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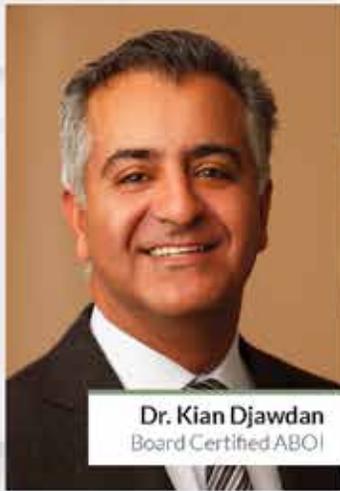


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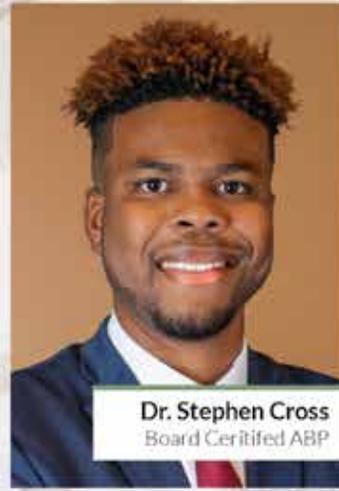
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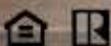


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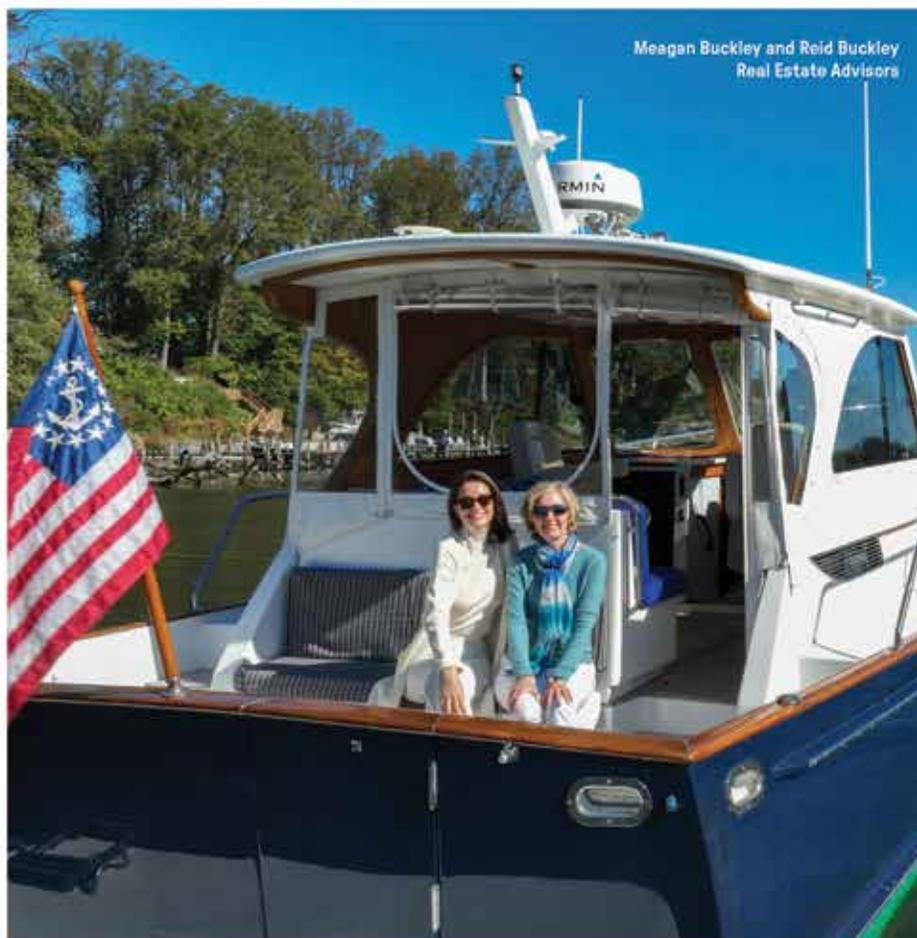


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ANSWERED: YOUR BREAST LIFT FAQs

We get it—contemplating a breast lift can involve a lot of questions, so we're here to provide some clarity! As experts in the field, we understand the importance of informed decisions. Explore common FAQs below to embark on your journey with confidence and knowledge.

Will a breast lift interfere with breastfeeding or normal sensation?

While a breast lift usually won't interfere with breastfeeding, considerations about timing are advisable. We recommend considering the possibility of postponing the procedure until you have completed childrearing to ensure lasting and optimal results. Most people will not lose feeling in the breasts long term, let alone short term.

What can I expect during the recovery period after a breast lift procedure? (other than the joy of having rejuvenated breasts!)?

Individuals may experience varying levels of discomfort during the recovery period after a breast lift procedure. However, the pain is generally manageable, quite possibly with only non-narcotic medicines, and patients can typically expect to resume light activities within a few days or a week. Rest assured, our team is dedicated to providing you with detailed post-operative care instructions, including guidance on effective pain management.

JAMES E. CHAPPELL, MD, FACS

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BRYAN T. AMBRO, MD, MS

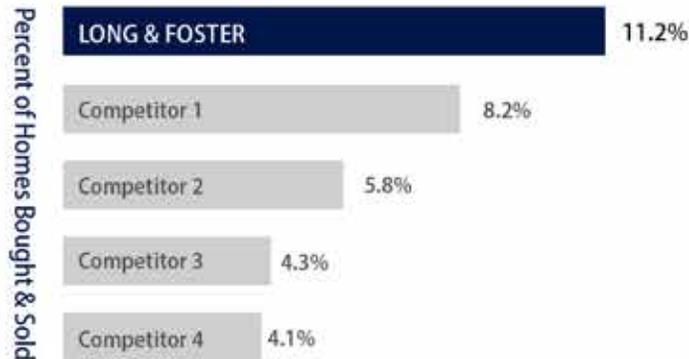
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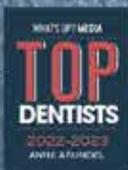
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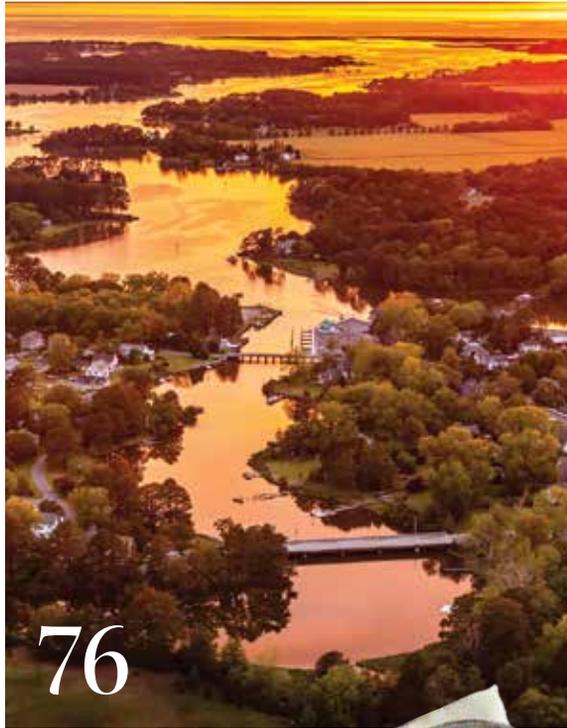
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JULY 2024

◀ **On the Cover:** We offer top-tier dining destinations in this month's Summer Dining Guide. Design by August Schwartz
Contact *What's Up? Annapolis* online at whatsupmag.com.
♻️ Please recycle this magazine.



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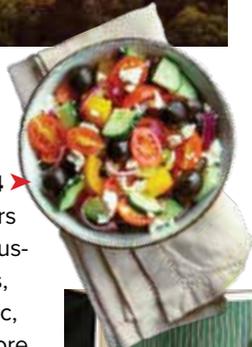


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annapolis

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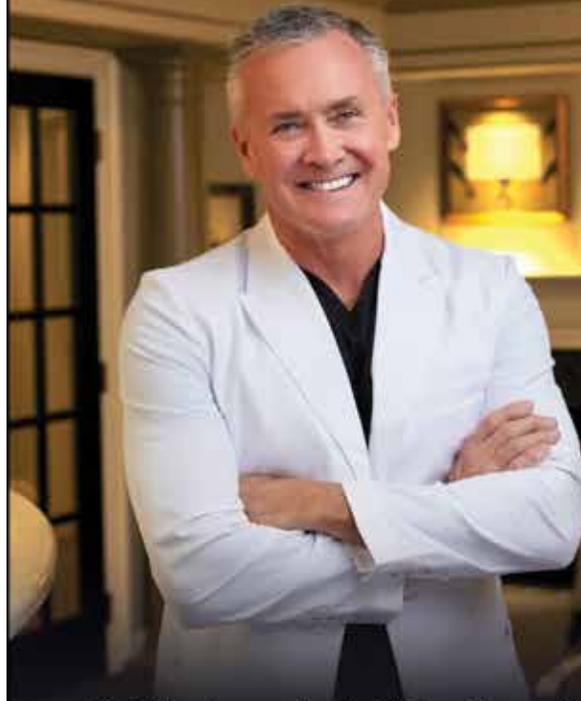
Heather Teat (x1109)

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**OUR BELOVED
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WHAT'S UP? MEDIA



Showcase your photography skills and furry friends! We're calling on you to share your favorite shots of Fluffy and Fido in our photography contest. We're looking for photos of your pet at play, being whimsical, sleepy, silly, and just plain lovable! After a month of submissions, a month of voting will take place and the winners will be published in our November issues. To learn more, scan the QR code or visit whatsupmag.com/petphotocontest2024.

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P.S. Also, we revamped the front of this magazine with a new “Arts & Culture” department that expands our local events and community coverage with more content than past issues. Check it out—and as we continue to develop this section, please let us know what you’d like to read about! Send me an email at editor@whatsupmag.com.

have decided who’s tops in our many towns for a variety of dining experiences. We offer top sailor hangouts, favorite crab houses, where to go for the best views of the Bay, beer gardens and taprooms, top tiki bars, and so much more. The guide offers something for everyone, we think.

And though you may or may not agree at first glance with who made the lists, I say, give them a try. You might be surprised. An adventurous way to do so is by picking a restaurant in a far-off town and going for a visit. Because this guide covers Anne Arundel and Prince George’s counties, plus those of the wide-open Mid-Shore, there are more opportunities to experience a new restaurant and *its hometown* than there are days in the summer. Pretty cool.

It’s been a spell since that first visit of mine to St. Michaels. Since that time, several new restaurants have popped up. But there are still some old standbys, several of which I haven’t even stepped foot within. All the more reason to clear a day on the calendar, roll down the car windows, and breeze on over to experience a world away from my own.

Have a great summer, y’all!

James

H

ave you ever felt a world away from home, even though you’re within a car or boat ride to-and-fro? I remember the first time I visited St. Michaels, Maryland, and how unique the vibe felt. It’s authentically small town—more so than, even, Annapo-

lis, which itself is about as well-connected a community there can be. And though there’s a maritime brotherhood among these popular enclaves, each has a character (and characters) that feed our inner traveler. Main Streets, vintage shops, watering holes, and destination restaurants—all different in their own right—offer new experiences to willing visitors.

Easton has a vibe. Eastport does, too. Crisfield...for sure. Kent Island, Rock Hall, Deale, Bowie, National Harbor. Throw a dart at the map—from the Miles River to the Severn to the Potomac, our region is dotted with very interesting places worth exploring.

A great way to experience the Chesapeake region’s vast and very different towns is to eat through them. Let our Summer Dining Guide lead the way.

This year, we took a fresh approach to this annual compendium of regional restaurants, all perfect for summer respite. Our editorial team, readers, and local restaurateurs

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BIG GURL
DRAG BRUNCH



JULY 6
BOB SIMA
SINGER SONGWRITER



JULY 7
THE GATHERING GLOOM
THE CURE TRIBUTE



JULY 10
JUDY COLLINS
W. OAKLAND RAIN



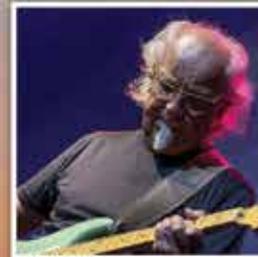
JULY 12
CASH UNCHAINED
THE ULTIMATE JOHNNY CASH TRIBUTE



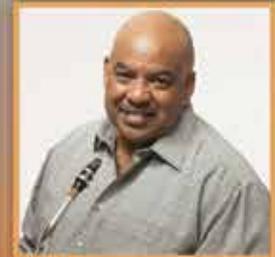
JULY 13
**SPEIDEL, GOODRICH,
GOGGIN & LILLE (SGGL)**



JULY 14
FAN HALEN
A TRIBUTE TO VAN HALEN



JULY 16
MARTIN BARRE
OF JETHRO TULL



JULY 18
GERALD ALBRIGHT
SMOOTH JAZZ



JULY 19
GOOD SHOT JUDY
JAZZ/SWING



JULY 20
KING BACH
COMEDIAN



JULY 21
THE ALLMAN OTHERS
TRIBUTE TO THE ALLMAN BROTHERS



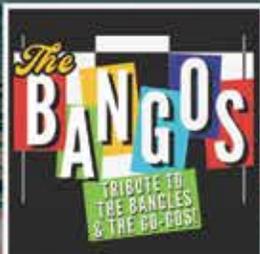
JULY 24
JOHN BERRY
COUNTRY SINGER SONGWRITER



JULY 25
MARTHA REDBONE
ROOTS PROJECT



JULY 26
CIMARRON 615
MEMBERS OF FOOD, FLYING QUARTO WINOS



JULY 27
THE BANGOS
TRIBUTE TO THE BANGLES & THE GO-GO'S



JULY 28
JUSTIN LEE SCHULTZ
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JULY 30
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Certified Financial Planner | Wye Financial Partners

Chris Parks is a Certified Financial Planner™ and LPL Financial Advisor at Wye Financial Partners, a division of Shore United Bank N.A. After working in financial planning for several years, Chris wanted to become a more powerful advocate for his clients. He decided to expand his financial knowledge and earned his CERTIFIED FINANCIAL PLANNING™ designation in 2019. Chris is a lifelong resident of Queen Anne's County and received his college degree in mathematics from Salisbury University.

How do I manage my retirement plan assets from a former employer?

When leaving your job or retiring, you have several options available for managing your retirement plan assets. You may be able to leave the money in your current plan, if your employer allows. Or you can take a lump-sum cash distribution, which will be subject to income tax and a 10% penalty if you're under age 59½ (unless an exception applies), resulting in a potentially significant tax bill. Finally, you can roll the money into another tax-deferred account, preserving the primary tax advantages.

There are two types of rollovers: direct and indirect. A direct rollover, or trustee-to-trustee transfer, is paid from your plan directly to your IRA or to your new employer's retirement plan. The funds are never payable to you. An indirect (60-day) rollover is a payment made to you that you later roll over to an IRA or an employer retirement plan.

What should I know about an indirect rollover?

There are two major disadvantages to indirect rollovers. First, your plan is required to withhold 20% of the taxable portion of your payment for federal income taxes. You'll get credit for that amount when you file your federal income tax return, but if you want to roll over the entire distribution, you'll have to come up with the 20% that was withheld from other sources. Second, you run the risk of missing the 60-day deadline, which would make your distribution taxable. On the plus side, you'll have use of the funds for up to 60 days. In general, direct rollovers are the safer choice.

Should I work with a financial planner to help guide me?

Yes, a financial planner can give you objective information and help you weigh your alternatives, saving you time and ensuring that all angles of your financial picture are covered. Before making any decisions, make sure you consider the potential advantages and disadvantages of the types of accounts you are considering. Don't leave your financial future to chance; reach out today!

This information is not intended as tax or legal advice, so always consult a tax or legal professional.

Christopher Parks CFP® Wye Financial Partners LPL Financial Advisor

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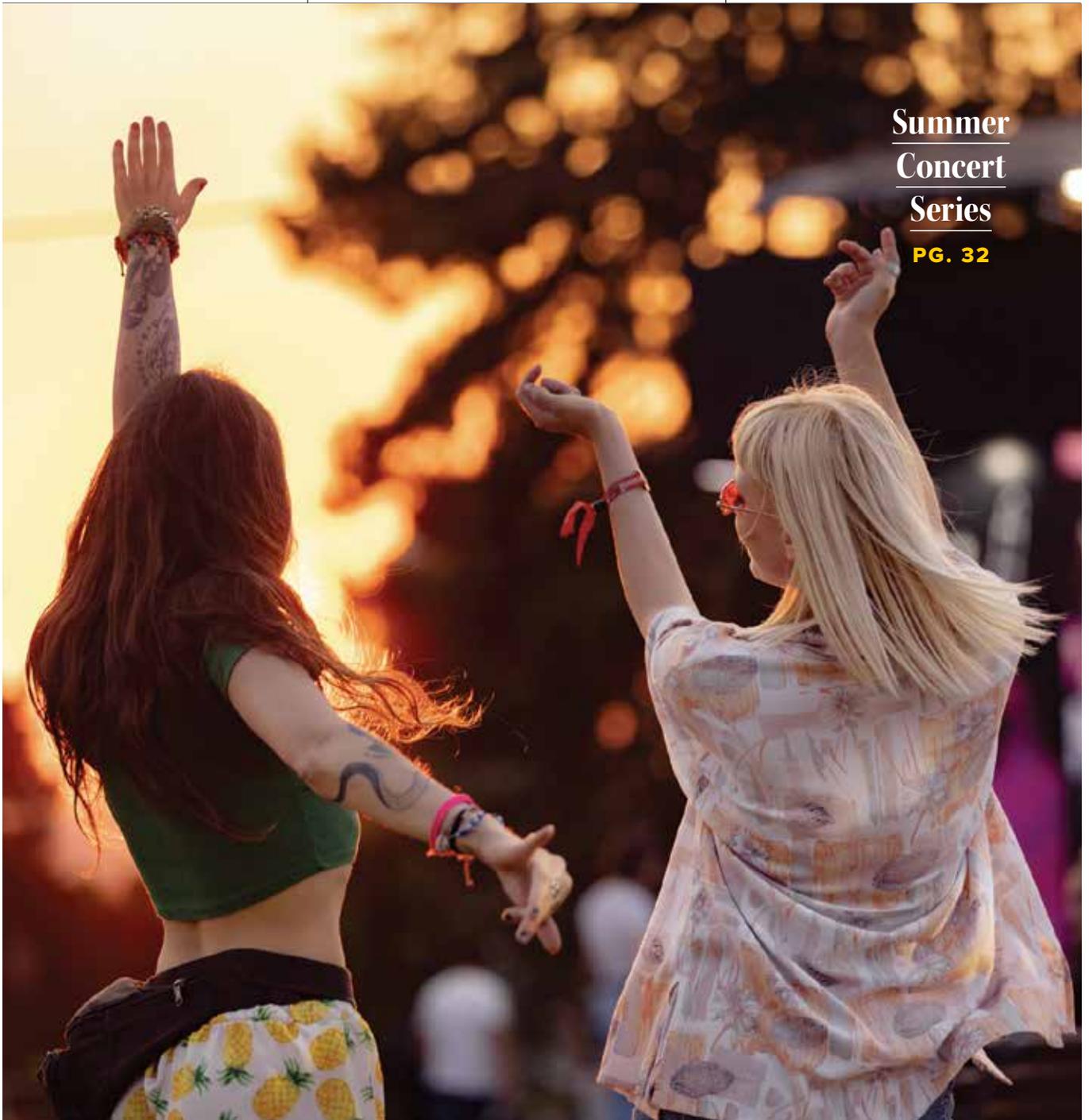
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HIGHLIGHTING
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WHISPERING WINDS POW WOW

Pow-Wow, an American Indian owned and operated organization, is sponsoring the 30th Annual Howard County Whispering Winds Pow-Wow/American Indian Show and Festival at the Howard County Fairgrounds in West Friendship on July 13th and 14th. This festival is an opportunity for the public to interact with American Indian dancers, singers, drummers, artists, and crafts persons. This event is also to educate about American Indians, past and present, through the arts. The event will kick off with a parade of nations at noon on Saturday and Native American food items will be for sale: Indian fry bread, Buffalo stew, Indian tacos, Indian corn soup, and more. For more information, visit howardcountyfairmd.com.

