns, the Inn itself has an impressive history, dating back to 1710. Come visit this storied establishment and choose from fine dining, a casual tavern, lazy weekend brunch, or afternoon tea, all developed by award-winning chef Mark Salter. **Can't Miss Dish:** Spinach and Walnut Pesto crusted Seared Scottish Salmon **Happy Hour:** Monday through Friday, 3:30 through 7 p.m.

SCOSSA RESTAURANT AND LOUNGE

🌞 **Where:** 8 North Washington Street, Easton **When:** Dinner, Weekend Brunch and Lunch **Cost:** \$\$ **Call:** 410-822-2202 **Click:** scossarestaurant.com **Can't Miss Dish:** Risotto with butternut squash and sauteed scallops

THEO'S STEAK, SIDES, AND SPIRITS

🌞 **Where:** 407 South Talbot Street, St Michaels **When:** Dinner **Cost:** \$\$ **Call:**

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Harvest Thyme
harvestthymetavern.com

410-745-2106 **Click:** theossteakhouse.com **The Scoop:** Welcome to the original Theo's Steakhouse, located on Talbot Street in charming St. Michaels, Maryland. We serve hand-carved steaks, craft cocktails, local seafood, upscale appetizers and all-American classics. Add flair to your meal and book a champagne sabering; extend your dinner party and finish with dessert and a port tonging. **Happy Hour:** 4-6 p.m. Tuesday through Sunday

TICKLER'S CRAB SHACK AND RESTAURANT

📍🌊☀️ **Where:** 21551 Chesapeake House Drive, Tilghman in the Wylder Hotel **When:** Dinner, Weekend Lunch **Cost:** \$\$ **Call:** 410-886-2121 **Click:** wylderhotels.com **The Scoop:** Take a seat for creative, seasonal fare at Wylder Hotel Tilghman Island. With menus built to highlight the freshest local products - from our on-site kitchen garden and orchard to daily seafood fresh from Tilghman Island's fishing docks - our chef creates dining experiences at Ticker's Crab Shack and Bar Mumbo

that range from relaxed elegance to finger-lickin' family style.

TIGER LILY

☀️ **Where:** 206 N Washington Street, Easton **When:** Lunch, Dinner, Late Night **Cost:** \$\$ **Call:** 410-690-4602 **Click:** tigerlilyeaston.com **Live Music:** Tiger Lily's mission is to bring live music back into the heart of downtown Easton. We aim for good weather, and even better music. Find a time to stop on by! Check out their website for a full list of upcoming performers **Can't Miss App:** Birria Fries

TILGHMAN DINING AT THE TILGHMAN ISLAND INN

📍🌊☀️ **Where:** 21384 Coopertown Road, Tilghman Island **When:** Dinner **Cost:** \$\$\$ **Call:** 410-886-1170 **Click:** tilghmandining.com **The Scoop:** The Tilghman Island Inn features a casual, contemporary restaurant and water-side seating with menus influenced by the seasons that take advantage of the wonderful local produce, seafood, and premium dry-aged beef of the Eastern Shore. The restaurant also features produce from

our own greenhouse and garden.

TWO IF BY SEA

☀️ **Where:** 5776 Tilghman Island Road, Tilghman **When:** Breakfast, Lunch **Cost:** \$ **Call:** 410-886-2447 **Click:** twofifbysearestaurant.net **The Scoop:** Two If By Sea's menu is composed of modern American comfort food although Chef Henry has added his own twists to many of the menu items, he has kept the classics intact. Homemade jams, pastries, and muffins are available for purchase and if you come in on rainy day, you might be surprised to see Chef Henry making his jams and other treats. They want to give our customers the feeling of a home cooked meal without having to deal with the mess at home. Most of all, wanting our customers to feel like they are family and are stopping by for a visit. **Cooking Classes:** Check out their website for cooking classes throughout the year.

KENT COUNTY

BAY WOLF RESTAURANT

☀️ **Where:** 21270 Rock Hall Avenue, Rock

Hall **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-639-2000 **Click:** baywolfrestaurant.com **The Scoop:** Austrian food meets the Eastern Shore at Bay Wolf Restaurant in Rock Hall. The restaurant, just a short walk from the local marina, serves Wiener Schnitzel, Chicken Marsala, fried Shrimp Almondine, and crab cakes. Be aware!! Make sure to save room for the Austrian Apple Strudel served with vanilla ice cream for dessert. **Can't Miss App:** French Onion Soup

BLUE HERON OYSTER HOUSE AND INN

☀️ **Where:** 20658 Wilkins Avenue, Rock Hall **When:** dinner **Cost:** \$\$ **Call:** 410-639-4374 **Click:** blueheronoysterhouseandinn.com **The Scoop:** The vision and dream of Blue Heron was long ago thought about by friends who had worked together in the industry back in their high school days. The goal is to bring to the community a place where people feel welcome, where they want to come and enjoy a nice meal, or to simply just come relax at the tiki bar after a long day filled with fun and sun.

DEEP BLUE AT KITTY KNIGHT

📍🌊☀️ **Where:** 14028 Augustine Herman Highway, Georgetown **When:** lunch, dinner, weekend Brunch **Cost:** \$\$ **Call:** 410-648-5200 **Click:** deepbluerestaurant.com **Happy Hour:** 3-6 p.m. Monday through Friday **Can't Miss Dish:** Kurubuta Tomahawk

FISH WHISTLE

📍🌊☀️ **Where:** 100 George Street, Georgetown **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-275-1603 **Click:** fishandwhistle.com **The Scoop:** At Fish Whistle it's all about the food and the stunning scenery! There are plenty of fresh fish and seafood options to enjoy at our pet-friendly restaurant. Fish Whistle at the Granary gives you beautiful views of the Sassafras River. Sit on our outdoor deck and enjoy nice summer breezes and when the chill comes back in the air, come inside and sit by one of our warm fireplaces. You will enjoy a wide variety of delicious food selections a full-service bar and live entertainment on the lower deck every weekend during the summer.

HARBOR SHACK

📍🌊☀️ **Where:** 20895 Bayside Avenue, Rock Hall **When:** lunch, dinner **Cost:** \$ **Call:** 410-639-9996 **Click:** harborshack.net **The Scoop:** Relax this weekend at the waterfront Harbor Shack with live entertainment, food and drink specials, and a fun, casual, atmosphere with a view of Rock Hall Harbor.

THE KITCHEN AT THE IMPERIAL

☀️ **Where:** 208 High Street, Chestertown **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-778-5000 **Click:** imperialchestertown.com **The Scoop:** Casual fine dining with award winning crab cakes, wine tastings, and a great cocktail menu

in Chestertown. On Sundays, join the Bloody Mary Brunch starters and entrees **Weekly Wine:** The Kitchen at The Imperial offers weekly wine tastings. The tastings start at 6 p.m. with small bites, and is a perfect way to start your dinner!

OSPREY POINT RESTAURANT

📍🌊☀️ **Where:** 20786 Rock Hall Avenue, Rock Hall **When:** dinner **Cost:** \$\$ **Call:** 410-639-2194 **Click:** ospreypoint.com **The Scoop:** For all occasions, Osprey Point Restaurant can be the elegant waterfront dining you are looking for. Everything you are looking for is in one place, calamari, soups, salads, burger, and classic broiled crab cakes.

THE SHANTY BEACH BAR AT TOLCHESTER MARINA

📍🌊☀️ **Where:** 21085 Tolchester Beach Road, Chestertown **When:** lunch, dinner **Cost:** \$ **Call:** 410-778-1400 **Click:** tolchestermarina.com **The Scoop:** Offering respite from a day on the water, this beachy Bay-front bar has cold drinks, sandy shoreline, and live music throughout the summer season. **Live Entertainment:** The Shanty Beach Bar offers live music every Friday, Saturday, and Sunday for guests to dance, sing-along, enjoy the views and some brews!

WATERMAN'S CRAB HOUSE RESTAURANT & DOCK BAR

📍🌊☀️ **Where:** 21055 W. Sharp Street, Rock Hall **When:** lunch, dinner **Cost:** \$\$ **Call:**



410-639-2261 **Click:** watermanscrab-house.com **The Scoop:** Waterman's is a seafood market turned restaurant and dock bar serving the freshest blue crabs, rockfish, oysters, and other Chesapeake Bay delicacies in Rock Hall.

For even more Shore summer restaurants, and those in Prince George's County, visit Whatsupmag.com.

OUR FAVORITES

A list of destination-worthy restaurants that advertise on the pages of What's Up? Annapolis, What's Up? Eastern Shore, or What's Up? Central Maryland

BELLA ITALIA

Where: 609 Taylor Ave, Annapolis **When:** lunch, dinner **Cost:** \$ **Call:** 410-216-6072 **Click:** bellaitaliamd.com **Complete Family Meals:** Bella Italia offers a carry-out option of complete family meals for 2, 4, or 6 people including a pasta dish of your choosing, house salad, and bread

CRAFTY CRAB

Where: 6800 Race Track Road, Bowie **When:** lunch, dinner **Cost:** \$\$ **Call:** 240-245-3715 **Click:** craftycrabrestaurant.com **Seafood Boil:** Build your own boil at Crafty Crab! Add your own spices, fix your spice level, and pick your proteins!

GALLIANO ITALIAN RESTAURANT

Where: 2630 Chapel Lake Drive, Gambrills **When:** Dinner **Cost:** \$\$ **Click:** gallianoitalian-restaurant.com **Call:**

410-721-5522 **Brick Oven Pizza:** Galliano has an extensive list of brick oven pizzas: meat lovers, wild mushroom, grandma, and so many more!

HARVEST THYME TAVERN

Where: 1251 West Central Ave, Daversonsville **When:** Dinner **Cost:** \$\$ **Call:** 443-203-6846 **Click:** harvestthymetavern.com **Happy Hour:** Tuesday through Friday, 4-7 p.m.; All day Sunday **Can't Miss App:** B.A.M. Meatball for 2

HUNAN L'ROSE

Where: 1131 Annapolis Road, Odenton **When:** lunch, dinner **Cost:** \$ **Call:** 410-672-2928 **Can't Miss Dish:** Sesame Chicken

LIME & SALT

Where: 8395 Piney Orchard Parkway, Odenton **When:** lunch, dinner **Cost:** \$\$ **Click:** Facebook **Call:** 410-874-6277 **Salsas:** All of Lime & Salt's salsas are made from fresh ingredients in house. Be sure to check it out on your tacos, chips, quesadillas and more!

MAMMA ROMA

Where: 8743 Piney Orchard Parkway, Odenton **When:** lunch, dinner **Cost:** \$ **Click:** mammaromas.com **Call:** 410-695-0247 **The Scoop:** Our roots and recipes go back to the 1950's, when our family started a chain of restaurants, Mamma Lucia. Come in and join us for a meal at Mamma Roma, where we bring together our combined knowledge to provide you an unforgettable experience. Incredible food and

unparalleled service from our family to yours, Mamma Roma.

MI LINDO CANCUN GRILL

Where: 2134 Forest Drive, Annapolis **When:** breakfast, lunch, dinner **Cost:** \$\$ **Click:** lindocancun-grill.com **Call:** 410-571-0500 **Happy Hour:** Monday through Thursday, 2-7 p.m. **Margarita Menu:** Looking for a crazy margarita menu? Get your tequila fix with one of Mi Lindo's 15+ margarita options. Ever wanted to try a berry margarita? Or pineapple marg?

RODIZIO GRILL

Where: 1079 Annapolis Mall Road, Annapolis **When:** dinner daily, and lunch on Saturdays **Cost:** \$\$\$ **Click:** rodiziogrill.com **Call:** 410-849-4444 **The Scoop:** Experience the authenticity of America's First Brazilian Steakhouse restaurant. As Ambassadors of Brazil, we welcome you to our home and invite you to celebrate the warmth, alegria, and abundance of Rodizio Grill's authentic Brazilian dining experience.

