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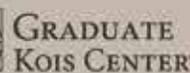
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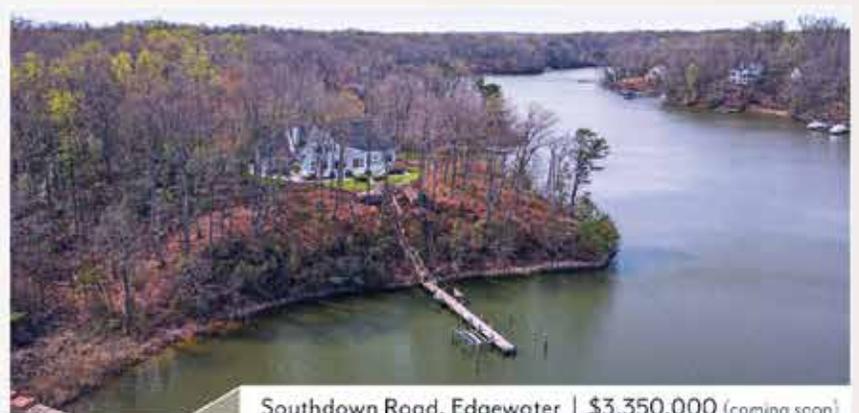
285 Eagle Hill Road, Pasadena | \$4,500,000 (Coming Soon)



Holly Beach Farm Road, Annapolis | \$3,800,000



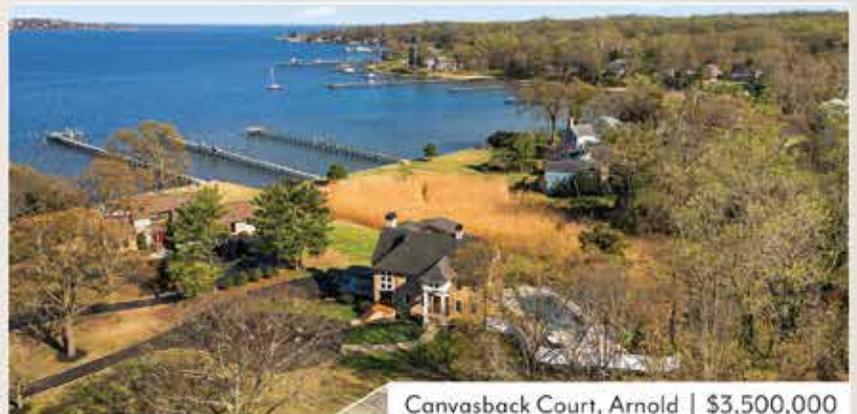
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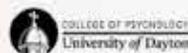
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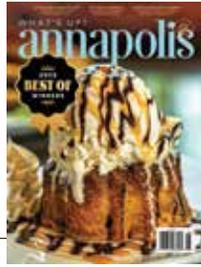
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**JUNE 2025**

◀ **On the Cover:** Dessert at Boatyard Bar & Grill, winner of three Best of Annapolis awards this year. Photograph by Stephen Buchanan. Design by August Schwartz *What's Up? Annapolis* online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.

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**116 A Dream Home in the Traditional Style** profiles a colonial home featuring classic, waterside glamour BY LISA J. GOTTO

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WHAT'S UP?  
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*Mikaela Frazer, DMD*

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**PARTY THEME  
BRIGHTEN  
UP THE  
NIGHT!**

WHAT'S UP? MEDIA'S

**BEST OF  
PARTY  
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**B**ack in March, our staff mailed nearly 600 congratulations letters by snail-mail to all winners of the annual Best Of contests (for Annapolis, Eastern Shore, Central Maryland, and Weddings), as chosen by more than 50,000 readers who took time to nominate your favorite restaurants, shops, and professional services in a variety of lifestyle categories. These many letters went far and wide across the region to many local businesses.

It's a very exciting time; sharing this good news with the winners, prior to making the announcements public with this June issue. But I also brace for the inevitable...

You see, for every winning business announced, there are 5x, 10x, dozens of worthy competitors, many of whom promoted and participated in the Best Of voting campaign, but didn't get the W. It's tough, I get it.

So, I receive emails and phone calls. A few might be from gracious winners, while others come from those competitors. Some have an "Awe shucks, we'll get it next year" vibe. Most are confused or, in rare cases, angry. I listen. I offer an ear and explain the front-end campaign logistics, the back-end vetting process, and best practices for trying again, next year.

For more than 20 years, there's been "next year." We've been doing this project with you, our readers, for some time. I think that is special and significant.

I'm reminded of a—now humorous—situation from many moons ago, in which a new, but increasingly popular restaurant in town posted an Instagram reel showing their chef torching our June Best

Of magazine when it just came out. Wow! They didn't win that year and, I guess, were pretty fired up about it. But good news, they're a winner in 2025. In fact, they've won several years running. Go figure.

We don't discriminate, even against those who've committed Insta-sin or called in frustrated. We try our very best to carefully review the voting, weed out spamming/clone votes/etc., research the top vote-getters in each category, and vet the overall winners.

Many of the winners you'll see listed in this year's class are long-standing favorites—icons of our town. A few winners are newcomers to the community, who took aim at the Best Of campaign and got their patrons, friends, and family members to vote, vote, vote. It's cool. It's part of the fun. And they're legit good. Could any one of

the winners get bounced from the throne next year? Absolutely. And it's entirely up to you.

For now, we celebrate this year's Best Of honors, representing the owners' passions for their respective lines of business. The Best Of project is meant to be an enjoyable opportunity for the

community to have a voice in the magazine and promote favorite homegrown businesses. There's that cliché saying, "A rising tide lifts all boats." As always, I'm on board.

*Please join me and the entire What's Up? Media family in congratulating this year's Best Of winners!*

**James Houck,**  
Editorial Director



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starting at St. John's College and winding its way through Downtown Annapolis to Amos Garrett Boulevard. After the Parade, head over to the Anne Arundel County Fair (1450 General's Highway, Crownsville) for the Festival from 1:00 PM to 10:00 PM, featuring delicious food, fun games, live performances by international and local artists, exhibits, vendors, a Children's Village, and fireworks.

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**Best of Party**

**PG. 28**



## **SANTA MARIA CUP**

The Santa Maria Cup, a premier women's match racing regatta, is returning to Annapolis, hosted by Eastport Yacht Club. It will feature elite female sailors competing on the Severn River in J/22s. The event, running from June 4–7, includes a double round-robin format followed by knockout stages. This historic regatta celebrates women in sailing and continues its legacy after a successful 2023 revival. Competitors from around the world will participate. Find more information at [santamariacup.org](http://santamariacup.org). Photograph by Walter Cooper, courtesy Eastport Yacht Club.



## **PACA GIRLFRIENDS PARTY**

Join Historic Annapolis for the 17th Annual Paca Girlfriends Party on June 11th at William Paca House and Garden in Annapolis. This social event of the season gathers the ladies of the community for a glass of bubbly and culinary creations while meeting, mingling, and connecting with a wide network of influential women. Find more information and get your tickets at [pacagirlfriends.annapolis.org](http://pacagirlfriends.annapolis.org). Photo by Kate Fine Art Photography.

## **Bands in the Sand**

On June 14th, spend the evening with Chesapeake Bay Foundation at Bands in the Sand. From 5:30 to 10 p.m., the party of the year will be at Philip Merrill Environmental Center in Annapolis with great music, delicious food, and many friends fundraising to Save the Bay! Bands in the Sand helps raise money for CBF's work to educate the next generation of problem solvers on and off the water, adding millions of oysters to the Bay, planting hundreds of thousands of trees, and more to help our Chesapeake Bay. The night will have music from Tony Roy and Yawd Lynk, Sister Hazel, and Misspent Youth. Find more information and get tickets at [cbf.org](http://cbf.org). Photo by Mike B Photography.





**ANNAPOLIS  
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Kick off June with the 2025 Annapolis Decoy Show. On June 1st, visit the ninth annual show at Annapolis Elks Lodge in Edgewater. Attendees can view, buy, sell, and trade antique and contemporary duck decoys, hunting and fishing items, paintings, prints, and sporting art, books, hunting and fishing license, shell boxes, fishing lures, and so much more from over 40 dealers. World-class decoy carvers from Maryland will be exhibiting and attendees can purchase their incredible works. Find more information at [delmarvadecoycollectors.com](http://delmarvadecoycollectors.com)

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What's Up? Media's Best Of Party celebrates the very best local restaurants, shops, services, entertainment, and businesses...all rolled up into one fantastic fundraising event! Join us June 4th from 6 to 9 p.m. at the Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. "Brighten Up the Night" is the theme, so come dressed in your most vibrant and colorful attire to match the energy of this unforgettable evening. "Best Of" restaurant winners, and only winners, serve samples of their winning dishes and drinks. A portion of the proceeds will benefit Ballet Theater of Maryland and Hope for All. Get your tickets at [whatsupmag.com](http://whatsupmag.com).



**Let's Go! Music Festival**

Let's Go! Music Festival is back in at the Anne Arundel County Fairgrounds in Crownsville on June 6th and 7th. This festival is the kickoff to summer, created by music lovers for music lovers. The weekend will include performances from top musicians Third Eye Blind, Young the Giant, Milky Chance, Hot Mulligan, The Starting Line, and many more. Find more information, a full line up, and tickets at [letsstofest.com](http://letsstofest.com).



**ROCK THE DOCK**

Annapolis Rotaract Foundation's 14th Annual Rock the Dock will take place at Annapolis Maritime Museum on June 5th. The night of music, dancing, BBQ, and more overlooking the Chesapeake Bay will benefit Anne Arundel County Literacy Council, a nonprofit dedicated to helping adults and out-of-school youth achieve functional levels of reading, writing, math, and speaking English. Get tickets and find more information at [annapolisrotaract.org](http://annapolisrotaract.org).



## Chip in for the Arts Golf Tournament

On June 11th, join Chesapeake Arts Center at Compass Pointe Golf Course in Pasadena for the 12th Annual Chip in for the Arts Golf Tournament. CAC is a multidisciplinary arts center devoted to fostering creativity, creating connections, and inspiring joy by delivering innovative and accessible arts and education programs in the region. Chip in for the Arts helps fund these programs, including affordable and free arts activities for at-risk students and families. Find more information at [chesapeakearts.org](http://chesapeakearts.org).

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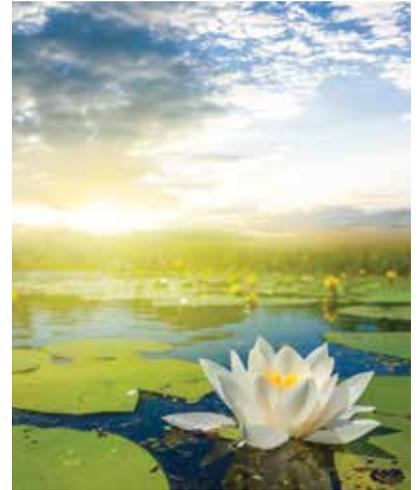
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GreenGive is a local, online, environmentally-focused initiative designed to both raise funds and expand residents' and business' engagement with local environmental organizations, issues, projects, and actions. On June 3rd and 4th, Arundel Rivers Federation, Crownsville Conservancy, Friends of Jug Bay, Scenic Rivers Land Trust, Severn River Association, Spa Creek Conservancy, St. Luke's Restoration of Nature, Unity Gardens, and Watershed Stewards Academy come together with the community to support clean water in our community. Join the online platform at [greengive.org](http://greengive.org).



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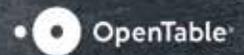
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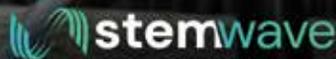
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## Fashion for a Cause

Hospice of the Chesapeake's night of style, glamour, and purpose is back at the Fluegel Alumni Center in Annapolis on June 5th. This event is perfect for fashion enthusiasts, fashionistas, and foodies all to raise money for Hospice of the Chesapeake. Watch as models from the community strut the runway in chic daywear, black-tie elegance, and resort-ready looks from beloved local clothiers on Main Street and Town Center. Find more information and get tickets at [hosice-chesapeake.org/ffac](http://hosice-chesapeake.org/ffac).



**CENTRAL MARYLAND  
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Central Maryland Chamber’s annual Classic Golf Tournament will take place at Turf Valley Resort in Ellicott City on June 23rd. The tournament raises money to support the CMC Educational Foundation for local area high school seniors. Find more information and register individually or in a foursome at [centralmarylandchamber.org](http://centralmarylandchamber.org).



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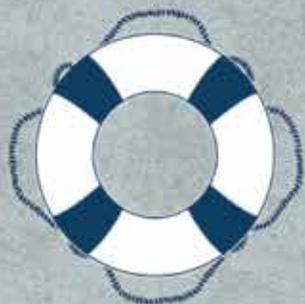
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Acoustic music takes over front porches in the Germantown-Homewood neighborhood on June 14th. Photo by Kaitlyn McQuaid.

# Now Presenting: City, County Offer a Memorable June Jam

By Carol Denny

**I**f you're in search of authentic creativity, Annapolis Arts Week has the ticket—and tickets aren't even required. From June 9th to 15th, the city will join with area communities to celebrate Anne Arundel Arts Month, co-sponsored by the Arts Council of Anne Arundel County and Visit Annapolis. Free live performances, gallery exhibits, public art, and hands-on workshops will light up the county in every direction, demonstrating the power of the arts to inspire and connect.

Arts Month, now in its second year, will serve up 30 days of lively experiences and joyful vibes. New events for this year include a slate of musical acts playing live in the concourse at BWI-Thurgood Marshall Airport (take note, Nashville and New Orleans), a community-created ceramic project in South County, and Bounce!, a medley of activities centered in and around the Annapolis Arts District.

In the capital, Bounce! events for Saturday, June 14th will include the debut of Annapolis Porchfest. It's a day of free musical performances on front stoops, driveways, and, of course, porches in the Germantown-Homewood neighborhood. Attendees can stroll from one location to the next to take in the acts and so-

cialize with neighbors, friends, and fellow community members. “Getting to know each other with music as the connector is our goal,” organizer Kaitlyn McQuaid says.

McQuaid, a photographer, singer, and instrumentalist, attended one of the first Porchfests in 2008 in Ithaca, New York. “I loved the informality, just hanging out and listening to music,” she recalls. “And then they started happening all over the country.” Last summer, after catching a Porchfest in New Jersey, it occurred to her that her Germantown-Homewood neighborhood had the perfect elements for an Annapolis edition. “This neighborhood has a lot of great porches, and lots of musicians who often play guitars or mandolins outside. I thought, ‘Hey, our neighborhood would be really good for this.’”