Fourth of July Weekend in Annapolis

Annapolis is continuing the tradition of making downtown the destination of Fourth of July weekend. Start off with Dinner Under the Stars on West Street on Wednesday July 3rd. Enjoy an evening with family and friends under a canopy of white lights while enjoying live music and art demonstrations just ahead of the City's July 4th festivities. On the big day, gather downtown in the city to salute our nation with marching bands, old and new fire engines, cars and vans, service clubs and scouts for the July 4th Parade. The parade will kick off at 6:15 p.m. at Amos Garrett and West Streets. The route will head down West Street, around Church Circle and down Main Street. Annapolis will then launch fireworks from a barge in the Annapolis Harbor at 9:15 p.m. Set up in public spaces northeast of the Severn River, City Dock, and along the Naval Academy Bridge, any of the street end parks facing Spa Creek, or aboard a boat in the Annapolis Harbor for the best views. The weekend will end on Sunday with the First Sunday Arts Festival on West Street with over 100 art and craft vendors, cafe dining, and live entertainment. Find more information on these events at visitannapolis.org.





Photo by 410 Films

Bay Paddle

The 2024 Bay Paddle takes place on July 20th at Kent Island Yacht Club and is co-hosted by Kent Island Outrigger Canoe Club. There are three races: a 3-miler, 10-miler, and a 35-mile circumnavigation of Kent Island. All registration fees for the race are donated to Oyster Recovery Partnership, Chesapeake Conservancy, and Waterkeepers Chesapeake to help protect the Bay. The post paddle party is a traditional luau sponsored by Tito's and Pacifico and open to all from 3 to 5 p.m. More details are online at baypaddle.org.

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Speak Your Truth

The Annual Speak Your Truth event is back on July 13th at ArtFarms Studios in Annapolis with the mission to stop the stigma of mental illness through a day of art & expression. Speakers at the event will include various types of expression, from song and poetry to comedy and dance—there will five-minute open mic times for those who want to share. The listeners of the event are just as important. Listeners will help everyone feel connected, get educated, and be inspired to take action, remembering that not everyone's truth is the same. Speak Your Truth has worked since 2017 to talk about mental health in a way that is entertaining and engaging. In the past, visual and vocal artists, dancers, clothing designers, and more have come together to share their experiences with mental illness. In 2023, Speak Your Truth became a nonprofit with an aim to grow beyond one yearly event in Annapolis to other activities in the area. Find more information and get involved at speakyourtruthcrew.org.

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Photos courtesy Lake Arbor Jazz Festival

14th Annual Lake Arbor Jazz Festival

Join jazz enthusiasts from far and wide for the 14th Annual Lake Arbor Jazz Festival in Prince George's County on July 17th through 21st. The festival will have an amazing lineup 30-plus artists and events including a pre-festival concert, the popular Summer White Affair, the Saturday outdoor jazz festival, and a Sunday jazz brunch. The festival will feature five days of smooth jazz and classic R&B with performances Avery*Sunshine, Gerald Albright, Queens of Jazz Soul featuring Althea Rene and Jeanette Harris, and many more. Find more information for the weekend of music you won't want to miss at lakearborjazz.com.



KENT COUNTY 4-H FAIR

The Kent County Fair will be back at the Kent Ag Center in Chestertown, July 17th through 20th, celebrating 42 years. The fair features great food, 4-H and community exhibits, animals, tractors, games, and plenty of entertainment for the whole family. This year, enjoy a Power Wheels Derby for 3–8-year-olds and a pickle eating contest. If that isn't intriguing enough, there will be a greased pig contest, livestock auctions, and an antique truck pull. The fair's mission is to provide agricultural education and opportunities for the county's youth. Find more information at kentcountyfair.org.

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Photo by Ted Mueller

Plein Air Easton

Celebrate 20 years of Plein Air Easton, the largest and most prestigious juried plein air painting competition in the United States. From July 12th through 21st, artists will create their paintings outdoors (*en plein air*), capturing the beauty of the local landscape of Talbot County. Fifty-eight artists are scheduled to gather, compete, and take place in other events, including at the Avalon Theatre in Easton. Find more information at plein-aireaston.com.



BIG BAND NIGHT & FIREWORKS

In celebration of Independence Day, the Chesapeake Bay Maritime Museum in St. Michaels will host Big Band Night on Saturday, July 6th beginning at 7 p.m. Guests are invited to bring lawn chairs and picnic blankets for an evening of music, dancing, and fireworks along the Miles River, featuring a performance from the Shades of Blue Orchestra at the historic Tolchester Beach Bandstand. CBMM's waterfront campus offers a great vantage point to enjoy the St. Michaels fireworks, which begin at dusk that evening. The rain date for the concert and fireworks is July 7th. Tickets are on sale now at cbmm.org.



BENEDICTINE CHROME CITY FUNDRAISER

The Benedictine Chrome City Fundraiser will be July 27th on the Benedictine Campus in Ridgely. At the event, hundreds of motorcycles, hot rods, classic, custom, and vintage cars will bring together hundreds of people to support Benedictine. The Benedictine Foundation fosters relationships with people, foundations, and corporations by sharing Benedictine's vital mission to support the special needs community. Find more information at benschool.org.

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Annapolis Town Center (Annapolis) – 1st and 3rd Fridays, 6–8 p.m., through September 20th, at Boathouse Pavilion in the East Village (next to P.F. Chang’s); annapolistowncenter.com

USNA Band Concert Series (Annapolis) – Tuesdays, 7:30 p.m., through July 30th, at Susan Cambell Park; annapolis.gov

Tides & Tunes (Annapolis) – Thursdays, 7 p.m., through August 29th, at Annapolis Maritime Museum; amaritime.org

Friends of Quiet Waters Park (Annapolis) – Saturdays starting July 20th, through September 1st; fqwp.org

Allen Pond Park (Bowie) – Sundays, 6 p.m., through September 1st; cityofbowie.org

Waugh Chapel (Gambrills) – Wednesdays through August 14th; visitwaughchapel.com

Friends of Downs Park (Pasadena) – Sundays through August 25th; facebook.com/FriendsOfDownsParkInc

Concerts in the Park (St. Michaels) – Thursdays, 6 p.m., through August 28th, at Muskrat Park; stmichaelscc.org

Free Avalon Outdoor Concert Series (Easton) – July 6th and 27th, Harrison Street between Dover and Goldsborough Streets in Easton; select Sundays in August; avalonfoundation.org

Thursdays in the Park – Thursdays, 7 p.m., through September 26th, hosted by Queen Annes County Centre for the Arts, various locations; queenannescountyarts.com

1. Tides & Tunes (Annapolis) Photo courtesy Annapolis Maritime Museum **2.** USNA Band Concert Series (Annapolis) Photo courtesy USNA Band **3.** Waugh Chapel (Gambrills) Photo courtesy Waugh Chapel Towne Centre **4.** Concerts in the Park (St. Michaels) Photo courtesy St. Michaels Community Center **5.** Tides & Tunes (Annapolis) Photo courtesy Annapolis Maritime Museum

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Arts

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Nancy Tankersley, *The End of the Island*, oil on canvas

Reflections: Nancy Tankersley

Academy Art Museum, Easton, Through July 28th

This year is quite special in Easton: it is the 20th anniversary of Plein Air Easton. To celebrate, Academy Art Museum is featuring a special exhibit highlighting Nancy Tankersley's paintings from throughout her career. For many years as the festival was getting established, Tankersley served on the Plein Air Easton Steering Committee before she returned to her career as an artist and won many Plein Air awards across the country: first place at Lighthouse Plein Air and Parrisboro Plein Air, and second place at Plein Air Easton and En Plein Air Texas. This year, Nancy will serve as the Awards Judge for the anniversary festival. Find more information about the festival and Tankersley's exhibit at academyartmuseum.com.



Photo courtesy CBMM by Kristin Rutkowski

HER HELM: PORTRAITS OF WOMEN ON THE CHESAPEAKE

Chesapeake Bay Maritime Museum, St. Michaels, Through September 2024

Photographer Kristin Rutkowski has challenged gender stereotypes of who commands the wheel aboard vessels that take on our Chesapeake Bay with her portrait project, *Her Helm*, which is currently on display at Chesapeake Bay Maritime Museum. Rutkowski photographed more than 50 women (including Kate Dumhart of the schooner *Sultana* pictured) in the region and discovered an array of female boaters and sailors, charter boat and tug captains, maritime and environmental educators, and delivery boat and ferry operators who have experienced obstacles and challenges while building a career on the water. Rutkowski has captured photos of these women, which have empowered these women. *Her Helm* features portraits and interviews with the women by the Bay. Find more information at cbmm.org.



Strolling Along the Seashore by Jennifer Heyd Wharton

Fabulous Forgeries

Troika Gallery, Easton, Through August 31st

The annual Fabulous Forgeries is back by popular demand for its 5th year. This year, the judged exhibit will feature select Troika artists copying the Great Master Painters of the Past and will be judged by Dr. Dan Weiss, the President and CEO of The Metropolitan Museum of Art in New York City. Art lovers who visit the show will also have the opportunity to cast a vote for The People Choice Award, one of the four award categories. Find more information at toikagallery.com.



IF YOU BUILD IT, THEY WILL COME

American Visionary Art Museum, Baltimore, Through September 1st

Visit the Zanvyl A. Krieger Main Building at the American Visionary Art Museum for the newest MEGA-exhibit. The exhibit invites visitors into the handcrafted environments of such visionaries as Zebedee Armstrong, Gayleen Aiken, Ruby C. Williams, Leslie Payne, DeVon Smith (pictured, with his "robot family"), and Baltimore's own Loring Cornish. This exhibit features an engaging new way for you to connect to the gallery's main theme: by using interactive touch-screen maps to explore visionary environments across the country. Find more information at avam.org.



Photo courtesy of Mitchell Art Museum

**TWO ART BOOKS:
LOUISE BOURGEOIS
AND FISCHLI/WEISS**

**The Mitchell Art Museum
at St. John's College,
Annapolis, Through
September 8th**

The Greenfield Library at The Mitchell Art Museum at St. John's College in Annapolis currently houses two small, zine-like art books, each featuring a single body of work. Both works ask fundamental questions about the meaning of life and our place in the social or natural order in different ways. *Les Fleurs* (The Flowers) includes reproductions of 28 gouache paintings by French-American artist Louise Bourgeois the year before she died. These flat, silhouetted flower images symbolize human anatomy, in structure and in hue and translucency. *Ordnung and Reinlichkeit* (Order and Cleanliness) is 15 black and white drawings by Swiss artist duo Fischli/Weiss. Come see the books while they are still in our community. Find more information at sjc.edu/Mitchell.



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This month, Rams Head On Stage in Annapolis is hosting eight tribute bands; let's call it 'Nostalgia Month.' Nostalgia Month kicks off July 5th with **In Gratitude: A Tribute to Earth, Wind & Fire**, followed by **The Gathering Gloom: The Cure Tribute** on July 7th.



Photo courtesy Cash Unchained

Cash Unchained: the Ultimate Johnny Cash Tribute is on July 12th, then **Fan Halen: The World's Most Authentic Tribute to Van Halen** on July 14th.

7 Bridges: The Ultimate Eagles Experience is on July 15th and **The Allman Others Band: D.C.'s Tribute to the Allman Brothers** on the 21st. **The Doobie Others: A Tribute to the Doobie**

Brothers will be on July 23rd, followed by **The Bangos: A Tribute to the Bangles & The Go-Go's** on July 27th.

Phew what a month of tributes! Get tickets to your favorite band-doppelgangers at rams-headonstage.com.



Photo courtesy Avalon Theatre

On the Shore, local group **Todd Marcus Quintet** featuring **Virginia MacDonald** will be performing at Avalon Theatre in Easton on July 26th in the Stoltz Listening Room. Todd Marcus is a bass clarinetist from Baltimore who has been touring with Toronto clarinetist Virginia MacDonald since 2022 with their quintet. They have traveled across the United States and Canada showcasing the range of beauty and power of the clarinet in a modern jazz context. The concert will showcase a repertoire comprised of original compositions by both bandleaders, who will be releasing their debut album as co-leaders in 2025. Get tickets to the new and unique musical experience at avalonfoundation.org.



Photo courtesy In Gratitude

**OTHER NOTABLE,
LOCAL CONCERTS
WORTH CHECKING
OUT:**

◆ **THE WAILERS**

at Avalon Theatre,
Easton; July 3rd;
avalonfoundation.org

◆ **AMERICAN SALUTE**

at Joseph Meyerhoff
Symphony Hall, Baltimore;
July 6th; my.bsomusic.org

◆ **YACHTLEY CREW** at

Maryland Hall, Annapolis;
July 18th; marylandhall.org

◆ **THIRD EYE BLIND**

at Merriweather Post
Pavilion, Columbia; July
19th; merriweathermusic.
com

◆ **THE CONSERVATORY
CLASSIC JAZZ BAND**

at The Mainstay,
Rock Hall; July 20th;
mainstayrockhall.org

◆ **FANTASIA** at MGM

National Harbor; July
27th; mgmnationalharbor.
mgmresorts.com

◆ **O.A.R.** at Merriweather

Post Pavilion,
Columbia; July 27th;
merriweathermusic.com



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Mardi Gras Gala

On Saturday, April 27th, Opportunity Builders, Inc. held its 25th annual Mardi Gras Gala! Held at the nonprofit’s Millersville headquarters, this festive event brought the spirit, charm, and culture of New Orleans to Anne Arundel County. The evening featured Cajun-inspired food and drinks, silent auction, roaming entertainers, games and prizes, and dancing to the lively music of Oracle—one of the area’s premier variety bands. Learn more at obiworks.org.



1. OBI Board of Directors President Bill Kuethe and OBI Chief Executive Officer Marsha Legg 2. OBI supporters enjoy the evening 3. & 4. Costumed performers brought Mardi Gras energy to the party 5. The band Oracle performs 6. Guests enjoyed parlor tricks 7. The Riverside Carnival Band performs 8. Dancing the night away



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Summit School Bash!

On Saturday, April 13th, the Summit School held its 35th Anniversary Bash! at Unity Hall in Davidsonville. Guests travelled back in time to 1989, reveling in the '80s-themed evening, which featured delicious food and drinks, a silent auction, live music and dancing, and more. The school also recognized its founder, Dr. Jane Snider and this year's E. Allen Robinson Awardee, Mark Sisen. Learn more at thesummitschool.org.



1. Guests went "Back to the Future" at the Bash! 2. Awardee Mark Sisen 3. Summit School Executive Director Dr. Joan A. Mele-McCarthy addresses the crowd 4. Summit School Founder Dr. Jane Snider (center in pink) with school alumni 5. Dan and Susan Baum 6. Summit School alumni 7. The band entertains 8. Rob and Elaine Levit, Chuck Walsh, Ian Walsh, Karen Walsh



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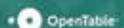
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Londontowne Symphony Orchestra Rebrands to Naptown Philharmonic Orchestra

The Londontowne Symphony Orchestra closed its 20th season in May by revealing its new name, the Naptown Philharmonic Orchestra, symbolizing a new direction as a source of affordable and fun classical and popular music in the Annapolis area. “We are so excited to rebrand our organization to reflect our unique, changing relationship to the Greater Annapolis area community,” said Board President Cmdr. Diane Nichols. “The orchestra’s mission is to provide high-quality, family-friendly, affordable classical and light classical concerts for the enrichment of everyone in our community. That won’t change. In fact, it will increase.” Music Director and Conductor Dr. Anna Binneweg said, “This has been a long time coming and I am so happy to see it finally happen. Our new name and new look better connect us to this area. Learn more about the Naptown Philharmonic at naptownphil.org.

SHORELINE RESTORATION AT FRANKLIN POINT STATE PARK CELEBRATED

Arundel Rivers Federation was joined by Maryland’s Secretary of Natural Resources, Josh Kurtz, and staff from the Maryland Department of Natural Resources (DNR) in late-May to celebrate the completion of a 1,060-foot living shoreline and marsh restoration project at Franklin Point State Park in Shady Side, Maryland. The Secretary and staff joined in the restoration effort by adding dozens of native marsh grasses to supplement more than 35,000 natives planted as part of the large-scale marsh restoration project. In 2022, Arundel Rivers Federation partnered with DNR to protect Franklin Point and Columbia Beach through the construction of the living shoreline with breakwater and marsh features to reduce the impact of waves and restore critical habitat along the shores of the Chesapeake Bay. The living shoreline project at Franklin Point State Park was made possible through a \$1.46M capital project grant provided to Arundel Rivers by DNR’s Coastal Resiliency Program. The project was designed by Coastline Design and Construction and constructed by Resource Restoration Group. Learn more at arundelrivers.org.



Carl Gutschick (center in red) with Larry Sells, Ellen Kleinknecht, Jean Andrews, and Justin McCabe.

SEVERNA PARK COMMUNITY CENTER HONORS LOCAL PHILANTHROPIST

The Severna Park Community Center, a 501c3 nonprofit that serves all of Anne Arundel County held its annual fundraising gala in April and selected local philanthropist Carl Gutschick as this year’s honoree. Each year the center’s committee selects a member of the community to honor at this local event, who has supported not only the community center, but the larger community through other nonprofits in our area. “Carl epitomizes the heart of a volunteer, and is well-deserving of this honor,” stated the center’s leadership. Severna Park Community Center is an aquatics, dance, and fitness center, gymnasium, a community gathering space, and the place for family-centered events and programming. It is non-membership, open to all, with programs for every age group. Learn more at spcommunitycenter.org.



Annapolis Hope Campaign Needs Boost to Reach Goal

One year ago, on June 11th, the Annapolis community was shaken by a mass shooting in a residential neighborhood. Nick Mireles, his son Mario Mireles-Ruiz, and their friend Christian Segovia were killed by a neighbor during a party at Mireles-Ruiz's home. The fallout of these three men losing their lives has been tragic. Thirteen children were orphaned, three women were widowed, and three other people were wounded. Eight of those children belonged to 55-year-old Mireles and his wife, Sandra. The couple was two years into a five-year lease-to-own contract on their home. Without the income from Mireles landscaping business, the family faces the risk of eviction. But the Annapolis community is rallying to help. If the Mireles' buy the home by August 2024, the cost is \$247,000. Annapolis Hope was born as a fundraising effort to make that happen. As of press time, donations were at 55 percent (about \$135K) of the total goal. Help make the final push for the Mireles family by visiting annapolishope.com.



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Kate Spraul

THIS STANDOUT STUDENT ATHLETE FROM ROCKBRIDGE ACADEMY HAS LOFTY NCAA ASPIRATIONS

By Tom Worgo

Swimmer Kate Spraul couldn't get the National Club Swimming Association Spring Championships in Florida off her mind.

Spraul, a senior at Rockbridge Academy in Crownsville, had already put together an outstanding list of accomplishments in her 10-year career. Swimming for the Naval Academy Aquatic Club, the 5-foot-9 Spraul won seven individual state championships in freestyle events and competed in the International Swim Coaches Association's International Senior Cup Championships in Florida three times.



But she had her sight set on a bigger challenge: the National Club Swimming Association Championships. The prospect of not qualifying for the hyper-competitive Orlando, Florida, event bugged her.

"I have been training for years to get to this meet and training so much," says Spraul, who practices six days a week with her club team. "It's the fastest junior swim meet in the country. Those who've swam at this meet were qualifying for the Olympic Trials."

Spraul, a Bowie resident, realized her lofty goal of qualifying for the event after winning the 200-meter freestyle in the state championships in February. She did it by a razor edge—point zero two of a second. She swam a blazing 1:52.97.

In late March, she competed in the 200 at the National Club Swimming Association Championships, as well as in the 50 free, 100 free, 100 butterfly, and 200 and 400 medley relays.

Spraul and her teammates qualified in the 200 (1:45.55) and 400 (3:53.33) relays after setting Naval Academy Aquatic Club records at the state championships.

As far as the National Club Championships, she wouldn't have missed the experience for anything. "It was kind of my last hurrah as a senior," Spraul explains. "It's like the icing on the cake. It was a special opportunity to go to this meet and an unbelievable experience."

Her competitive spirit and unusual talent led to her achievements, and also to a college scholarship. Spraul will swim next season at Division II Westmont College in Santa Barbara, California. She verbally committed to the school in August of 2023 and signed a National Letter of Intent three months later.

Westmont Swimming Coach Jill Lin is excited to have Spraul on her team. "I love her commitment to swimming and being the absolute best she can be," Lin says.

"I LOVE HER COMMITMENT TO SWIMMING AND BEING THE ABSOLUTE BEST SHE CAN BE"

“Her swimming background is impressive. She is just willing to put herself out there and just go for it, even in an event she doesn’t have much experience. She is a good asset to the team.”