SEÑOR'S CHILE

Where: 105 Mayo Road, Edgewater **When:** lunch, dinner **Cost:** \$\$ **Click:** senorschile.com **Call:** 410-216-2687 **The Scoop:** It's not just about food. It's about a satisfying meal prepared with only the freshest of ingredients, prepared by expert hands and served by charismatic people. That's a true authentic Mexican experience.

SEÑOR'S CHILE CAFÉ

Where: 594 Benfield Road, Severna Park **When:** lunch, dinner **Cost:** \$\$ **Click:** senorschile.com **Call:** 410-431-3000 **Something Sweet:** Stick around for dessert! Señor's Chile offers delicious churros to satisfy your sweet tooth, as well as other delectable sweets!

SEÑOR'S CHILE CANTINA

Where: 1264 Bay Dale Drive, Arnold **When:** lunch, dinner **Cost:** \$\$ **Click:** senorschile.com **Call:** 410-421-1010 **Catering:** Looking for a taco truck for your next event? Señor's Chile Cantina offers taco truck and fajita bars available for catering!

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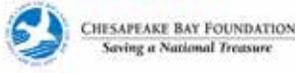


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C H E S A P E A K E

MARITIME

Guide

A travel companion of nautical destination towns, sites, marina amenities, and navigation know-how for the best Bay experience this summer!

By James Houck

There's a saying that "if you are fortunate to be on the water, you're fortunate enough." With the riches of the Chesapeake Bay watershed surrounding us, and seemingly endless options to enjoy them, this notion holds meaning and truth. We're quite blessed in this region with access to the creeks, rivers, and bay at our fingertips. And we have a history of maritime industry, culture, and recreation to support this way of life—the Chesapeake way of living off the water and enjoying all it provides.

On the following pages, we'll explore several destination towns that dot the bay shoreline, from north to south and western to eastern shores. These are special places that exemplify the waterfront lifestyle, have a myriad of cultural/historic sites, and marina amenities—perfect for the weekend escape by boat. We begin with...

Annapolis

What more can be written about “America’s Sailing Capital,” our state seat of government where Colonial America took shape, the U.S. Naval Academy sits, and, today, a bustling mix of waterfront restaurants, hotels, and boutique shops draw millions of visitors annually? Quite a lot.

Navigating to Annapolis by boat can be a trick, especially during peak summer season, when hundreds of vessels are cruising the mouth of the Severn River, Spa Creek, and Ego Al-

ley at any given hour. Your first point of contact should be the **Annapolis Harbormaster** (hail on VHF 17 or call 410-263-7973) to get a read on conditions, the crowd, and information on dock reservations, mooring options, anchorages, pump-out services, and navigating city waters the day-of. Check annapolis.gov/165/Harbormaster in advance of departure for the latest information.

There are also dozens of **private marinas, yacht clubs, and boatyards**





throughout the Annapolis harbor, Eastport, and Back Creek with varying degrees of slip availability, rates, and amenities. Many offer complimentary wi-fi, shore power hookups, freshwater hookups, cable tv hookups, pump-out, and even boat lifts for maintenance needs.

Once docked, the town is yours to explore. Perhaps the most fascinating development in downtown Annapolis is the emergence of a **refined and quite contemporary culinary scene**. Niche restaurants, gastropubs, and specialty cocktail bars have cropped up recently. If you haven't visited Annapolis in some time, you'll happily discover new names alongside familiar favorites. There's no shortage of delicious table fare and nightlife entertainment.

The cultural highs of Naptown are many and have long focused on its **renowned colonial and maritime history**. The Maryland State House, Annapolis Maritime Museum, U.S. Naval Academy Museum, Banneker-Douglass Museum, and Historic Annapolis properties offer the most comprehensive reviews. But a renewed interest in the arts has woven visual nods to historic figures, iconic imagery, and fanciful interests in the form of **large-scale architectural murals** throughout the city. These colorful paintings have blossomed on buildings in town and can be found in conspicuous and obscure places—the fun is finding them and deciphering their meaning. There are at least a dozen fine art galleries, several performing arts venues, and many whimsical-to-fashionable shops in the walkable vicinity too, making Annapolis much more than a sailing town. Perfect for a long weekend or, even, a week's stay or more!



St. Michaels/Tilghman Island

It's the town with a refined charm that hints of Martha's Vineyard. Though locals might be shy to draw this comparison, the smalltown waterfront vibe, bucolic layout, mom and pop shops, hip eateries, upscale lodging, and elite shopping can't be denied and make St. Michaels, and by extension Tilghman Island, a pleasure-cruiser's paradise.

The St. Michaels harbor offers the more protected anchorage of the duo-destination, located just inside the Miles River, off Eastern Bay. If you're visiting for the day or maybe an overnight, dropping anchor in the



Photo by R. Roberts



North or South Anchorage in the river or within the adjacent coves may be the easiest bet. From your vessel, you can hail the **water taxi on VHF channel 71** to visit the town. There's plenty of slips available, too, for longer stays. Between the **Chesapeake Bay Maritime Museum** and several marinas, there's no shortage of docking amenities.

You'll find plenty to enjoy when on land. Walk the streets surrounding the harbor and duck into **art galleries and ateliers, fashion-forward clothiers, wine bars, craft breweries, and refined restaurants**. For history buffs, you'll find the Chesapeake Bay Maritime Museum's floating fleet of vessels, expansive maritime exhibitions, working shipyard, and the 1879 Hooper Straight Lighthouse a delight.

Between the Inn at Perry Cabin and the St. Michaels Harbour Inn, Marina & Spa there are pampering services

and fine dining—even golf, so bring your clubs. On most weekends during summer and fall seasons, there could be a culinary festival, outdoor concert, farmers' market, ghost tours, sailing races, and more events. The **St. Michaels Maryland Business Association** (stmichaelsmd.org) has the full rundown how to get the most out of your visit.

To the south, Tilghman Island sits at the mouth of the Choptank River. The best spot to settle in is, perhaps, within **Knapps Narrows**—the slice of channel that creates the island proper. Private and public docks line both its sides, and there are a couple larger marinas at either end. Harris Creek is protected, also popular, and features the renowned **Wylder Hotel** on its waterfront. For your town excursion, we recommend hopping on your stowaway/folding bicycle to navigate between the island's charming B&Bs, cozy restaurants, and tucked-away parks and nature sites.



Photo by Bernadette Bowman

Rock Hall

So called the “Pearl of the Chesapeake,” Rock Hall has the reputation of being a world away but with world-class amenities. True, if you were to drive by car to this mid-peninsula town, it may take quite a while to reach depending on your point of origin. But navigating by boat? Much more accessible from western shore ports-of-call—and many eastern—than by driving (just 17 nautical miles from Annapolis versus 68 by car).

On the south side of town, **Rock Hall Harbor** is a cove protected by massive rock jetties, and is ringed by marinas and docking, as well as several fine waterfront restaurants. The town’s north facing anchorage, multiple marinas, and restaurants in and around **Swan Creek/The Haven** are also protected and offer access to **Rock Hall Avenue**, the main throughfare. Further into town, you’ll find quaint markets, gift shops, antiques, and sundries. It’s also easy to find the party in town, as Rock Hall is known for lively events and festivals, especially on summer weekends. **The Mainstay** is the main draw, hosting concerts and special events regularly. But perhaps

the most renowned weekend of them all is the annual **Pirates & Wench Week**—held August 11–13th—when the town transforms into a fantastical escape to the golden age of piracy and debauchery (all in good fun, mind you). For more events and all town intel, visit rockhallmd.com.

Rock Hall also serves as the “welcoming center” to the **Chester River**, which is a nature lover’s passage. To the town’s south is **Eastern Neck Wildlife Refuge**, “a 2,285-acre island providing habitat for thousands of wintering waterfowl, including the tundra swan,” states the U.S. Fish & Wildlife Service. “Eastern Neck refuge supports a wide variety of habitats including brackish marsh, natural ponds, upland forest, and grasslands. The refuge holds the designation of Important Bird Areas by the Audubon Society. Over 240 bird species visit the refuge along with small mammals and many other wildlife species.” If you have small kayaks with you, this is *the place* to drop them in and tour the waters around the island, go fishing, and soak in the sites.



Havre de Grace

At the mouth of one of America's most storied rivers, the Susquehanna, sits the wharf town Havre de Grace. Inspired by Revolutionary War hero General Lafayette, who commented that the small waterfront hamlet reminded him of the French seaport "Le Havre," the townspeople incorporated in 1785 and adopted the name Havre de Grace. In the two-and-a-quarter centuries since, Havre de Grace has developed into an epicurean and recreational hub for all visitors to the northern Chesapeake Bay, with access to nearby state parks (Susquehanna and Elk Neck State Parks) and all manner of nature and wildlife.

Navigating to any of the marinas that line its waterfront may challenge even seasoned captains, as you'll be crossing what's known as the **Susquehanna Flats**—basically the shallower delta of the Susquehanna River with one- to four-foot depths. There are

several channels up to 20 feet deep that run north to town and into the river itself. Nevertheless, the Flats are renowned for **striped bass fishing** early-spring through fall. Be mindful when boating this region.

Catering to transient boaters/anglers is the **City Yacht Basin** with more than 100 slips available, fuel, pump-out, boat ramp, angler amenities, and a restaurant (The Promenade Grille). It's also the entry point to **Millard Tydings Memorial Park** and the **boardwalk promenade**, which meanders along the town's southern waterfront. There are several other large marinas in Havre de Grace, ensuring options for almost every visiting vessel.

The charm of Havre de Grace is anchored to its waterfront parks, historic sites, dining, and shopping. The fully-restored **Concord Point Lighthouse** is a popular attraction.

It's the second oldest lighthouse in Maryland, built in 1827 and decommissioned in 1975. Within footsteps of the lighthouse is the **Havre de Grace Maritime Museum** and the **Havre de Grace Decoy Museum**, recalling the golden age of waterfowl hunting the town and region became known for in the 1800s onward. Today, boating, angling, golf, vineyards, breweries, and creameries attract visitors to town and the surrounding countryside.

At the end of a long day, respite can be found at **waterfront restaurants and taprooms**. St. John Street at the town's northern end boasts a concentrated number of such places, along with shopping, supplies, and antiques. And you'll find even more dining variety and whimsical shops just a couple blocks inland, all walkable and all within the unique, historic charm of Havre de Grace. For a complete picture of all this town offers visitors, go to explorehavredegrace.com.

National Harbor

Prime real estate along the Potomac River waterfront with mile-long views to the heart of D.C. and its many sites—notably the Washington Monument—made Oxon Hill attractive and ripe for mixed-use development, which began in earnest during the mid-2000s. The opening of the exquisite **Gaylord National Resort & Convention Center** in 2008 ushered a construction wave of high-end residential and commercial properties, which in turn attracted an esteemed clientele of retail, dining, and entertainment tenants. Today, National Harbor is a luxurious townie escape, quite walkable, and boasts a waterfront replete with amenities for visiting by boat.

If you're planning to navigate from the Chesapeake Bay proper and upriver to the harbor, several days may be required—it's roughly 100 miles from the Potomac's mouth to National Harbor. But good news—a world-class marina awaits. The **Na-**

tional Harbor Marina offers weekly and long-term rates. If you're boating from a closer Potomac-area marina, there are dock-and-dine daily rates as well. In addition to fuel, electricity, and pump-out services, the marina offers dockside delivery of provisions, private shower/restroom/laundry facilities, complimentary Wi-Fi/cable/water, and more amenities. All behind a secured gate with pin-code entrance to the docks.

Just footsteps from the marina within National Harbor's **Waterfront District** are attractions aplenty. There's a sculptural playground on the riverbank, the 180-foot high **Capital Wheel**, **Spirit Park Carousel**, and about 10 city blocks worth of high-end shops, eclectic restaurants, novelty grocers, and premium services. The entire townscape is handsomely laid out with a riverfront walkway that's perfect for strolling the evening as the sun dips below the western bank of the Potomac.