McQuaid expects at least 10 porches to participate on the 14th (rain date June 15th), with a staggered schedule so listeners can sample several performances. Most will be acoustic or lightly amplified, in keeping with the setting. “People will have an opportunity to experience a lot of different artists in a short amount of time,” McQuaid says. “We’re encouraging everyone to come outside, be part of the community, bring blankets or snacks, and enjoy the music.”

Later that afternoon, Bounce! visitors can move to the first block of West Street for a special Saturday night edition of the always-popular Dinner Under the Stars. As the sun sets and the street closes to traffic, Bayside Big Band will entertain while local artists capture the scene on canvas. Dancers from Ballet Theatre of Maryland will also perform.

The official Arts Week schedule kicks off two days earlier with an evening Gallery Walk in historic downtown Annapolis on Thursday, June 12th. More than 20 galleries will open their doors, each offering a unique perspective on contemporary and traditional genres. In addition to a tour led by the Annapolis Gallery Association, there will be live painting demonstrations and busker-style musical performances. On

Friday, the marquee event is an open Arts Party at Lightbox, the official Bounce! hub at 209 West Street. Artists and non-artists will gather for dancing, music, live painting, and mingling. On Sunday, visitors can join a Barn Dance at ArtFarm and catch a gallery opening at AND Creative.

To help visitors explore Annapolis’s outdoor murals, a new app called the Mural Walking Tour will assist users in locating and learning about five downtown sites, providing details on artists and subjects. Elsewhere, the Tides & Tunes Summer Concert Series at the Annapolis Maritime Museum launches its weekly Thursday evening programs on June 12th, and the Paint Annapolis Exhibition continues downtown through June 21st.

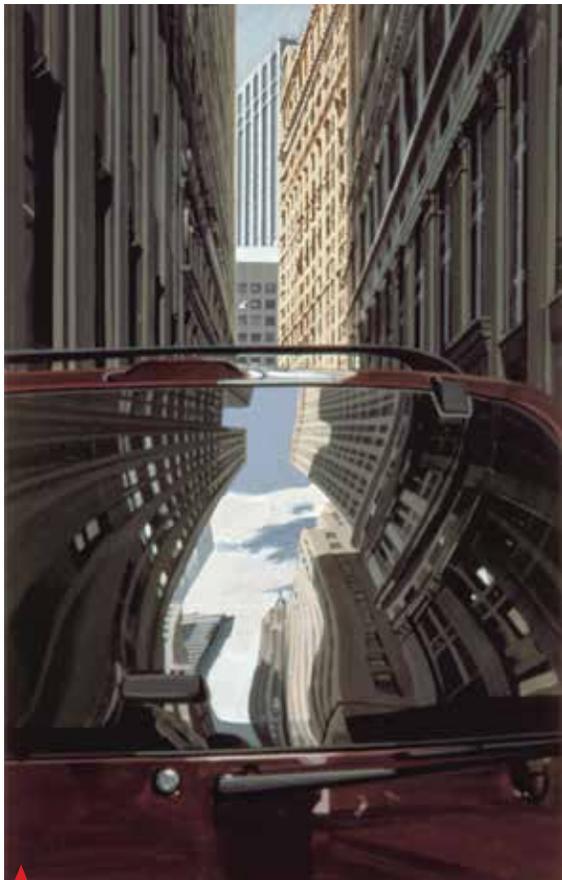
More regional cultural adventures are on tap during the county-wide Anne Arundel Arts Month, with celebrations ranging from an art festival at the renovated Glen Burnie Town Center, (June 6-7), gallery openings at Chesapeake Arts Center (June 26), and a poetry and art collaboration at the Arts Lab of South County (June 28). On June 18th, art aficionados can join a ticketed, behind-the-scenes tour of The Cordish Arts Collection at Live! Casino in Hanover.

New events are being added daily, so check the schedules at [annapolisartsweek.com](http://annapolisartsweek.com) and [annearundelarts.com](http://annearundelarts.com) and dive in. With dozens of activities that reflect our community’s abundant creativity, you’re sure to find one that lights you up.



A special Arts Week edition of Dinner Under the Stars on West Street will feature live music and dance.

# Exhibits



## Richard Estes: Urban Landscapes

Academy Art Museum, Through August 3rd, [academyartmuseum.org](http://academyartmuseum.org)

Featuring 25 works by the preeminent photorealist painter and printmaker Richard Estes, this exhibition showcases the artist's ongoing fascination with the reflective surfaces of the modern city. Ranging from the 1980s to the early-21st century and rendered with astounding technical skill, Estes' detailed views of New York City and other sites are worlds away from the Eastern Shore. Hovering between the recent past and the present—some signage and buildings remain, others have been demolished or replaced—the images will transport viewers to other places and moments in time. Estes' urban subject matter and use of photography provide a counterpoint to traditional notions of landscape art, inspiring more capacious frameworks for seeing and understanding the world around us.



## It's All About Color!

Troika Gallery, Easton, Through July 31st, [troikagallery.com](http://troikagallery.com)

Louis Escobedo's "It's All About Color" opens June 6th, during First Friday at Troika Gallery in Easton. An award-winning Master Signature artist from The National Oil Painters of America, Escobedo intermingles abstract shapes and color to energize his subjects which include landscapes, still life, and figures. "Color is a person's signature, a personal form of expression and another sense an artist can use to communicate," he says. Presenting "The Finest of Fine Art" since 1997, Troika Gallery is the longest operating gallery on the Eastern Shore. Whether you are an art collector, art lover, or an art browser, you will enjoy your visit to Troika Gallery as the friendly ambiance has cultivated loyal followers.

## Annapolis Watercolor Club's Golden Anniversary Exhibit

Quiet Waters Park, Annapolis, Through July 6th, [annapoliswatercolorclub.org](http://annapoliswatercolorclub.org)

2025 marks the 50th anniversary of the founding of the Annapolis Watercolor Club. The Golden Anniversary Exhibit will be the highlight of a series of exhibits in celebration of the anniversary. All paintings will have gold incorporated in them, whether it be metallic, metallic leaf, or other golden touches. AWC was founded by a small group of artists, including Joanne Scott, a co-founder of Maryland Hall. It has since become a nonprofit educational organization with over 200 members who aim to encourage the art of watercolor painting through education of artists of all ages.



## r. aster syrell: Approaching the Garden

Elizabeth Myers Mitchell Art Museum at St. John's College, Annapolis, Through July 13th, [sjc.edu](http://sjc.edu)

In the 18th century, British plein-air painters used a pocket-sized device called the "Claude glass" (or "black mirror") when translating a three-dimensional landscape to the two-dimensional canvas surface. They would turn their backs to the scene and paint what they saw in the mirror. For this exhibition, r. aster syrell will use the gallery's massive corner windows as Claude glasses and over the course of two months paint their changing reflections. Note that the artist will not be painting during open hours. r. aster syrell teaches at St. John's University in New York and Anne Arundel Community College in Maryland. This exhibition is presented on the occasion of Arundel County Arts Month, Paint Annapolis, and Pride Month.

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**Round House Theatre, Bethesda, Through June 22nd, [roundhousetheatre.org](http://roundhousetheatre.org)**

At first glance, Shawn and Matt couldn't be more different. However, when they discover they are both diehard Cleveland Cavaliers fans, they quickly form a close bond over their shared love of basketball—and the breathtaking talents of NBA star LeBron James. Over the course of many years, their relationship ebbs and flows with the fortunes of their beloved team. This witty and energetic comedy is a “wonderfully daring, imaginative, and compassionate” (*The New York Times*) celebration of the enduring power of sports fandom and unexpected friendships, written by Pulitzer Prize finalist Rajiv Joseph (*Bengal Tiger at the Baghdad Zoo*).

## A Motown Explosion

**Bowie Center for the Performing Arts, Bowie, June 8th, [bowiecenter.org](http://bowiecenter.org)**

In support of our youth development programs, Prince George's Community Television is excited to present A Motown Explosion featuring live entertainment and special performances! The night will feature performances by The Motown Hall of Famers The Dynamic Superiors, Edward Henderson, Jeanette Harris, Kevin Lankford, Kimmy Kearse, and Linda Harris.



## Disaster!

**Annapolis Summer Garden Theatre, Annapolis, Through June 14th, [summergarden.com](http://summergarden.com)**

It's 1979, and New York's hottest A-listers are lining up for the opening of a floating casino and discotheque. Also attending is a faded disco star, a sexy nightclub singer with her eleven-year-old twins, a disaster expert, a feminist reporter, an older couple with a secret, a pair of young guys who are looking for ladies, an untrustworthy businessman, and a nun with a gambling addiction. What begins as a night of boogie fever quickly changes to panic as the ship succumbs to multiple disasters, such as earthquakes, tidal waves, and infernos. As the night turns into day, everyone struggles to survive and, quite possibly, repair the love that they've lost...or at least escape the killer rats.



## The Bridges of Madison County

**Church Hill Theatre, Church Hill, June 6th through 22nd, [churchhilltheatre.org](http://churchhilltheatre.org)**

A moving love story about a photographer on assignment to shoot the historic bridges of Madison County. He meets a housewife, whose husband and children are away on a trip, and the film traces a brief affair that is never sordid but is, instead, one of two soul mates who have met too late.



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SCAN ME



# Premier Lacrosse League Comes to Maryland

**LOCAL STANDOUT PLAYERS SHARE IN THE PROFESSIONAL LEAGUE'S GROWING SUCCESS**

By Tom Worgo

**T**im Troutner faced his most difficult decision in more than 20 years of playing lacrosse: saying “no” to the Chesapeake Bayhawks, who aggressively recruited him, of the once-popular Major League Lacrosse professional level league. The Bayhawks were in his heart. The 27-year-old Troutner, a longtime Annapolis resident and St. Mary’s high school graduate, had Bayhawks’ season tickets and practiced with the team on occasion. Chesapeake played its home games at Navy Marine Corps Memorial Stadium. The franchise made him the No. 1 overall pick in the 2019 draft.

Things changed, however, when Troutner received a call from Severna Park resident Kyle Harrison, who played professional lacrosse for 17 years and is now the Premier Lacrosse League’s (PLL) Director of Player Relations and Diversity Inclusion. Harrison changed Troutner’s decision to play for the Bayhawks, saying the financial outlook of playing in the new rival PLL league was rosier.

Besides the respectable salaries, Harrison pointed out that players get five shares of stock per game played within the league and because the PLL is very well-founded, it should be viable long-term. “He is one of the game’s all-time greats and played at Johns Hopkins,” Troutner says of Harrison. “He said, ‘I wouldn’t be calling you if it wasn’t the right thing to do.’ That really changed my outlook. I know I made the right decision.”

The PLL season starts in late-May and runs through mid-September, touring the U.S. with weekends full of league games at each host city. Games are often televised on ABC and ESPN. The exposure and salaries that the PLL offers have been attractive to players. The PLL pays significantly more than the now-defunct MLL, with the average pay for league players ranging from \$42,000 to \$55,000, according to salary.com.

Troutner is one of four county players currently competing in the PLL. The others include Broadneck High graduate Ryan Kennedy (longtime Arnold resident), Severn School graduate Dylan Gergar (of Annapolis), and DeMatha graduate Garrett Degnon (Harwood).

Troutner, a goalie who played lacrosse at High Point University in North Carolina and now lives in Houston, Texas, has played in the league for six years—one season for the New York Atlas and five for the California Redwoods. He was named Rookie of the Year and earned All-Star status three times. “I was right out of college,” Troutner says of seven years ago. “The league told me we are going to pay you to travel to all these cities around the country. I played all over California. Even in Japan. Can you beat that? It’s such a great experience. I was playing with all the best players in the world that I looked up to as a kid. I am very fortunate.”

Troutner, who also coaches varsity boys’ lacrosse at a high school in Austin, Texas, thrives as a player because of his athleticism, quickness, communication skills, and high lacrosse IQ. “He has such confidence,” Kennedy says of his former California Redwood teammate. “He is so





good at anticipating the play before it happens. He is one of the best teammates out there. His attitude makes games and practices better.”

Kennedy thought he, himself, was a long shot to play on a PLL team, coming from a Division III lacrosse program in York College in Pennsylvania. There are only a few players from that level in the league among some 200 players. But the 5-foot-10, 210-pound Kennedy, made the Redwoods and has been on their team for the past three years.

“Being from Division III, I never expected to make the league or attempt to try out,” says the 27-year-old Kennedy, who plays long-stick midfield. “Being from Arnold and playing on a big stage and in some major cities is pretty special. It shows if you put in the work, you can make it to the big leagues.”

At York College, Kennedy earned Division III National Defensive Player of the Year honors and was named a two-time First Team All-American. He’s stayed on at the school as a full-time assistant men’s lacrosse coach, running the defense. It has helped elevate his play in the PLL. “Being a coach helps me with my own game,” Kennedy says. “I am looking at every little aspect of teams we play when I am coaching at York. So, I can anticipate better, and it has opened my eyes to what offenses want to do in the PLL. I know what offensives want to do as it is happening.”

Gergar, meanwhile, also put together a great collegiate career while at the University of Pennsylvania. He, too, joined the PLL right after college. While Troutner and Kennedy are PLL veterans, the 5-foot-10, 190-pound Gergar thinks his career is just getting started. Gergar had some big moments as an attackman the past two years

for the Denver Outlaws, but he has plenty of room for growth. “I am still trying to find my footing on the team,” says Gergar, an attackman who now lives in Manhattan. “With injuries, I was stepping in to fill gaps wherever the team needed me.” He expects to have a bigger role on the Outlaws in 2025. His game has improved since the 2024 year ended nearly a year ago. “I see myself as a glue guy,” Gergar says. “I just want to find my role with these great players. I have some standout teammates and if they get me the ball more this year, it would be great. I like to shoot the ball a lot.”

Degnon, a 6-foot-4, 215-pound midfielder, played at Johns Hopkins University (scored 41 goals as a senior) before joining the league. The 25-year-old will suit up for his second season with the California Redwoods this summer. “He is one of the better shooters in the league,” Troutner says.

## Premier Lacrosse League Comes to Maryland

The Premier Lacrosse League visits the area this month with our local team, the Maryland Whipsnakes, hosting the 2nd Annual Homecoming Weekend at Homewood Field at Johns Hopkins University in Baltimore on June 21st and 22nd. This year promises even more excitement with two days of action-packed doubleheaders, including a Whipsnakes home game each day. The New York Atlas, Philadelphia Waterdogs, Carolina Chaos, Denver Outlaws, Utah Archers, and Boston Cannons will also play through the weekend. Catch our local lacrosse products and get your tickets at [premierlacrosseleague.com](http://premierlacrosseleague.com).