Going to college in California appealed to 18-year-old Spraul since her father grew up in the southern part of the state. And the academics and athletics at Westmont matched what she wanted in a school.

“I wanted to go to a Christian school because my faith is important to me,” Spraul says. “They had a really good swim team and I love the coach. The swim team was also super friendly and welcoming the moment I stepped onto campus. I just loved the team culture.”

Spraul has already set some lofty goals for her college career. She aims to qualify for the NCAA Division II Women’s Swimming and Diving National championships as both a junior and senior.

“I think it’s pretty realistic,” Spraul says. “The environment in college will be different. I will be doing dry land training, which I haven’t done before. It will make me stronger, which will help me in the pool.”

With her dedication to swimming, Spraul is likely right on track. She also swam for the Rockbridge Academy varsity team for four years and holds the school record in the 200 individual medley (2:18.63).

“She is very focused, goal-oriented, and ambitious with a smile,” Rockbridge Swimming Coach Ann Soltis says. “She has a humble spirit and doesn’t need to take the limelight.”



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THE TOP SAILOR HANGOUTS, CRAB HOUSES, WATERFRONT VIEWS, BEACH BARS, RAW BARS, HAPPY HOURS, LIVE MUSIC, BEER GARDENS, TAPROOMS & OH-SO-MUCH MORE

By James Houck and Megan Kotelchuck



RED = advertiser within the July issues of *What's Up? Annapolis*,
What's Up? Eastern Shore & *What's Up? Central Maryland*

Welcome to our brand-new summer dining guide and completely revised format! This season, we've blown the doors off the old restaurant guide and given the keys to our editors, readers, and local restauranteurs to drive the recommendations.

When you think of summer dining, what comes to mind? Where to pick crabs is near the top of the list. We've got our Favorite Crab Houses. Where do boaters like to hang after a day on the water? We've offer restaurants with a maritime attitude. Beach bars where you can get sand between the toes? It's in here.

And many more restaurants that epitomize summer relaxation, good eats, the water...the Chesapeake Bay experience!

To be included in this year's guide, a restaurant had to tickle the fancy of the editors, be recommended by our readers, be legendary, be surprising, be summery, or be in the What's Up? Media family of clients. Restaurants are listed alphabetically—not by rank—under each category.

Don't see your favorite? Let us know the restaurants you think we missed and who should be considered for next year's guide. Write to us at: editor@whatsupmag.com.

LET'S
DIVE
INTO
GREAT
SUMMER
DINING!



10 Top

Sailor/Boater/Angler Hangouts

▼ **Boatyard Bar & Grill** – 400 Fourth Street, Annapolis; 410-216-6206; boatyardbarandgrill.com; When the patron saint of sailing himself, Jimmy Buffet, frequented an establishment, you know it checks out! Nautical vibe...check! Trophy fish adorning the walls. Yep! Fresh, local seafood and “All killer, no filler” crabcakes—hey, it’s a slogan. Supports local conservation and angling charities—often and annually. And a darn good margarita to wash down the eats while kicking back with like-minded water warriors. It’s the Boatyard! We’re thinking owner Dick Franyo is nearing saint status as well! [Read an interview with him here:](#)



Carpenter Street Saloon – 113 S. Talbot Street, St. Michaels; 410-745-5111; carpenterstreetsaloon.com; It’s the heartbeat of St. Michaels. For more than 50 years, the Saloon has served locals and

visitors breakfast, lunch, dinner, and plenty of cold drinks to wash it all down. The saloon even runs its own shuttle bus on weekends to help patrons return home or port safely. Live music is also a big draw and keeps the crowds returning season after season.

Capsize OXMD – 314 Tilghman Street, Oxford; 410-226-5900; capsizeoxmd.com; Come by boat (or land) to this relaxing seafood restaurant overlooking Town Creek in maritime-rich Oxford. This seasonal destination has free dockage while you dine and overnight space if you’re in the mood to stay a little longer. The menu leans on blue crab, lobster, scallops, shrimp, conch... you name it. And the indulgent cocktails cover all bases.

Davis’ Pub – 400 Chester Avenue, Annapolis; 410-268-7432; davispub.com; Located in the heart of Eastport’s “marina district,” Davis’ is several things: a locals’

hangout, a blue-collar catchall, a quick biz’ lunch spot, a post-boating watering hole, and in recent years, tourist attraction. When famous chef Guy Fieri featured the eatery on his “Diners, Drive-Ins and Dives” television show, Davis’ instantly became a must-visit for out-of-towners seeking uniquely Annapolitan pub-grub.

Fish Whistle – 100 George Street, Georgetown; 410-275-1603; fishandwhistle.com; A northern Bay destination among boaters, Fish Whistle serves classic Shore seafood, plenty of surprises, and respite right on the beautiful Sasfras River. Located at Granary Marina, there’s plenty of transient or long-term seasonal docking and all the amenities.

Pusser’s Caribbean Grille – 80 Compromise Street, Annapolis; 410-626-0004; pussersannapolis.com; Sadly, this will be the last summer to enjoy Pusser’s, which has been one of the

most attractive dockside bars and restaurants in the heart of Downtown Annapolis for several decades. The new tenant of the space—Atlas Restaurant Group (owners of The Choptank, just a block away)—will transform Pusser’s into two concepts by summer ’25: an upscale Italian chophouse (named Marmo) and a tequila cantina (named Armada). So, enjoy a famed Pusser’s Painkiller before this party ends and another begins.

Red Eye’s Dock Bar – 428 Kent Narrow Way N., Grasonville; 410-304-2072; redehyesdb.com; Red Eye’s is more than lunch or dinner. It’s more than great waterfront views in Kent Narrows, or even a boaters’ destination. It’s an experience. The Red Eye’s experience. The dock bar and restaurant has become legendary among summer faithful for its stellar live music scene, bikini contests, cold drinks, and filling food. It’s always a party at Red Eye’s!





favorite Crab Houses

Buddy's Crabs & Ribs – 100 Main Street, Annapolis; 410-626-1100; buddysonline.com; With million-dollar views overlooking Annapolis' Market Space and the Ego Alley harbor, Buddy's is hard to beat for cracking crabs and enjoying a cold bucketful of brews. It's all-you-can-eat buffet also is renowned. The downtown dining staple is popular with out-of-town visitors, so arrive early to secure a table or spot on the waitlist.

Crafty Crab Seafood – 6800 Race Track Road, Bowie; 240-245-3715; craftycrabrestaurant.com; New to the region's seafood scene is Crafty Crab and its urban "sports bar-meets-picking party" vibe with a decidedly New Orleans influence. The steamed platters are the star here, with your choice of crabs (Blue, Dungeness, Alaskan King, Snow, etc.), other steamer staples (mussels, clams, shrimp, crawdads, lobster), and type of seasoning. The menu is unique, the atmosphere active, and the food delicious! *Read our full dining review, here:*



Fat Boys Crab House – 1651 MD-3, Crofton; 443-292-4709; fatboyscrofton.com; It's a western Anne Arundel gathering spot for friends to pick crabs over a few cold ones while watching the game-du-jour on the flat screens above the bar. Indoors and air-conditioning make for comfy confines in which to crack jumbos!

▲ **Fisherman's Crab Deck** – 3032 Kent Narrow Way S., Grasonville; 410-827-6666; crabdeck.com; The expansive open-air seating and outdoor deck sits right on the Narrows of Prospect Bay, offering exciting views of the bustling boats, marinas, and Kent Island way of life. The Schulz family has operated the Crab Deck and adjacent Fishermen's Inn for decades—the entire operation became, and continues to be, a landmark seafood establishment serving jumbo crabs and piles of steamed seafood to patrons who arrive by both boat (ample docking) or car. *Read about the Schulz family legacy here:*



Harris Crab House – 433 Kent Narrow Way N., Grasonville; 410-449-5756; harriscrabhouse.com; For more than 75 years, patrons have enjoyed picking crabs freshly harvested, delivered, and steamed on site. Harris is an iconic crab house located on the northern side of the Narrows, surrounded by marina docking, the busy water passage, and maritime culture that defines Kent Island.

Jimmy Cantler's Riverside Inn – 458 Forest Beach Road, Annapolis; 410-757-1311; cantlers.com; Waterman-turned-restaurant Jimmy Cantler and his wife Linda founded what became a destination for crab picking and fresh seafood way back in 1974. Celebrating 50 years, Cantler's continues to delight guests from near and afar who flock to the tucked-away restaurant that overlooks quiet Mill Creek.

Mike's Restaurant & Crab House – 3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com; Since '58, Mike's has served locals and visitors fresh, local seafood in a dock setting overlooking the South River at the Riva Road Bridge. The picnic tables for crab picking are many, boat docking

is free and plentiful, and the market-priced blue crabs some of the best on the Bay! Bonus: the Mike's operating-family purchased the old Sunset Restaurant in Pasadena and transformed into brethren restaurant, Mike's North.

Ocean Odyssey – 316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com; When a restaurant has a specially-designated "Pickin' Room," they must be all about them crabs! And they are—the Todd family business dates back to the 1940s as local seafood processors before jumping into the restaurant venture in the '80s. Over time, Ocean Odyssey has become synonymous with Cambridge seafood culture.

The Crab Claw – 304 Burns Street, St. Michaels; 410-745-2900; thecrabclaw.com; What began as a clam and oyster shucking house in the '50s was turned in a full-service restaurant and crab house by Bill and Sylvia Jones in the '60s. The Crab Claw, which overlooks the Miles River, remained a summer institution ever since and today, though owned by the adjacent Chesapeake Bay Maritime Museum, remains operated by the same family.

The Point Crab House & Grill – 700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com; If the restaurant was any closer to the water, you'd need a bathing suit to enjoy your meal. Opened by chef Bobby Jones and wife Julie on Mill Creek, just off the Magothy River, The Point has a coastal-casual vibe with upscale taste with a refined dinner menu, and offers classic crab cracking on the outdoor patio or screened-in dining room.

Waterman's Crab House – 21055 West Sharp Street, Rock Hall; 410-639-6860; watermanscrabhouse.com; Smack dab in the middle of Rock Hall Harbor sits Waterman's. With the Chesapeake Bay just beyond nearby jetties, the setting for a complete crab feast with all the fixin's, delicious crushes, and sunset views is near perfect.

Top Waterfront Views

Broken Oar Bar & Grille – 864 Nabbs Creek Road, Glen Burnie; 443-818-9070; brokenoarbarandgrill.com; Great food, a rockin’ sushi bar, and panoramic waterfront views of Nabbs Creek...welcome to Glen Burnie! Arrive by boat and get ready for some oarsome food, oarsome beer, and oarsome fun!

Carrol’s Creek ▶ – 410 Severn Avenue, Annapolis; 410-263-8102; carrolscreek.com; Did you know Annapolis’ bustling Spa Creek was once named “Carrol’s Creek”? A map discovered in France and brought to Annapolis in 1976 showed that the waterway was originally named after Charles Carroll of Carrollton, our most locally famous signer of the Declaration of Independence. Today, Carrol’s Creek restaurant takes pride in its name by offering an elite menu of fresh and delicious seafood and steaks with amazing views of the creek, marinas, and maritime activity. *Read our interview with owner Jeff Jacobs here:*



Doc’s Sunset Grille – 104 W Pier Street, Oxford; 410-226-5550; facebook.com/docssunsetgrille; Looking for a spot in Oxford with the perfect view of the Tred Avon River? I’m saving a barstool for you at Doc’s Sunset Grille. Grab a steam pot of your choice, a great crush, and amazing views!



Dock House Restaurant – 110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com; The wrap-around deck gives Dock House the perfect panoramic views of the Kent Narrows. You choose whether you are docking your boat at their slips or parking your car in their lot; either way, you’ll enjoy delicious food and crafty cocktails.

Harrison’s Harbour Lights – 101 N Harbor Road, St. Michaels; 410-745-9001; harrisonsharbourlights.com; In 2019, Harrison’s Harbour Lights Restaurant set out on a goal to create the best waterfront restaurant in the state. How do you think they are doing? Harrison’s offers a pear and pecan salad, bacon wrapped scallops, crab imperial stuffed mushrooms, and so many more fresh selections, all with a Miles River view.

Latitude 38 – 12 Dock Street, Annapolis; 667-204-2282; latitude38waterfront.com; Historic Annapolis is full of gems, and not all of them seem to be hidden. Right on the water in downtown Annapolis, overlooking Ego Alley, is your seafood destination—Latitude 38. Latitude 38 even has a banquet room to host you and up to 300 of your closest friends!

▶ **Libbey’s Coastal Kitchen + Cocktails** – 357 Pier One Road, Stevensville; 410-604-0999; libbeyscoastalkitchen.com; Along



the Eastern Shore, tradition is paramount, and so is family. You may be familiar with the building on the Chesapeake Bay, but meet the family that now owns it. Walt Petrie combined his wife and daughters’ names (Lisa, Lindsay, and Abbey) to create Libbey’s, where the views are stellar and the fresh, local cuisine is even better! *Read our interview with the executive chef here:*



Marker Five - 6178 Tilghman Island Road, Tilghman; 410-886-1122; markerfive.com; There is something special right between the Eastern Chesapeake Bay and the Choptank River on Knapp’s Narrow: Marker Five. This hidden gem offers a scratch kitchen with fresh ingredients. In addition to delicious seafood, Marker Five offers house-smoked meats, making for the perfect tacos, ribs, pizza toppings, and more.

Rosa Mexicano – 153 Waterfront Street, National Harbor; 301-567-1005; rosamexicano.com; Ready for a fiesta? Elevate the experience at Rosa Mexicano. Rosa Mexicano is a destination born of a unique vision to combine the rich heritage, culinary techniques, and global impact of Mexican cuisine, all while overlooking the National Harbor on the Potomac River.

Severn Inn – 1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com; There is no view quite like what you will get from the eastern side of the Naval Academy Bridge at the Severn Inn. Sit on the patio or inside with floor to ceiling windows to truly enjoy a dinner and view of the Academy and Annapolis Harbor.

The Choptank – 110 Compromise Street, Annapolis; 443-808-1992; thechoptankrestaurant.com; Local seafood takes the spotlight on The Choptank’s menu. The Choptank is a modern take of a fish and crab house, serving Maryland’s famous bay cuisine, cocktails, crushes, oysters, and craft beer. Since Summer 2022, Choptank in has been an indoor/outdoor dining destination overlooking Annapolis’ Ego Alley and Market Space.

Yellowfin – 2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com; There is plenty to look forward to at Yellowfin. Whether it’s fresh fish, crabcakes, steak, scallops, or sushi, there are more than enough reasons to dine on the South River, especially when you time your visit with an amazing sunset view!

favorite

Beer Gardens/Taprooms

Chessie's Wharf – 609 Melvin Avenue, Annapolis; 443-603-12135; rarbrewing.com; From RaR Brewing with love, comes Chessie's Wharf, a new taproom in West Annapolis with a beer hall atmosphere where you'll make new friends over cold pints. We especially enjoy the wall of "Big Mouth Billy Bass" that sings on the hour!

Crooked Crab – 8251 Telegraph Road, Ste. D, Odenton; 443-569-9187; crookedcrabbrewing.com; With large vats of actively brewing beer visible from the taproom, what you see is what you're getting! Serving a 36-tap rotation of seasonals and classic style beers (including mead!), Crooked Crab also offers brick oven pizzas to help tame the buzz. And the outdoor seating in the parking lot has that pop-up vibe that feels like a Sunday afternoon tailgate.

Cult Classic Brewing – 1169 Shopping Center Road, Stevensville; 410-980-8097; cultclassic-brewing.com; Since opening in summer 2018, Cult Classic has become a Kent Island destination—a place to enjoy fresh, local brews in an expansive taproom that also hosts rousing live music, talent and trivia nights, and more.

Forward Brewing – 418 Fourth Street, Annapolis; 443-221-7277; forwardeastport.com; If sipping fresh, on site-crafted beer with your besties in the rich maritime Eastport community sounds like a fun idea, look no further than Forward Brewing.

Garten – 849 Baltimore Annapolis Boulevard, Severna Park; 443-261-3905; garten-eats.com; The Old World never felt so new and exciting. Garten is the brainchild of Jeremy and Michelle Hoffman, owners of Preserve in Annapo-

lis. The farm-to-table concept is refined with German and French influence, and both indoor and outdoor dining areas in which to toast fine food with good friends.

Heroes Pub – 1 Riverview Avenue, Annapolis; 410-573-1996; heroespub.com; A pub that pays homage to first responders, Heroes was, perhaps, the first of its kind in Annapolis—a bar with *more than 40 taps* lined up and primed to deliver quality craft beer. Play darts over a couple pints, order the best wings in town, and enjoy Annapolitan camaraderie.

Lures Bar & Grille – 1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com; The woodsy vibe of the outdoor beer garden lends well to shady summer and fall days spent enjoying a few beer selections from Lures' expertly-curated menu, along with fresh nibbles (rockfish bites!) and chef selections that lean on daily market fish and seafood.

Old Stein Inn ▶ – 1143 Central Avenue, Edgewater; 410-798-6807; oldstein-inn.com; Authentically German from stein to schnitzel, this south county gem has been a destination since the 1980s when Karl & Ursula Selinger emigrated from Rhineland Pfalz to open the restaurant (now run by son Mike). Today, Old Stein's outdoor biergarten is a four-season experience not to be missed. *Read our latest interview with owner Mike Selinger here:*



Pherm Brewing Company – 1041 MD-3, Gambrills; 443-302-2535; phermbrewing.com; It seems the west Anne Arundel County community can't get enough of

Pherm's heady brews. The young company has already expanded its footprint, doubling in size to craft delicious concoctions. The taproom features live music, open mics, trivia nights, and, sometimes, yoga sessions. Bottoms up!

RaR Taproom – 504 Poplar Street, Cambridge; 443-225-5664; rarbrewing.com; The flagship taproom of RaR Brewing is located in Cambridge. It's an original, from the onsite brewing to cedar top bar and local artwork—a place where gathering

with friends to share a pint is a uniquely rewarding experience.

Jailbreak Brewing Company – 9445 Washington Boulevard N., Ste. F, Laurel; 443-345-9699; jailbreakbrewing.com; HoCo's first production brewery, Jailbreak gained a following in Laurel and the surrounding communities for its precision crafted brews and approach to accompanying eats. The "Foodworks" side of the taproom offers a hearty menu of handhelds, flatbreads, and dry-aged meats.



Top

Beach/Tiki Vibes

Big Owl Tiki Bar – 3015 Kent Narrows Way S., Grasonville; 410-827-6523; thebigowl.com; From live music to Sunset DJ Parties, Big Owl Tiki Bar is a glorious beach bar right on the Kent Narrows just waiting for you to bring the party!

Coconut Joe's Bar & Grill – 48 South River Road, Edgewater; 443-837-6057; coconutjoesmd.com; Feel like you are at the beach with indoor/outdoor dining, three bars, including two tikis overlooking the South River. Make the day even better by enjoying the large sand-filled play area with a brand-new pirate ship for the kiddos.

Foxy's Harbor Grille – 125 Mulberry Street, St. Michaels; 410-745-4340; foxysharborgrille.com; Ready to visit paradise without a passport? Foxy's offers Caribbean-style dishes, Maryland crab-

cakes, local seafood, and more right in the St. Michaels Marina.

Harbor Shack – 20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net; In 2006, the plan was to create Rock Hall's go-to place for drinking, dining, and entertainment; it is safe to say this neighborhood hangout has succeeded. The Harbor Shack has one of the best views of the Rock Hall Harbor with an eclectic, fun, and upbeat atmosphere on the Upper Eastern Shore.

The Jetty Restaurant & Dock – 201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com; The Jetty has a packed social calendar, with live music all the time, but there is also a chance for you to get involved. Enjoy trivia night, karaoke, bingo, and so much more on the Kent Narrows.

Lowes Wharf Bayside Grill & Tiki Bar

– 21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com; Ice cold beer, cocktails, tasty treats...is there anything else we are missing? Oh yeah! Live weekend music. See ya at Lowes Wharf soon!

Pirate's Cove Restaurant & Dock Bar

– 4817 Riverside Drive, Galesville; 410-867-2300; piratescove-md.com; The Dock Bar at Pirate's Cove overlooks the West River with weekend entertainment, locally caught seafood specials, and a vast selection of beers, cocktails, and wine. Anyone want to join us for happy hour?