You're welcome to relax and stay on your vessel, but if you're in the mood for pampering and elite service, there are several five-star resorts at National Harbor: the aforementioned Gaylord, the grandiose **MGM National Harbor**, the waterfront **Westin**, and the European-inspired **AC Hotel**. Among them, the MGM offers a premiere gaming floor, world-class performance theater, and its own fleet of restaurants.

While the MGM attracts big-name performers, there is year-round entertainment in one form or another throughout the National Harbor and its many properties. The Gaylord, for example, features seasonal theme-attractions, perhaps most notably **ICE!** during the winter. But during the summer months and into fall, it would be hard to miss the sweltering sounds of the outdoor **Rock'n Raftup Concert Series**, featuring live music performances on the riverfront, Friday nights from July 28th through September 8th. For a full schedule of National Harbor events, complete business listings, where to stay, and more information, visit nationalharbor.com.



Photo courtesy National Harbor



Solomons

The heritage of working watermen is captured and on display at the Calvert Marine Museum and Drum Point Lighthouse—along with a stellar fossil exhibition—at the heart of Solomons near the mouth of the Patuxent River. But the real deal lives on. Solomons remains a hub for working captains of all sorts and is renowned as a charter fishing destination. The waterfront has several large-scale marinas, more than a half-dozen seafood restaurants, and a boardwalk. More information about this Calvert County destination can be found at calvertcountymd.gov.

Kent Narrows

It's possibly the most active recreational stretch of water in the entire Chesapeake Bay, located in and around the channel that divides Kent Island from the Eastern Shore mainland. The Chester River flanks the northern shore, and Prospect Bay/Eastern Bay are on the southern side. With a dozen-plus marinas, boatels, fishing charters, and restaurants for crab-picking, sunset drinks, tiki-tunes, and live music, the Narrows is the Jimmy Buffett lifestyle close to home. Visit kent-narrowsmd.com for all the details about this 955-acre waterfront area.





Crisfield

Located on a small spit of land tucked behind Tangier Sound near the Maryland/Virginia bay border, Crisfield is becoming increasingly known as destination worthy. Its laid-back charm, authentic seafood restaurants (jumbo blue crabs!), unique festivals (Crab Derby, Crab & Clam Bake, Oyster & Bull Roast, and Bluegrass Festival) are drawing more and more transient visitors each summer. The town's City Dock is an extension of its Main Street, which along with Somers Cove, account for the most activity in town. Nearby is Janes Island State Park, famous for its water trails that are perfect for exploring nature by kayak. Learn more at cityofcrisfield-md.gov.

North Beach/Chesapeake Beach

They're the Chesapeake's own "Twin Cities," so to speak, joined at the hip by a one-mile stretch of Bayside Road. Both towns have dining, shops, boardwalks, bayfront parks, and attractions (a public beach north, a water park south). Docking is exclusively in Chesapeake Beach though, so bring your stowaway bicycles for the short ride to North Beach. Visit north-beachmd.org and chesapeakebeachmd.gov for each town's intel.





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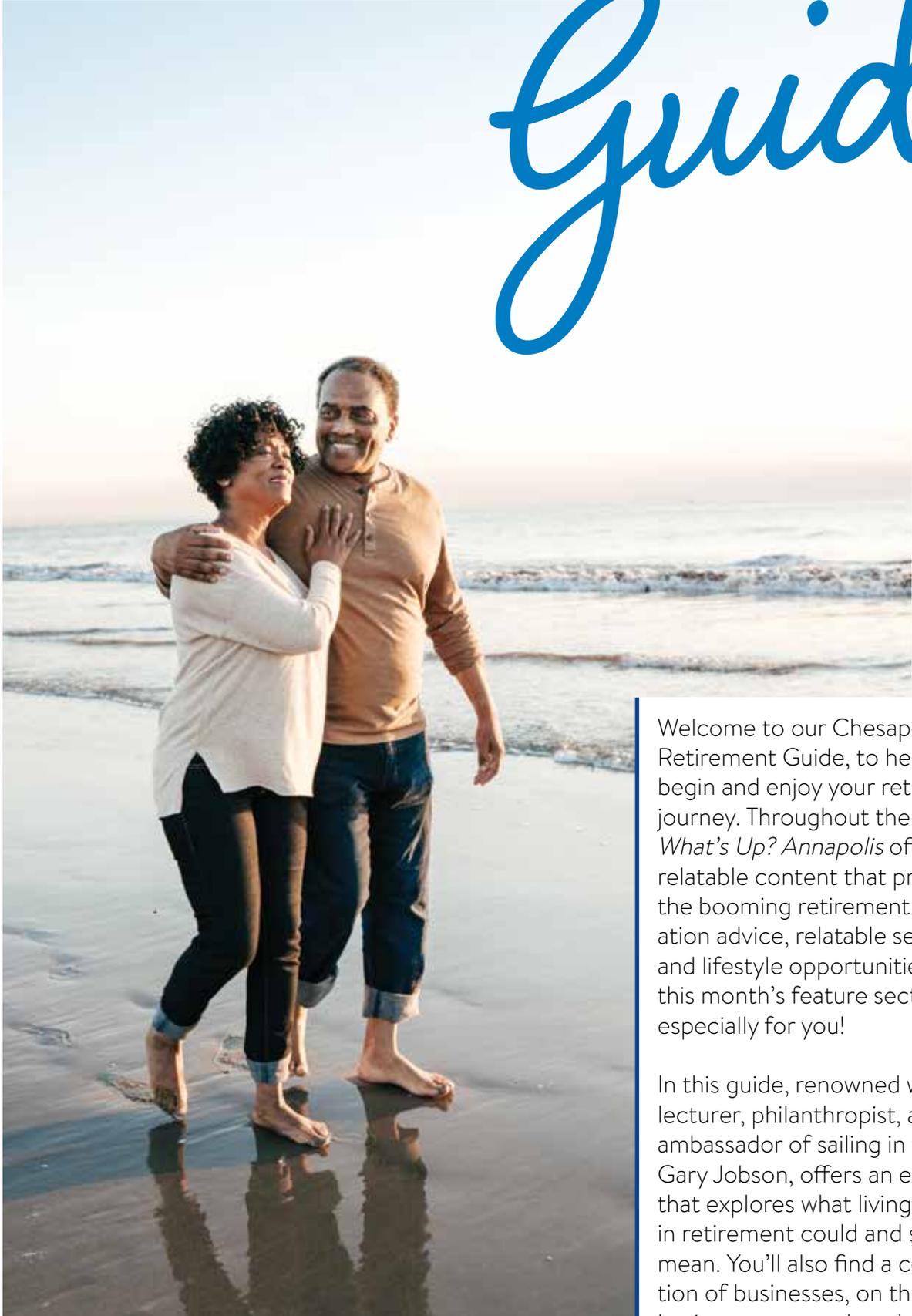


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CHESAPEAKE RETIREMENT

Guide



Welcome to our Chesapeake Retirement Guide, to help you begin and enjoy your retirement journey. Throughout the year, *What's Up? Annapolis* offers relatable content that provides the booming retirement generation advice, relatable services, and lifestyle opportunities. But this month's feature section is especially for you!

In this guide, renowned writer, lecturer, philanthropist, and the ambassador of sailing in the U.S., Gary Jobson, offers an essay that explores what living well in retirement could and should mean. You'll also find a collection of businesses, on the following pages, ready to help you enjoy these golden years. Enjoy!



Your Retirement *Lifestyle*

By Gary Jobson

FINISHED UP OR TRANSITIONING? REFLECTIONS ON WHAT THE GOLDEN YEARS IMPLY

I AM GOING TO START OFF BY SAYING,

I don't like the word "retirement."

IT SOUNDS LIKE THE END OF THE ROAD.

Conversely, I have witnessed that "post-career living" (better term) is an energizing time. Sure, there is a shift in one's schedule from punching a clock and working non-stop to meet deadlines, agree to deals, or provide services and products. The exhilarating transition away from full time employment is being able choose activities that are fun and intellectually stimulating. And best of all, you can do things at your own pace.



My own career, after graduating from college 50 years ago included: producing an average of 40 television programs per year, writing a book every other year, giving 100 presentations annually, consulting for many companies, serving on for-profit Boards and managing to spend about 80 days per year racing sailboats. In hindsight, it is hard to believe it all happened. These days I still stay busy helping a variety of different groups as a volunteer, continuously write, give presentations about once per week, and, of course, I'm still sailing.

There are many people (baby boomers like me born between 1946 and 1964) who are transitioning to post-career living and trying to figure out, what's next? I've asked many how they spend their time and have received some heart-warming answers. The priority is to make a serious plan. Laissez-faire living doesn't just happen. Being organized is important. There are many questions to answer such as: should we downsize the house, what special places should we visit, should we move to a different area, and what should we include on our bucket list?

There are two fundamental factors to consider—health and finances. Every person around my age (73) and older has some kind of health issue. No one is immune to having a medical-related problem. Augmenting Medicare with adequate insurance is a sound investment. As we age, conversations progress from little kids talking about toys and ice cream to high school and college students focusing on sports and dating. Young adults are into weddings and careers. Middle-aged adults talk about families, houses, investments, and outdoor activities. After a certain age, health discussions are inevitable. This is simply the cycle of life. The question I ask is not how much time we have left, but how much quality time do we have? Staying physically fit and getting regular medical check-ups is important. Early detection of any health problem makes it easier to address rather than waiting too long.

When someone stops working, income is reduced. A living budget needs to be adjusted to the reality of available resources. A word of caution, be careful



getting a reverse mortgage, buying life insurance policies, or agreeing to other questionable financial offers. Proper financial planning is essential.

Many people book lots of travel after they stop working full time. For me, I have reversed my years of continuous travel by spending more time in Annapolis. We are lucky to live in an area where there are so many activities to enjoy in our own backyard. There are endless concerts, fairs, parades, sporting events, museums, adult classes, lectures, and outdoor activities (sailing, hiking, and fly fishing are on my list). It's a good time to fix things around the house, and declutter basements, garages, attics, closets,





and drawers. I find this to be a cleansing activity. If you haven't used something in three years, it is best to just let it go. Donate your time by joining a nonprofit board, help raise funds for a worthy cause, or volunteer your time. The interaction with other people and the progress made toward an important goal provides a satisfying feeling of accomplishment. Take the time to learn something new like speaking another language, playing a musical instrument, learning to cook better, how to work with your hands, join a singing group, or work in your garden.

My wife, Janice, spent 10 years as a nurse, 14 years as a full-time mother, and 15 years as a teacher. She made it clear that her working days would end when grandchildren arrived. We now have five grandchildren who provide endless fun. Playing a game with three generations takes place with unbri-dled enthusiasm. The old expression, "If we knew how good grandchildren are, we would have had them first" is somewhat accurate. It is fascinating to watch your own children deal with their children. I'm amazed how fast children grow up and even more amazed how quickly time passes. For this reason, we need to make the most of our time.

One of the more critical things to do as we age is to reduce stress. This is one of the keys to good health. Pick activities that have little stress involved. One of my most relaxing activities is reading and walking. Early in the morning, I take at least 30 minutes to read the newspapers. The exercise gets my brain going. On weekends I carve out some time to read magazines and books. Someone once advised me that if I was having a stress filled day to just go for a walk, and if I am still feeling stressed to go for another walk. Good advice.

One of my favorite activities is to take one or two people for a long sail of at least three or more hours. I have a 32-foot sloop that sails beautifully. Conversations on the water are open and enlightening. When sailing on the Chesapeake Bay one connects with nature. Every few minutes the view changes. I keep my boat at the ready all year long and head out any time the weather is reasonable. Life is always good after a long sail.