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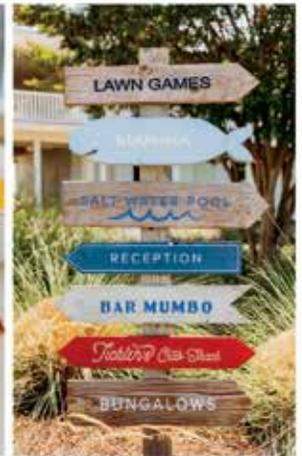
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## Women Who Make a Difference

In March, the Northern Anne Arundel County Chamber of Commerce held a Women Who Make a Difference forum, which “recognizes the powerful contributions women make every day in business, philanthropic endeavors, and public service.” The event featured a panel discussion moderated by Lacey Snyder and featured Waleska Casiano-Matos, Esq., Diane Croghan, and Sarah Herrell. Learn more about the chamber at [naacc.com](http://naacc.com).

1. Diane Croghan, Waleska Casiano-Matos, Esq., Sarah Herrell, and Lacey Snyder
2. The NAACCC committee: Sarah Herrell, Anastasia, Jess Butler, Lacey Snyder, Leslie Matthias, and Michele Schmidt
3. Lisa Shafer, Bethe Brekke, and Ginny Hockey
4. Cassie Dozier, Joshua Watkins, and Anita Dewling
5. The Sandy Spring group
6. Guests enjoy the panel discussion

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## Bubbles & Bingo

On Saturday, March 29, Hospice of the Chesapeake hosted a new, fun, and glamorous event, Bubbles & Bingo, at The Atreeum at Soaring Timbers in Annapolis. Guests enjoyed delicious cocktails and champagne, followed by a gourmet dining experience. Afterward, they tried their luck with five bingo games, called by local celebrity guests, with lucky winners scoring luxury prizes. Learn more at [hospicechesapeake.org](http://hospicechesapeake.org).

**1.** Sharon Collignon, John Coulson, Terri Hussman, and John Hussman  
**2.** John Belcher, Cathy Belcher, Lydia Vincek, Bob Fewster, Sandra Zamaria, Vince Zamaria, Doran Upton, and Ken Upton  
**3.** Liz Freedlander and Kate Fisher  
**4.** Holly Frye and Donna Fleming  
**5.** Michael Gates, Sandy Dillon, Karen Crosby, and Kim Shaw  
**6.** Michael Abbott, Jay Baldwin, Cary Melnyk  
**7.** Erin Jones, Mary Owens, Kelly Jackson, and Anthony Routh  
**8.** Angelia Baldwin, John Baldwin, Jr., Gina Baldwin, Mike Baldwin, Tim Mc Donough, and Tony Parasiliti



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Photo courtesy Kalinka Dance Ensemble



## HERITAGE AWARDS ANNOUNCED

Earlier this year, the Maryland State Arts Council (MSAC) announced the winners of the 2025 Heritage Awards through its traditional arts program, Maryland Traditions, including \$10,000 grants for each of the six recipients. “This year’s Heritage Award winners show us that Maryland’s cultural fabric is made up of traditions from around the corner and around the world,” said MSAC Chair Ruby Lopez Harper. “We’re pleased to recognize their work with this honor and so glad these artists choose to call Maryland home.”

**Junious Brickhouse** is an internationally recognized performer and educator who has been devoted to the cultural sustainability of urban dance for more than 40 years. In 2005, he founded the dance school Urban Artistry, through which he and his dedicated staff have mentored over 10,000 young people.

**Spyridon Koliavasilis** has performed, taught, and researched traditional Greek music for over 20 years. Raised and trained in Greece, he is now a mainstay of Mid-Atlantic Greek-American communities, as well as the founder of the Mediterranean Notes Music School, where he has taught hundreds of students.

**Edwin Maysonet** is the author of more than a thousand songs and poems highlighting the cultural identity of the Puerto Rican community in Maryland. He is also the former lead singer and drummer in *Raíces de Borinquen*, the first ensemble in the region to perform the Puerto Rican dance and percussion traditions of *bomba* and *plena*.

**Anuradha Nehru** is an internationally acclaimed dancer, choreographer, and educator in the Indian classical dance form *Kuchipudi*. Since founding the Kalanidhi Dance School and Company more than 30 years ago, Anuradha has expanded it across the region and trained over 600 students in *Kuchipudi*.

**Samuel Wallace** has maintained and innovated Jamaican pottery traditions for over 30 years. He has mentored students across Maryland and the country, notably in the Jamaican coil technique, and facilitates an international exchange of pottery knowledge and innovation between Maryland and Jamaica.

**Kalinka Dance Ensemble (Russian folk dance)** is rooted in centuries-old Eastern European seasonal festivities and religious rituals. It is highlighted in Maryland through the multi-generational, greater Baltimore-based Kalinka Dance Ensemble (pictured), founded in 2002 by immigrants from former Soviet republics to preserve and celebrate their cultures.

“The announcement of Heritage Award winners is always a special time,” said MSAC Executive Director Steven Skerritt-Davis. “Not only do they connect the arts with history and culture, but they’re also grounded in community through our public nomination process. Congratulations to our six honorees for 2025.” Learn more at [msac.org](https://msac.org).



## Annapolis Symphony Orchestra Announces New Executive Director

The Annapolis Symphony Orchestra (ASO) is pleased to announce the appointment of Erica Bondarev Rapach as permanent Executive Director. With her extensive background in arts management, brand innovation, and nonprofit leadership, Rapach brings a wealth of knowledge and a bold vision to the ASO, positioning the organization for continued success and sustainability. A seasoned arts administrator and business leader committed to change management, creativity, and social responsibility, Rapach has built a career centered on fostering connections, cultivating authentic collaborations, and engaging internal and external stakeholders in new ways. She has held key arts marketing and executive management positions at The Washington Ballet, Theater Alliance of DC, The Clarice Smith Performing Arts Center at the University of Maryland, the Baltimore Symphony Orchestra, and the .ART domain registry. An adjunct faculty member in American University’s Graduate Arts Management program, Rapach is a recognized advocate for the transformative power of the arts. “Erica impressed the Search Committee with her extensive experience in all aspects of arts management, and we feel she brings the skills and leadership the Annapolis Symphony Orchestra needs at this moment in time,” says Katherine Edwards, MD, incoming Board Chair and Chair of the Executive Director Search Committee. “I am honored to step into the role of Executive Director at the Annapolis Symphony Orchestra permanently,” Rapach says. “I look forward to deepening ASO’s engagement with our community, furthering our mission to inspire through music, and building on our 63-year legacy as Anne Arundel County’s oldest and largest performing arts organization.” Learn more at [annapolissymphony.org](https://annapolissymphony.org).



**EXECUTIVE DIRECTOR  
OF HOSPICE OF  
THE CHESAPEAKE  
FOUNDATION APPOINTED**

Hospice of the Chesapeake recently announced that Christine Wilson, former Director of Advancement, has stepped into the newly created role of Executive Director of the Hospice of the Chesapeake Foundation. Wilson joined the organization in June 2008 as the Corporate and Community Relations Coordinator. Her exceptional performance quickly led to her promotion to manager and in December 2017, she was named Director of Advancement. In her new position, Wilson oversees all fundraising initiatives for the nonprofit, leading a team dedicated to achieving an annual fundraising goal of approximately \$4 million. These funds play a crucial role in supporting hospice care services not covered by Medicare or traditional insurance. "Chris has been an extraordinary leader and an invaluable force behind Hospice of the Chesapeake's success for many years," says President and CEO Becky Miller. "Her unwavering dedication, proven expertise, and deep passion for our mission will undoubtedly propel our fundraising efforts to new heights." "I am deeply honored to step into this new role and continue serving the community that means so much to me," Wilson says. "I've seen firsthand how our community shows up with generosity and compassion. That unwavering support has been vital to our mission, and I'm committed to strengthening those bonds to ensure we can continue providing care for every family that needs us." Learn more at [hospicechesapeake.org](http://hospicechesapeake.org).

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**FRIDAY, JUNE 27**

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### MISS SHIRLEY'S CAFÉ CELEBRATES 20 YEARS!

Congratulations to Miss Shirley's Café, which officially celebrated its 20th anniversary in May.

With locations in Annapolis, Roland Park, and Baltimore's Inner Harbor, the eatery has become a locals' favorite and a popular destination among visitors. According to Miss Shirley's, as part of the celebration the "culinary team has crafted fresh seasonal flavors with delicious dishes like our Naptown Pickled Shrimp Avocado Toast and Smalltown Spring Spinach Salad, as well as an array of refreshing new beverages including a Strawberry Lemonade Mojito Mocktail...we also brought back select Signature Items from the Café's Original Menu and Shirley's past favorites, such as Chesapeake Deviled Eggs, Grandpa's Cornbread, Shirley's Affair with Oscar, Veggie Egg Tower & Bistro Beef Sandwich!" All billed as part of the "Spring Menu," these items may be available on a limited basis. Learn more at [missshirleys.com](http://missshirleys.com) for the latest information and special anniversary updates.



## Annapolis Refurbishes Truxtun Skate Park

The City of Annapolis Department of Recreation and Parks recently celebrated the groundbreaking on the refurbishment of the Skate Park at Truxtun. The project (see rendering) is expected to cost approximately \$437,449 and take six months to complete. The new skate park will be constructed on the same footprint as the existing skate park, which is located off Primrose Lane on Truxtun Park Road near the boat launch. The redesign was inspired by local skaters who regularly use the park and wanted improvements in design, function, and safety. Funding for the project was secured by the State of Maryland (\$50,000 sponsored by Del. Dana Jones) and crowd-sourced on a Go Fund Me by the Barish family (\$50,000) in honor of Tameron Barish, who died in 2021 just shy of his 21st birthday. Tameron Barish was a regular skater at the park. As part of the City's Capital Improvement Plan for Fiscal Year 2025, the remainder of the cost for skate park improvements, nearly \$240,000, will come from City funds and capital bonds. Learn more at [annapolis.gov/189/Recreation-Parks](http://annapolis.gov/189/Recreation-Parks).

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# Chesapeake Bay Environmental Center

## RESTORING VITAL HABITAT FOR THE UNSUNG HEROES OF POLLINATION

By Lisa A. Lewis

**A** bee flies through a garden, buzzing rhythmically as it visits a flower to drink nectar or feed on pollen. As it continues on its journey, the bee carries pollen grains on its body and transfers them from plant to plant during a process known as pollination, which is critical to the reproduction of flowering plants. A vital—yet often overlooked—ecosystem service, many people are unaware of the significance of pollination.

So, when the Chesapeake Bay Environmental Center (CBEC) partnered with the U.S. Fish & Wildlife Service (USFWS) to create a 1.2-acre pollinator meadow, the restoration project not only helped raise awareness but also underscored the importance of protecting native pollinator species, including bees, butterflies, birds, bats, moths, flies, beetles, wasps, and small mammals. Launched in 2016, the meadow provides vital habitat and mitigates threats to pollinators, such as climate change, habitat fragmentation, and the overuse of pesticides, which have caused their populations to decline.

The pollinator meadow showcases more than 22 species of native grasses and wildflowers, including black-eyed Susan, common milkweed, partridge pea, oxeye sunflower, and little blue-stem. Every spring, colorful wildflowers bloom among the grasses—not only providing habitat for pollinators but also attracting deer, foxes, rabbits, and other local wildlife.



In addition to the meadow, the pollinator habitat at CBEC also features the Hummingbird and Butterfly Garden, a popular site for visitors to observe the activities of pollinators, and the Little Sprouts Garden, a garden designed for children ages two to five. All three components are within close proximity to each other.

Nearly 10 years after the creation of the pollinator meadow, CBEC is excited to implement new initiatives in July 2025—building upon the nonprofit organization’s ongoing effort to restore natural pollinator habitat.

“We need to do more for pollinators,” says Vicki Paulas, executive director, CBEC. “The meadow has been successful in supporting pollinators and providing essential habitat for declining populations. So, we are excited to set these initiatives in motion. CBEC offers an immersive experience for visitors. We encourage everyone to use all of their senses to explore the natural world through ‘hands-on,’ ‘feet-wet’ educational experiences. The pollinator meadow offers a great opportunity for people of all ages to learn and interact with nature.”

“Pollinators play such a critical role in nature,” adds Judy Wink, executive director emeritus, CBEC. “Many people don’t realize the impact pollinators have on food production, including fruits, vegetables, and nuts. In fact, one out of every three bites of food we eat is the result of pollination. Pollinators support plant reproduction and the health of ecosystems, and we need to protect them.”

“Pollinators play such a critical role in nature,” adds Judy Wink, executive director emeritus, CBEC. “Many people don’t realize the impact pollinators have on food production, including fruits, vegetables, and nuts. In fact, one out of every three bites of food we eat is the result of pollination. Pollinators support plant reproduction and the health of ecosystems, and we need to protect them.”

**“POLLINATORS SUPPORT PLANT REPRODUCTION AND THE HEALTH OF ECOSYSTEMS, AND WE NEED TO PROTECT THEM.”**



Native pollinators includes bees, butterflies, birds, bats, moths, flies, beetles, wasps, and small mammals.

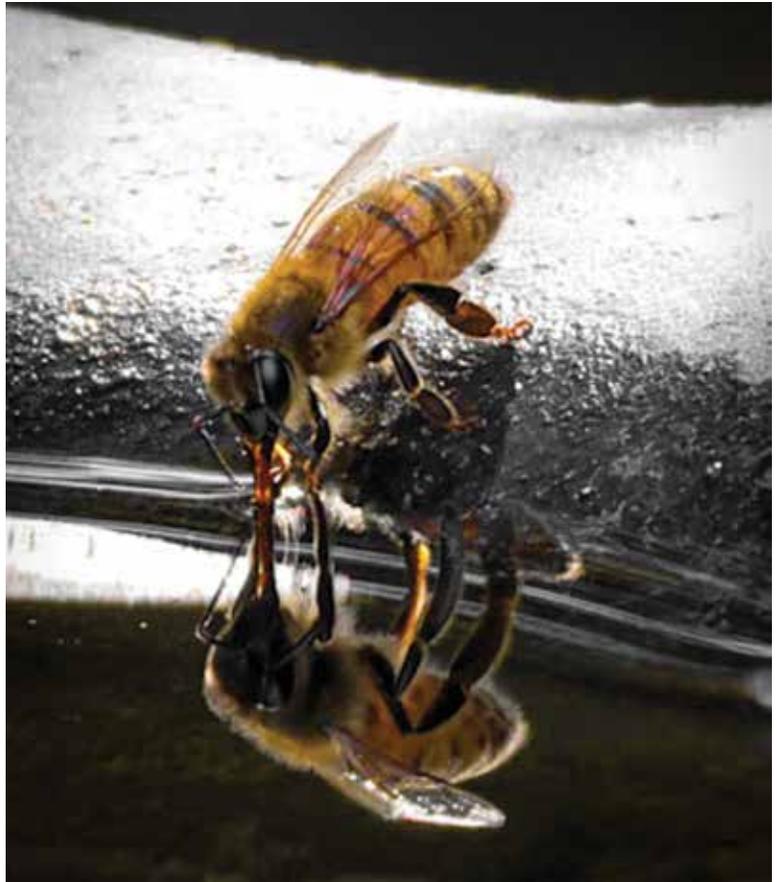
## **POLLINATOR MEADOW INITIATIVES**

This summer, CBEC will implement initiatives that benefit pollinators and promote biodiversity across the region. These initiatives include raising monarch butterflies onsite, installing feeding stations, and building bee hotels. The following is a snapshot of each of these actions and their intended impact.