Rams Head Dockside

– 1702 Furnace Drive, Glen Burnie; 410-590-2280; ramsheaddockside.com; Rams Heads' pub grub and delicious entrees are served in a casual roadhouse-meets-beach bar atmosphere that overlooks Furnace Creek, complete with sandy beach, picnic tables, and palm trees!

The Sandbar at Rolphs Wharf Marina

– 1008 Rolphs Wharf Road, Chestertown; 410-778-6347; rolphswharfmarina.com; Rolphs Wharf Marina offers more than just a great place to dock the boat on the Chester River. Grab a cocktail and watch the sun set tonight with sand between your toes.

The Shanty Beach Bar at Tolchester Marina

– 21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchestermarina.com; Want me to spill what is considered the best kept secret on the Bay? The Shanty Beach Bar with their live entertainment and mudslides holds the key.

Snappers Waterfront Cafe

– 112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfrontcafe.com; Cambridge Creek looks great from a place where locals and tourists alike can gather and relax: Snappers! Snappers has something for everyone whether you are in the mood for local crabcakes or Jamaican-inspired seafood and chicken dishes.





fave Surf & Turf Restaurants

Blackwall Hitch – 400 Sixth Street, Annapolis; 410-263-3454; blackwallhitchannapolis.com; The nautical-meets-farmhouse design is omnipresent at Blackwall Hitch, from the upscale décor to the inspired menu, which features Chesapeake cuisine and locally-sourced meats.

Chart House Prime – 300 Second Street, Annapolis; 410-268-7166; charthouseprime.com; Long-revered along Eastport’s “Restaurant Row” for its classic ’n classy menu and million-dollar views of Spa Creek, Chart House received million-dollar renovation recently and is primed to continue hosting your special occasion dinners.

▲ Knoxie’s Table – 180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com; Comfortable yet refined, Knoxie’s offers a fresh, farm-to-table and catch-of-the-day dining experience that features all the classics (crab-cakes, rockfish, rack-of-lamb, New York strip) and plenty of fun, surprising dishes! *Read our full dining review here:*



Lewnes’ Steakhouse ▶ – 401 Fourth Street, Annapolis; 410-263-1617; lewnessteakhouse.com; An Annapolis institution since 1921, the Lewnes family continues to host an impeccable dining experience, in which cuts of U.S. Prime beef, lamb, chicken, and market fresh



seafood are the stars. Look no further than Lewnes’ for a dinner that’s sure to impress. *Read our full dining review here:*



▲ O’Learys Seafood Restaurant – 310 Third Street, Annapolis; 410-263-0884; olearysseafood.com; In the heart of Annapolis’ Eastport maritime district, O’Learys exemplifies fine dining, leaning heavily on the freshest seafood available for its culinary creations. While all

manner of local and flown-in seafood shine here, don’t overlook the Delmonico steak, Berkshire chops, or the craft cocktails.

Suicide Bridge Restaurant – 6304 Suicide Bridge Road, Hurlock; 410-943-4689; suicide-bridge-restaurant.com; Despite its namesake (which has an interesting history), this restaurant is heavenly and well-known among Shore locals for fresh seafood and steak selections; and their renowned “once-a-month” Friday buffet.



fave Grab 'n Go/ Market Options



Top

Raw Bars

McGarvey's Saloon & Oyster Bar – 8 Market Space, Annapolis; 410-263-5700; mcgarveysannapolis.com; For more than 45 years, McGarvey's has been serving oysters and fresh seafood in the heart of Annapolis. Can't figure out what you want from the Raw Bar? Not to worry, the Waterman's Sampler is calling your name.

▲ **O'Brien's Oyster Bar & Seafood Tavern** – 113 Main Street, Annapolis; 410-268-6288; obriensoysterbar.com; Not only does O'Brien's offer an extensive raw bar, but they are also helping give back to our Bay. O'Brien's is a partner of Oyster Recovery Partnership to help repopulate the oyster environment in the Chesapeake Bay. The shells of every oyster you suck down at O'Brien's end up back in the Bay.

Ruse – 209 N. Talbot Street, St. Michaels; 410-745-8011; ruser-restaurant.com; Ruse offers an oyster bar as an ode to the rich nautical history of the Eastern

Shore, allowing them to showcase a variety of oysters and shellfish from the Chesapeake and other American waterways. I wonder what else Chef Michael Correll is cooking up tonight.

Sailor Oyster Bar – 196 West Street, Annapolis; 410-571-5449; sailoroysterbar.com; Looking for the raw bar of your dreams? I think I found the place right here in Annapolis. Local oysters, Japanese Madai Snapper Sashimi, Salmon Crudo, Tuna Tartar toast. Sailor Oyster Bar is open again (completely renovated after a fire); so, take advantage of this unique dining experience!

Skipper's Pier – 6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com; The oyster bar consists of more than just raw oysters at Skipper's. Try out the Crab Crusted Oysters, featuring Chesapeake Bay havrvest oysters with blue crab, garlic herb butter, bacon, parmesan, and beurre blanc. Yum!

Eat Sprout – Locations in Easton, St. Michaels, and Annapolis; eatsprout.com; Creating wholesome, nutritious, and absolutely delicious offerings (sandwiches, salads, entrees, drinks) for patrons that care about good health and great food is the mission of Eat Sprout. Husband/wife duo Ryan and Emily Groll founded Eat Sprout with scratch-made and organic in mind, and the business hasn't looked back, opening anew most recently in Annapolis.

▼ **Fishpaws Marketplace** – 954 Ritchie Highway, Arnold; 410-647-7363; fishpawsmarket.com; Gourmet grab 'n go options include

everything you could possibly put on a charcuterie board, plus wines, mixers, sodas, and growlers/crowlers of fresh, local brews. Perfect for putting together a primo picnic!

Read our interview with owner Kim Lawson here:



Giolitti Fine Italian Market – 2068 Somerville Road, Annapolis; 410-266-8600; giolittideli.com; In the heart of Annapolis' Parole community, Giolitti has served Annapolitans top-notch, homemade Italian fare, deli subs and sandwiches, and to-go meals since 1992. The market goods and fine wines are also worth the trip.



Happy Hours



▲ **Piazza Italian Market** – 218 N. Washington Street, Ste. 23, Easton; 410-820-8281; piazzaitalianmarket.com; Boasting a “curated pantry” of Italian food staples and culinary curiosities, Piazza also features a deli case with both popular and rare cheeses, cured meats, paninis (for that grab ‘n go lunch), plus a kitchen that whips up prepared meals-to-go (lasagnas, meatballs, etc.).  Read our interview with owner Emily Chandler here:

Seasons Olive Oil & Vinegar Taproom – 180 Main Street, Annapolis; 410-280-1505; seasons-taproom.com; Fresh, naturally flavored oils and vinegars will help dress up your dishes at

home. You can sample here, then purchase and take home to whip up your culinary creations.

The Spice & Tea Exchange – 155 Main Street, Annapolis; 410-280-2088; spiceandtea.com; If you’re looking to up your kitchen-game and add unique flavor to your cooking, the spices and blends you’ll find at this artisan retail shop are certain to help.

The Winery – 116 S. Piney Road, Ste. 104, Chester; 410-643-9466; thewineryki.com; A go-to for Kent Islanders’ every party and picnicking libations and nibbles need. This store has it all, from gourmet meats and cheeses to fine wines, and even cigars.  Read our recent interview with owner Jennifer DiDonato here:

Amalfi Coast Italian + Wine Bar – 401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com; Does \$8 apps and \$2 off house cocktails and wines by the glass sound like a deal to you? Visit Amalfi Coast Monday through Friday from 3:30 to 6:30 p.m. Want to make the deal even better? Wine bottles are half-priced every Monday and Wednesday.

The Goat – 137 Prince George Street, Annapolis; 410-571-5577; thegoatannapolis.com; New to Annapolis is The Goat, which features happy hour every day from 2 to 5 p.m. Not only does The Goat have a great food menu, but also a delicious craft cocktail menu featuring homemade bloody Marys, local rotating drafts, and Rise Up Coffee.

The Hideaway – 1439 Odenton Road, Odenton; 410-874-7300; hideawayodenton.com; Award-winning wings, smoked ribs, and adobo burnt ends tacos are all on the Hideaway Happy Hour menu in Odenton. Now’s

your chance to try the Blackberry Chipotle Wings while sipping a craft pint.

▼ **Hunters’ Tavern** – 101 East Dover Street, Easton; 410-822-4034; tidewaterinn.com; Hunters’ Tavern is nestled inside Tidewater Inn with happy hour Sunday through Thursday from 3:30 to 6 p.m. The menu consists of delicious bites like capicola flatbread and nacho cauliflower popcorn with wine, sangria, domestic bottle deals, and more!  Read our full dining review here:

Tuscan Prime Italian Chophouse & Dolce Bar – 1905 Towne Centre Boulevard, Annapolis; 443-572-4677; tuscanprime.com; Who says happiness should only last an hour? We, for sure, don’t, and neither does Tuscan Prime. Enjoy a long list of happy hour options Sunday through Thursday from 4 to 7 p.m., Tuesdays from 4 p.m. to close, and all-day Wednesdays.  Read our full dining review here:



Marina Cuisine



favorite Ice Cream Shops

▲ **Always Ice Cream** – Locations in Annapolis, Edgewater, Pasadena, Crofton, Severna Park, and more; alwayoicecreamcompany.com; Downtown Annapolis locals and visitors have long enjoyed the flagship scoop shop on Main Street, and as the company's delectable, creamy creations became increasingly popular, the Cohen family grew the business into neighboring communities—and always gives back, supporting local charities. *Read our interview with the Cohens here:*



Kilwins – 128 Main Street, Annapolis; 410-263-2601; kilwins.com; There's amazing ice cream, yes... but Kilwins is much more than that with cases of handmade chocolates, candies, dipped pretzels, cookies, fudge, so on and so forth.

Scottish Highland Creamery – 103 S. Morris Street and 314

Tilghman Street, Oxford; 410-924-6298; scottishhighlandcreamery.com; Using fresh, locally-sourced milk and cream and traditional techniques, the creamery has made each batch of ice cream by hand since its opening in 2005.

Storm Bros. Ice Cream Factory – 130 Dock Street, Annapolis; 410-263-3376; stormbros.com; Since 1976, this straightforward scoop shop has served strollers along Annapolis' Ego Alley. No frills, all chills ice cream flavors keep the lines long all summer long.

Sugar Doodles Sweet Shop – Locations in Chester, Centreville, and Chestertown; sugardoodlesweetshop.com; Serving delicious Vanderwende Farm Creamery's ice cream, plus every imaginable topping, Sugar Doodles has become a go-to for Kent Islanders and Shore-bound visitors for sweet treats, shakes, and even healthy acai bowls.

Beacon Waterfront Galley & Bar – 2020 Chesapeake Harbour Drive E., Annapolis; 443-949-8456; beaconwaterfront.com; Located in the heart of Chesapeake Harbour's marina and surrounded by the bayfront community of the same name, Beacon is ship-shape to serve cold drinks, nibbles, steamed seafood, crabcakes, hand-helds, and filling entrees.

▼ **Bridges on Kent Narrows** – 321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.net; Water, water everywhere! The Narrows, Wells Cove, and Prospect Bay surround this peninsula

restaurant that boasts indoor and outdoor seating; a robust menu of surf 'n turf selections, sandwiches, pizzas, and sweets; docking; and close proximity to multiple marinas.

Deep Blue at Kitty Knight – 14028 Augustine Herman Highway, Galena; 410-648-5200; deepbluerestaurant.com; Overlooking the bustling marinas along the Sassafra River, Deep Blue offers both white tablecloth dining and more casual outdoor seating; perfect respite for refined palettes after a day of boating.



120 for Live Music



▲ **Harper's Waterfront** – 1107 Turkey Point Road, Edgewater; 410-798-8338; harperswaterfront.com; Nestled between Selby Bay and Ramsay Lake just off the South River, Harper's is the go-to for coastal cuisine in this marina-packed spot. Opening in 2023, Harper's has quickly earned its reputation as a fine dining establishment with a maritime vibe and top tier service. *Read our full dining review here:*



Osprey Point – 20786 Rock Hall Avenue, Rock Hall; 410-639-2194; ospreypoint.com; Located in Rock Hall's protected harbor enclave, Osprey Point is near docking port and starboard, and even welcomes transient guests to their own, full-service, all-amenity marinas. The restaurant is white-tablecloth with a seasonal American menu.

The Boathouse – 604 Cabana Boulevard, Deale; 410-867-9668; theboathousedeale.com; There is plenty happening in Deale this summer. Check out The Boathouse at Anchored Inn for live music and a good time. Their music schedule is updated on Facebook.

Corah's Corner – 105 N. Talbot Street, St. Michaels; 410-745-8008; corahs.com; Grab a table on the porch at Corah's Corner and get ready for a relaxing night or food, drinks, and live music. Looking for a quick and cheap date night? Have a dessert cocktail on the porch while listening to local performers. Salted Carmel Cocoa with toffee whiskey anyone?

Killarney House – 584 West Central Avenue, Davidsonville; 410-798-8700; killarneyhousepub.com; It's always a hoot at Killarney House. There is live Irish music every Wednesday through Saturday, weekend brunch, and plenty of other can't-miss specials; even Ladies Night every Thursday.

Rams Head On Stage – 33 West Street, Annapolis; 410-268-4545; ramsheadonstage.com; One of the staples of Annapolis is Rams

Head On Stage. Since 1989, locals have been loving live music performed at the renowned Rams Head. This is your chance to see national acts in a very intimate venue, at dining tables complete with full service, a delicious menu, and local brews. Take a look at their website to see who is playing next!

The Rumor Reel – 1701 Poplar Ridge Road, Pasadena; 443-702-2188; therumorreelpasadena.com; Get your mahi, meatloaf, and meatballs, plus a huge serving of live music! The "Electric Eel" stage at the Rumor Reel hosts live music Thursdays through Sundays. The full schedule is updated on their website.

Stan & Joe's – 37 West Street, Annapolis; 410-263-1993; stanandjoessaloon.com; Stan & Joes is an Annapolis bar-music destination. Be entertained by local musicians daily at their Annapolis (flagship) or Galesville (riverside) locations; during Dinner Under the Stars on West Street (Wednesdays and Saturdays through end of September) and First Sunday Arts (every first Sunday of the month through November), Stan & Joe's hosts performers in the adjacent parking lot.



destination

Worthy Restaurants

Agave – 106 Annapolis Street, Annapolis; 410-449-3980; agaverestaurants.com; Serving traditional and modern Mexican cuisine, hand-squeezed margs, and more than 100 fine tequilas to try, Agave blends upscale ethnic dishes and craft drinks within a newly renovated space that has a bright, uplifting, hacienda aesthetic.

Akira Ramen & Izakaya – 1417 S. Main Chapel Way, Ste. 108, Gambrills; 301-968-2182; waughchapelakiraramen.com; Served in a slick, modern dining room in which the waft of Japanese cuisine temps you to order everything on the menu, the ramen (noodle/broth based dishes) and izakaya (Japanese style pub) experience is worth trying...and repeating.

▼ **Ava's Pizzeria & Wine Bar** – Locations in St. Michaels, Cambridge, and Rehoboth Beach; avaspizzeria.com; Crisp, artisanal, brick-oven fired and deep-dish pizzas are the hallmark here, but other popular dishes include the homemade meatballs and Italian entrees. The wine and cocktail selections offer perfect pairings for every palate. *Read our recent interview with owner Chris Agharbi here:*



Bella Italia Annapolis – 609 Taylor Avenue, Annapolis; 410-216-6061; bellaitaliamd.com; Across Rowe Boulevard from the Navy-Marine Corps Memorial Stadium, Bella Italia draws Midshipmen,

locals, and all fans of homemade Italian cuisine served in a casual setting. Owner Lino Chiaro brought home cooking from his native Italy direct to Naptown. *Read our interview with him here:*



Carpaccio Tuscan Kitchen / Wine Bar – 1 Park Place, Ste. 10, Annapolis; 410-268-6569; carpacciotuscankitchen.com; Located in the uptown "piazza" at Park Place, Carpaccio offers an upscale experience with classic Italian cuisine and an expertly crafted wine list. Lunch and dinner crowds can be a who's who of townies and on gorgeous afternoons, sipping a Bellini while nibbling charcuterie on the outdoor veranda might have you second-guessing if you're in the Old World or new.

Della Notte – 1374 Cape St. Claire Road, Annapolis; 410-757-2919; dellanotterestaurant.com; New and exciting, Della Notte has quickly gained favor among Cape locals as the go-to restaurant for hearty Italian fare, fine drinks, and welcoming atmosphere. *Read our full dining review here:*



Galliano Italian Restaurant & Wine Bar ▶ – 2630 Chapel Lake Drive, Gambrills; 410-721-5522; gallianoitalianrestaurant.com; Galliano has elevated the dining scene in Gambrills/Crofton's Waugh Chapel complex with the white tablecloth, refined Italian cuisine experience. Attention to detail, from front-of-house to the line to each plate served, is a hallmark.

Harvest Thyme Modern Kitchen & Tavern – 1251 W. Central Avenue, Davidsonville; 443-203-6846; harvestthymetavern.com; Harvest Thyme has all the fixings of a trendy-meets-traditional, farm-to-table dining experience. The menu leans heavily on the craft and skill of the kitchen (open and visible to diners) with fine meats, seafood, and veggies expertly prepared. The wood-fired pizzas

are a hit, and you won't go thirsty from the floor-to-ceiling wine racks/selections ready to pop. *Read our full dining review here:*



Jalapenos – 85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com; Long revered for authentic Spanish and Mexican-influenced cuisine, Jalapenos offers upscale, full-service dining perfect for a special night out. *Read our full dining review here:*



Jesse Jays – 5471 Muddy Creek Road, Churchton; 240-903-8100; jessejays.com; The Latin-inspired kitchen of Chef Jesse Ramirez and talent of wife Jayleen have made one of the newer South County restaurants an absolute hit among diners eager for delicious street tacos, slow roasted meats, traditional dishes, and inspired cocktails.