Take the time to make lists. What do you want to achieve? Another wise sage once told me that it is okay to take the time to "smell the roses." I never quite understood what that meant because I was always pushing forward at flank speed. These days I understand the phrase. It is okay to take a moment to study the sky, think about life, watch the birds, and maybe, best of all, just dream.



Gary Jobson is a world-class sailor, television commentator, author, longtime resident of Annapolis, and pre-eminent ambassador for sailing of the United States. He either serves on or has served on the boards of Operation Sail, US Sailing, Olympic Sailing Committee, Leukemia Cup Regatta Series, Annapolis Yacht Club, National Sailing Hall of Fame, Chesapeake Bay Trust Board of Directors, and Visit Annapolis, among many others.

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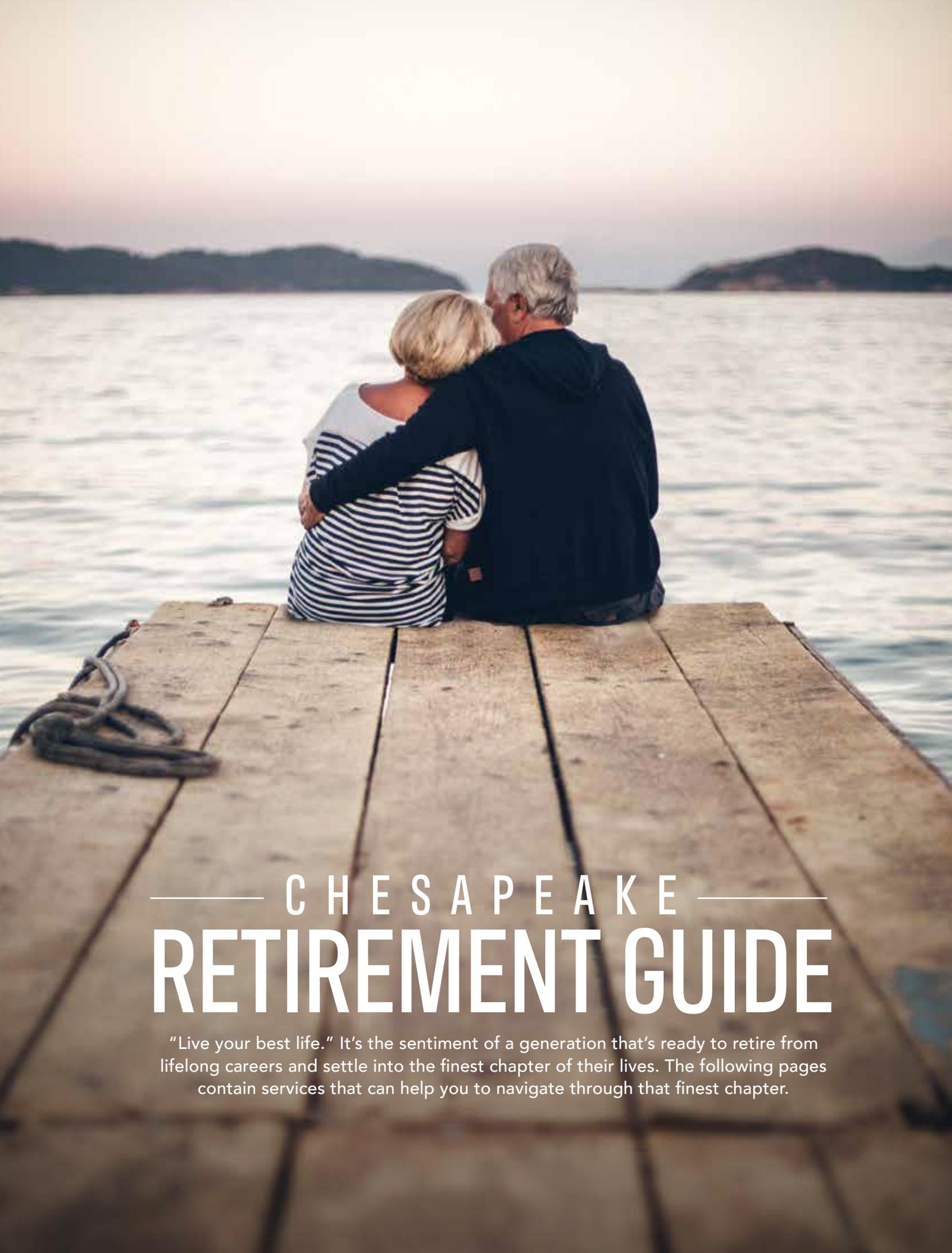
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CHESAPEAKE RETIREMENT GUIDE

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Story By **GARY JOBSON**

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WILL KEYWORTH AND KOBE NGUYEN





The head offshore sailing coach, Jahn Tihansky, has been at the Academy for 18 years. I was curious if the academy has any formal professional development that connects the midshipmen's sailing experience to their duties as a naval officer. Tihansky explained, "The professional development piece comes naturally. We are a varsity sports team. We work through the (Naval Academy) Athletic Association. A good training program is to control the environment to allow mistakes to be made for people to learn from. People will tell you it's the most effective and, ultimately, the most efficient learning process. I am a big proponent of it."

The assistant offshore coach, Erin Sprague, was the Director of Sailing and Recreational Boating at the California Maritime Academy prior to coming to Annapolis two years ago. She adds, "We receive guidance on professional development through the Stockdale Center for Ethical Leadership, where there is a program called 'Influence the Influencer.' The program is also available to faculty, staff, civilian, and military across the board."



It's a cold, but beautiful day on the Chesapeake Bay just off Annapolis. The only boats on the water are three fleets of dinghies sailing out of the Naval Academy, Annapolis Yacht Club, and the Severn Sailing Association, plus seven larger yachts with Midshipmen crew who are training for offshore sailing races during the summer recess. Unlike the academy's highly competitive intercollegiate dinghy team, a majority of the varsity and junior varsity offshore sailing teams are relatively new to the sport.

The practice and racing schedule is a regular part of a midshipman's grueling day. Every member of the team arrives for practice at the Robert Crown Sailing Center prior to 3:45 p.m. If anyone is late, some push-ups are required. Hence, being tardy is rare. For the past several years I have rotated as one of several volunteer coaches and have watched as the midshipmen become competent offshore sailors. Thanks to their time sailing in the ocean and long distances, the team members are well prepared for their future service in the United States Navy.





30 years and adds his years of expertise from grand prix yacht racing to daily practices. Tihansky is aided by local sailor Frieda Wildey, who coordinates the volunteer coaching schedule and spends every afternoon on the water monitoring practices. The Naval Academy Sailing Foundation also employs John Wright as the Vanderstar Chair. HeeHHe has the responsibility of setting safety and training guidelines. Wright was an Intercollegiate Sailor of the Year at the U.S. Merchant Marine Academy and was inducted into the America's Cup Hall of Fame in recognition of his three Cup victories. Wright also spends considerable time as an offshore team coach.

Sprague is completing a master's degree in leadership at the McDonough School of Business at Georgetown University. She ties her studies to her coaching approach. "I feel a responsibility to take an academic approach to facilitating the learning that's happening. We want to compete. We want to win. We really want to create good humans that are exceptional officers. As coaches we make sure that we're giving them the right experiences to figure out the right lessons that we are intending for them to learn while they are here."

In addition to Tihansky and Sprague, the Academy employs offshore coaches Peter Carrico, Nancy Haberland, and Nick Fineucan. Fineucan, who joined the staff last year, focuses on the technical and maintenance side of the program. Haberland runs the offshore junior varsity team. Carrico has been a key member of the maintenance staff for over





The midshipman skippers and executive officers (XO) of the boats listen to a 20-minute lecture about the lessons of the day by Tihansky before joining the rest of their crews who have been preparing the boats for sailing. It is a fine-tuned system that works with great efficiency. Any military commander would appreciate the competency of the routine.

The daily practice routine includes short races, sail handling drills, man overboard rescues, maneuvering exercises, navigation, and a long list of maintenance items to fix. Every midshipman is in constant motion during practice. The skipper and XO hold a brief crew meeting before leaving the dock and a comprehensive review at the end of the day. The coaches provide advice throughout the session. I find that the midshipmen are anxious to learn and listen carefully. The practices are conducted five days per week. There is a steep learning curve and in a few months the crews are ready to head

offshore. About 30 percent of the academy's enrollment are women and the same ratio of women are on the offshore sailing team. I make a point of asking each crew member where they grew up. It is heartwarming to meet these aspiring naval officers from across America. The sailors are ethnically diverse, which bodes well for the future of the sport of sailing. I find that all the midshipmen are enthusiastic learners. It makes coaching a joy.

This summer the schedule calls for the seven midshipmen crews to compete in the Annapolis to Newport Race, the New York Yacht Club Annual Regatta, and the Marion (Massachusetts) to Bermuda Race before returning to Annapolis. The schedule of races will take about 30 days. The team competes in two important intercollegiate big boat races during the fall: The Kennedy Cup and The McMillen Cup. The McMillen Cup started in 1930. In 1936, future President John F. Kennedy and his older brother Patrick

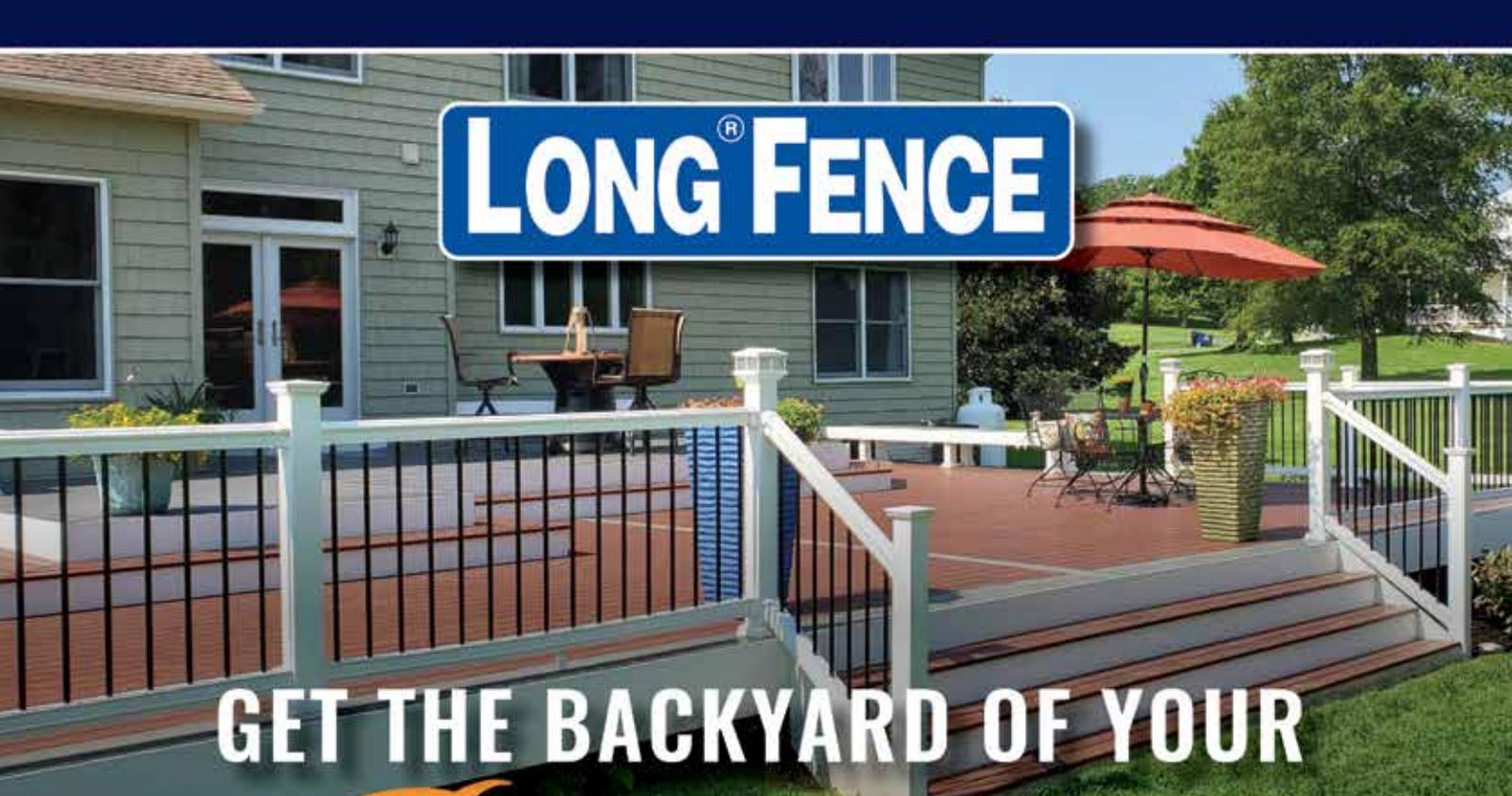
were on the winning McMillen Cup crew for Harvard College (the undergraduate program of Harvard University). The Kennedy Cup was created in 1965 in honor of President Kennedy. Both events are raced with the academy's fleet of 16 Navy 44s. The Navy 44s are sturdy offshore sloops that accommodate eight to 10 midshipmen on long distance races for cruises. The Naval Academy has won the McMillen Cup 23 times and the Kennedy Cup 15 times.