To ensure a population of monarch butterflies, the species will be reared from egg to adult onsite. As part of Monarch Watch ([monarchwatch.org](http://monarchwatch.org)), CBEC participates in a tagging program, which offers opportunities for members of the community to tag and release monarchs to help track their annual migration. The organization also participates in Monarch Watch's Monarch Waystation Program and is a certified Monarch Waystation, providing milkweed and nectar-rich plants that are critical for the survival of the species.

Like all organisms, pollinators need food (nectar and pollen) and water. To address this essential need, CBEC will install feeding stations in the pollinator meadow. The baited stations attract bees and butterflies and provide a supplemental food supply.

"Weather conditions can affect the availability of food," Wink says. "Storms and strong winds can damage plants, while temperature changes can alter the time when plants bloom and affect pollinator activity. Since these factors can greatly impact pollinators' foraging behavior and their ability to survive, a supplemental food supply is critical."



Pollinators need to be within close proximity to their habitat. Traveling long distances can increase their vulnerability to predators, weather, and other environmental conditions. CBEC will build bee hotels for solitary bees and beneficial wasps to provide safe habitat, shelter, and nesting sites.

## **FOCUSING ON HABITAT RESTORATION AND EDUCATION**

A 510-acre wildlife preserve located in Grasonville, CBEC boasts abundant wildlife and historic landscapes that embody Maryland's Eastern Shore. Guided by its mission of "creating healthier communities by connecting people to nature through adventure-based learning that contributes to the conservation of the Chesapeake Bay," the organization focuses on four mission cores: conservation (fisheries, migratory birds, pollinators, and climate change), recreation, education, and stewardship.

To find out about volunteer and learning opportunities at CBEC, visit [bayrestoration.org](http://bayrestoration.org).

"We want CBEC to be the first stop people make when they cross the bridge," Paulas says. "And we encourage everyone to explore all we have to offer with a sense of wonder. At CBEC, we strive to inspire a love of nature and a sense of stewardship through our educational programming and volunteer engagement—now and for future generations."



## Expert of the Month



*Andrea Wheeler*

**Kitchen + Bath Designer**  
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**S**pecializing in Kitchen + Bath design for more than 17 years, Andrea Wheeler began her career in countertop fabrication, with an interest in unconventional materials and custom design. Her primary focus is helping clients create a functional, beautiful, and personal space. Utilizing her attention to detail and unlimited creativity, she works with clients to bring their vision to life. Wheeler currently serves as president of the Greater Annapolis Design District and enjoys collaboration with designers, builders, and architects.

### **What makes a kitchen timeless?**

A timeless kitchen in one home is not necessarily timeless in another home. Factors to consider when designing a kitchen or bathroom include house style, interior layout, client preferences for style and colors, use, function, and the ability to transition with a growing family or aging residents.

Timelessness is often confused with neutrality. The number one question to ask is, "What will still be relevant in 20 years?" The answer is usually not white shaker, though it can be. A timeless kitchen exhibits clean lines, thoughtful elements, accurate proportions, and a comfortable placement within the home. Awareness of trends is important, but they do not drive the overall aesthetic.

### **Why should someone hire you to design their space?**

With endless project decisions, clients can become fatigued and frustrated, sometimes making choices to "get through" missing opportunities to make their new space sing. I present options to clients, so they are aware of all the possibilities, guiding them through to the end. Often a client brings in photos of what they think they should have. Their face lights up when I say they don't have to have an all-white kitchen. We can break the "rules." Hiring me ensures you are offered a full array of concepts and ideas to support a truly custom project.

### **What are your favorite design elements?**

I like to mix colors, patterns, textures, and finishes. Creating a layered and visually interesting space is often achieved with subtle details like combining different metals or hardware. Composition is a key element for me, utilizing multiple colors and scale to create balance. My favorite touch is incorporating something of importance to my client, such as a China collection, favorite color, or a single, beautiful painting.

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# Meet Student Athlete Maria Bragg

**SEVERNA PARK JUNIOR STARS IN THE CLASSROOM AND ON THE LACROSSE FIELD**

By Tom Worgo

**S**everna Park junior and three-sport athlete Maria Bragg can't talk about her success in lacrosse without mentioning her sister Theresa. The older sister poked and prodded Maria to sharpen areas of the game when they practiced together in their backyard or on the Severna Park High School field.

There was a message preached over and over: play confident, fast, and aggressive. Maria cherishes the time they spent together, and you can say their careers will parallel with each other. Both played lacrosse in the Green Hornets program and for Severna Park High. Now, Theresa is a junior on the nationally-ranked University of Florida women's lacrosse team while Maria will be attending the same school, where she will start playing lacrosse starting in the fall of 2026.

During lacrosse season, the sisters call and text each other about the sport nearly every day. "I always look up to my older sister and try to follow in her footsteps," says Maria, noting she also learned a lot about lacrosse from her mother Helena, who played at Severna Park and the University of Maryland. "We do a good amount of work together. It makes me a better lacrosse player."

**"I WANT TO BE PART OF SOMETHING SPECIAL AND HAVE THAT FEELING AGAIN OF WINNING A STATE CHAMPIONSHIP"**



When Maria, ranked by Inside Lacrosse as the sixth-best player in the country for the class of 2026, goes away to school next year, she should be several steps ahead of the rest of her highly recruited freshmen lacrosse teammates. Her advantage: she knows all about Florida thanks to her sister, a three-year starter at the school.

The 5-foot-11 Theresa has had a great college experience. The 17-year-old Maria wants that, too. "We are not going to be able to play with each other," Theresa says. "Unfortunately, we miss each other by one year. It will be great to come back and watch her play. I will give her all the tips and tricks about Gainesville. I will still help her even though I won't be on campus anymore. I will probably be talking to her every day."

The 5-foot-8 Maria, a midfielder, also considered Clemson University, the University of North Carolina, and Michigan University. She carries a weighted 4.4 grade-point average in high school and took four advanced placement classes this school year.

Maria committed to Florida in September and will sign a National Letter of Intent for a scholarship in November. "My sister was a big influence on me deciding on Florida, seeing how much she loved it there," she says. "The school just fell right for me. It felt like home for me more than anything. And being around the team, they felt like a close-knit family."

Before heading off to college, Maria has some big things she wants to accomplish at Severna Park. "I want to be part of something special and have that feeling again of winning a state championship," says Maria, who also plays for the Baltimore-based M&D Lacrosse

Club, considered one of the best in the country. “Four state titles would be amazing. I think it’s possible.”

At the top wish list is to win two more Class 3A state lacrosse championships. Maria was part of two state-title winning teams as both a freshman and sophomore. She was a huge part of both teams—especially the 2023 squad.

In 2023, Maria led the team in draws (69), finished second in goals (29), and dished out eight assists as the Falcons went 17-3. Her performance in two games jumped out. She scored six goals in a rout of South River and totaled three goals and two assists in a win over Glenelg. It was Glenelg’s only loss of the season.

Her point totals surged in 2024. Maria was second on the team in goals (49) and third in assists (23) and ground balls (19). The *Baltimore Sun* named her second-team all-metro after the season.

She also has been a difference maker on the Severna Park varsity soccer and basketball teams. She earned First-Team All-County honors while leading the soccer team in scoring last year with 13 goals and 13 assists, and Maria started as a point guard on the basketball team the past two seasons.

“She is one of the best athletes I have ever coached,” M&D Lacrosse Club Lacrosse Coach Mary Gagnon says. “I have been coaching probably close to 30 years. They call lacrosse the fastest game on two feet. That’s her. She could absolutely run track.”



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# Baltimore Orioles General Manager Mike Elias

By Tom Worgo



**M**ike Elias deeply appreciates the rich history of the Baltimore Orioles. When Elias took over as executive vice president and general manager in 2018, he enthusiastically contacted franchise icons Cal Ripken, Jr., Brooks Robinson, Jim Palmer, and Eddie Murray to let them know about his plan for an overhaul.

“We have more than our share of Hall of Fame players,” says Elias, an Alexandria, Virginia, native. “We have a lot of good resources there. And they are all around the area.”

Those players probably like how Elias, a former assistant general manager with the Houston Astros (2016–18), helped the Orioles become relevant again, starting in 2022. It took a few years because the Orioles organization was in difficult shape. Baltimore lost more than 100 games in each of the 2018, 2019, and 2021 seasons.

“The organization was fractured quite a bit,” Elias recalls.

Who expected this turn around? The Orioles are the only team in modern MLB history to go from 110-or-more losses in a season (2021) to a winning record (83-79) the following year.

Things got even better. The 42-year-old Elias, a Yale graduate who played baseball there, earned the 2023 Major League Baseball Executive of the Year award after Baltimore won the American League East and league-best 101 games that year.

Baltimore went 91-71 in 2024 and returned to the playoffs. The winning likely won't stop, as the Orioles' minor league system consistently receives national praise.

**Was getting the general manager's job like a homecoming for you?** I went to elementary and high school in Northern Virginia. The Nationals didn't exist yet. So, the Orioles were the local major league product. We watched the games on TV and went up to Camden Yards. They were good in the late-'90s. Cal was a local hero for any young kid playing baseball in the area, including me. I grew up with him. I still have a lot of family in the area. I used to scout this part of the country. I am familiar with the area. It was a big draw for me.

**Talk about how important it has been to get the Orioles back to winning?** The way I look at it, no one has been able to string together a long stretch of sustained competitiveness and excellence in the American League East in this modern era. You have to go back to the '70s to see three playoff appearances in a row. We are trying to solve that. Uniquely, for a stretch of time the Orioles were the top organization in baseball. They just did everything well and

were dominant on the field. They were known as a nimble, smart organization. That's what we sought to tap into and reestablish because that was a big part of the Orioles' identity. The fans, especially the ones that have been around a long time, or have multiple generations of fandom, have that sight of excellence in Orioles' history.

**Has it been exciting to interact with some Oriole all-time greats like Ripken, Palmer, and Robinson?** One of the great things about the Orioles is the history of the team. My first couple of days on the job, I called them. Jim Palmer is one of our main broadcasters, Cal lives in the area and is in our ownership group. Brooks passed away (in 2024), but he was so gracious, and inspiring. He would come talk to the team. He was proud when the group started winning in 2022. Eddie Murray works for us and comes to spring training. They have devoted their lives to the Orioles.

**ONE OF THE GREAT THINGS ABOUT THE ORIOLES IS THE HISTORY OF THE TEAM.**

**When you arrived from Houston, you stressed analytics. Has that been your biggest impact?** There wasn't a lot of alignment between the front office, ownership, and player development. We had a few problems structurally and one was the lack of a modern analytics department. We ramped up investment and infrastructure, built staffing, and the data science and software engineering spaces. I think the track record that I have brought from the Astros and Cardinals allowed us to do so quickly. Now, I think we have a first-rate, very healthy organization with a good farm system, major league team, finances, and first-rate infrastructure.

**You have made a number of trades. What were the ones you liked the most and one you'd like to have back?** The Corbin Burnes trade was a good one. It's a shame we weren't able to enjoy him longer in the playoffs (left as free agent, 2024). He pitched great, but we didn't advance. Some of the ones we did during the rebuild really had an impact. Kyle Bradish (2023 All-Star) was a big boost after getting him in the Dylan Bundy trade. In 2022, we had a tough decision to sell or not. We were in the wild card race a little bit. We traded Trey Mancini. We got a good arm back from Houston and he went on to win the World Series.

**Tell me about each of the three biggest free-agent acquisitions for this season; outfielder Tyler O'Neill, and pitchers Charlie Morton and Tomoyuki Sugano?** We like the way the roster has shaped up. We have a tremendous young core of position player talent. We are able to build around that. Tyler is an obvious need, and it has been for a year or two now of having a right-handed slugger to balance the lineup. There's almost nobody that hits left-handed pitching as well as him. He hit 31 home runs last year. With our starting pitching, we are targeting innings, durability, and experience. They have proven track records.



**What have been the positives of new majority owner David Rubenstein?** He is just getting started. The capital injection from him and his group is huge. They are energetic and well-funded—tremendously successful investors. That will enable us to run the Orioles' franchise optimally. It doesn't mean we are going to look like the Yankees or Dodgers. But we'll work in the context and realities of the Major League economic system and being the market size we are. This group will allow us to explore everything that is smart to keep this franchise in a good spot. David is from Baltimore and really cares about the city. I think what he does is wonderful. He is very transparent and accessible and enjoys the experience. He likes to sit in the seats with the fans.

**What kind of baseball player were you at Yale?** I was a good high school pitcher. I turned into a run-of-the-mill pitcher in the Ivy League. But I was a left-hander who threw seven different pitches and knew how to pitch. I had two pretty good years, then I had a shoulder injury that slowed me down. I came back from it, but it enabled me to start shifting gears and thinking about a career in baseball.