Julep Southern Kitchen & Bar – 2207 Forest Drive, Unit 2, Annapolis; 410-571-3923; julepannapolis.com; The brainchild of owner/chef/pitmaster Bob Krohn, Julep represents an affinity for southern charm and comfort food in a refined atmosphere—think classic barbecue with, yes, a mint julep in hand. *Read our interview with Julep's pastry chef, Kate Boccanfuso here:*



Lasang Pinoy – 1000 Annapolis Mall, Space 187, Annapolis; 443-949-9580; lasangpinoyllc.com; New, hip, fine, and fusion begin to describe Lasang Pinoy. The eatery offers a Filipino-influenced menu with wide range of exotic flavors and comfort concoctions that nod to traditional dishes and hint at innovative concepts. *Read our interview with owners Neil and Quiza Nichols here:*





Lime & Salt – 8395 Piney Orchard Parkway, Odenton; 410-874-6277; limeandsalt.co; A taqueria and agave bar (that’s code for choice tacos and tequila), Lime & Salt is so much more than handhelds and rimmed glasses. With a full fleet of authentic dishes and fresh cocktails, the restaurant has garnered local acclaim and a loyal following. *Read our full dining review in this magazine on page 122.*

Main & Market – 914 Bay Ridge Road, Annapolis; 410-626-0388; mainandmarket.com; With a Euro-café feel and expertly prepared dishes and delights to match, Main & Market has drawn the Bay Ridge community to the eatery for more than a quarter-century. And chances are you’ve been to an event catered by them—they’ve won Best Caterer honors in the annual Best of Annapolis readers’ poll for many years. *Read our full dining review here:*



Mamma Roma – 8743 Piney Orchard Parkway, Odenton; 410-695-0247; mamaromas.com; Mamma Teresa rules the roost (she still takes orders front-of-house), but sons Bruno and Rino Romeo have taken over operations and the kitchen, and made this family-style restaurant one of the most comforting, authentic, and filling in the region. Odenton residents and visitors from afar can’t get enough! *Read our latest interview with here:*



Mi Lindo Cancun Grill – 2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com; Mi Lindo represents the dream of owner Fredy Salmoran who came to the U.S. from Mexico at age 17 in 1999. He began working in the restaurant industry and by 2016 opened his own...Mi Lindo. Today, Fredy and his sons own and operate several more Mexican restaurants, including **Senor’s Chile** locations in Edgewater, Arnold,

and Severna Park. Their success is built upon authenticity and consistently excellent food. *Read our interview with the Salmoran family here:*



Miss Shirley’s Café – 1 Park Place, Annapolis; 410-268-5171; missshirleys.com; Breakfast, brunch, or lunch on your mind? Miss Shirley’s epitomizes all three with a robust menu of creative dishes, which boast southern and Chesapeake influence...to the max! Skillets, chicken ‘n waffles, signature omelets and pancakes, and creative sandwiches, salads, and more are all adored! *Read our full dining review here:*



Osteria 177 – 177 Main Street, Annapolis; 410-267-7700; osteria177.com; Owner/chef Arturo Ottaviano had a dream to bring his native Italian recipes and experience to the states and by 2006 opened

Osteria 177 on the most famed street in Annapolis. In short, the restaurant instantly elevated the restaurant scene and remains one of the finest dining experiences downtown. *Read our full dining review here:*



The Galley – 305 S. Talbot Street, St. Michaels; 410-200-8572; thegalleysaintmichaels.com; An annual *Best of Eastern Shore* winner for breakfast and brunch, The Galley is a locals’ favorite and visitors’ discovery, offering a hearty menu of classic a.m. cuisine, lunchtime specials, and delectable drinks. *Read our full dining review here:*



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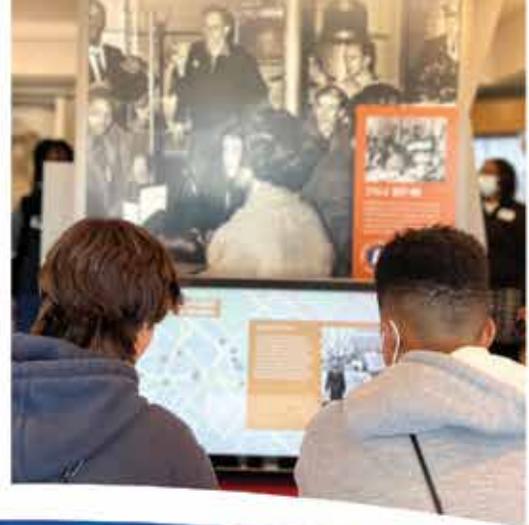


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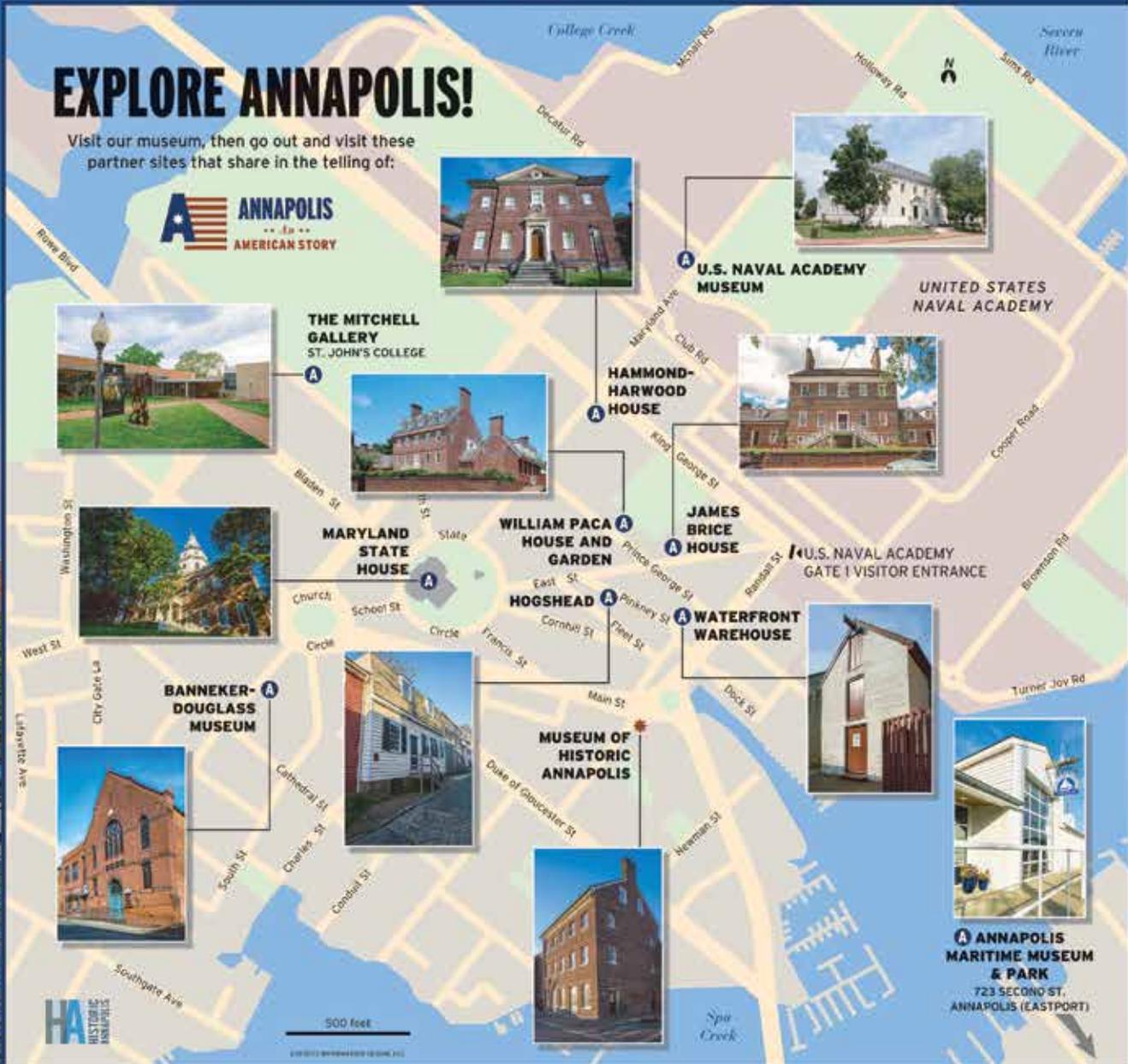
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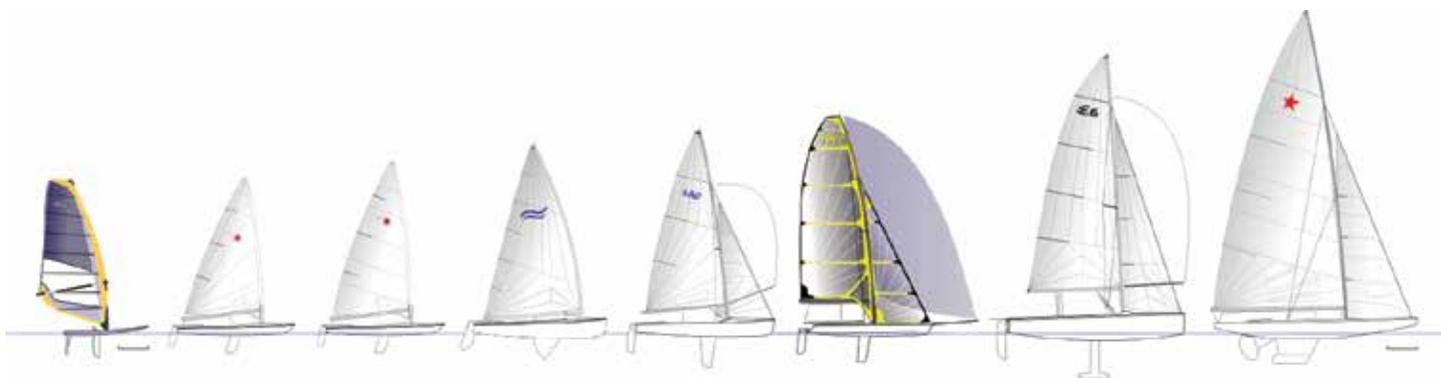


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American Sailors Go for the Gold

THE PARIS 2024 OLYMPIC GAMES ARE SET TO BEGIN THIS MONTH

BY GARY JOBSON

After four years of preparation, qualifying regattas, and American trials, the US Sailing Team is anxiously awaiting the first race of the 2024 Olympic Games. The sailing competition will take place in Marseilles, France, about 400 miles south of Paris on the Mediterranean Sea.

Historically, the USA has done well in sailing. During one impressive stretch between 1984 and 1992 the US Sailing Team won 21 Medals in 24 classes. However, since London in 2012 American sailors have earned one Bronze Medal in the past three Games. The question for this Games is how will the USA fair against a formidable roster of sailors from around the World?

Qualifying among the representative countries to compete in one of the ten Olympic classes is a tall order. USA sailors did make the cut in nine

of the ten classes for these Games. The only class that missed was the ILCA 7. This boat was formerly known as the Laser, a nifty single-handed dinghy that made its Olympic debut in 1996.

The USA does have a chance to earn medals in a handful of classes. The days of any country dominating across the board are long over. Parity in Olympic sailing has leveled the playing field. There are several factors including coaches switching countries after each Olympics, one-design boats available to all sailors, and adequate funding (The USA does not have any governmental funding like many other countries). A total of 30 medals will be presented to the ten classes. At this writing, I am willing to bet that at least fifteen countries will win at least one medal. Interestingly, only three countries were able to qualify in all ten classes: the French get an automatic entry in every class since they are the host country (this rule will be helpful to the USA when the Games are held in Long Beach, California, in 2028). Germany and Great Britain are the other countries that qualified in all ten classes.



Formula kite surfing is one of the 10 classes of sailing competition at this summer's Games. Photo courtesy International Kiteboarding Association.



On an encouraging note, Paris 2024 is the first time in Olympic history that there is equal gender participation in the Games with 175 male and 175 female athletes competing and an equal number of medals available to both men and women. Two classes (Nacra 17 and 470) feature mixed crews with one man and one woman on a boat. Either sailor can skipper. Stu McNay will skipper the 470 and Sarah Newberry Moore will steer the Nacra 17 for USA.

The sailing conditions off the Marseilles coast are excellent. A summer thermal breeze fills in late in the morning. Occasionally a strong wind known as the Mistral will come out of the mountains and blow exceptionally hard. The racing takes place from July 28 through August 8, so there is a good

chance the sailors will experience a wide range of wind conditions. The French have renovated a worthy facility for the Games known as Roucas Blanc Marina. Spectators will be able to watch from the shore and on the water. Tickets for the Games in London in 2012 and Rio de Janeiro in 2016 were sold out. Sailing is a popular sport in France, and I expect sell-out crowds on every race day.

My role for this Olympics is serving as a commentator for NBC. My platform will be in Stamford, Connecticut, along with 2,000 or so other television production people. We will take in the live television feed from the Olympic Broadcast Service. Sailing will appear on a Peacock streaming service. You can watch the races live, which will be in the morning. Soon after the completion of each day's racing viewers will be able to watch the races on replay. The general plan is to cover at least two races each day. The races take about 40 minutes for most of the classes. The top ten finishers advance to a Medal Race where the points are worth double. The early race scores are carried over. The Medal Races are short and take about 20 minutes.

At the beginning of any competition the score is tied at zero points. At that moment, every sailor has high hopes that they will prevail. The normal wind conditions off Marseilles are nice with moderate winds and minimal current and wind shifts. But there is an old adage at big regattas that is heard often, "The wind is normally like this." No one knows what might happen, but a helpful attitude is to 'expect the unexpected.'

The US Sailing Team has suffered through turmoil over the past year when the team's leader, Paul Cayard, abruptly left the program in February 2023. US Sailing spent one year searching for a replacement. Marcus Lynch from Great Britain was retained as the High-Performance Director and veteran Olympian Sally Barkow is the Head of Operations for the US Olympic Sailing Team. A few Annapolis sailors tried to qualify for the Games, most notably, twin brothers Ford and Marshall McCann and Leo Boucher in the ILCA 7 class. All three will be working to qualify for the 2028 Los Angeles Olympic Games.





America's top prospect for a medal is Daniela Moroz. She has won the Kite Board World Championship six times and is currently ranked number one in the World in the Women's Kite. Stephanie Roble and Maggie Shea are ranked number two in the world in the Women's 49erFX skiff class. Ian Barrows and Hans Henken from San Francisco will represent the USA in the Men's 49er skiff. They have a good chance of qualifying for the Medal Race. Stu McNay, from Providence, Rhode Island, is sailing in his fourth Olympics in the 470 Class with Lara Dallman-Weiss. They also have a realistic chance of making the Medal Race although they are ranked 21st in the World going into the Games. Experience should be an asset for this crew. Noah Lyons has been performing well in the past several months in the IQFoil windsurfer class and has a good chance of reaching the Medal Race. ■



Marseilles, France, will host the sailing competition in the 2024 Olympic Games. The rendering (top image) depicts what the Marseilles Marina will look like during the Games.



United States Sailing Team Competing in the Paris 2024 Olympic Games

Men's skiff – 49er: Ian Barrows, U.S. Virgin Islands and Hans Henken, Lafayette, Ca.

Women's skiff – 49erFX: Stephanie Roble, East Troy, N.Y., and Maggie Shea, Wilmette, Il.

Kiteboarding – Women's Formula Kite: Daniela Moroz, San Francisco, Ca.

Kiteboarding – Men's Formula Kite: Markus Edegran, West Palm Beach, Fl.

One Person Dinghy – ILCA 6: Erica Reineke, Fort Lauderdale, Fl.

Windsurfing – Men's IQFoil: Noah Lyons, Clearwater, Fl.

Windsurfing – Women's IQFoil: Dominique Stater, Miami, Fl.

Two Person Dinghy – Mixed 470: Stu McNay, Providence, R.I., and Lara Dallman-Weiss, Shoreview, Minnesota.

Mixed Multihull – Nacra 17: Sarah Newberry Moore, Miami, Fl., and David Liebenberg, Richmond, Ca.

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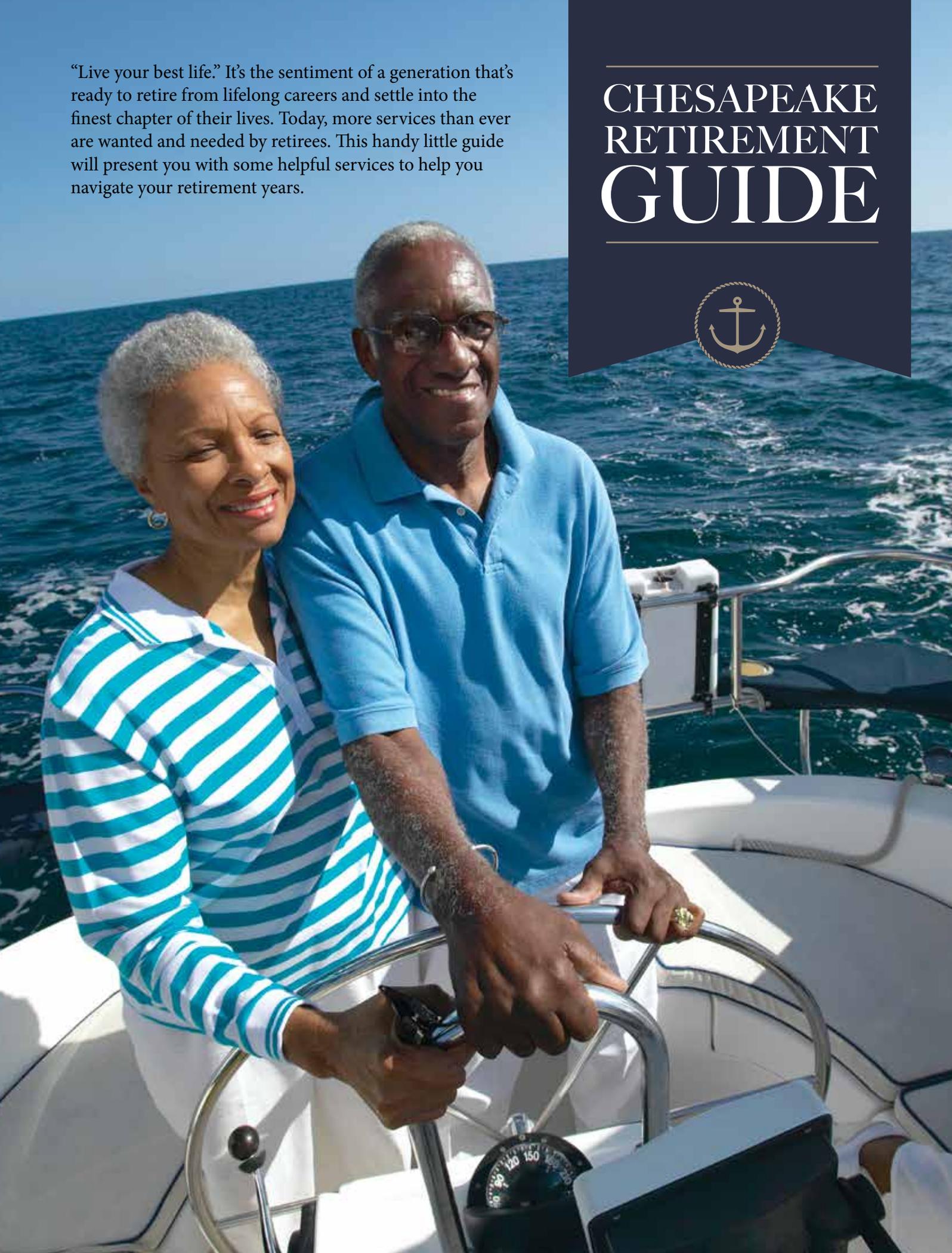
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“Live your best life.” It’s the sentiment of a generation that’s ready to retire from lifelong careers and settle into the finest chapter of their lives. Today, more services than ever are wanted and needed by retirees. This handy little guide will present you with some helpful services to help you navigate your retirement years.

CHESAPEAKE RETIREMENT GUIDE





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- If caring for elderly parents, how will you handle long-term care needs while protecting the family assets?
- How can you ensure your wishes are carried out if you have a blended family?
- If you have a trust, is it properly funded? What's in it?
- Is your loved one with special needs in jeopardy of losing essential state and federal benefits by receiving an inheritance?

- Do you know all of the nuances and considerations required when handling probate and administering an estate?

The fact is that everyone, young and old, should have a plan in place. None of us know what the future holds and an estate plan allows you to hope for the best and plan for the worst.



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Attorneys Laura Curry, Jon Gasior, and Alexander Pagnotta.

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Lisa Beagan, DVM

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David Weng, M.D., Ph.D.

Maryland Oncology Hematology

Q:

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A:

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Miguel Macaoay, MD, PA

Medical Director
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Meeting People Where They Are

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Dr. Christine Santayana

Chesapeake Urology

Q: **What are common symptoms or conditions that indicate a need to see a urogynecologis?**

A: Urogynecologists specialize in addressing pelvic floor symptoms. If you're experiencing vaginal pressure, it could indicate prolapse or loss of vaginal support. This sensation often feels like something is hanging from the vagina and can impact bladder or bowel function. Urogynecologists also treat conditions like urinary urgency, frequency, and leakage—during activities like laughing, coughing, or exercising. They address concerns like accidental bowel leakage, painful urination, frequent bladder infections, vaginal pain or dryness, and discomfort during intercourse. If you're experiencing these symptoms, seek advice from a urogynecologist.

Learn more: www.chesapeakeurology.com | 443-231-1500

 ASK THE DOC

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Photo by Kristin Bishop

THE GREAT
Chesapeake Bay

LOOP

**The most ambitious nautical adventure in the Bay takes sailors
to a potpourri of iconic Maryland towns and experiences**

By Charlotte Zang

The Chesapeake Bay is an extraordinary natural resource, teeming with life and getting healthier by the day. Simply put, the Bay is an exquisite ecological wonder.

This immense body of water (more than 18 trillion gallons, according to the Chesapeake Bay Foundation) is a veritable playground for residents and visitors who enjoy all sorts of water sports, as well as those who have the pleasure of experiencing it from shore.

The Bay is a boater's paradise—about 200 miles long, reaching from Havre de Grace, Mary-

land to Norfolk, Virginia. Navigating that round trip, whether under power or sail, is called the Great Chesapeake Bay Loop.

Making the entire journey of the Loop requires a great deal of time, resources, maritime training, along with a generous spirit of adventure. For those of us who aren't able to embark on such a voyage but long for an authentic Chesapeake Bay experience, we've done some research, talked with experienced captains, and selected our "must-see" spots on both shores of Maryland's portion of the Loop (plus, one stop in Virginia), whether you visit by water or land.