I asked Coach Tihansky if he ever heard from graduates who participated on the offshore team years after graduation. With pride the coach mentioned a few, "Astronauts Jim Lovell and Tom Stafford (Class of 1953) were in the offshore program. Mr. Lovell was new to sailing but became a skipper before graduating. I got to talk with both men, and they told me how sailing contributed to who they were as naval officers, pilots, and leaders." Tihansky continued, "One of the most gratifying parts of the job is to hear about graduates' outcomes. One member of the Class of 2006, my first year here, is now a commanding officer of an attack submarine. He speaks effusively of his experience on the team and how it still contributes to how he develops his team on the submarine. Another graduate became a pilot and an F35 instructor. He said he applies the things he learned skippering a boat to Bermuda on a regular basis in his current job. Being on a boat in the ocean can be an unforgiving environment. It really allows them to test themselves and to develop confidence in a real-world environment."



Several of the Navy 44s are used for summer training sessions outside of the varsity offshore team. The training program is run by veteran offshore racing sailor, Rene Mehl. The program is known as the Offshore Sail Training Squadron (OSTS). Midshipmen sail to destinations on the East Coast in four-week time blocks. Mehl says about 250 midshipmen participate in the program each summer.

Ten years ago, there were questions about the value of using sail training to prepare future naval officers. Based on the successful careers of many naval officers who have participated in offshore sailing, the lessons learned on the sea have proven to be invaluable in building effective leaders.



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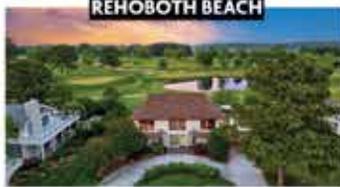
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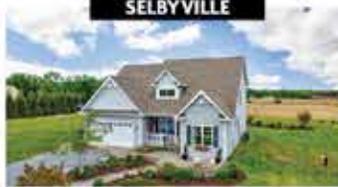
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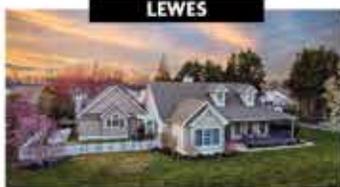
33332 MARINA BAY CIRCLE



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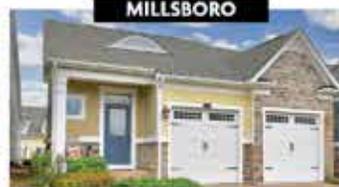
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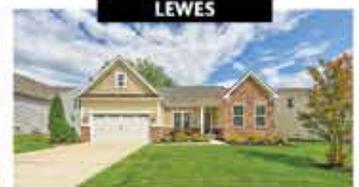
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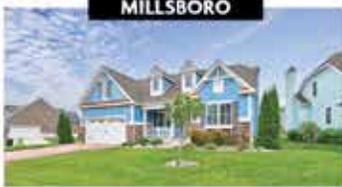


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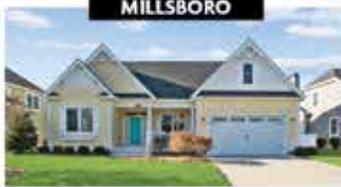
155 OLD WHARF ROAD



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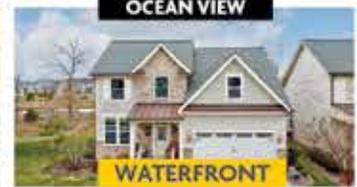
33343 MARINA BAY CIRCLE #72



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13711 OLD CHAPEL ROAD

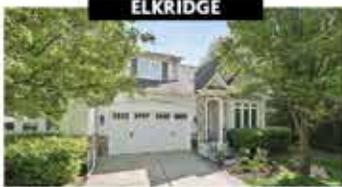


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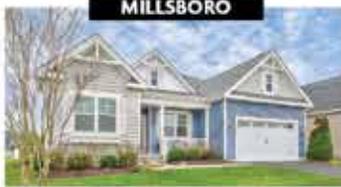
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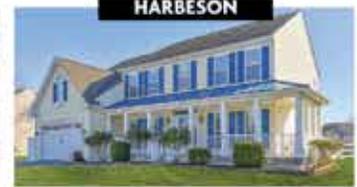
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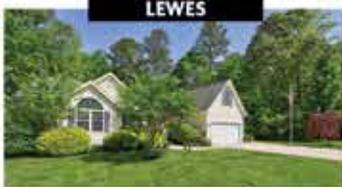
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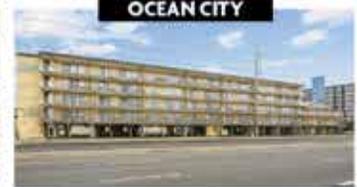
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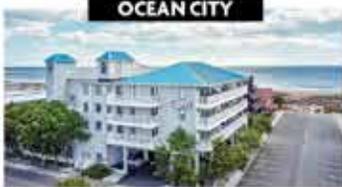
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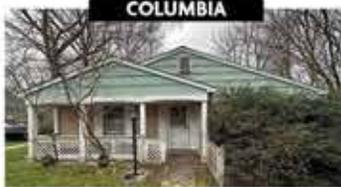
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Photo courtesy of decorilla.com



Ultimate Utility

GETTING THE MOST OF YOUR MUDROOM/LAUNDRY COMBO

By Lisa J. Gotto

As homeowners, we ask a lot of our homes, and rightly so; it's our biggest investment. From the practicality of our kitchens to the convenience of our main level primary suites, our homes, in a way, help us cope with the frenetic world outside by being the best "nests" inside that they can be.

To that end, every space needs to fit the bill for utility right down to our home's utility rooms. The essential spaces being the laundry room and the mudroom. While you may already have two separate rooms for these, many homeowners are actually finding life becomes a bit more convenient when the two are combined.

Not sure if this is the right option for you? Here are some of the finer points to consider as you work toward achieving ultimate utility.

Let's go to the mood board!

This is the crucial first step to efficient design because it provides a detailed jumping off point for your ideas, your must-haves, and even your style. Once you have spent some time online curating the look and logistics of your dream space, you will have something to show to your interior design professional or take to the home store when it's time to get the goods.



Photo courtesy of thissourcebliss.com

Let's get organized

When you consider that one of the most common complaints homeowners have about their laundry rooms is wasted space, it may make sense to combine these two important, hardworking areas (and sometimes three, if you need to include your secondary entry in your plan for the home).

A smart way to determine a floorplan and the amount and types of storage that you need, is to account for who will be using this combined space. If you have young children at home, including practical lower-level storage space in the form of open cubes or easy-to-pull drawers accomplishes much and helps keep you from being a space waster. It also helps foster a sense of responsibility and independence with young children who will be able access more of what they need on their own and establish a pride of place for their things. Hooks that can be easily reached may make more sense for their outdoor apparel which often ends in a heap on the floor when placed in a standard closet.

What about your partner? Does he or she have outdoor hobbies and pastimes with equipment that will make their way into the mudroom/laundry room? Lucky you if these hobbies and pastimes include removing dirty clothing because in this scenario your washing machine is located conveniently nearby.

Here's where you will need and want to add standard closets to store any wearables associated with the sporting enthusiast in your life. If space allows, tall, locker-like cabinets can be employed to store grab-and-go equipment that you would prefer not to stow in the garage. Balls, netting, baseball gloves, etc., can all find a comfortable home inside the No. 1 essential for your combo space, comfortable bench seating.

And much like your kitchen, a certain amount of countertop space should be available to you for spot-treating clothing, and retractable rack space is essential for the hanging and steaming of clothing.

Of course, a combination of open and cabinet-enclosed shelving will be needed for all the products you use for your laundry, pets, and accessories that will call this room home. Try using clever, stylish decanters for some of the products on the open shelves to provide a cohesive, uncluttered look. Adding in a live plant here and there on the shelves creates a clean, curated look. Your utility sink—your No. 2 essential for the space—will help keep those plants happily watered.



Photo courtesy of moynog.com

If your list of must-haves is getting long and you haven't even accounted for where the washer and dryer will fit yet, you can always opt for a space-saving, stack-able washer and dryer. These units economize on space and have definitely improved in functionality over the years. They also offer an advantage, as they can be tucked inside a recessed wall with a closing door, so if your space is also a home entry, a washer and dryer isn't the first thing people see when they access that entry.

Finally, don't forget about your fur babies! This is the most practical place to store your pup and cat stuff and provide a quiet corner for the napping they all seem to adore. Many homeowners are indeed considering pets when designing or upgrading these utility spaces by including built-in features like dog beds and feeding and bathing stations right into the design.



Photo courtesy of practicalperfection.com



Online Design Inspiration Found!

Do you have a home interior project you keep putting off because you just don't know where to start? There are some great resources available online that can point you in the right direction, such as decorilla.com and its free Interior Design Style Quiz. Take the quiz and find the designer that exists within!

Let's get creative

By no means skimp on the style factor just because this is a utility room. Savvy homeowners are finding value in using this space to reinforce the personal style they have already envisioned in other areas of their homes.

This no-limits approach to design, employs stylish fixtures, elements of decorative lighting, and even integrates softer elements of wallpaper and window coverings in the space so it looks less like an afterthought and more like the rest of your home.

Fortunately, there are many smart material options that consumers can choose from that provide for the hard use this room requires without sacrificing style. These include integrated, easy-care furnishings, wall treatments like wainscoting, and durable matte cement floor tiles.

By all means, personalize your space with performance fabrics that are beautiful, but also resist stains. This is especially true if you are using an upholstered storage bench. This is a great opportunity to show some flair and complement what you might have going on in adjacent rooms.



photo by kim cornelison

Photo courtesy of therecreatedhome.com



Planning to have a window in this room if you're in the design stage is also a bonus if you're looking to soften the vibe of a utility room. Adding unexpected elements such as a decorative mirror, sconces, or even pendant lighting will also enhance the look of a room that we tend to spend more time in than we think.

And while this room may produce a bit of humidity at times—we're looking at you, fabric steamer—don't let that deter you from adding a layer of chic paper to your walls. Just choose a waterproof wallpaper that works with modern adhesive compounds that create a barrier to protect the paper should it get wet.

Fortunately, these papers come in so many patterns and colors, you may have a hard time choosing between traditional or even whimsical themes, which tend to work very well in a mudroom/laundry room combo.

Perhaps, even a pattern with cozy birds' nests on it will set just the right mood for your next missing sock search?

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Pots That Pop

By Janice F. Booth

My neighbor's hanging baskets and flower-pots are the envy of the neighborhood. She's talented florist and decorator, Rhonda Sears. Recently, I asked her the secret of her always unique and beautiful floral containers and pots. Her answer, "One word, *surprise*. Find something unique and build your arrangement around that." Ah, the artist's eye.