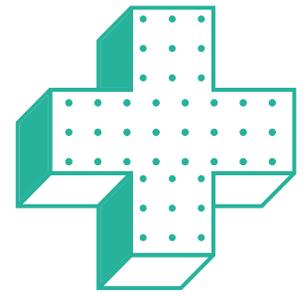
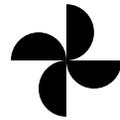
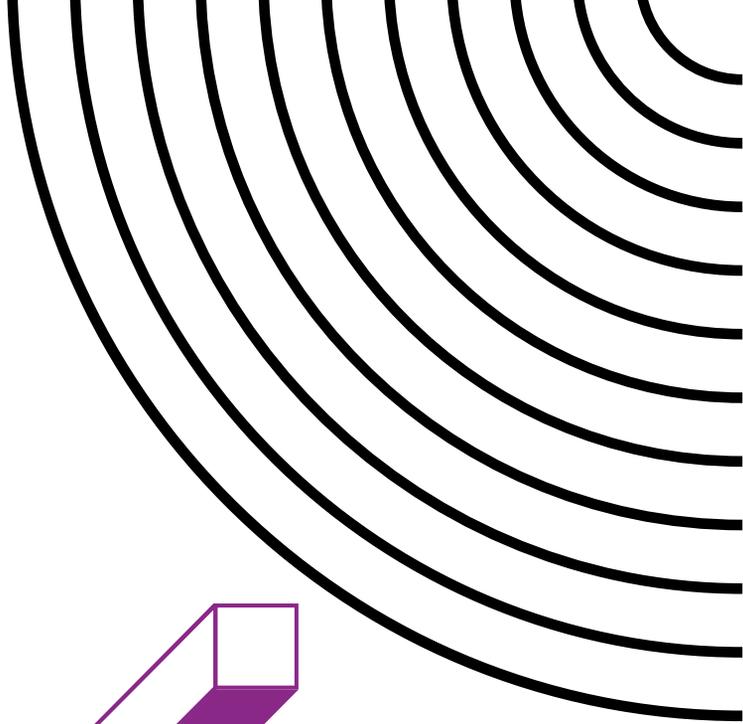
**What were you thinking of as a career choice in college initially?** I was studying Arabic. My dad was a secret service agent and he worked in intelligence. We have Syrian in the family. He could speak a little bit, and I thought it would be interesting to learn it. It was very, very time-consuming. But once I realized I was devoted to baseball, I switched majors. I had devoted my whole life to practicing, learning, and following baseball. I wasn't good enough to play professionally. But I felt I accumulated a lot of knowledge. I didn't want to waste that.



**BEST OF**

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**2025**

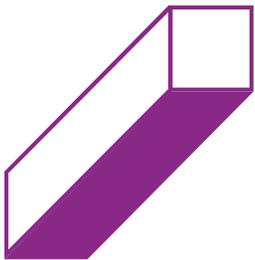


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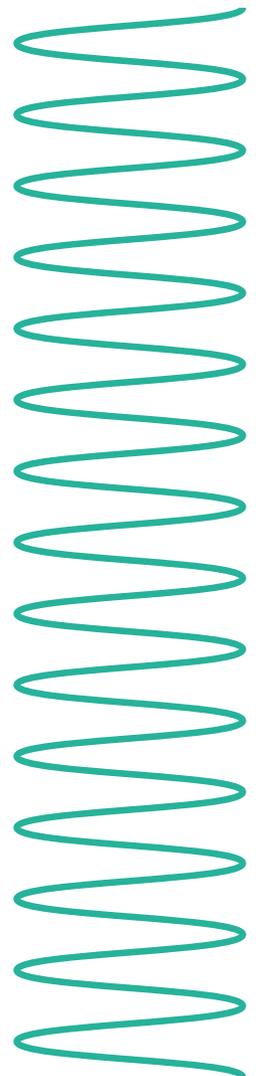
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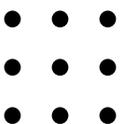
This year, ballots went live for public voting during January and February. In March, our executive team tallied the results, vetted the entries, and confirmed this year's Best of Annapolis winners!



There are approximately 211 award winners overall, divided into the groups Food & Dining, Health & Beauty, Home & Garden, and Retail & Professional Services. It's an astounding number of votes *and* a remarkable class of winning businesses! What's Up? Media congratulates all winners and thanks you for choosing the best customer experiences of the region.



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# FOOD & DINING

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410 Severn Avenue, Annapolis, MD 21403 • 410-263-8102 • carrolscreek.com

## Appetizers/ Small Plates

### Level

69 West Street, Annapolis, MD 21401 • 410-268-0003 • levelannapolis.com

## Bakery

### Black Market Bakers

Locations in Annapolis and Edgewater • blackmarketbakers.com

## Barbeque

### Adam's Taphouse & Grille

Locations in Annapolis, Severna Park, Edgewater, and more • adamsribs.com

## Beer Selection

### Lures Bar and Grill

1397 Generals Highway, Crownsville, MD 21032 • 410-923-1606 • luresbarandgrille.com

## Bloody Mary

### Boatyard Bar & Grill

400 Fourth Street, Annapolis, MD 21403 • 410-216-6206 • boatyardbarandgrill.com

## Breakfast

### Iron Rooster

12 Market Space, Annapolis, MD 21401 • 410-990-1600 • iron-rooster.com

## Brewery

### Forward Brewing

418 Fourth Street, Annapolis, MD 21403 • 443-221-7277 • forwardeastport.com

## Brunch

### Miss Shirley's Café

1 Park Place, Annapolis, MD 21401 • 410-268-5171 • missshirleys.com

## Burger

### Leo Annapolis

212 West Street, Annapolis, MD 21401 • 443-782-7549 • leoannapolis.com

## Caterer

### Main & Market

914 Bay Ridge Road, Annapolis, MD 21403 • 410-626-0388 • mainandmarket.com

## Charcuterie

### Grapes Wine Bar & Restaurant

1410 Forest Drive, Ste. 6, Annapolis, MD 21403 • 410-571-5378 • grapeswinebarannapolis.com

## Chef

### Matthew Lego/ Leo Annapolis

212 West Street, Annapolis, MD 21401 • 443-782-7549 • leoannapolis.com

## Chinese Restaurant

### Jack's Fortune Restaurant

960 Bay Ridge Road, Annapolis, MD 21403 • 410-267-7731 • jackfortune1.com

## Cocktails

### Parley Room

25 State Circle, Annapolis, MD 21401 • 443-837-6481 • parleyroom.com

## Coffee Shop (Local)

### Rise Up Coffee Roasters

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## Crabcake

### Boatyard Bar & Grill

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## Cream of Crab Soup

### Carrol's Creek Café

410 Severn Avenue, Annapolis, MD 21403 • 410-263-8102 • carrolscreek.com

## Cupcakes

### Blue Crab Cupcakes

1580 Whitehall Road, Annapolis, MD 21409 • 443-221-7246 • bluecrabcupcakes.com

## Deli

### Giolitti Fine Italian Market & Delicatessen

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## Dessert

### Always Ice Cream

Locations in Annapolis, Severna Park, Edgewater, Crofton, and more • alwaysicecreamcompany.com

## Family-Friendly Restaurant

### Boatyard Bar & Grill

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## Farm-to-Table Menu

### Preserve

164 Main Street, Annapolis, MD 21401 • 443-598-6920 • preserve-eats.com

## French Restaurant

### Café Normandie

185 Main Street, Annapolis, MD 21401 • 410-263-3382 • cafenormandie.com

## German Restaurant

### Old Stein Inn

1143 Central Avenue, Edgewater, MD 21037 • 410-798-6807 • oldstein-inn.com

## Gluten-Free

### True Food Kitchen

1906 Towne Center Boulevard, Ste. 110, Annapolis, MD 21401 • 443-775-5179 • truefoodkitchen.com

## Greek Restaurant

### Paul's Homewood Café

919 West Street, Annapolis, MD 21401 • 410-267-7891 • paulshomewoodcafe.com

## Happy Hour

### Chart House Prime

300 Second Street, Annapolis, MD 21403 • 410-268-7166 • chart-house.com

## Healthy Restaurant

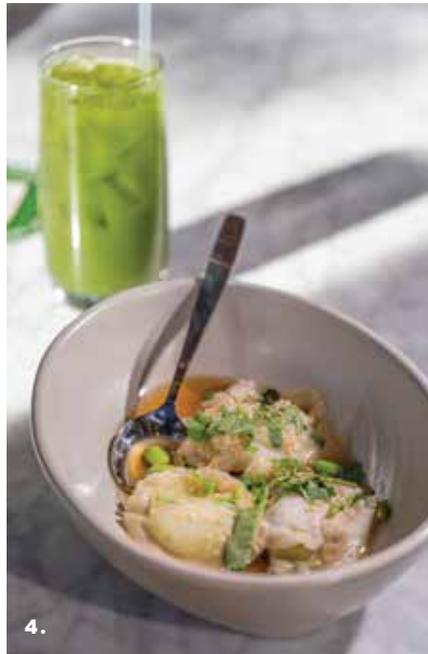
### True Food Kitchen

1906 Towne Center Boulevard, Ste. 110, Annapolis, MD 21401 • 443-775-5179 • truefoodkitchen.com

## Ice Cream

### Always Ice Cream

Locations in Annapolis, Severna Park, Edgewater, Crofton, and more • alwaysicecreamcompany.com



1. Julep Southern Kitchen & Bar, Best Southern Restaurant 2. Boatyard Bar & Grill, Best Crabcake and Best Family-Friendly Restaurant 3. Always Ice Cream, Best Dessert and Ice Cream 4. True Food Kitchen, Best Healthy Restaurant, Best Gluten-Free and Best Vegetarian Menu 5. Osteria 177, Best Italian Restaurant 6. Miss Shirley's Café, Best Brunch 7. Senor Chile, Best Mexican/Latin Restaurant

**Indian Restaurant****Basmati Indian Cuisine**

2444 Solomons Island Road, Annapolis, MD 21401 • 410-266-6355 • basmatiofannapolis.com

**Irish Restaurant****Galway Bay Irish Restaurant and Pub**

63 Maryland Avenue, Annapolis, MD 21401 • 410-263-8333 • galwaybaymd.com

**Italian Restaurant****Osteria 177**

177 Main Street, Annapolis, MD 21401 • 410-267-7700 • osteria177.com

**Japanese Restaurant****Joss Café & Sushi Bar**

195 Main Street, Annapolis, MD 21401 • 410-263-4688 • jossushi.com

**Maryland Crab Soup****The Point Crab House & Grill**

700 Mill Creek Road, Arnold, MD 21012 • 410-544-5448 • thepointcrabhouse.com

**Mexican/Latin Restaurant****Senor Chile**

Locations in Arnold, Severna Park, Edgewater, and more • sensorschile.com

**Neighborhood Restaurant****Della Notte**

1374 Cape St Claire Road, Annapolis, MD 21409 • 410-757-2919 • dellanotterestaurant.com

**New Restaurant****Timber Pizza Co.**

192 West Street, Annapolis, MD 21401 • 443-949-9324 • timberpizza.com

**Outdoor Dining****Carrol's Creek Café**

410 Severn Avenue, Annapolis, MD 21403 • 410-263-8102 • carrolscreek.com

**Pizza (Chain)****Ledo Pizza**

Locations in Annapolis, Edgewater, Severna Park, Crofton, and more • ledopizza.com

**Pizza (Local)****Vin 909 Winecafe**

909 Bay Ridge Avenue, Annapolis, MD 21403 • 410-990-1846 • vin909.com

**Ramen/Pho****Nam Bros. Pho**

1015 Bay Ridge Avenue, Annapolis, MD 21403 • 410-626-0712 • nambrospho.com

**Raw Bar/Oysters****Sailor Oyster Bar**

196 West Street, Annapolis, MD 21401 • 410-571-5449 • sailoroysterbar.com

**Romantic Restaurant****Carpaccio Tuscan Kitchen & Wine Bar**

1 Park Place, Ste. 10, Annapolis, MD 21401 • 410-268-6569 • carpacciotuscankitchen.com

**Salads****Eastport Kitchen**

923 Chesapeake Avenue, Annapolis, MD 21403 • 410-990-0000 • eastportkitchen.com

**Seafood Restaurant****Carrol's Creek Café**

410 Severn Avenue, Annapolis, MD 21403 • 410-263-8102 • carrolscreek.com

**Smoothies/Juice Shop****Rutabaga Juicery & Eats**

4 Ridgely Avenue, Annapolis, MD 21401 • 410-267-0261 • rutabagajuicery.com

**Southern Restaurant****Julep Southern Kitchen & Bar**

2207 Forest Drive, Unit 2, Annapolis, MD 21401 • 410-571-3923 • julepannapolis.com

**Specialty Cakes****Sweet Hearts Patisserie**

1410 Forest Drive, Annapolis, MD 21403 • 410-263-6513 • sweetsheartspatisserie.com

**Sports Bar****West End Sports Bar & Grill**

2049 West Street, Annapolis, MD 21401 • 410-266-7662 • westendgrillannapolis.com

**Steakhouse****Lewnes' Steak House**

401 Fourth Street, Annapolis, MD 21403 • 410-263-1617 • lewnessteakhouse.com

**Steamed Crabs****Cantler's Riverside Inn**

458 Forest Beach Road, Annapolis, MD 21409 • 410-757-1311 • cantlers.com

**Sushi****Joss Café & Sushi Bar**

195 Main Street, Annapolis, MD 21401 • 410-263-4688 • jossushi.com

**Thai Restaurant****Lemongrass Annapolis**

167 West Street, Annapolis, MD 21401 • 410-280-0086 • lemongrassannapolis.com

**Vegetarian Menu****True Food Kitchen**

1906 Towne Center Boulevard, Ste. 110, Annapolis, MD 21401 • 443-775-5179 • truefoodkitchen.com

**Waterfront Restaurant****Carrol's Creek Café**

410 Severn Avenue, Annapolis, MD 21403 • 410-263-8102 • carrolscreek.com

**Whiskey Selection****Dry 85**

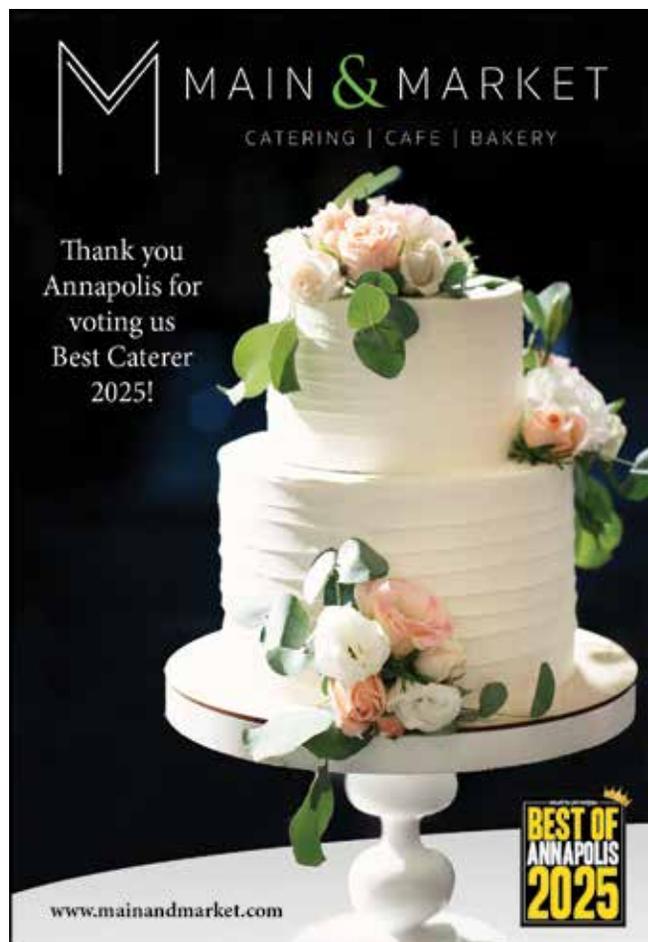
193 B Main Street, Annapolis, MD 21401 • 443-214-5171 • dry85.com