***Let's start our trip around the Bay in Calvert
County at the mouth of the Patuxent River...***



SOLOMONS

You'll find Solomons Island to be historic, charming, and inviting. Book your stay at Solomons Victorian Inn which has stunning harbor views. After you drop your bags, a visit to Calvert Cliffs State Park is a must do. Take the Red Trail and hike 1.8 miles to the sandy beach where you can hunt for shark teeth and other fossils. Book a dinner cruise on a 40-foot sailboat with Chesapeake Bay Charters and watch the sun slip below the watery horizon. Before you leave Solomons, go to the Annmarie Sculpture Garden & Arts Center where you'll stroll past sculptures on loan from the Smithsonian. The center hosts festivals, exhibits, classes, and family activities.

Herring Bay

North of Solomons is where you'll find the Rose Haven, Fairhaven, and Deale harbors in Herring Bay. Captain Jayne Durden thinks it's one of the loveliest spots around. Originally from Melbourne, Australia, Durden fell in love with the Chesapeake Bay when she relocated here 10 years ago. She now trains female sailors, delivers boats, and cruises and races her Beneteau 331 *Happy Place*.

"We often do a quick sail in Herring Bay after work and then anchor up near Fairhaven for the night," Durden says. "Tucked inshore of the entrance channel to Rockhold Creek, Fairhaven gives you a pretty place to anchor with a view of the cliffs and quaint homes. The water is 8 to 10 feet deep right up in under the cliffs and up to the swimming platform in the little bay. During the spring and fall, it's a good place to swim before the jellyfish move in. And on the Fourth of July, it's the best place to watch the Rose Haven fireworks display."

Durden says that Deale—a small town with a big heart—is worth a visit and has excellent waterfront restaurants: Skippers Pier, Dockside, and Happy Harbor. "A water taxi will take you around the creek or you can easily go by dinghy or kayak. Whether you want an amazing anchorage, a resort-style marina, or a nice small town, come to Fairhaven and Deale."



Baltimore

Moving northward on our loop, we come to the Baltimore area, a favorite spot for Captain Julianne DeGraw Fettus. She has been boating on the Chesapeake since 1987 and has been sailing since she was quite young. While she doesn't live aboard her Cherubini 44 ketch (a two-masted sailboat), she does spend most of her free time aboard. When asked about the places she loves to visit, Fettus says, "The Bay is such an amazing place with so many personalities—it's hard to narrow it down. The Anchorage Marina in the Canton area of Baltimore is one of my favorite places when I'm up for the hustle and bustle of the city. The dockmaster and staff there are friendly, plus there are lots of restaurants nearby as well as grocery stores, a West Marine, and many other amenities within easy walking distance."

Choose this site if you have time to spend wandering around on land. In addition to easy access to the Inner Harbor and the opportunity to marvel at picturesque sunsets, when you dock here, you're only a half mile from historic Fort McHenry.

HEAD OF THE BAY

Havre de Grace is a little town way up in Harford County where the Susquehanna River empties into the Bay—a beautiful spot for boaters and day travelers alike. Discover the art of making decoys at the Decoy Museum. If you're a fan of lighthouses, take in the views from the Concord Point Lighthouse. Get a table at MacGregors—located in the iconic bank building—and enjoy lunch or dinner while you watch the boats go by.



Rock Hall & Chestertown

We're heading south now to the Eastern Shore which has its own, distinct character. Want to go fishing? Call Captain Wayne Gatling of Rock Hall in Kent County. He is an experienced guide who captains a 46-foot Markley—a traditional Eastern Shore semi-deadrise workboat. He takes groups fishing for striped bass (Maryland's official state fish, known locally as rockfish), catfish, white perch, and bluefish from June through October. He provides all the bait and tackle. All you have to bring is a cooler (and sunscreen, of course!).

"Over the last 50 years, I've taken more than 7,500 fishing charters in Maryland (and 2,500 in the Florida Keys) and I make sure that each person enjoys their time on the Bay," Gatling says. "Even if you've never fished before, we'll get you all set up and you'll love it. We clean the fish and it will be bagged and ready when you get off the boat. Take your catch to Waterman's Crab House and they'll cook it for you. Doesn't get any fresher than that!"

While you're in the area, take a kayak excursion with the folks from the Sultana Education Center in Chestertown. Paddle along the Captain John Smith Chesapeake National Historic Trail to see wetlands, native wildlife, and spectacular views. Kayaks, paddles, and life jackets are provided.



LET'S GO CRABBING!

There's nothing like dipping crabs from a trolley for a true Eastern Shore experience. If you plan to be in the Kent Island area between mid-July and the end of October, book a trip on *The Marylander*. It's docked at the Kentmorr Marina in Stevensville. Stay at the nearby country house called Kent Island Resort but be advised—you have to get up pretty early to go crabbing!

Oxford

A little farther south is a secluded spot that Captain Fettus recommends for a quiet getaway. "The Cutts & Case Shipyard in Oxford is home to beautiful wood boats representing the golden age of sail. The amenities are basic because it's a working yard so you will hear sanders running in the morning, but I enjoy that."

Fettus says, "Strolling around the town and enjoying the architecture is the extent of things to do unless Tred Avon Yacht Club is hosting an event. The Heritage Regatta and the Log Canoes Race in August are fun to watch."

Stay at the historic Robert Morris Inn. Built in 1710 by founding father and Declaration of Independence signer Robert Morris, George Washington was known to stay there. It's also where James Michener wrote the outline for his book, *Chesapeake*.



Photo courtesy Chesapeake Bay Maritime Museum



Cambridge

Continuing our travels, we land in Dorchester County. If you love history, stop at the Harriet Tubman Underground Railroad Visitors Center in Cambridge. If you arrive by boat, Captain Durden offers this bit of inside information: "Tucked away in the Little Choptank is a glorious anchorage in the mouth of Hudson Creek. It's protected by a tiny spit of land to the west with enough space for about 10 boats to comfortably anchor. We shared the spot with three boats in a flotilla and were serenaded by their lovely sing-along. It was great holding: no passing traffic to worry about wake; idyllic and peaceful. The next morning, we motored up the creek a bit, admiring the sweeping lawns of stately homes."



Crab Capital of the World

Crisfield is the next stop on our virtual loop of the Chesapeake Bay. Stay at the sea captain’s manor house, Lady Grace, a bed and breakfast in the historic district. Dine at Fisherman’s Grille. On the weekend, call The Crab Pot Depot for the best shrimp (takeout only). Hop on a boat to Smith Island to get the Maryland state dessert: a delicious Smith Island Cake. And you’ve got to experience the world-famous Crab & Cruise® at the Crab Place: an all-you-can-eat crab feast followed by a dance party cruise on the Bay.



Photo by Gordon Campbell / Courtesy Onancock Main Street

ONANCOCK

The southernmost point of our journey is where you’ll find Kristin Bishop. She is a pioneer: one of the first women in the Navy assigned to fill sea duty billets aboard a ship. An experienced boater who has explored much of the southern Bay, she graciously offered insights from her travels. “Onancock, Virginia, is a favorite place to visit by boat because of the friendly atmosphere and welcoming locals,” Bishop says.

Cruise up Onancock Creek which, according to Waterway Guide, “lies almost 20 nautical miles southwest of the mouth of the Pocomoke River and about five nautical miles southeast of Watts Island.” The creek is a beautiful, deep tributary that is well marked. When you arrive at the town dock, it’s only a short walk up the hill to get to town.

Bishop says that the Onancock Wharf and Marina offers updated facilities as well as a free dinghy dock for those who prefer to anchor out. “The marina offers a courtesy car as well as a list of residents who offer local rides to those who visit by boat.” She went on to say that many restaurants have outdoor seating and are dog-friendly.

If you like old houses, you’ll love this little town. “Onancock dates back to the mid-1600s. The homes in the historic district display an impressive variety of architectural styles. It’s always a pleasure to wander through the town and admire the beautiful homes and gardens,” Bishop says. “I also enjoy the parks, local galleries, and museums.”

That completes our amended tour of special places along the Great Chesapeake Bay Loop. There is so much to see and do that you’ll definitely want to make time to explore this miracle of nature and the many towns that dot its shoreline.

Learn more about Maryland’s portion of The Great Chesapeake Loop at: visitmaryland.org/unique-experiences/chesapeake-bay-loop.





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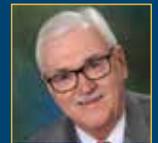
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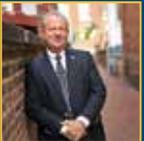
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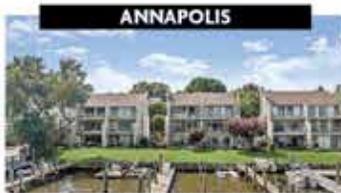


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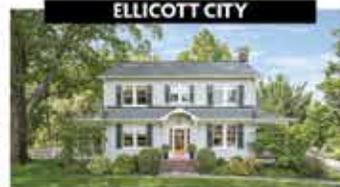
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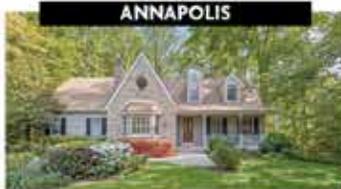
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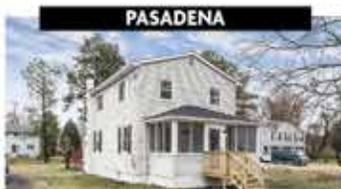
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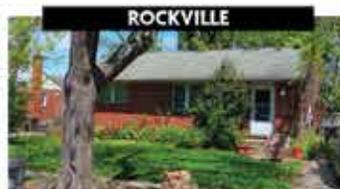
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Back to the Beach

A RE-BUILD OF PHOENIX-LIKE PROPORTIONS

By Lisa J. Gotto

When the nightmare scenario that no homeowner wants to imagine, fire, struck the vacation home of an Annapolis-area resident, the grandmother of 17 quickly counted her blessings and committed to building back as soon as possible; not wanting her family to miss one precious summer of quality time with her on the beach in Dewey, Delaware.

JoAnn DeCesaris and her large family, which includes five daughters, had been enjoying their previous summer residence located just a short distance from neighboring Rehoboth Beach since the early 2000s, until a fire reduced it to ashes in 2018.

Understandably heartbroken, the family soon rallied and resolved to re-build; the sublime location of the lot with its 80-feet of ocean waterfront and back views to Silver Lake would not be replicated any place else.







SMARTER DESIGN

Having the opportunity to better accommodate her ever-growing family definitely gave DeCesaris the bright side she was looking for as she envisioned what her new home would look like and how it would work.

To help further this vision, DeCesaris reached out to someone she had heard about in the beach-home building space; Marnie Oursler of Marnie's Custom Homes of Bethany Beach, Delaware.

Oursler remarks about what those early meetings were like. Little by little, she says, she would get to meet most of the family because all of DeCesaris's five daughters and their families live on the same street in their neighborhood in Davidsonville.





“So, it was a fun build for me, because I got to know everybody, and they all would have their own room at the (new) house,” Oursler says. “Getting to know the family well always makes for a better build because it’s more personal.”

Oursler would also get to know that DeCesaris was going to be a decisive client, who understood what she had before, what she wanted to keep, and what might be advantageous for her to change.

While the new, 6,100-square-foot house did not grow larger than its predecessor in size, it would grow smarter in design and utility.

“I wanted to keep the basic layout and size of the house...and I knew how I wanted it laid out because I loved the layout of the old house,” DeCesaris explains. “But we did change quite a few things. The main level stayed pretty much the same, but I took out a fireplace and put the bar area in because we didn’t really use the fireplace.”

Bigger changes would be made upstairs for overnight visitors. “I made a couple of the bedrooms a little smaller, so that I could make five bedrooms up there.”

The home would be completed with a total of nine bedrooms—and each of those would have its own bath.

With 17 grandkids, you may be thinking the math still does not work out. However, Oursler had some answers. Three charming bunk rooms would be crafted on the main level to accommodate several sleepers at a time. And these rooms were created specifically for the siblings of each family so they could all stay together in their own personal space

One of the bunk rooms, designed to look like you’re in the cabin of a ship with porthole windows, has a custom, four-berth bed. The lower bunks are connected to the upper bunks on either side by sets of stairs that efficiently double as drawers for clothing storage.

**“GETTING TO KNOW
THE FAMILY WELL
ALWAYS MAKES FOR A
BETTER BUILD BECAUSE
IT’S MORE PERSONAL.”**



SWEETER DREAMS

And if you're thinking that after all that customization, it is only fitting that the matriarch of this special family would have a distinctive space all her own to retire and recharge, you would be right.

Pure sand beach and ocean water can be seen from the wall of windows and sliders in DeCesaris primary suite; the sliders providing access to the private third-floor deck. As is featured throughout the home, the ceiling has a unique treatment. In this room, there's a pillowy white, pitched ceiling of shiplap boards and then white beams set on the diagonal to converge in the center. A nostalgic vintage style Gyro fan light by Minka-Aire polishes off the calming, coastal vibe.



In her adjoining private bath, a swirled palette of pastel blues converges with tile to provide all the comfort and verve of a spa in a free-flowing bath and shower room. This part of the bath is a spacious walk-in with a sand-colored, crosshatch patterned luxury tile floor running underfoot and throughout the third level.

DeCesaris says her daughters helped her with all the home's tile selections, including the two styles on the walls of what she describes as the primary bath's wet room with its free-standing soaking tub and overhead rainfall shower system.

"I just thought it was a cool idea and I could do it there. So, I did. I just wanted it all open," she says. Marnie did ask, "Don't you want to put a glass wall here?" And I said, "No, that's just more to clean. I'm just fine."

There's another relaxing soak to be had just one level above on the primary suite's open-air rooftop deck. DeCesaris loves the unobstructed view of Dewey Beach and the ocean from the propitiously placed hot tub on that level, providing another well-deserved respite for the busy matriarch.





BETTER WHEN THEY'RE TOGETHER

This new home build needed to connect the DeCesaris family with a renewed sense of normalcy, and this beachfront has always been a particularly well-suited location for how this family likes to spend its time.

“We’re so fortunate on the ocean. The kids can go out in the evening and play lacrosse, or throw lacrosse balls around, or whatever they want to do,” DeCesaris says.

Outside activity notwithstanding, re-creating the home inside the four walls, and more specifically its main level living area would take what was already a good thing, and just make it better.



To start with, DeCesaris chose a beachy-white porcelain “Isla” tile from the Charm collection. It flows throughout the main level, connecting all the living spaces with an easy-to-keep-clean option that mimics the look of hardwood beautifully.

The great room, which runs perpendicular to the shoreline and is easily seen through two sets of floor-to-ceiling windows with sliders, melds a coastal-infused conversation area with an adjoining space for streaming movies or watching the big game. The two areas are visually separated by a mere color factor on the ceiling, where Marnie suggested the most subtle of ocean-inspired blues to offset the space and distinguish its individuality.

An accent wall that adorns the conversation area now presents as an attractive bar with an intriguing application of Blue Ombre mosaic tile with hints of brass from Fan Club on the backsplash.





White cabinetry with glass-front upper cabinets and solid lower cabinets. The cabinets are arranged in a U-shape, including a large section on the left wall and a smaller section on the right wall. The upper cabinets have glass inserts with dark frames, while the lower cabinets have solid white doors and drawers with silver handles.

Stainless steel appliances including a refrigerator, a double oven, and a microwave. The refrigerator is integrated into the white cabinetry. The double oven is located below the microwave. The microwave is positioned above the double oven.

Double sink with two black faucets. The sink is set into a granite countertop. The faucets are high-arc, black, and have a textured finish. The sink is located on the right side of the kitchen, near a window.

Four wicker chairs with wooden frames, positioned around a granite countertop breakfast bar. The chairs have a light-colored wicker backrest and seat, and a dark wood frame. The bar is made of white cabinetry with a granite countertop. The chairs are arranged in a row, facing the bar.

Light-colored wood plank flooring. The planks are arranged in a staggered pattern and have a natural, light wood finish. The floor is located in the foreground and middle ground of the kitchen.



The comfy, oversized upholstered swivel chairs are favorites of DeCesaris and were re-sourced from the same craftsman to replace the ones lost in the fire. The chunky iron and wood table is a staple from the DeCesaris family collection; retrieved from her primary home in Davidsonville.

The extra elongated couch was a cushion-less, custom design of DeCesaris' vision that she commissioned a decorator to have made. "I wanted a couch that didn't have a bunch of pillows. They all end up on the floor," she says.

The kitchen, too, presented a few opportunities to just tweak some details leaving the highly functional space with the familiar flow in which DeCesaris works best. Two faucets at the main sink became a reality—and having five grown daughters and many other hands and feet a-foot, that second faucet actually becomes a necessity.

Originally, DeCesaris says, she had an idea to paint the bottom cabinets in a light blue. "But the color didn't turn out, so we ended up with all white, which I love. I love the kitchen. So, I did a blue stove, instead."

To that she added two, blue dishwashers. And above the stove, the view to the lake would be obstructed with a standard hood vent, so Oursler suggested going with a flush, integrated ceiling range vent.

A wall of smart and stylish integration keeps the rest of the room looking streamlined and low maintenance. Inside, however, behind all those doors much organization is going on with places for all the essential daily appliances, dishes and glassware. A pantry, which her previous home did not have, was custom-built for additional food storage. Casual meals, DeCesaris says, are often enjoyed on the screened-in side porch just steps from the kitchen.

In fact, much family time happens on that porch, she says, with its proximity to the water, taking in the breeze and the view. And at the end of the day, when the summer sun sets on this coastal home with the pretty fuchsia front door, it leaves the family inside grateful for what they have been able to re-envision, and for another day back at the beach.

AT THE END OF THE DAY, WHEN THE SUMMER SUN SETS ON THIS COASTAL HOME WITH THE PRETTY FUCHSIA FRONT DOOR, IT LEAVES THE FAMILY INSIDE GRATEFUL FOR WHAT THEY HAVE BEEN ABLE TO RE-ENVISION, AND FOR ANOTHER DAY BACK AT THE BEACH.

Brilliant!

5 TOTALLY STEAL-ABLE BRITISH DÉCOR TRENDS

By Lisa J. Gotto

Although we have long since declared our independence from the King and Crown of Great Britain, that doesn't mean we shouldn't make note of some of their more steal-able design trends when we see them. Here are what we would like to call, our "fab five."



Photo by Nick Fewings for Unsplash



Courtesy of The London Home

Pattern-on-Pattern Play

This is something the Brits are famous for because they see the interplay of colors and pattern as a device that adds energy to a space. Look into an English country house or urban abode and you will often see a pattern-on-pattern aspect that you probably would never think to curate. But curate they do! Whether it's upholstery, drapery, wall, or floor coverings (or a combo of all of them) the experts say you can start small with fabrics by just using a trim or border and add from there.

With upholstery, you can also consider using a pattern that is more unique or bold not on an entire chair, but perhaps on just the back and sides of a chair. This approach not only creates a visually interesting piece, it's also economical as these parts of an upholstered chair experience less wear.

Our regional location already provides us with some quintessential concepts such as stripes, stars, and other nautical elements that we can enhance by adding complementary florals and/or even abstract patterns to lend an unexpected aspect to your design scheme.

Botanical Inclinations

The very King of England, himself, is a huge fan of the natural world which is clearly seen in his country home interiors at Highgrove. Before being green was at all cool, the then 'Prince' Charles often championed the beauty and simplicity of plants as not only essential to our ecosystem, but as decorative elements to be coveted and enjoyed.

The natural beauty of England's indigenous plants and blooms represented as floral patterns, botanical prints, and artworks are often used as decorative elements inside the home; cultivating a sense of the gardens they so love whether they are indoors or out.



Courtesy of thebritishhome.co.uk

LAYERED & BESPOKE LIGHTING

When we think of British interiors, often times we think of a sense of richness and luxury. One way this is achieved is through the use of a combination of ambient, task, and accent lighting that is layered throughout a room scheme.

Oftentimes a room collectively incorporates a mix of fixtures that are modern, antique, and traditional and yet they all blend together "swimmingly." A hallmark of English Country homes: no harsh lighting, as that would run counter to their sensibilities for comfort, charm, and abundance. Sensibilities many of us share, here on the other side of the pond.



Courtesy of Pooky.com

Passion for Hardware

What goes better with the soft, cozy, charming environs of the English country home? The juxtaposition of weighty, statement-making hardware. Classy, toney, and brassy make for a bold look in this British look.

Top designers in the UK are all about the advent of architectural design in hardware because it takes what can be considered mundane elements and can turn them into works of art, elevating that important connection to home we create through everyday items.