Let me break down into five steps the process of creating beautiful and unique planters: (1) What is the purpose of the planter? (2) Where is the pot to be located? (3) What effect are you going for? (4) How is a healthy potting environment created? (5) What are the steps in maintaining the pot? We'll also keep in mind Sears' *element of surprise*.

PURPOSE:

There are lots of reasons to add potted flowers and window boxes to our gardens.

Masking a flaw: There may be that one area of one flower bed where your sweet pet enjoys soaking up the sun. Nothing gets a chance to grow there. A pretty pot of geraniums or begonias might discourage puppy and solve that problem. Or, that area beneath the old magnolia where sun seldom reaches; a large, dramatic pot of ferns and caladium could surprise the wandering eye.

Adding pizzazz: Does that flowerbed near the driveway need a bit of punch? How about an unusual pot that will liven up the area? Keep the planting simple with an unusual cluster of twigs or an antique garden tool as the focus. Perhaps the “pop” will come from the clustering of pots—vary the size or color, but stick to some unifying plants to retain the grouping effect.

Outdoor vacation for houseplants: I like to set out my sweet house plants once the warm weather truly sets in. They’ve kept us company all winter, and now they deserve a bit of natural light, not to mention some repotting, root freshening, and fertilizer. I find a spot with filtered light and protection from the wind and set out the dears for their summer vacation.



LOCATION:

Just as with the transplanting of any plant, shrub, or tree, consider three basic issues when deciding on the setting for your pots and containers:

Sun and shade: After all your planning and efforts, you’ll want your lovely arrangements to thrive. For that to happen, the plants must get the amount of sunlight and shade they require—with very little deviation. That means choosing plants that share the same preferences and being sure you’ve carefully evaluated the locations you’re using. Additionally, it’s helpful to think about each location’s vulnerability to wind. Many plants can be affected by constant winds, even if it seems mild to us.

Size: I’ve found myself very disappointed after spending hours planting a pot of varied plants, only to find the whole effect looks positively puny in the location I had in mind. What may seem BIG in your potting shed, may look much smaller set near the towering, elegant Foxglove or Delphinium. Play around a bit with the pots you plan to use. Group them, arrange them, take pictures of a particular pot in several locations—before you load it with soil and plants.

Watering: When you finish creating your flowerpots, they’ll be heavy. You’re not going to want to move them very often. So, consider how you will water each pot. Will the hose reach? Must you bring a sprinkling can for the daily watering...will you do that?





PLANTING AND MAINTAINING:

You may already know the process of grouping plants in pots or containers, but I'll do a quick review, in case there's something I can offer that you may not have considered.

Prepare the pots: If the pots are *new*, remove any labels or potentially toxic substances stuck to the pot. Check for at least one good size drainage hole. If the new pot is glazed inside, line the pot with gardener's cloth (a porous, usually black fabric) that will help maintain the proper pH balance in the soil and roots. If the pot has been used before, rinse it down. Be sure the drain hole(s) is clear.

EFFECT:

All the thought you've put into your pot-plans will pay off now. What are you really going for with these additions to your garden? As my florist neighbor, Sears says, "You want a *thriller*, a *filler*, and a *spiller*." Something tall and unusual (the *thriller*), with lower and lush begonias or annuals to *fill* the planter, and some ivy or Creeping Jenny to *spill* over the pots' edge, softening the effect.

Drama: My front porch is small and simple. I might want to add a tall pot with a few shade-tolerant plants for a memorable "welcome." Or perhaps your patio needs some "zing." A cluster of red and orange pots of varying sizes, filled with bright marigolds and stately yucca might be just the ticket.

Lushness: There always seems to be an uncooperative place in the garden that refuses to nurture the plants placed there, no matter how you look after them. By adding a few containers of varying sizes and material, you can disguise this "dead zone" as a lush and welcoming spot.





Filling the pots: You'll need potting soil—loose soil that will allow water to drain. There is a debate among gardeners as to putting pebbles in the bottom of the pot to aid in drainage. If the pot is quite large, some gardeners advise filling the bottom third of the pot with packing peanuts to lighten the pot. (I've done this and found no ill effects—pot and plants did well.)

Watering and fertilizing: Depending on the amount of sunshine the pot receives, water often enough so the plant's roots are never too wet or too dry. Fertilize each time you water.

Deadheading: To encourage those pretty blooms, deadhead the plants—that is remove the dead blossoms. Avoid dropping the dead blossoms around the pot.

Whatever you decide to do with your planters and the plants that fill them, have fun. You'll surprise yourself with the original ideas you'll come up with.



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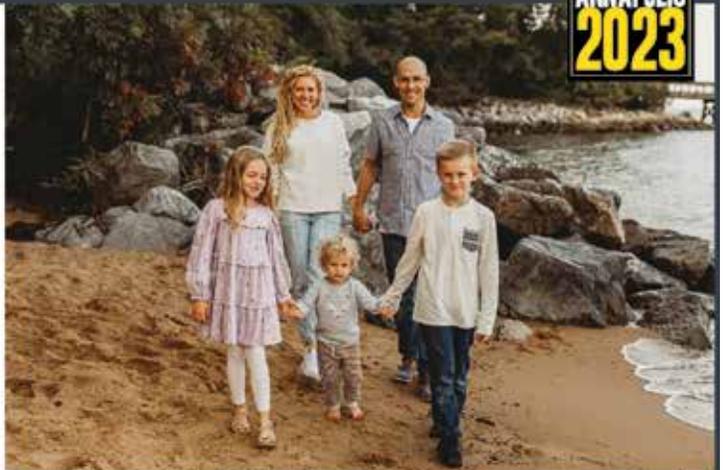
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Bodkin Creek Convenience

By Lisa J. Gotto

The new owners of this coastal-style, three-bedroom charmer on Bodkin Creek will just love their location, location, location—with its quick, 15-minute access to the Chesapeake Bay.

Tucked into a boat-centric community in Pasadena, this home offers more than 2,000 square feet of living space and everything a family that loves waterfront living could want. Every inch of the main level floorplan is expertly designed to provide maximum Creek views and high-end interior choices and finishes can be found throughout.

Walking into the home's main living area is a real treat for the eye with its elevated vaulted ceiling of stained knotty wood bead boarding and trusses. Three large



picture windows with sidelight windows pull the eye to the stellar water view across to the opposite side of the creek. Gorgeous, richly-toned hardwood floors and a textured wall of stacked stone—which offers advantageous sightlines to the water through a generous pass through—make the space warm and inviting.

From here it's just a step up into the home's dining room and kitchen. Over the years the home has been smartly updated and provides wide entry access to the dining room from the kitchen and from the living area to the dining room. The kitchen offers another vaulted ceiling with beadboard and skylights, the continuation of those lovely hardwood floors, a center island breakfast area, and an all stainless-steel appliance package. The spacious dining room easily seats six and offers clear sightlines to the water.



Primary Structure Built: 1930
Sold For: \$750,000
Original List Price: \$749,000
Bedrooms: 3
Baths: 2
Living Space: 2,036 Sq. Ft.
Lot Size: .28 acres



On this level, the new homeowners will also enjoy the convenience of a main level laundry and a main bedroom suite with full bath. The suite is light and bright, and offers a knotty wood accent wall, a large sliding barn door closet with deep-shelf storage, and an attractive *en suite* bath with a granite vanity and large shower. The bedroom also offers access to an upper-tier study, perfect for that out-of-the-way, working from home space. Two additional bedrooms and a full bath are located on the home's lower level.

“What made this home so special was the combination of the large living room overlooking the water and the expansive waterside decking,” explains Listing Agent, Reid Buckley. “The primary bedroom and bath are on the main level—also a plus for today's buyers.”

Back upstairs, the home's main level living area opens to the gorgeous view and the property's outdoor, waterside living environment with a seating and barbecue grilling area perfect for entertaining. A shed on the water's edge offers a convenient place to store all the family's water accessories, and the property's private pier provides two slips and six feet of mean low water, that makes getting out to that Bay even easier.

Listing Agent: Reid Buckley; The Mr. Waterfront Team of Long & Foster Real Estate; 320 6th Street, Annapolis; m. 410-279-1843; o. 410-266-6880; reid@waterfronthomes.org; waterfronthomes.org
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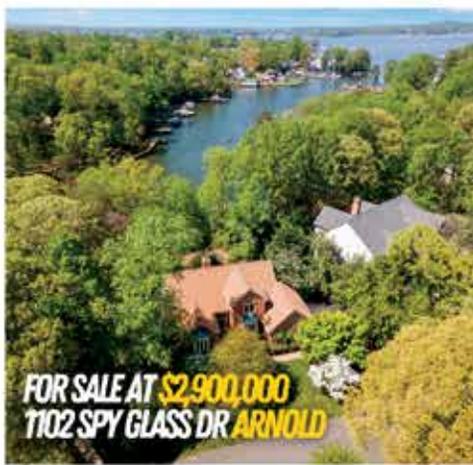
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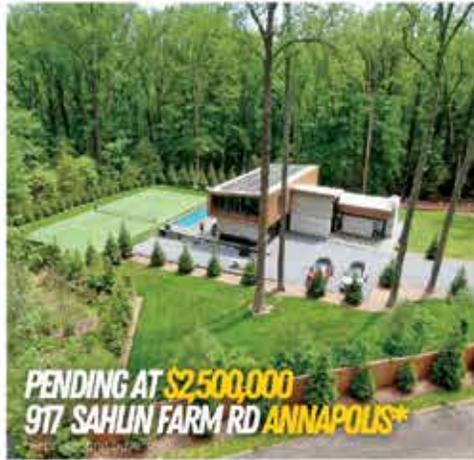
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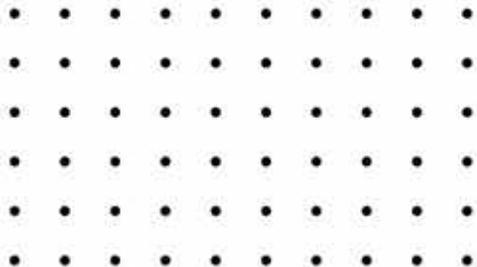
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Primary Structure Built: 1931
Sold For: \$910,000
Original List Price: \$925,000
Bedrooms: 4
Baths: 2 Full
Living Space: 1,580 Sq. Ft.
Lot Size: .17 acres

Blank Canvas Classic

By Lisa J. Gotto | Photography by Michele Sheiko

This pre-war, classic home in Eastport has been expertly updated in all the right places. Clean lines and modern amenities shine against a crisp, white backdrop and blank canvas in this 1,500 square-foot Craftsman-style home.



Inside, the home retains a sense of nostalgia with its original radiators, trim work, and antique glass doorknobs. Upon entry through the arch-framed front door, guests are welcomed to a lovely, light living space with gleaming restored hardwoods and a gorgeous, wood-burning fireplace with attractive panel insert design.

To the right of the foyer, a modern, roomy, eat-in kitchen with black granite countertops and an all stainless steel appliance package has the vibe of a great entertaining space, as well. New, overhead modern lighting throughout adds a sleek balance to the space's odd bones. A pass-through in the kitchen maintains clear connections with guests in the living room.



There is extra space for dining adjacent to the living room and the first floor offers an accommodation for a mudroom, a first floor full bath, and a bedroom. The newly remodeled bath features sparkly-white subway tiles, a beautiful, vessel sink vanity, and a large shower with built-in bench.

A gorgeous, two-toned staircase with architectural details leads to the home's additional three bedrooms with their characteristic hardwood floors and a full bath.



Outside, a long porch with a charming, beamed ceiling and Craftsman railing detail is just the beginning of this property's creative landscaping and outdoor living space. A spacious, fenced-in yard and patio complete with built-in benches of concrete and treated wood, provide the perfect spot for its concrete firepit vessel with tons of fireside seating. Two separate, but defined, gathering areas make great spaces for dining and outdoor living room lounging. A large, adjacent backyard green-space, could be the site of a future in-ground pool, should the new homeowners choose to do so.