**Wine Selection****Tuscan Prime Italian Chophouse & Dolce Bar (newly-named Cavalli)**

1905 Towne Centre Boulevard, Ste. 100, Annapolis, MD 21401 • 443-572-4677 • tuscanprime.com

**Wings****Annapolis Smokehouse and Tavern**

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79 Forest Plaza, Annapolis, MD 21401 • 410-266-6444 • aiaaudiology.com

## Barre Class

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790 Ritchie Highway, Ste. E32, Severna Park, MD 21146 • 540-421-2312 • neighborhoodbarre.com

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**Annapolis Plastic Surgery**  
2002 Medical Parkway, Ste. 215, Annapolis, MD 21401 • 410-266-7215 • annapolisplasticsurgery.com

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1833 George Avenue, Ste. 2, Annapolis, MD 21401 • 443-871-2486 • maxedoutfs.com

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**Goldleaf**  
2029 West Street, Annapolis, MD 21401 • 410-267-3000 • goldleafmd.com

## Children's Fitness Class

**Rolly Pollies**  
476 Ritchie Highway, Unit D, Severna Park, MD 21146 • 410-544-9002 • rolypolliesmaryland.com

## Chiropractor (TIE) Broadneck Family Chiropractic

530 College Parkway, Ste. F, Annapolis, MD 21409 • 410-349-2727 • broadneckchiro.com

## Chiropractor (TIE) Living Health Integrative Medicine

1833 Forest Drive, Ste. A, Annapolis, MD 21401 • 410-216-9180 • mylivinghealth.com

## Cosmetic Injections Current

**Dermatology and Cosmetic Center**  
810 Bestgate Road, Ste. 450, Annapolis, MD 21401 • 410-384-4172 • currentderm.com

## Dance Studio

**Ballet Theatre of Maryland Conservatory of Dance**  
Locations in Annapolis and Grasonville • 410-224-5644 • balletmaryland.org

## Day Spa

**Even Keel Wellness Spa**  
31 Old Solomons Island Road, Ste. 101, Annapolis, MD 21401 • 410-990-0111 • evenkeelspa.com

## Eyebrow Care Noreen's Boutique Spa

1616 Forest Drive, Ste. 4, Annapolis, MD 21403 • 443-949-7303 • noreensboutiquespa.com

## Eyelash Care

**Pretty Parlor**  
692 Harness Creek View Drive, Annapolis, MD 21403 • 410-212-7837 • aprettyparlor.com

## Facial

**Sandel Duggal Plastic Surgery and Med Spa**  
104 Ridgley Avenue, Annapolis, MD 21401 • 410-266-7120 • sandel.duggal.com

## Gym

**Maxed Out Fitness**  
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## Hair Color

**Blush Hair Salon**  
2431 Solomons Island Road, Annapolis, MD 21401 • 410-571-5147 • blushsalonmd.com

## Hormone Therapy

**Unalome House**  
696 Ritchie Highway, Ste. 200, Severna Park, MD 21146 • 667-222-1594 • unalomehouse.com

## Hospice Care

**Hospice of the Chesapeake**  
90 Ritchie Highway, Pasadena, MD 21122 • 410-987-2003 • hospicechesapeake.org

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**Restoration Hydration**  
2062 Generals Highway, Annapolis, MD 21401 • 866-934-9372 • restorationhydration.com

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## Manicure/Pedicure Paint Nail Bar

2077 Somerville Road, Ste. 156, Annapolis, MD 21401 • 410-600-3928 • paintnailbar.com/annapolis-md

**Martial Arts**

**Jing Ying Institute of Kung Fu & Tai Chi**  
1195 Baltimore Annapolis Boulevard, #6, Arnold, MD 21012 • 410-431-5200 • jingying.org

**Massage**

**SE Beauty Spa & Wellness**  
770 Ritchie Highway, W13, Severna Park, MD 21146 • 410-647-7360 • splitendssalon.net

**Medi-Spa**

**Adoro Medical Spa**  
692-A Ritchie Highway, Ste. 2B, Severna Park, MD 21146 • 410-647-0123 • myeyelids.com

**Men's Haircut & Styling**

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24 Defense Street, Unit B, Annapolis, MD 21401 • 443-603-0901 • socialbarbercompany.com

**Mental Health Services**

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**Nutritionist**

**Gut Honest Truth**  
guthonesttruth.com

**Occupational Therapy**

**Magothy Therapy & Wellness**  
277 Peninsula Farm Road, Bldg. 3, Ste. I, Arnold, MD 21012 • 202-681-1779 • magothytherapy.com

**Optometrist**

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**Personal Trainer (TIE)**

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1833 George Avenue, Ste. 2, Annapolis, MD 21401 • 443-871-2486 • maxedoutfs.com

**Physical Therapy FX Physical Therapy**

1843 George Avenue, Annapolis, MD 21401 • 443-609-8009 • fxphysicaltherapy.com

**Prenatal Fitness**

**Maxed Out Fitness**  
1833 George Avenue, Ste. 2, Annapolis, MD 21401 • 443-871-2486 • maxedoutfs.com

**Spin Class**

**Tribe Cycle**  
890 Bestgate Road, Annapolis, MD 21401 • 443-808-1234 • tribecycle.com

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Locations in Annapolis, Eastport, and Arnold • 410-919-9402 • capitalsup.com

**Swim School**

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**Tattoo Parlor**

**Lucky Bird Tattoo**  
2521 Riva Road, Unit 2, Annapolis, MD 21401 • 443-949-0305 • luckybirdtattoo.com

**Urgent Care Facility**

**Patient First Primary & Urgent Care Annapolis**  
2051 West Street, Annapolis, MD 21401 • 443-603-0758 • patientfirst.com

**Waxing (Body)**

**Noreen's Boutique Spa**  
1616 Forest Drive, Ste. 4, Annapolis, MD 21403 • 443-949-7303 • noreensboutiquespa.com

**Weight-Loss Program**

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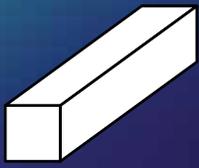
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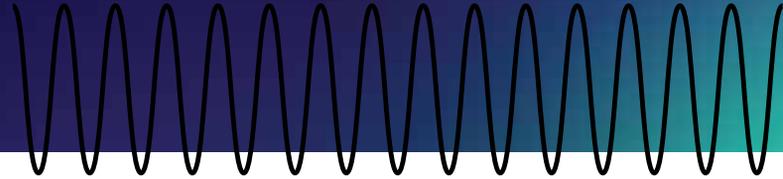
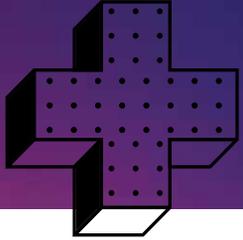
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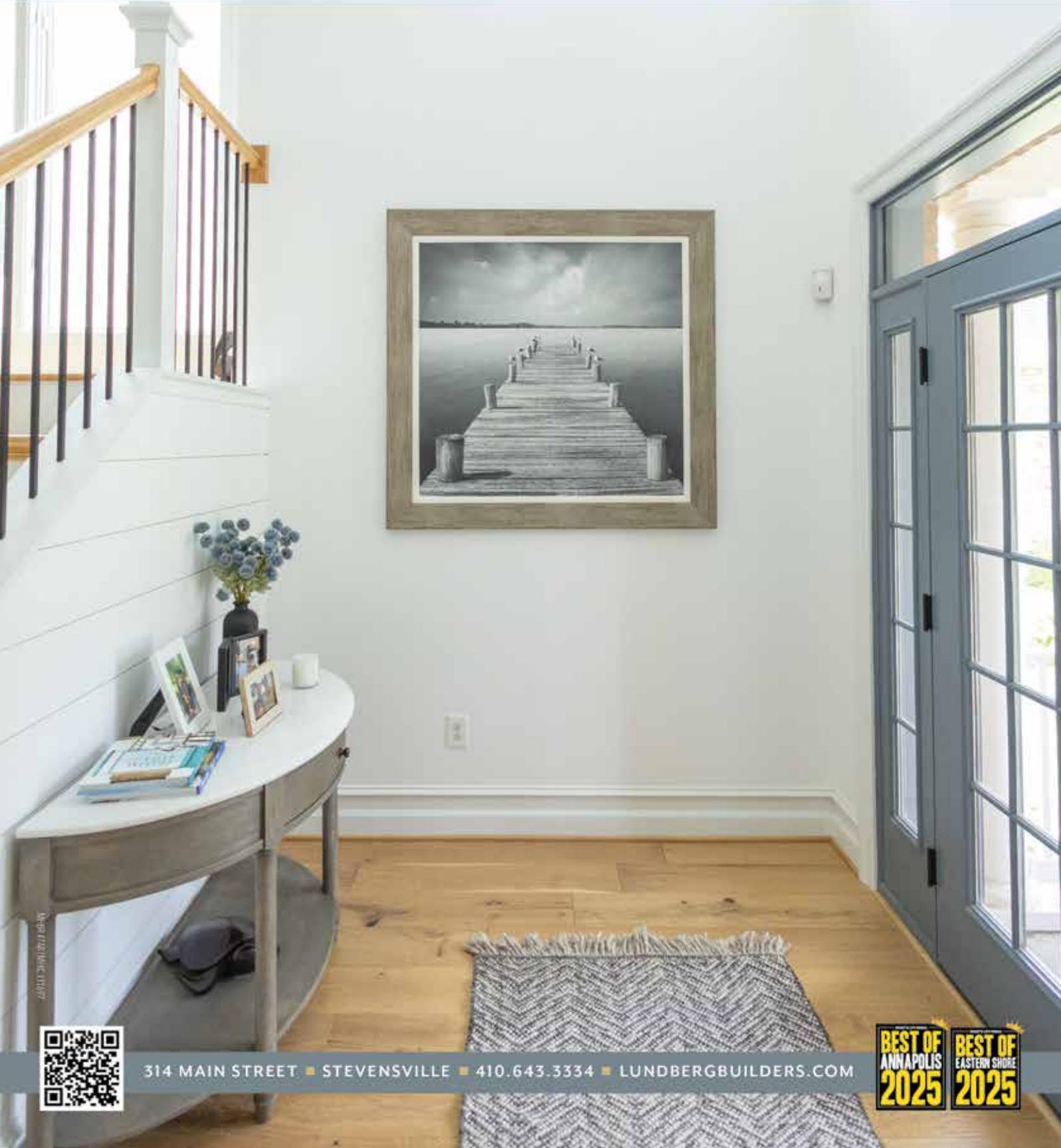
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7171 • davidorso.  
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• firsthome.com/  
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beyond • 410-739-  
9961 • oasis  
washers.com

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6767 • annapolis.  
evrealestate.com

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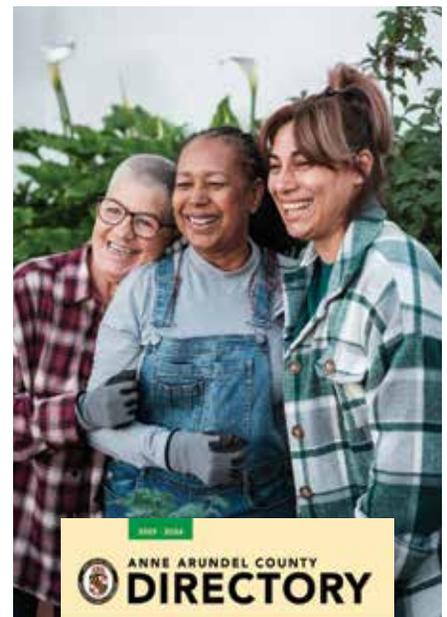
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9476 • bradkappel.  
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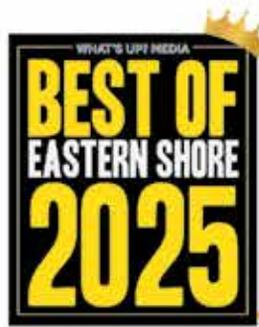