And while styles can vary widely from industrial, to vintage to contemporary, Brits have an appreciation for transformational aspect that hardware can bring to a room.



Photo by Super Snapper for Unsplash



Courtesy of pooky.com

A DEEP LOVE OF “COLOUR”

Intense, deep color in all aspects of interior design is another hallmark of historical British design. This affinity for bold, rich color is associated with various cultural and artistic movements throughout its history. The reign of Queen Victoria, for instance, ushered in an era that was opulent and rich in designs that incorporated vibrant colors. Experts note that the nation’s long-standing history of cultural diversity and their climate, which can be a wee bit dreary, are additional potential influences for this passion surrounding color.

Should you choose to embrace Britain’s love of intense color, start with small elements such as lampshades, pillows, or an upholstered chair in a rich, saturated velvet. Certainly, just the furnishing in which to curl up with some Shakespeare and the quintessential “proper cuppa.” **CHEERS!**



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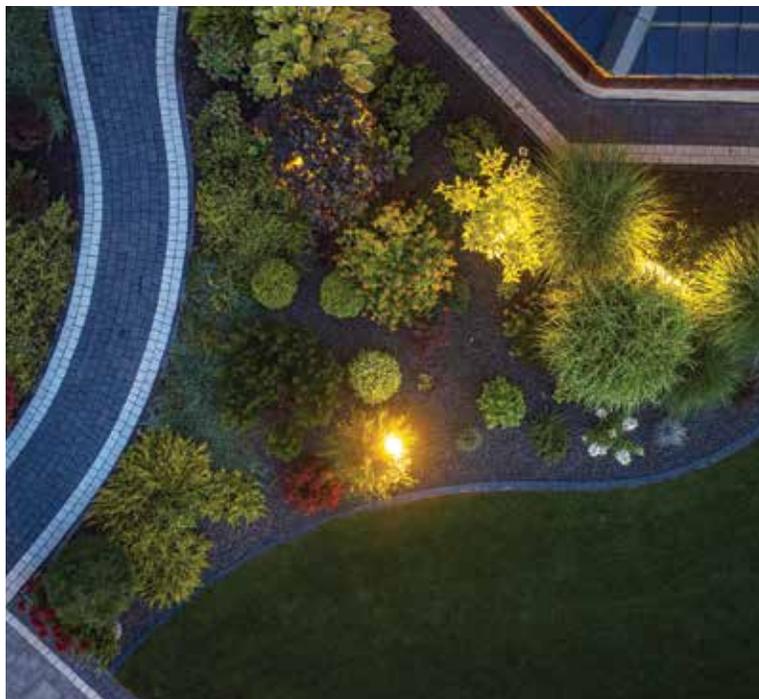
Moonbeam Gardens

SEEING OUR GARDENS IN A DIFFERENT LIGHT

By Janice F. Booth

We're all a bit overheated now that summer has settled in. We wilt when we spend much time outside during the day, and our gardens are wilting a bit too. Don't be too frustrated. There is a fresh approach to our beloved gardens now that the heat is on. Consider the evening hours when cooler, quiet breezes waft through. Perhaps you already have a "Night Garden." Or maybe you can enhance some areas of your garden to create a garden to be enjoyed after dark.

Let's consider **(a)** the definition of a Night or Moonbeam Garden, **(b)** the advantages of gardens and gardening after dark, **(c)** how to create or enhance your evening garden's delights, and **(d)** mistakes to avoid in your Moonbeam Garden.



A Moonbeam Garden entices us out-of-doors once the sun has set. In these long days of summer heat and humidity, you may find untapped pleasures while wandering through your garden once night falls. After dark, temperatures drop, responsibilities diminish, and there is time to breathe and reflect. Your trees, flowerbeds, and paths may enhance your all-too-rare hours of reflection. It's not too late in the season to add and relocate plants for just the serene and glowing experience a Moonbeam Garden can provide.

So, you may be thinking, is it worth the effort to make changes in my garden for those few hours of evening relaxation before I tumble into bed, exhausted by the day's demands? Once you've spent an evening or two under the stars, I predict your response will be a resounding "Yes!"



There are three main advantages to gardening and gardens after dark:

- After a day stuck inside our air-conditioned homes and offices, we're able to step outside and enjoy the solace that nature and our gardens offer. Our Moonbeam Gardens encourage us and others to turn off the TV and the internet, and sit outdoors for a while listening and watching the natural world.

- In our gardens, under the starlight, we won't be tempted to pull those stray weeds or deadhead that brown marigold blossom. There'll be no need to worry about the tasks—small or large—that confront us in our gardens during the hours of daylight. After dark, we can enjoy our flowers, trees, and other features guilt-free, without “To-do” lists at our elbows. Or, completing some of our gardening tasks in the cool of the evening might be just the ticket for a more satisfying means of handling summer gardening chores. Even watering, at ground level, is enhanced after dark. Be sure water does not remain on leaves.

- After birds, bees, and butterflies have gone to rest, our night gardens are alive with nocturnal creatures. The frogs in their pond, the scurrying raccoon, and meandering deer may draw near. (I know...you're probably thinking, “Yes, the mosquitoes will be out there too!” True, but we can take precautions to deal with mosquitoes. And, by the way, they're pretty aggressive during the day, too.) Sitting on a bench in the moonlight may bring us closer to some of our four-legged neighbors.



How then can we easily create a Moonbeam Garden or enhance the Night Garden portion of the gardens we have at hand? There are three elements to consider:

PLANTS: Choose plants that reflect moonlight and release their fragrance and bloom after dark. For silvery foliage try Artemisa (Mugwort—too bad about that ugly name for a lovely plant), Painted Fern, Dusty Miller, and Lamb's Ears. For fragrance try the Moonflower Vine, Casa Blanca Lily, Gardenia, Night Phlox, and Star Jasmine. After dark, these beauties show off their blossoms: Angel's Trumpet, Pee Gee Hydrangea, Moonflower, Nicotiana, Night-Blooming Jasmine, Cleome, Sweet Autumn Clematis.



ACCENTS: In addition to plants that are evening's stand outs, we can add objects such as statues made of some white substances, perhaps a water feature if the garden doesn't have one already; the sound of moving water is particularly relaxing after dark. Small lights that twinkle or glow without filling the area with light. A quiet, electric fan set low to the ground can enhance airflow and even blow away some of those pesky bugs that nibble on us at night.

SAFETY: An easy way to keep our gardens safe havens is to keep the paths safe. Use white pebbles on our paths to reflect whatever light sources are available. If your garden path is pavers or concrete, buy some reflective tape and cut small strips to attach to the pavers. Trim back plants that might impinge on paths or hang low overhead. Be sure you will be able to get back indoors after enjoying the garden; don't lock yourself out of the house.



FINALLY, HERE ARE A FEW CAUTIONS WHEN PLANNING AND ENJOYING OUR MOONBEAM GARDENS:

- Think about your neighbors. Some of us have lots of privacy around our gardens, while some of us have neighbors' bedroom windows and patios very close to our gardens. When creating or redesigning your garden for the evening hours, think about *light and noise pollution*. Direct any garden lighting so it is low and soft. We want the moonbeams and stars to take center stage anyway.

- Be sure any *electrical outlets or equipment* is safely out of our way when we wander along the dark paths or sit on a bench or lawn chair. And, be sure that water cannot short-out your electric equipment. If our lights and pumps were a do-it-yourself project, we might bring in an electrician to check that there are no dangerous situations waiting to happen.

- Keep a *flashlight* near a favorite bench or at the garden gate. Sometimes, even in the most familiar of places, we can become confused or noises may distract or worry us. Click on that flashlight to put ourselves at ease. The small creature will scurry, and the path we were looking for will become apparent.

As the summer slips away and autumn approaches, we may find ourselves counting the hours until the sunsets and we wander again through the garden beneath the moon and stars.



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South River Sunsets, Personified

By Lisa J. Gotto

Wow, if this property isn't a dream on the water come true, we don't know what is! South River sunsets take center stage in this 6,700-square-foot signature residence with adjacent guest cottage.

A testament to good taste is evident the moment you walk through the door of this spacious, but charming, home that is rich in architectural detail and natural light throughout.

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Structure
Built:** 1998

Sold For:
\$6,000,000

**Original
List Price:**
\$5,995,000

Bedrooms:
5

Baths: 4
Full, 2 Half

**Living
Space:** 6,711
Sq. Ft.

Lot Size:
1.24 acres

Visitors are welcomed to an awe-inspiring entry with its gorgeous staircase ascending to an open loft above and captivating river views straight ahead from the home's main living area, which provides the ultimate in open plan living for gracious entertaining.

The all-white, traditional-style kitchen is every cook's dream with a wealth of custom cabinetry throughout, some with glass fronts. The space is highlighted with gorgeous wood trim treatments and two center islands; one a prep island with sink and a warm, butcherblock top, and the other topped with iconic Danby marble that offers breakfast seating and additional storage options. Professional grade appliances live throughout, and this room's natural light and water views make this space as beautiful as it is functional.

The kitchen opens to a panorama of views flowing from the adjacent breakfast room and a sunken extended seating area with fireplace and custom built-ins flanking each side. A charming, upholstered window seat runs the length of six, large vertical windows, perfect for daydreaming or night reading.



This level also features a formal living room with another wood-burning fireplace with built-ins and extended window seating, a formal dining room for special celebrations, and a first-floor guest suite that provides the convenience of aging in place when necessary.

Upstairs, the primary suite is spacious and dreamy with majestic views to the water, a separate work-out space, an incredible walk-in closet with gorgeous built-ins, and a bright, white, and beachy primary bath with a marble-topped dual vanity, soaking tub, and attractive wainscoting treatment.

Two additional bedrooms with enchanting water views that share a bath are located on this level.

The lower level of the home provides just one of the on-site options for family fun time with its large, informal gathering space, perfect for movie night.

Outdoors, the residence offers a generous pool and patio area overlooking the river. The property's private pier will no doubt be the staging area for many a South River excursion.

Listing & Buyers' Agent:

Brad Kappel, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 410-279-9476, o. 410-280-5600, brad.kappel@sothebysrealty.com, ttrsir.com

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Every-Day Bay Living

By Lisa J. Gotto

Brand new and ready for waterfront adventures, this 4,100-square-foot home provides three floors of spacious living with tremendous views and state-of-the-art amenities and aspects of design.

Located on a lush lot with mature trees along Cedar Point in Shady Side, the new homeowners will enjoy views out to Kent Island, the Bay, and its famous bridge from its positioning along the West River.

A spacious open floorplan with beachy-toned, luxury vinyl planked floors in wide widths and custom molding and woodwork, offers an open and

Primary Structure Built: 2024

Sold For: \$2,000,000

Original List Price: \$1,995,000

Bedrooms: 5

Baths: 5 Full

Living Space: 4,179 Sq. Ft.

Lot Size: .49 acres

airy great room space. Crisp, clean lines are blended with the texture of a stone-front, gas fireplace which is flanked by sets of sliding glass doors on either side for easy access to the home's partially covered back deck that overlooks 116-feet of water frontage.

An architecturally enticing tray ceiling also highlights the living area of the great room which then flows effortlessly into an all-white, custom kitchen with an all-stainless steel appliance package and large, center prep island that seats three for breakfast. There's also a cozy, informal alcove with great views for the morning meal and coffee,



and a formal dining area opposite the living space for gracious and effortless entertaining.

This level of the home also offers a generous guest suite with full bath and a main level office with oversized windows for plenty of natural light at the front of the home.

An enormous primary suite opens through double doors to the maximized water views from the second story. There's plenty of space here for a separate seating area and prized access to another of the home's three outdoor decks. This room is enhanced with crown molding and the benefits of a spacious walk-in closet. Making this personal oasis complete is a spa-like bathroom with heated floors, an extended custom tile shower, and dual vanity.



There are three additional bedrooms on this floor; one is a suite with a private bath with heated floors, and two, large guest rooms that share a Jack and Jill bath.

And just one floor above, this home offers a special bonus space called the “lighthouse room,” which has the most extraordinary of all the views out across the river and to the Bay beyond. And from here you can step out to the home’s top deck where the property’s private pier with five feet of MLW is in full view—an unforgettable experience that they lucky new owners will get to live every day.

“The seller, a repeat client, had just completed an amazing house,” says Listing Agent Reid Buckley. “We fully staged it and, with our targeted marketing, had immediate interest. We were thrilled to get an over full price offer the first day.”

Listing Agent: Reid Buckley, The Mr. Waterfront Team of Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org

Buyers’ Agent: Doc Keane, Washington Fine Properties, 3201 New Mexico Ave., NW, m. 202-441-2343, o. 202-944-5000, doc.keane@wfp.com, wfp.com



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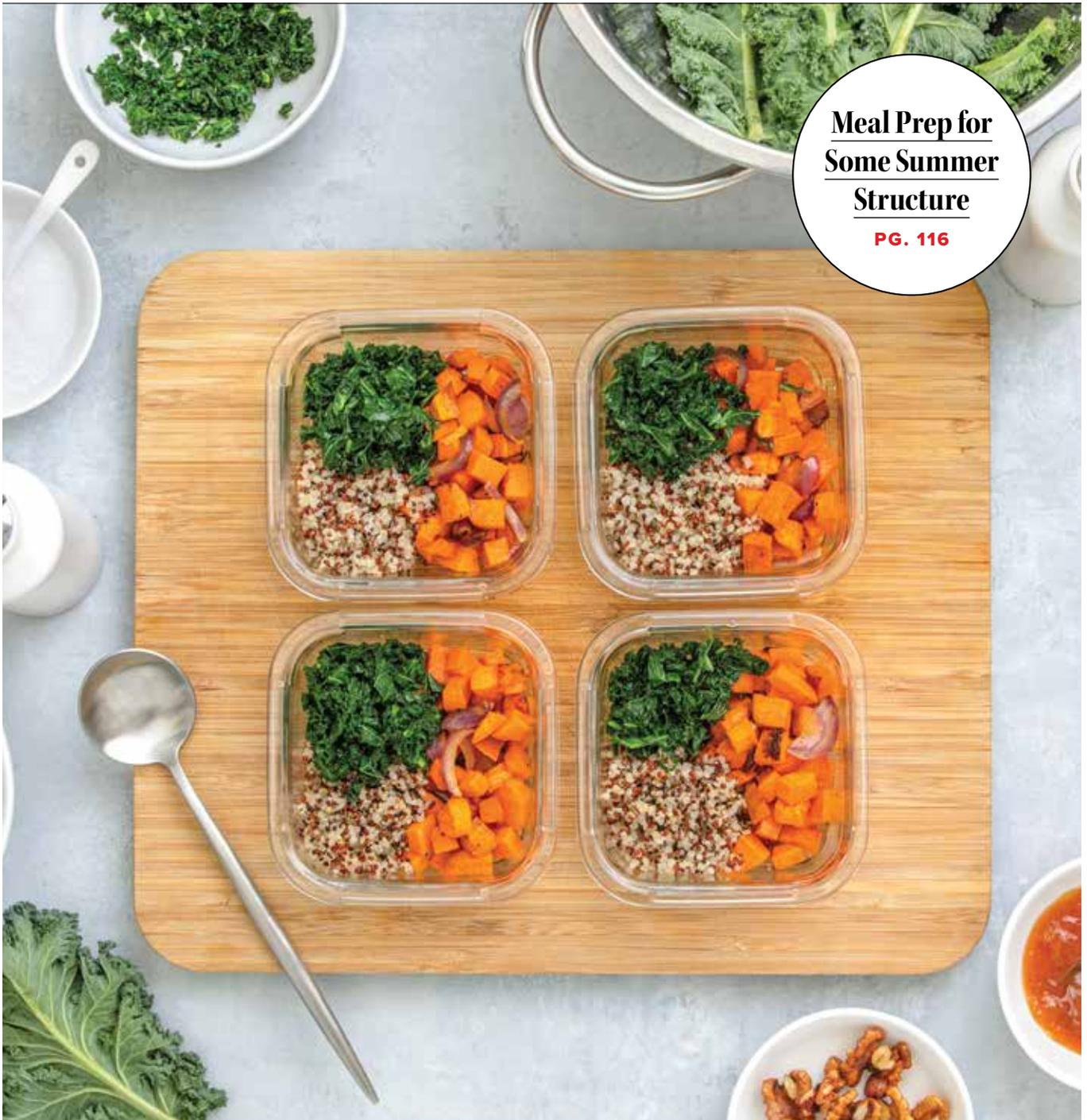
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**Meal Prep for
Some Summer
Structure**

PG. 116



Focus on Functional Fitness

By Dylan Roche

Adopting a fitness routine can be challenging—there’s a lot to learn and a lot to plan. Having goals keeps you motivated, but what happens when your goals end up being harder to achieve than you expected?

In the case of functional fitness, the goal isn’t necessarily about weighing a certain amount or looking a certain way. Instead, functional fitness puts the emphasis on, well, function. It’s all about training your body to do what it needs to do in daily life.

Like any other exercise plan, functional fitness routines vary, but most of them focus on movements you would use in the real world: Think squatting, pulling, pushing, bending, climbing, or running. By engaging in these activities, you can still reap the benefits of exercise, such as reduced joint pain, better protection from injuries, improved mobility, and better maintenance of strength throughout your entire life.

Functional fitness helps you prepare to carry a heavy suitcase, pull a cumbersome object down from a shelf, climb a flight of stairs, or do any number of things you ideally want to be ready to do at a moment’s notice.

The other benefit of functional fitness? You don’t have to worry about much fancy equipment. Dumbbells, kettlebells, or bands can add resistance to certain moves, but using your bodyweight is often sufficient. Focus on movements that target major muscle groups, such as squats, lunges, pushups, and planks.

LIKE ANY OTHER EXERCISE PLAN, FUNCTIONAL FITNESS ROUTINES VARY, BUT MOST OF THEM FOCUS ON MOVEMENTS YOU WOULD USE IN THE REAL WORLD



Finally, remember that functional fitness adapts to your abilities and your situation. Use functional fitness movements to build up your mobility for a more aggressive training regimen, recover from an injury, or take your routine with you on vacation.

Check out the sidebar for a list of movements and activities that can give you a full-body workout and improve your function in everyday life.

TOP 12 FUNCTIONAL FITNESS EXERCISES

- ◆ Pushups
- ◆ Chin-Ups
- ◆ Burpees
- ◆ Squats
- ◆ Lunges
- ◆ Box Jumps
- ◆ Russian Twists
- ◆ Planks
- ◆ Mountain Climbers
- ◆ Jumping Jacks
- ◆ Farmers Walk
- ◆ Wall Sits

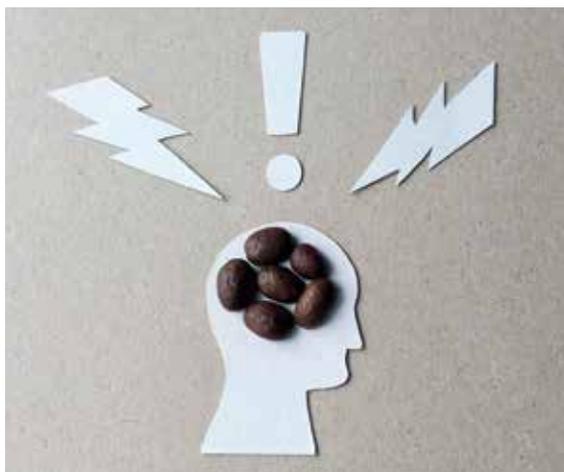
Kicking Caffeine to the Curb

5 WAYS TO BOOST ENERGY WITHOUT IT

By Dylan Roche

Classify caffeine within the “Yes, there can be too much of a good thing” category. While it’s true caffeine can provide the stimulation you need to perk you up and get you through a busy day, caffeine has plenty of negative side effects when you consume too much. Is it any wonder many people are second guessing their caffeine habit and trying to figure out alternate ways of getting energy?

This isn’t to suggest that caffeine is bad for you—the Mayo Clinic says it’s safe for most adults to have up to 400 milligrams of caffeine per day, the amount you would get from 4 cups of brewed coffee. But when you go over that amount, you could suffer restlessness, an increased heart rate, and nausea. If you consume that caffeine too late in the day, it could even set you up for trouble sleeping at night, which in turns affects your energy levels the next day.