In fact, for the homeowners this will be one of various options they will be exploring with this property's advantageous proximity to downtown Annapolis and a plethora of events, shops, and restaurants within walking distance.

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130 FRESH TAKE | 132 FITNESS TIPS

135 BRRRR! THERE'S SOME BENEFIT TO THAT ICE BATH *plus more!*



Fresh Take

MANGO

By Dylan Roche

Does summer have you craving something with tropical flavor? The fruit you're looking for might be mango. This ultra-sweet, juicy fruit works nicely in salads and salsas that are perfect for light meals when it feels too hot outside to heat up the kitchen, and thanks to its versatile flavor that even works well in savory or spicy dishes, you're not going to get bored of mango very quickly.

Oval-shaped with a tough outer skin that comes in shades of red and orange, mango has a soft flesh inside that delivers a slightly tangy burst of sweetness. Although it thrives today in many tropical regions, it's believed to have originated in Southeast Asia, possibly at the foothills of the Himalayas, where it has been embraced in Indian culture for millennia. In fact, ancient Sanskrit texts refer to it as symbolic of both love and prosperity. From Asia, it was spread throughout the world by Portuguese explorers in the 15th century, and today it is one of the most widely cultivated fruits globally.



Mango Salsa

INGREDIENTS

2 ripe mangoes
1/2 red onion, diced
1 jalapeno pepper, seeded and minced
1/4 cup chopped fresh cilantro
2 tablespoons fresh lime juice
1 teaspoon salt

Peel and dice the mango, then combine in a small bowl with red onion, jalapeno pepper, and cilantro. Sprinkle in lime juice and salt, stirring well to combine. Cover and set aside in the refrigerator for approximately one hour, giving the flavors time to come together. Serve chilled as a dip with tortilla chips (try chips seasoned with a hint of lime flavor) or as a topping for your favorite grilled meat.

Although mango's sweet taste and smooth texture might make it feel like a decadent dessert, this fruit packs a definite punch of nutrition—it's rich in vitamin C, vitamin A, folate, potassium, and fiber. Just one cup of sliced mango has all the vitamin C you need in a day, which helps keep your immune system strong and fends off sickness. The vitamin A content is good for your eye health, potentially preventing age-related macular degeneration and other eye disorders. Together, vitamins A and C are good for improving your skin health and reducing signs of aging.

The high fiber content in mangoes is good not only for improving digestive health but also for lowering cholesterol levels and reducing your risk of heart disease. And the antioxidants in mango are vital for fighting free radical damage in your cells and staving off cancer.

There's also an element of excitement to mango, which could make it more appealing to picky eaters compared with other fruits. Despite its widespread cultivation, mango isn't commonly found in some cuisines, making it unique and exotic, which you might find piques your curiosity and makes you feel more adventurous about trying new things.

Mango Sticky Rice

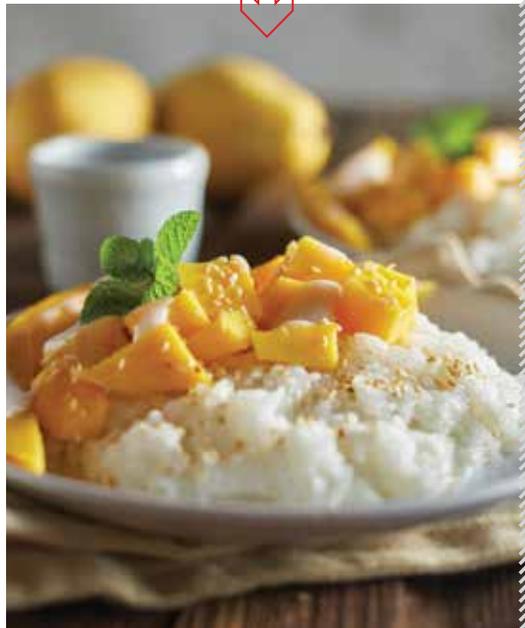
INGREDIENTS

1 cup sticky rice
1.5 cups coconut milk
1/4 cup granulated sugar
1/4 cup brown sugar
1/4 teaspoon salt
2 ripe mangoes
1/4 cup toasted sesame seeds
1/4 cup shredded coconut

Rinse the rice in cold water and allow to soak for approximately one to four hours. Drain and transfer to a steamer basket lined with cheesecloth. Set the steamer basket over boiling water and cook for approximately 20 minutes. The cooked rice should be soft and sticky. Set aside. In a saucepan over medium heat, combine coconut milk with the granulated sugar, brown sugar, and salt. Stir until the sugar



and salt dissolve. Remove from the heat. Combine the sticky rice and hot sweetened coconut milk in a large mixing bowl. Stir until the rice is thoroughly coated. Peel and dice the mango and stir into the rice. Sprinkle with toasted sesame seeds and shredded coconut. Serve immediately.



Mango Curry

INGREDIENTS

2 tablespoons vegetable oil
1 onion, diced
2 cloves garlic, minced
1 tablespoon grated ginger
1 tablespoon curry powder
1 teaspoon ground cumin
1/2 teaspoon ground coriander
cup coconut milk
2 ripe mangoes, peeled and diced
1 red bell pepper, diced
1 cup green peas

Coat a large skillet with oil and set over medium heat. Add garlic and onion, allowing to brown and become fragrant. Stir in bell pepper and green peas and heat until softened. Add the ginger, curry powder, cumin, and coriander, stirring so the spices coat the vegetables completely. Pour in coconut milk and bring to a simmer. Cook for approximately 10 minutes or until the mixture has thickened. Add the mango and stir to coat thoroughly with the coconut milk and mix with the vegetables. Allow to simmer for approximately 10 more minutes or until the flavors have set together. Serve warm over rice or naan bread.

Because it does best in tropical climates, you likely won't find fresh mango at the farmers' market, but you will be able to shop for it at the grocery store. When selecting mango, seek fruit that's firm but slightly soft to the touch, as this indicates ripeness. If it's too soft, that means it's overripe.

Mangoes come in a range of colors, depending on the variety. Most are reddish orange, but there are some with green skin. Look for mangoes that have a bright, vibrant color and avoid those that are dull or discolored.

Maybe the best way of telling if a mango is good (and this might seem a little strange to do in the grocery store!) is to smell the stem. The stem end of a ripe mango should have a sweet, fruity aroma. If there is no scent, the mango may not be ripe yet.

Be sure to handle your mangoes with care, as their softness makes them easily bruised or damaged. Bring them home and store them at room temperature in a cool, dry place. If they reach ripeness before you're ready to use them, you can store them in the fridge to prolong their shelf life.

Now it's time to consider all the adventurous ways you can use mango in your kitchen, whether you're looking for an enticing appetizer (salsa), a light dessert (sticky rice), or a tantalizing entrée (curry).

Fitness Tips

MAKING USE OF THE MEDICINE BALL

By Dylan Roche

Don't be fooled by the name medicine ball—it's not something you pick up at the pharmacy. These weighted balls, which are often made from leather or rubber material, and can weigh anywhere from just a few to hundreds of pounds, give you a heck of a strength and conditioning workout. The medicinal name actually harks back to its use in rehabilitation therapy, where patients would use these balls to improve their strength as they recovered from injury.

But fitness enthusiasts took notice, and medicine balls became increasingly popular during the 20th century for improving core strength and coordination. They have the same weight as dumbbells or kettlebells, but because of their round shape, they're good for throwing, catching, and slamming movements—plus, their lack of a handle makes them more cumbersome, which can increase the difficulty of moves typically performed with a kettlebell, for example. Athletes such as LeBron James, Serena Williams, Cristiano Ronaldo, and Michael Phelps all use medicine balls as part of their training routine.



SO, SPECIFICALLY SPEAKING, WHAT BENEFITS CAN YOU EXPECT FROM TRAINING WITH A MEDICINE BALL? HERE'S WHY SO MANY TRAINERS SWEAR BY THEM:

Good for strength training: This one is a given—their weight makes them good for adding resistance to movements, thereby building upper body and core strength.

Boosting power: It takes a lot of force to throw or slam a medicine ball, so athletes will gain explosive power by moving it quickly.

Better coordination: When you're moving a medicine ball, it requires a great deal of balance and coordination to keep your body stable. This is especially important for preventing injury!

Versatility: Resistance training with weights can get boring after a while. Medicine balls vary it up, offering you a chance to try something new that challenges your body.



IF YOU'VE GOT A MEDICINE BALL AND YOU'RE NOT SURE WHAT TO DO WITH IT, HERE ARE SOME GO-TO EXERCISES TO GET YOU STARTED:

MEDICINE BALL SLAM: Begin with your feet shoulder width apart and the medicine ball held in both hands out in front of you. Extend both arms as you lift the ball up over your head, keeping your core engaged as you lift. Using as much force as you can, slam the ball from overhead down onto the ground. Keep your arms fully extended through the whole motion. Drop to a squat and take the ball in both hands. Return to the starting position. Repeat until fatigued. Remember to keep your posture straight and generate force using your entire body as you slam the ball and lift it back up again.

MEDICINE BALL TWIST: Begin in a seated position on the ground with your legs out in front of you. Hold the medicine ball in front of your chest with your arms fully extended. Engage your core and keep your arms straight as you twist to move the ball 90 degrees to your left. Pause briefly, then twist 180 degrees to your right. Keep your movements smooth and controlled. Repeat until fatigued. If you start to break form or get jerky, take a moment to rest or choose

a lighter ball. Do this exercise solo or find a partner to sit back to back with you. Pass the medicine ball between you two—as you twist to your right to hand the ball off, your partner twists to their left to receive the ball. Then you twist to your left and take the ball back as your partner passes it from their right.

MEDICINE BALL PUSH-UP: Begin in a high (extended arm) plank position with a medicine ball on the floor beneath your chest and your hands resting on the ball. Keep your core engaged and your wrists in alignment to balance your weight. Bend your elbows and lower your body toward the ground. Allow your chest to come within approximately a half-inch of the ball and push yourself back up. Remember to keep your body straight through the entire movement, breathing in as you lower yourself and breathing out as you go back up. Repeat until fatigued.

MEDICINE BALL SQUAT: Stand with your feet shoulder width apart and the medicine ball held in both hands. Extend your arms to hold the medicine ball out in front of your chest. Bend your knees and lower your hips as far as you can, as if you're sitting in a chair. You should keep your core engaged, your chest up, and your knees aligned over your toes throughout the entire movement. Hold the squat for two seconds, then raise yourself back up to the starting position. Repeat until fatigued. Top of Form



Skincare? Skin Fasting? Skin Cycling?

By Dylan Roche

A generation ago, the idea of skincare was pretty simple—you washed with soap and water, maybe a medicated cleanser if you had a particular problem, and then moisturized with face lotion. But skincare routines of today involve multiple steps and a variety of products, all with the goal of making your skin look smooth, healthy, and ageless. With so much involved, it's hard to tell what's working, what's not, and what might actually be making your skin worse.

That's why skin fasting and skin cycling have become increasingly popular trends for people who are starting to second-guess their own skincare routines. But if you're just now hearing of these trends, you might have some questions...

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Skin fasting? Skin cycling? What does that mean?

There's some overlap between the two concepts. In the case of skin fasting, you are taking a break from your skin care routine completely. For a week or more, you cleanse your skin with only water and avoid products like moisturizers, serums, or masks.

On the other hand, there's skin cycling. When you're skin cycling, you do a different step in your skincare routine each day, giving it a chance to have its full effect, instead of doing all steps at the same time every day.

But why? Won't that make my skin unhealthy?

Your skin has a natural ability to regulate its own oil production and pH levels. However, when overloaded with external products, your body adapts. Over-washing your face or using a harsh cleanser can leave your skin stripped of its natural oils, triggering your sebaceous glands to produce more and overcompensate, especially if you're not using a good moisturizer. This leaves you with oily skin and clogged pores.