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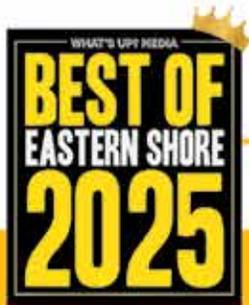
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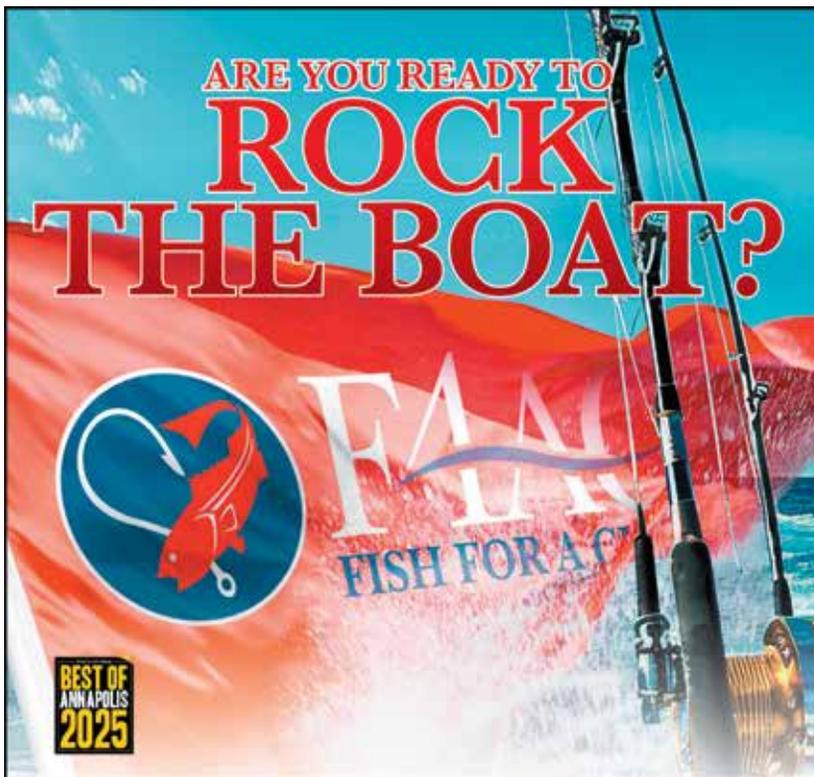
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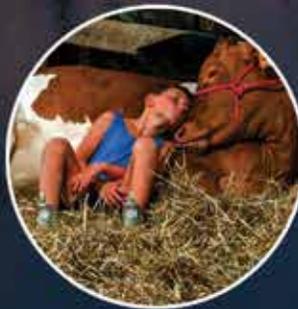
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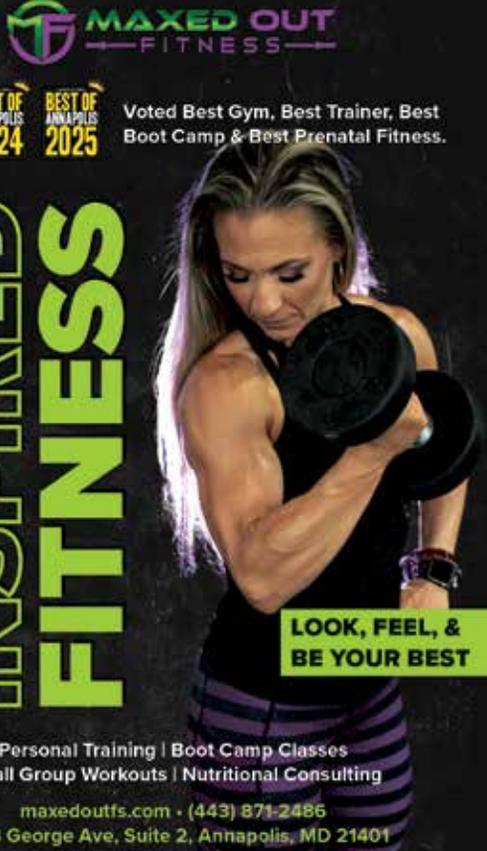
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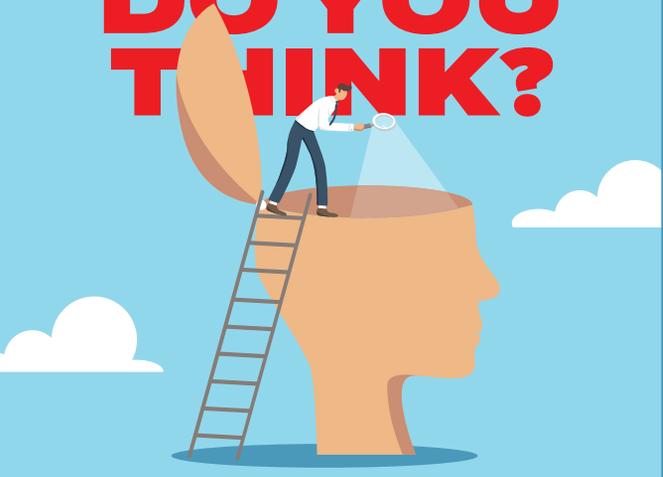
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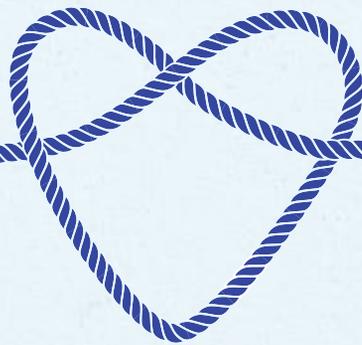

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# Full Sails, Full of Heart



The Chesapeake Bay region's "Triple Crown of Charity Sailing" sets sail, raising funds and awareness for special causes

BY GARY JOBSON



Sailboats of various classes compete in the Triple Crown of Charity Sailing races on Chesapeake Bay waters.



The sport of sailing is vibrant throughout the Chesapeake Bay. Our waters are populated by a wide variety of boats for racing, cruising, day sailing, fishing, kayaking, paddle boarding, rowing, power boating, and vessels for tourists. Every person heads out to the water for the freedom of being away from land, connecting with nature, enjoying time with family and friends, and for some, testing one's competitive skills. All of us who sail are lucky.

In that spirit many sailors are inspired to help others to spend time on the water or support important causes outside the sport of sailing. Since 2018, several sailing events have been organized as “charity regattas” with three of the biggest and most widely supported in the region combined into the Triple Crown of Charity Sailing. Success in these events is measured in two ways:

1. Good finishes on the racecourse.
2. The amount of money raised by individuals and teams of sailors.

The competition is spirited in both categories. The Hospice Cup was created in 1981 by Albert G. Van Metre, the owner of the famous ocean racer, *Running Tide*. Meredith Glacken is the Executive Director of the 2025 edition of the Hospice Cup. She reports, “The 2024 Hospice Cup was the most successful in 25 years. Nearly 90 boats competed together with sponsors raising more than \$200,000.”

Sailboats of various classes compete in the Triple Crown of Charity Sailing races on Chesapeake Bay waters.



The Triple Crown Sailing Trophy is a refurbished trophy, by Weems & Plath, with origins dating back to the 1930s.

In 1993, the Eastport Yacht Club responded to a request by the Leukemia Society to host a charity sailboat race. The event in June of that year attracted over one hundred boats and raised \$30,000. The event was renamed Maryland Cures Cancer Regatta in 2022.

The most recent regatta to be created is the CRAB Cup for Accessible Boating. In 2024, an impressive total of 102 boats participated in a pursuit race, where the slowest boats start first, and the fastest boats start last. CRAB was founded in 2004 for by the late Don Backe (1936–2013) who was disabled as an adult in an automobile accident. The CRAB Cup also includes powerboats in a poker Cup where participants motor to different locations on the Bay and take a selfie photograph. The goal is to complete a five-card poker hand.

A total of 251 boats and well over 1,000 sailors participated in 2024 edition of the Triple Crown. The three events raised \$572,000 for the three charities. Paul “Bo” Bollinger, the Executive Director of Chesapeake Regional Accessible Boating (CRAB), reports, “In 2024 the CRAB Cup raised \$250,000. The funds support CRAB’s sailing programs, fishing, radio- controlled sailing, and therapeutic



programming. All programs are provided free of charge to our guests with disabilities, wounded warriors, and children from underserved communities. CRAB teaches sailing to approximately 1,200 guests on our fleet of six Beneteau First 22A's."

The Maryland Cures Cancer Regatta (formerly Leukemia Cup) has raised over \$3 million in Maryland alone since its founding in '93. From then until 2020, over forty Leukemia Cup regattas took place annually across the United States, raising about \$66 million overall. Then, in 2020, during the Covid-19 Pandemic, the Leukemia & Lymphoma Society decided to withdraw from sponsoring fundraising sailing regattas. Yet, the Eastport Yacht Club had been a leader of the event in the Chesapeake region and served as an example of how to be effective. So, in 2022 EYC decided to resume the regatta, rename it, and use the donated funds to support a new Cancer Center currently under construction at the University of Maryland Medical Center in Baltimore.

Bill Levatino and Andy Guhl are co-chairs of the race committee of the Cancer Cup. Guhl says, "We had 75 boats last year and raised \$68,000. The Triple Crown helped us attract entries. One (event) feeds into the next. It has given us a more positive impact than if we did it on our own. To expand our participation, the Eastport Yacht Club teams up with the Annapolis Yacht Club, the Rock Creek Racing Association, Harrington Harbor Sailing Association, and the Maryland Yacht Club."

The Triple Crown of Charity Sailing concept was started by Bo Bollinger who asked Peter Trogdon—at the time the owner of Weems & Plath—to sponsor the trophy. Trogdon found a spectacular, but unused trophy from the 1930s, that was once called the Power Squadron of Baltimore Navigation Trophy. He revitalized the trophy to become the Triple Crown in 2018.

Weems & Plath continues to be the presenting sponsor. Many other local businesses, individuals, and nonprofits support the Triple Crown. The

Triple Crown Award winners John Dodge and the crew from Kobayashi for the Cure.





The shore parties of all three charity sailing races are lively and well-attended events, raising critical funds for local nonprofits.





trophy is on permanent display at the new CRAB Adaptive Boating Center (ABC) at the entrance of Back Creek. And the trophy is showcased during the regattas at the Eastport Yacht Club during the Cancer and Hospice regattas. The top fundraisers have their names engraved on the trophy.

Trogdon says, “I’m thrilled the events have gotten traction and momentum. The Triple Crown concept has boosted the fundraising and participation of all three events. It’s good for the sport. Bo (Bollinger) came up with the concept.”

The three regattas are spread throughout the summer months, so they do not conflict with each other. The Maryland Cures Cancer regatta is scheduled for June 14, 2025, the CRAB Cup is scheduled for August 16, 2025, and the Hospice Cup will be held on September 13, 2025. The goal is to encourage sailors to participate in all three events.

John Heinz is the Fleet captain of the popular Harbor 20 fleet in Annapolis. The Harbor 20s are active participants in all three Triple Crown Regattas. He was the highest individual fundraiser in 2018 and 2022. In 2023, he tied for the award with Tracey and Warren Richter. Heinz is enthusiastic about the series. “These charity regattas have been an important part of the Harbor 20 Fleet’s calendar since the fleet was created in 2011,” he says. “We’re proud to support these regattas, and we have fun doing it.” The 2024 winner was John Dodge and Team Kobayashi for a Cure.

Dodge performed well in the racing as well as being the top fundraising crew bringing in over \$38,000. Roger Mason was the top individual fundraiser at \$33,000 and was awarded the inaugural (well-named) Rainmaker trophy by Weems & Plath.

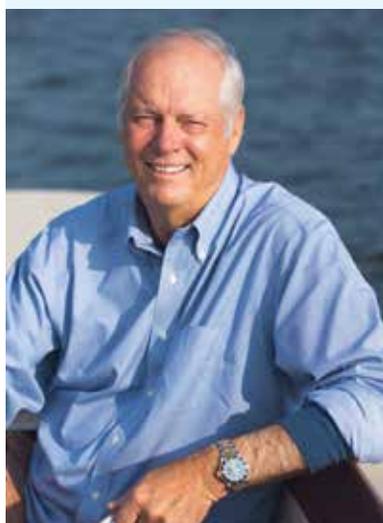
All three regattas feature creative ways to encourage participation. The Cancer Cup hosts a spirited party after racing at the Eastport Yacht Club. Guhl says the party alone raised a net of \$17,000. The Hospice Cup partners with the Maryland Federation of Art to sponsor a local art competition that is open to the public. The winning piece of art that reflects the spirit of the regatta is chosen as the featured artwork for the year and appears on posters, the event website, and printed materials. The CRAB Cup hosts a year end awards ceremony where the Weems & Plath trophy is presented.



Drew Fleming of Weems and Plath and Paul Bollinger (at podium) of CRAB announce last year’s Triple Crown of Charity Sailing away

Glacken adds, “We all work together to encourage participation in each organization’s regatta starting with a Triple Crown kickoff party in the spring. The Weems & Plath trophy is a wonderful incentive, so we work hard to make sure every sailor in the region knows about it, puts three races on their calendar, and opens their checkbook.

Learn more about each organization and the Triple Crown of Charity Sailing at the following websites: [eastportyc.org](http://eastportyc.org)/[mdcurescancer](http://mdcurescancer.org), [crabsailing.org](http://crabsailing.org)/[crabcup](http://crabcup.org), and [hospicecup.org](http://hospicecup.org).



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



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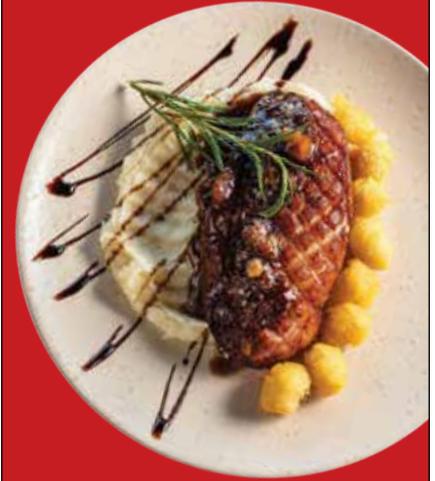
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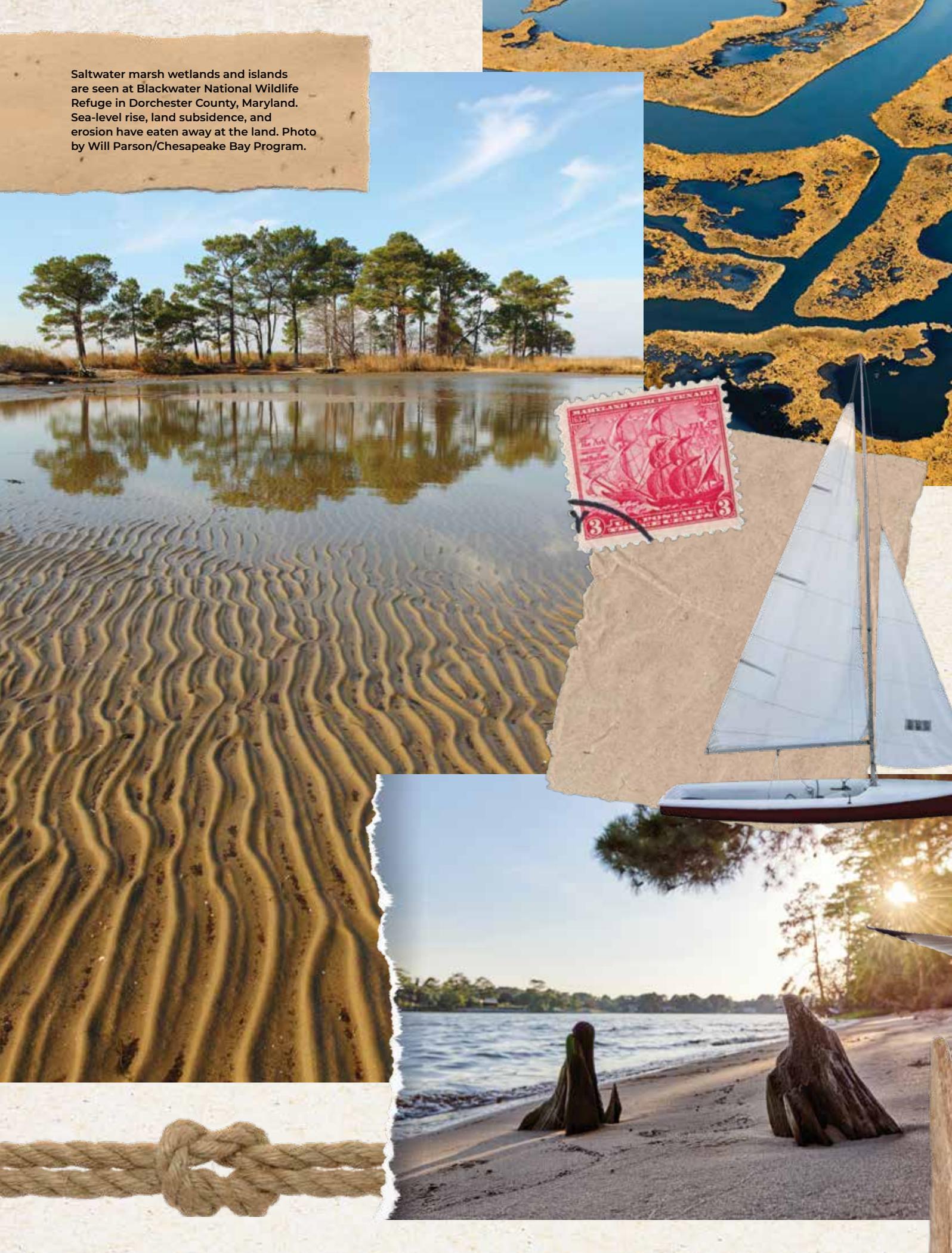


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Saltwater marsh wetlands and islands are seen at Blackwater National Wildlife Refuge in Dorchester County, Maryland. Sea-level rise, land subsidence, and erosion have eaten away at the land. Photo by Will Parson/Chesapeake Bay Program.