SO, IF YOU FIND YOURSELF LAGGING DURING THE DAY, DON'T DEFAULT TO POURING YOURSELF ANOTHER CUP OF COFFEE. INSTEAD, CONSIDER ONE OF THESE FIVE NATURAL RESOLUTIONS TO YOUR LOW ENERGY LEVELS:

1. HAVE A NUTRITIOUS SNACK. Poor nutrition could have a lot to do with feelings of sluggishness. A deficiency in vitamins and minerals deprives your body of what it needs to perform various functions, and too many refined carbohydrates (e.g. high-sugar foods) could leave you crashing after a short-term high. Instead, you should focus on complex carbohydrates, such as oatmeal or whole wheat bread, to provide long-lasting, sustained energy. B Vitamins and zinc can help your body convert food into energy, and iron helps create blood cells that carry oxygen all over your body.

2. STEP OUTSIDE. Getting some fresh air and sunshine, even for just a few minutes, will lift your mood and rejuvenate you. Many studies have linked being in natural surroundings to decreased stress levels, deeper breathing, and improved mood. Although stepping outside for a few minutes won't be a replacement for a good night's sleep, it can lift you up after you've spent too much time breathing stale air in a windowless room.

3. ENGAGE IN SOME LIGHT PHYSICAL ACTIVITY. A good workout helps energize you, but you don't even have to do anything intense to reap some of the benefits. Light physical activity to break up the monotony of the day, such as a lap around the parking lot of your office building, can release endorphins to make you feel good. You'll also increase your heart rate and your

breathing, which will help deliver more oxygen all over your body. Finally, even light physical activity has been shown to prompt our bodies to produce norepinephrine, a chemical that makes you feel awake and alert.

4. STAY HYDRATED. Are you tired or are you just dehydrated? One of the first symptoms of dehydration is fatigue—and if you're waiting until you feel thirsty to pour yourself a glass of water, you may be too late. Sipping on water at a slow but steady rate is the best way to ensure you're staying hydrated without overdoing it. Aim for 6 to 8 glasses per day, or if you want to be more specific in your amount, consume approximately 1 ounce of water per pound of bodyweight.

5. TAKE A POWER NAP. Of course, this will depend on the demands of your lifestyle. Some people may not be able to get a nap until they get home from work at the end of the day, which could either rejuvenate them enough to get through a busy evening or disturb their sleep cycle later that night. If you have the option of taking a nap when you're feeling fatigued, go for it. Stick to 20 minutes, which gives you enough to reap the restorative effects without entering such a deep phase of sleep that you'll feel groggy when you wake up. Avoid napping within six hours of when you plan to go to sleep for the night or else you could end up interfering with your sleep cycle.



Meal Prep for Some Summer Structure

By Dylan Roche

For being a season associated with vacations and relaxation, does it ever feel like summer gets a little bit...hectic? You're not in the same routine you're in for the rest of the year, and trying to find structure for your day can feel impossible, whether you're coordinating childcare while the kids are

on break from school, pulling double duty at work while a co-worker is on vacation, or simply spending long days at the pool and coming home exhausted.

The first thing you might sacrifice is healthy eating. After all, takeout is easier, right?

Instead of pulling up your favorite delivery app on your phone, stop and consider this: Meal prepping could save you time and money while bringing your entire household together to share in the joy of good nutrition.

WHY MEAL PREP?

Most people rely on meal prep—the practice of preparing meals ahead of time—to ensure they have something

nutritious to eat for every meal despite how busy their lives can get. And if summer is feeling a little too busy to figure out meals in the moment, then consider these five noteworthy benefits of meal prep:

1. Meal prep saves you time. By preparing and portioning meals ahead of time, all you have to do is heat and eat later. No more dedicating a half hour or even an hour to fixing something when you walk in the door. Plus, you have far fewer dishes to wash.

2. Meal prep is less expensive than takeout. Ordering something from even a fast-casual restaurant these days can cost somewhere between \$10

and \$20 per person. With that amount of money, you could buy groceries and prepare lunches for the entire week. Plus, you'll be generating a lot less waste.

3. Meal prep helps you make healthier choices.

When you meal prep, you're making something with ingredients you control, so you don't have to worry about the excess fat, sodium, or sugar you could get from takeout. You can focus on whole grains, fresh vegetables and fruits, low-fat dairy, and lean protein.

4. Meal prep reduces decision fatigue.

Trying to figure out what to make for lunch or dinner in the moment gets overwhelming. It's one more choice you have to make throughout the day when you're already worried about so much else. Meal prep allows you to plan out the menu ahead of time and portion out those meals for thought-free enjoyment later. Lunch and dinner are already made and waiting for you when you want them.

5. Meal prep can be a fun bonding activity.

The only downside of meal prep is that even though you're saving time throughout the week, you have to set aside a longer period of time—usually on the weekend—to figure out when you're going to make everything. If you collaborate on meal prep with your partner, kids, roommate, or a friend, it becomes a bonding activity where you're able to explore new recipes and discuss nutritious choices together.

SO, HOW DO I DO IT?

The great thing about meal prep is there's no one-size-fits-all rule as to how you approach it. You can tailor meal prep to fit your lifestyle. Want to cook a week in advance? Go for it! Is it easier to take it two or three days at a time? You can do that too!

HERE ARE COMMON APPROACHES TO MEAL PREP, AND SOME SUGGESTIONS ON HOW YOU CAN MAKE IT BEST FIT YOUR NEEDS:



Cook a large batch of a dish and portion it out in Tupperware containers—this works especially well for casseroles and similar style dishes. One batch might make enough for a dozen meals, or even more if you double it. You can even freeze some portions for longer-term storage.



Focus on the meals that are the most stressful. There's no need to meal prep for every single meal, especially if dinner, for example, is never a problem but breakfast always seems like an inconvenience as you're trying to get out the door in the morning. Prep the meals that you need to and forget about the ones you don't.

Focus on preparing ingredients that you can use later. Not everyone is a fan of leftover-style pre-portioned meals, but you can always chop a week's worth of vegetables, roast and shred chicken, cook a large pot of pasta or rice, and even whisk together dressings or sauces during your meal prep time. Then it's easy enough to throw everything together when you're ready to eat.



Remember snacks! Portioning out favorite midday bites can be helpful, especially if your kids are home and endlessly hungry. Baggies of apple slices or grapes, washed and cut carrots or cucumber, or tiny containers of trail mix are all great options.

Try the “5 Senses” Approach to Stress Relief

**PLUS, 4 MORE WAYS TO
STOP WORRYING SO MUCH**

By Dylan Roche

Are my kids safe right now?” “How am I going to afford that big car repair?” “Will I be able to make this deadline for work?”

Sometimes it can feel as if your daily thoughts are just a series of one worry after another. Maybe some of those worries are about things that are within your control. Maybe some of them are things you have no control over at all. Regardless of whether they are justified worries or not, it just gets overwhelming. You feel as if you’re worrying way too much—and you don’t know how to make it stop!

The reality is you’re not alone. Practically everyone worries. Worrying can be a good thing in a healthy amount, because it indicates that you care about what’s happening to you. Your care or interest is what keeps you motivated and gets you to tackle problems.

The problem is that many of us don’t even realize we’re conflating our healthy worrying with our unhealthy worrying. People start to perceive their constant worrying as positive, because it



**THE NEXT TIME YOU
HAVE A WORRISOME
THOUGHT, STOP
AND ASK YOURSELF
THESE QUESTIONS:**

- ◆ Is this worry about something I can control with tangible, practical steps?
- ◆ Is this worry so great that it’s distracting me from what I’m doing right now?
- ◆ Is this worry affecting the way I treat those around me?

If you answered *no*, yes, yes to those questions, you’re looking at an unhealthy form of worrying.

empowers them to control as much as they can. What they don’t realize is that too much worry affects their daily function and their relationships.

The Mayo Clinic explains that excessive worrying can manifest itself in such symptoms as fatigue, irritability, restlessness, appetite changes, and even poor concentration or lack of focus.

So, what are you supposed to do about it? Dealing with worry can be a short- or long-term resolution. Catching yourself with an overwhelming worry in the moment requires you to shake off that negative thinking so you can focus on what you need to do during the day. Over time, you want to reduce these overall instances so that worry isn’t your default mental state.

**WHEN YOU FIND YOURSELF
WORRYING ABOUT SOMETHING
IN THE MOMENT, TRY TO
SHAKE IT OFF BY FOCUSING
ON YOUR FIVE SENSES:**

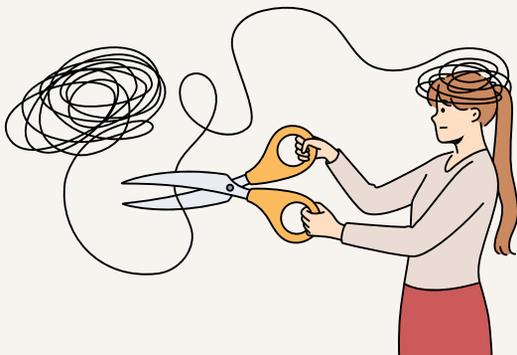
5 things you can see: Identify objects or people immediately around you, whether they are loved ones, buildings, trees, animals, cars, or furniture.

4 things you can feel: You might be able to feel something with your fingertips, such as the texture of nearby furniture, or something in the atmosphere, such as the warmth of the sunshine on your face.

3 things you can hear: Listen and name three sounds. They might be obvious, such as the song playing on the radio, or more atmospheric, such as the hum of your air conditioner or the clack of a coworker typing at the computer.

2 things you can smell: Take a deep breath and try to name what's in the air around you. Is it the scent of freshly cut grass? A candle? A cleaning product?

1 thing you can taste: Finally, identify what taste is in your mouth. It could be the after-flavor of lunch you just finished, the coffee you're drinking, or the mouthwash you just gargled.



The Mayo Clinic encourages this exercise because focusing on sensory elements like these takes your mind off whatever it is that's consuming you and brings you back to the here and now. It grounds you in your present time and location. Once you've interrupted your unhealthy thought pattern, it's easier to stay away from it, at least temporarily.

Over the long term, you need to figure out how you're going to minimize your worrying so that you don't have to engage in this exercise regularly. A few steps that experts recommend are:

1. Scheduling time to worry: This sounds like an unusual approach, but studies with Penn State University found it helped test subjects get their worry under control in less than a month. Set a designated appointment with yourself when you're allowed to worry—for example, 10 minutes at the beginning of the day. By giving yourself this specific time to worry, you can keep it from consuming your entire day.

2. Journal about your worries: Take a chance to write down your worries. Seeing them on paper can help you rethink them and put them in perspective. After you've written them down, list the actionable steps you can take to address those worries.

3. Get physical activity: Worrying can sometimes be a manifestation of our excess energy. By getting plenty of exercise, we not only get distraction from whatever it is that bothers us, but we also reaffirm our own abilities and release endorphins, leaving us empowered to solve our problems.

4. Talk to someone: In some cases, you might be able to talk through your worries with a friend or a family member who can offer advice and support. In other situations, it may be more appropriate to seek professional counseling with a licensed therapist who can teach you positive coping mechanisms.

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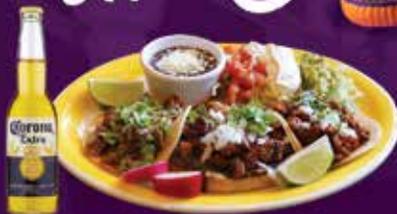


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Fiesta of Flavor

By James Houck

A couple years ago, Lime & Salt opened in a nondescript, small shopping plaza in the heart of Odenton and quickly gave the location life. Occupying an end unit with a corner pocket of outdoor patio space, the Mexican restaurant has become quite popular among locals, especially the vast Piney Orchard community. Quite simply, folks are happy to enjoy traditionally-prepared cuisine with vibrant drinks served in a comfortable, engaging atmosphere. And that, friends, was my immediate takeaway from a recent visit on an early-summer evening.

Through a few spits of rain during a quick drive into Odenton, my dinner party (wife and son for this trip) arrived at Lime & Salt at about 5 p.m. on a Thursday and had the choice of indoor or outdoor seating. We stayed indoors, being wary of the weather. The atmosphere was active with patrons starting to fill out the spaces, which includes a full bar with seating, stocked with select tequilas, mezcal, and agave. The décor is tame with hints of Mexican influence—a decoratively painted wall near the open kitchen stands out with patterns that mimic tile. Rust, earthtone, cream, and black colors dominate the other visuals, from floor to

FROM THE MOMENT WE WALKED INTO THE RESTAURANT, WE FELT COMFORTABLE AND, FURTHERMORE, HAD A HUNCH THAT EXCELLENT, AUTHENTIC MEXICAN CUISINE MUST LIVE HERE.



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tabletop to ceiling. And there's a few bovine skulls adorning walls, reminding you that it's a taqueria you're about the experience.

We had the pleasure of Jennifer serving us this dinner, and she was fantastic with her answers to our questions and recommendations. She took time explaining options, ingredients, and standout

dishes and drinks. House nachos and salsa are a palate pleasure from the get-go, and we amped-up our nibbles by ordering homemade guacamole and a zesty queso. The trio of salsa/guac/queso was a great start to dinner; fresh, fun, and filling.

Appetizer options include taquitos, flautas, loaded nachos, ceviche, traditional soups, quesadillas (however you like them—with chicken, steak, shrimp, carnitas, etc.), and a couple unique takes: Chesapeake-style guacamole with lump crab, and jalapollos (chicken stuffed peppers).

And what visit to a self-described taqueria and agave bar would be complete without a craft margarita? Jennifer steered me to the 8395 House marg with hibiscus. The tequila used is marinated with several peppers, which gives the drink a noticeable kick of spice. I enjoy “spicy hot.” So, I loved this drink. There are several refined margarita and cocktail options, all with well-curated liquors and ingredients. Choosing wisely is rather easy, and the menu labels which choices are spicy.

We went straight to main courses, having no difficulty finding dishes that spoke to us. Among the fleet of taco offerings, which includes “street” and “house” style selections, I chose Lengua—beef tongue with a verde salsa, cilantro, and onion—to get a taste of Lime & Salt’s take on the traditional dish. My other selection was an entrée of Mole Enchiladas. My wife ordered Fajitas “Agape”—with chicken, steak, and shrimp. And for the boy—a Chicken Taco and side of French fries (Lime & Salt smartly knows that nine-year-olds tend to gravitate to fries versus refried beans).

Beef tongue in a taco makes sense. The meat has the full beef flavor, but the texture is soft, unctuous—an almost melt-in-your-mouth feel. Within the fold of a soft corn tortilla, it felt and tasted delicious. The complementary ingredients enhanced the taco without overpowering the meaty taste. A fine example of the tacos that Lime & Salt puts together.

But what really makes me sing praise for this restaurant is their mole sauce, which drenched the chicken enchiladas. It was stunningly good. I’m a sucker for mole sauce. See it on a menu, any menu...I order it. This sauce is house made with about seven different chilis, nuts, and chocolate. And cinnamon. To my taste



buds, the touch of cinnamon put this sauce over the top. Incredibly delicious. The enchiladas themselves were simple. Just seasoned, grilled chicken inside corn tortillas. No extra, filling cheese. The sauce took care of this entrée, served with rice and refried beans for sides.

My wife would agree that the best things enjoyed in life—in this case, dinner—are sometimes the simplest. Such is the case with fajitas. Grilled meats, peppers, and onion slivers served sizzling hot on a cast-iron platter with accompanying toppings (salsa, guac, sour cream), all to stuff into warm flour tortillas (which have that super soft texture, different than corn-based), are straightforward ingredients prepared simply and enjoyed easily. Plump morsels of chicken, beef, and shrimp were perfect for mixing and matching into custom, little handholds. She enjoyed them so much that not a bite was left to take home. And our son cleaned his plate. More evidence that what Lime & Salt is doing in the kitchen is working quite well!

We eschewed a sweet ending. But judging from the available desserts of Pastel Tres Leches, Mayan Chocolate Cake, Fried Ice Cream, and Churros, we won’t make that mistake on our next visit.

From the moment we walked into the restaurant, we felt comfortable and, furthermore, had a hunch that excellent, authentic Mexican cuisine must live here. We left Lime & Salt satisfied that every bite, every sip, and every touchpoint of service—from front-of-house to back—lived up to those expectations...and then some.



Savor the Chesapeake

RESTAURANT NEWS AND CULINARY TRENDS THROUGHOUT THE CHESAPEAKE BAY REGION

By Megan Kotelchuck

We have nothing but positive things to say about the restaurant industry this month, which is always exciting to announce. Our dining options are expanding while chefs are getting promotions and awards—what more could you ask for in our community? And, Happy Independence Day! I can think of a couple ways to celebrate...

ON THE DINING SCENE...

One of our favorite grab-and-go barbecue joints has expanded! At the beginning of March, **Bayside Bull** opened a second location in Lothian. At 5078 Solomons Island Road, enjoy the same pit beef, sliced turkey, homestyle potato salad, and more that we love from the Edgewater location. Grab a sandwich for dinner or catering for your next big event! Find more catering information and menu at baysidebull.com.



Atlas Restaurant Group recently announced that two restaurants will be taking over the space that currently houses Pusser's Caribbean Grille at the Annapolis Waterfront Hotel. Marmo, an Italian restaurant, and Armada, a Mexican cantina are planning to open summer 2025. Each restaurant will have its own charm. Marmo will have an extensive wine list from Italy's renowned vineyards as well as a second story terrace bar. Atlas will also take over the hotel's catering and room service, as well as adding a large banquet area capable of hosting 350 guests. Pusser's will continue to occupy the space until November 2024.

Good vibes are coming to Gambrills soon! **Mucho Gusto** is opening in Waugh Chapel. Mucho Gusto is a Mexican restaurant and craft cocktail bar which also has locations in Bel Air and Towson. The restaurant will have live music, small plates, food, and drinks prepared with local ingredients and with a goal to support other local businesses. Find more information, a full menu, and live music schedules at muchogustogroup.com.

It's no secret that some of the best bagels in Annapolis are **Naval Bagels**, and now, you won't need to go into Annapolis for a breakfast bite. Keep an eye out at 3139 Solomon's Island Road in Edgewater for your smear of the day. The bagel options are endless: Sesame, Garlic, Spinach, Jalapeno, and, of course, Old Bay bagels are available with cream cheeses in Old Bay, jalapeno, olive, walnut raisin, and more fun flavors. Find more information at navalbagels.com.

Red, White, & Booze...

The celebration of the summer is here, and a cocktail and barbeque are the ways to celebrate! Enjoy the fireworks with an Independence Day Sangria or with a Firecracker!

INDEPENDENCE DAY SANGRIA

Ingredients

16 ounces Strawberries
12 ounces Blueberries
1 Lime, juiced
1 teaspoon Sugar
750 mL White Wine
1 L Sparkling Water
1/4 cup Orange Liqueur
Orange Slice for Garnish

Instructions

Slice strawberries and add to a large pitcher. Add blueberries and lime juice. Sprinkle with sugar. Let sit for about 10 minutes so the strawberries release their juices. Stir in wine and triple sec. Cover and refrigerate for at least four hours or up to 24 hours. When ready to serve, stir in chilled sparkling water or club soda. Serve chilled or over ice. Enjoy! *Recipe courtesy of blog.memeinge.com.*

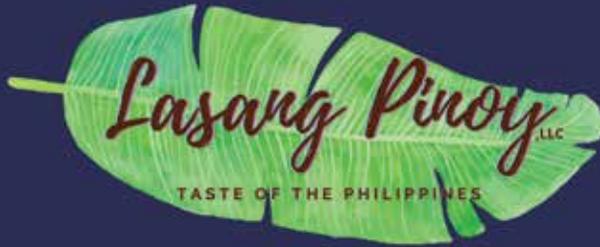
FIRECRACKER

Ingredients

2 1-inch cubed Watermelon Chunks
1.5 ounces Aged Rum
1/2 ounce Triple Sec
1/2 ounce Lime Juice
1/2 ounce Simple Syrup
1/6 teaspoon Cayenne Pepper

Instructions

In a mixing glass, muddle the watermelon. Add remaining ingredients and ice and shake until well-chilled. Strain into a cocktail glass. Garnish with a lime wedge. *Recipe courtesy of liquor.com.*



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BEST OF ANNAPOLIS 2024



Where's Wilma?

FIND WILMA AND WIN!

The Spirit of St. Wilma will be flying high this July! Our faithful pilot mascot, Wilma, loves to visit the many towns and cities that dot the Chesapeake Bay region during the summer months. And during July, she gets to experience local fireworks, parades, events, retail shops, restaurants, services, and culture of these many great places. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Kimberly C. of Edgewater, who won a \$50 gift certificate to a local restaurant/business.

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Entries must be received by July 31, 2024. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis. **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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