Similarly, your skin has a slightly acidic pH between 4.5 and 5.5, as maintained by a thin layer on your skin's surface known as the acid mantle, which helps protect your skin from irritants. If harsh cleansers are disrupting your skin's acid mantle, it can make your skin more acidic or more basic than it should be.

By taking a break from your skincare routine, or only doing one part of it a day, you're giving your body a chance to readjust its natural oil production or pH.



What steps in my skincare routine should I be cycling?

If you decide to try skin cycling, which steps you do will depend on the complexity of your current routine. However, it's likely that your routine has some type of cleanser, toner, serum, and moisturizer that you can rotate.

Additionally, consider taking one or two rest days from all products at least once a week:



Cleansing: This is the first step in any skincare routine. It involves removing dirt, makeup, and other impurities from your skin. You can use a cleanser that is suitable for your skin type and follow the instructions on the label.



Toning: Toner removes any remaining traces of dirt or debris and reduces the size of your pores, leaving your skin refreshed and hydrated.



Serum: A serum is a lightweight, fast-absorbing liquid that targets specific skin concerns, such as fine lines, wrinkles, or dark spots.



Moisturizing: Moisturizing is essential for keeping your skin hydrated and healthy. You can use a moisturizer that suits your skin type, whether it's dry, oily, or sensitive.

Will skin cycling or skin fasting work for everyone?

Not always. Your skin is unique, so what works for a friend isn't necessarily going to work for you. Although there's no harm in taking a few days off from your skincare routine to see how you look and feel, your dermatologist will be able to give you specific advice on what steps you should take to maintain good skin health.

Brrrrr! There's Some Benefit to That Ice Bath

By Dylan Roche

If the idea of slipping into a cold bath after an intense workout in the summer heat sounds refreshing, there's some good news you need to hear—an ice bath is great for exercise recovery and research shows it can reduce soreness and inflammation caused by an intense workout. That means you're not only cooling off but also priming your body to return to training sooner rather than later.

Also known as cold water immersion, ice baths as a practice are pretty much exactly what they sound like: You slip into a bath chilled with ice and keep yourself in the cold for a few minutes to reap the benefits. Temperature and duration will vary depending on your comfort level (see "How to Take an Ice Bath"), but even a few minutes in mildly cold water can still offer benefits like reduced muscle soreness, boosted immune function, and even an improved metabolism.

Studies have shown that because the coldness constricts your blood vessels, this will slow down your blood flow but increase your heart rate, ultimately improving your circulation and getting much-needed oxygen to your cells while your body is trying to recover—hence, faster recovery time.

However, even though research supports the idea of ice baths, there's still no conclusive agreement among health experts about how long you should stay in an ice bath, how cold it should be, and what risks or side effects you could face. Plus, ice baths can be uncomfortable for those who aren't acclimated to the cold water. As with any other kind of therapy, you should check with your doctor before starting.



HOW TO TAKE AN ICE BATH

Interested in trying out an ice bath to see what the hype is about? Although how you do an ice bath mostly will be a matter of preference (do you want it very cold, or just a little bit cold?), here are a few guidelines to get you started—feel free to adjust as you wish or per your doctor's direction:

1. Start by filling your bathtub with cold water and add ice. Check the temperature to ensure it is between 50 and 59 Fahrenheit. Water that is too cold could pose hypothermia or other health risks.
2. Enter the water feet first and slowly lower yourself in, completely submerging yourself up to your shoulders. Avoid putting your head or neck under.
3. Relax in the water for approximately 10 minutes, but do not exceed 15 minutes, as too much time can lead to prolonged vasoconstriction or other negative side effects.
4. Step out of the bath and dry off. Put on warm clothes to return your body to normal temperature. If it helps, you can take a hot shower or drink a hot beverage to warm yourself up.
5. Listen to your body. Although ice baths can be uncomfortable while you're acclimating, they should never be painful. It's okay to get out of the bath early or to let the water be slightly warmer. Always consult with your doctor, especially if you have a medical condition such as heart disease or high blood pressure.



Tearing Down Barriers

WHY MINORITY MENTAL HEALTH MATTERS

By Dylan Roche

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” These words by poet and civil rights activist Audre Lorde carry special significance in the month of July, when the U.S. Department of Health and Human Services observes Minority Mental Health Month, drawing special attention to the unique challenges faced by marginalized groups in America.

Historically, minorities have been underserved and underrepresented in mental health care. In addition to the stigma surrounding mental illness, minority groups often face barriers like a lack of culturally sensitive resources—for example, they might not be able to find a therapist who speaks their language. In other cases, mental health care providers who are not familiar with cultural differences fail to recognize or properly diagnose mental health issues in minority patients.

Then there are the economic and geographic barriers. Marginalized groups are more likely to experience poverty and might not have insurance that covers the cost of care, or they live in an area where care is not within a realistic commute.

These barriers are particularly unfortunate because marginalized groups tend to have the most exposure to adversity that can take a toll on their mental

health. They may face discrimination in school or the workplace, or they may have experiences with racial violence or police brutality. In some cases, microaggressions (an act of indirect or unintended discrimination) can be enough, when built up over-time, to make an individual feel dehumanized.

Throughout the month, the Department of Health and Human Services’ Office of Minority Health (OMH) will promote tools and resources via its website (minorityhealth.hhs.gov) and social media platforms. For all people, July can be a month to share stories, encourage support, and demand change.



NOT SURE WHERE TO START?
HERE ARE SOME
SMALL BUT
EFFECTIVE STEPS
YOU CAN TAKE:

Educate yourself: Take time to learn about mental health, what affects it, and what care options are available. Majority groups can gain perspective and develop empathy by learning about the experiences of others by reading books, watching documentaries, or even attending events that focus on minority issues.

Start a conversation: Talk to your family, friends, neighbors, and even your co-workers (if you're comfortable) about mental health and the importance of care. Encourage others to share their perspectives, and consider how their experiences affect their day-to-day well-being.

Advocate change: Contact your elected officials and recommend policies and funding that can support minority mental health, such as initiatives that improve access to care.

Get involved in community events: Attend community events that focus on mental health, including support groups and workshops, if appropriate. Your participation can build awareness, promote education, and foster a better sense of community.

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Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at whatsupmag.com/promotions.



Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

One of the most anticipated holidays, the Fourth of July, is finally here and we have plenty of ways to celebrate. Beside parades and fireworks, we can enjoy delicious food, iconic eateries, baked goods, live music, local gatherings, and so much more to revel in our American independence. And let's try some themed cocktails/mocktails to amp up this summer season.

On the Dining Scene...

↑ The original Chart House Annapolis has been rebranded into **Chart House Prime**. The restaurant has an updated look, expanded wine cellar, fresh sushi, as well as refined Chesapeake elements, which altogether create a contemporary ambiance with amazing views of the harbor. The revamped menu will have fresh fish, prime steaks, shellfish, and sushi, as well as some other familiar favorites. Signature cocktails are also touted. Make reservations for this weekend's dinner at charthouse.com. *Photograph of "Crudo," a new menu addition to Chart House Prime, courtesy Landry's Inc.*

A new restaurant, **The Goat**, opened at the beginning of May in Downtown Annapolis. At 137 Prince George Street, The Goat will offer tostadas, carne asada, chicken tinga wontons, corn ribs, and so much more. The Goat also has a great list of signature cocktails, wines, and draft beers. Visit for dinner anytime throughout the week, but keep in mind that they are closed on Wednesdays. Lunch hours will be coming soon! Find more information on their Instagram or at thegoatannapolis.com.

Firebirds Wood Fired Grill will be opening alongside **Mighty Quinn's BBQ**, **Cold Stone Creamery**, **Eggspectation**, and **Jersey Mikes** in the new mixed use development, Beacon Square. This large project is located along Riva

Road and is owned by SJC Ventures and AvalonBay Communities, Inc. The plan is for Beacon Square to also have a grocery anchor tenant. More information about the project can be found at sjcventures.com/active-projects.

Black Market Bakers opened their doors in April of last year in Edgewater and to celebrate their one-year anniversary have opened a second location at the Port Annapolis Marina. Originally, the family business opened as a food truck in August of 2020. The O'Leary's parked their truck outside Chevys Fresh Mex, which they also own. Black Market Bakers gained popularity when they competed on season 1 of "Baking It," a competitive cooking show on Peacock in which they made it to the finals. Check out Black Market Bakers at blackmarketbakers.com.

Liquor Mart + Deli announced via their Facebook page that after 42 years, the corner deli will be changing ownership. Liquor Mart + Deli sits with their iconic yellow roof on the corner of Defense Highway and Generals Highway. In their Facebook post, they thanked their hard-working owner Kenny Schwartz, manager for over 42 years, Rick Williams, their staff, and their loyal customers. The family-owned operation was bought on April 28th. Learn more at facebook.com/LiquorMartDeli.

Visit **The Crab Claw** in St. Michaels this summer for their final season. After the 2023 season, the Chesapeake Bay Maritime Museum will take ownership of the property. Crab Claw's history dates to the 19th century when the land was known as Navy Point. The Eastern Shore Clam Company was housed in the spot from the 1950s to 1965 when Bill

Jones, a co-owner of the clam company, and his wife Sylvia decided to open a crab house. The museum has yet to announce what they will do with the property. Learn more at cbmm.org and thecrabclaw.com. *Historic photo of the Crab Claw courtesy Chesapeake Bay Maritime Museum.* →



Food Truck Night...



Every Friday is Food Truck Friday at the **Anne Arundel County Farmers Market** (275 Harry S. Truman Parkway, Annapolis). From 4 to 8 p.m. each Friday now through November, enjoy delicious food from 12-plus trucks. What's for dinner this Friday?

Drink Up...

Let's make this Independence Day a little red, white, and boozy with some themed cocktails! A bit of blue curacao and grenadine are a couple ingredients that can transform a boring vodka soda into a layered, beautiful, celebratory toast. Or, try these couple of fun drinks:

Frozen Strawberry Lemonade



Photo and recipe courtesy of sugarandcharm.com

Serves two

INGREDIENTS

- 1/2 cup Lemonade
- 6 Frozen Strawberries
- 1/4 cup Vodka
- 2 tablespoons Honey
- 1 cup Ice if needed

INSTRUCTIONS

Add all ingredients to a blender and blend until smooth. Pour into glasses and enjoy!



Fourth of July Mocktail

INGREDIENTS

- 2 ounces Pina Colada Mix
- 3 ounces Cherry 7-Up
- 1 ounce Grenadine
- 2-3 ounces Blue Berry Kool-aid
- Ice for Glass
- Optional: Whipped Cream and sprinkles

INSTRUCTIONS

Fill up a tall glass with ice. In a separate glass, combine Cherry 7-Up and grenadine. Pour your Pina Colada mix over the ice. Fill a little less than 1/3 of the glass. Slowly add your Cherry 7-Up to the glass. Pour close to the ice to avoid excessive fizzing. Fill about 1/3 of the glass. Once your fizz has settled, slowly add the blue Kool-Aid to the glass. Pour close to the ice to avoid excess mixing with your red layer. Top with whipped cream and red and blue sprinkles and enjoy!

Photo and recipe courtesy of sugarandcharm.com

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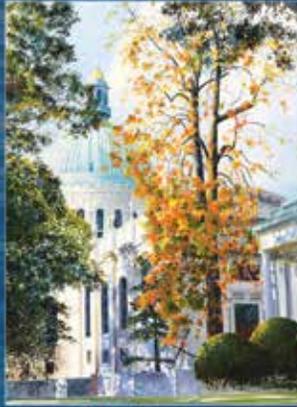
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Congratulations to **Kristin R.** of Millersville, who won \$50 gift certificate to a local business.

Mail entries to: Where's Wilma? Annapolis, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions

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