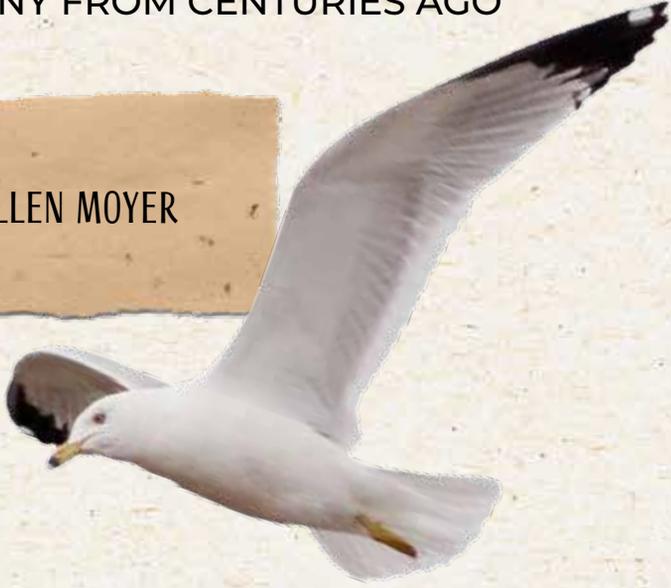


TALES OF CHESAPEAKE LORE

# ISLANDS OF THE BAY

SUSCEPTIBLE TO SEA LEVEL RISE AND STORMS, THE CHESAPEAKE'S REMAINING ISLANDS REPRESENT JUST A FRACTION OF THE MANY FROM CENTURIES AGO

STORY BY ELLEN MOYER





Tangier Island is in the middle of the Chesapeake Bay and slowly losing land mass because of climate change. It is home to a small permanent community of watermen who fish, crab, and oyster. Colorful crab shanties with stacked crab pots line the marshes around this popular tourist destination.

**F**our hundred. That is the number of islands that have vanished from within the Chesapeake Bay over the last four centuries according to studies by Maryland Department of Natural Resources and Virginia Department of Wildlife Resources—two guardians of the bay. Rising sea level and storms have gobbled up land, swallowing small masses and reducing larger ones to a fraction of their original self. And some islands with once lively neighborhoods are now people-free.

Two-thirds of the Chesapeake Bay's island mass, as recorded in 1750, are now gone. The total amount of shoreline along and within the bay retreats about six inches per year as sea level rises about 1.5 feet every hundred years. The bay holds 18 trillion gallons of water, half of which comes from the Atlantic Ocean and another half from the streams and rivers of its 64,000-square-mile watershed. Fifty-one billion gallons of water are contributed daily from the 100,000 streams,

creeks, and rivers that feed into the bay. Islands in the bay and its tributaries are greatly affected by the inflow of more and more water.

Shark Tooth Island in the Potomac River, named for the accumulation of Miocene Epoch shark teeth, is only inches above sea level. The teeth and whale fossils help document historic sea levels and shoreline changes. The island's future appears doomed, as sea level rise and land erosion amount to 1.5 inches of loss every 10 years.

Bloodsworth Island, which once hosted a Phillips crabbing venture, saw its last residents leave in 1918. It was then purchased by the U.S. Navy in 1942 and used as a bombing range. Today, it is off limits to the public. Like so many other islands, it's losing the battle against rising bay waters.

In 1900, hunters built a lodge on Fox Island, which lies just south of the Maryland border. Caught by game wardens in 1974 for baiting waterfowl, the judge offered them a choice between jail or donating the island to the Chesapeake Bay Foundation. The owners chose to donate the land. And Fox Island became an education center hosting students for three-day study excursions. By 2019, the 423-acre island mapped in 1773 had been eroded away and reduced to just 34 acres. The hunting lodge/education center was deemed no longer safe for overnight programs. On February 9th, 2024, the center burned to the ground.

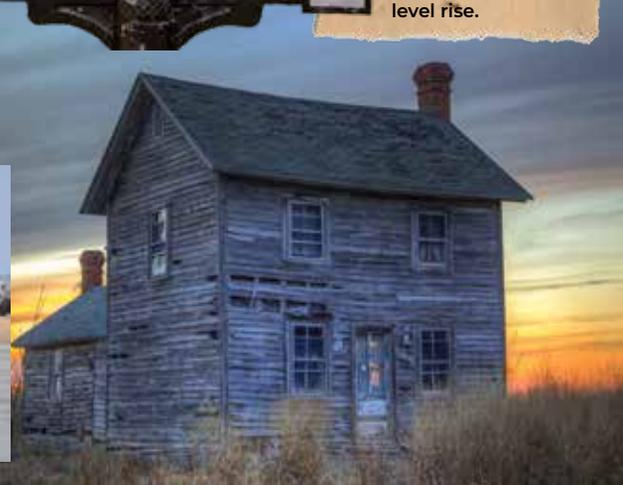
Holland Island in Dorchester County was once home to farmers and watermen. Sadly, it saw its last standing home crumble into the water in 2010. But other communities of watermen, some of which date back to colonial times, are determined to make life work on their islands.

Tangier and Smith Islands still support villages of hard-working residents. Federal dollars have provided resources for breakwaters and living shoreline projects that protect the islands from severe erosion. Tangier was first inhabited in 1686. It has a storied past of watermen with a unique dialect/accents of old English passed down over centuries. Today, it caters to tourists who seek vacation and respite from the extremely busy cities of Baltimore and Washington, D.C. Nearby Smith Island is similar, and the home of the Maryland State Cake—Smith Island Cake.



Left: Historical placard on Smith Island, Maryland in the Chesapeake Bay. Bottom: Abandoned homes, like this one on Hooper's Island, are a common sight at many of the once-prosperous Chesapeake islands that have succumbed to land erosion and sea level rise.

Brown Pelicans at the disappearing Holland Island in the Chesapeake Bay.



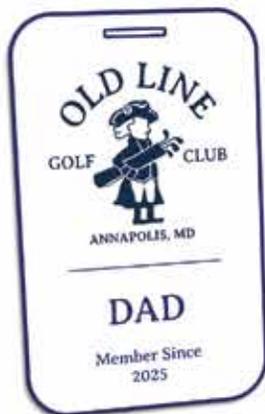
The last house on Holland Island in the Chesapeake Bay as it stood in October 2009. This house fell into the bay in October 2010. Photograph by Flickr user Bald Eagle Bluff.

At one time, many hotels dotted the shoreline of the nation's largest estuary. More than two dozen resorts, from Kent Narrows on Kent Island (Maryland's first European settlement) through Talbot County and to Norfolk, provided comfortable places to vacation and soak up the enduring history and seafood bounty of the bay—crabs, oysters, and rock fish. Oxford, Maryland, was an important port town during the Revolutionary War and, today, boasts a restaurant and inn dating back 400 years. Luxurious lodgings along the bay give a glimpse of Maryland's colonial history where fortunes were made.

The Chesapeake Bay, explored by Captain John Smith in the 1600s, was designated by Congress in 2006 as a National Historic water trail of 3,000 miles. Captain Smith was the first English explorer to map the bay. His leadership is also credited with saving the Virginia settlement at Jamestown by training settlers to fish and farm. But it was his maps that became vitally important to the colonization of the New World. They also became significant resources for observing the changes that have occurred within the Bay over the last 400 years—a period when 400 islands have disappeared.

Beach erosion along Chesapeake Bay shorelines and islands has become increasingly common, especially the result of significant storms.





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**Maryland  
State of Mind**

**PG. 106**





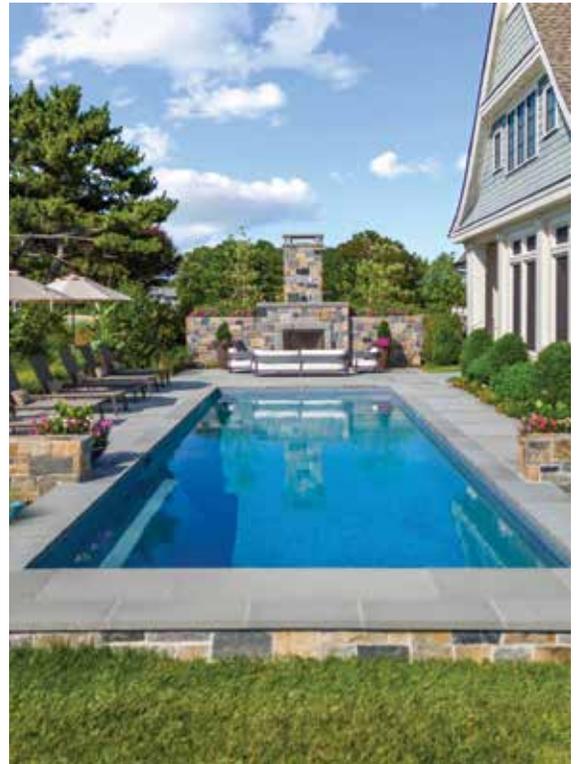
# Maryland State of Mind

By Lisa J. Gotto

**N**

ot just a home but a total state of mind has been created at this stellar Stevensville address where the Eastern Bay is accessed easily via Tanner's Creek.

This 7,100-square-foot New England-inspired home offers a Nantucket shingle exterior and meticulous professional landscaping providing head-turning curb appeal. This includes its unique crow's nest feature that can be accessed via a stunning spiral staircase. An endless panoramic view from this vantage point extends to Poplar Island, Eastern Bay, and beyond.



From the entry guests will receive an enviable overview of the home's premium quality finishes, exquisite design, and unmatched waterfront views from an exquisite series of extended feature windows in the family room. While there are many great views to the water from this room, a unique viewing feature is its set of dual hanging loungers suspended from the ceiling. Gorgeous taupe hardwoods flow throughout the space that is also highlighted with a stone fireplace wall with adjacent built-ins, painted beams above, and a series of room-framing architectural columns.



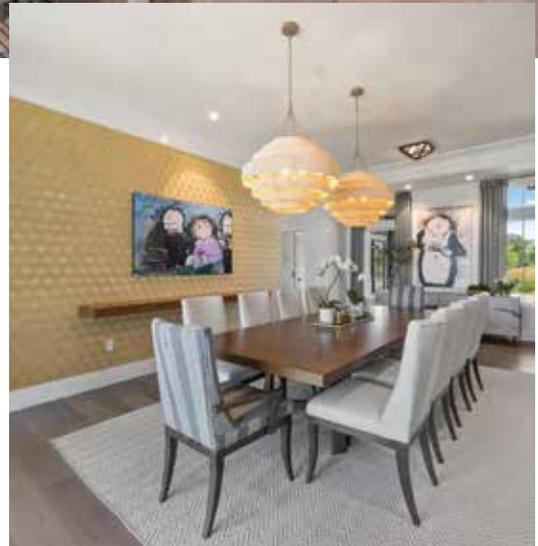
A spacious, formal dining area with creek views is situated next to the family room and provides access to one of several luxurious paver patios. The kitchen can be easily accessed from here but has its own pride of place in the main level floorplan. This modern chef's dream offers an abundance of natural light from its series of extended feature windows in the breakfast area. The large, center island of sandy-colored wood balances the all-white custom cabinetry throughout. Gleaming quartz countertops add elegance and utility.

**Primary Structure Built:** 2021  
**Sold For:** \$5,000,000  
**Original List Price:** \$5,395,000  
**Bedrooms:** 4  
**Baths:** 5  
 Full, 1 Bath  
**Living Space:** 7,153 Sq. Ft.  
**Lot Size:** 1.76 acres



Just off the kitchen there's an inviting sunroom overlooking the property's lovely salt-water pool and the creek. There are several pool-side scenarios for seating including in front of the gorgeous stone fireplace feature.

The main level of the home also includes a sumptuous office/library with traditional dark wood built-ins, a fireplace with marble surround, and a handsome, papered ceiling detail. There's also a connoisseur-level, custom-made wine room with a tasting table, awesome views to the creek, and access to another outdoor patio offering a stunning view out to the property's private pier.





This home boasts four bedrooms including the creek-side primary suite on the upper level. Its own private retreat, this room offers another attractive fireplace, barrel ceiling detail, and access to a private patio. The sumptuous primary bath offers gorgeous inlaid tile detail, an enormous vanity topped in quartz with dual sink, a huge soaking tub, and a large, walk-in shower.

In addition to two large guest rooms, this home has an amazing, custom bunk room and bath that can sleep at least six comfortably. And those dreams will be sweet ones with those water views revealing themselves at day's first light on the creek.



**Listing 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 **Buyers' Agent:** Diana Monger, Berkshire Hathaway | Home Sale Realty, 150 North Point Blvd., Lancaster, PA, m. 717-951-1990, o. 717-560-9100, mongersales@comcast.net, d.monger@homesale.com

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# Stunning Severn Panorama

By Lisa J. Gotto

**T**

his 5,500-square foot contemporary coastal home is an extraordinary example of what happens when open floorplan living meets exquisite views and exceptional taste.

Located in a quiet creek-side community off the Severn River, this property is perched on a hill overlooking the water on an acre-and-a-half of a prime wooded lot mature trees framing the home.

Pretty and lightly stained hardwood floors lead the way from a welcoming foyer to the heart of the home, a spacious open-plan living room with a refreshingly modern metal staircase painted dramatically in black to offset the warm white walls and soaring white ceiling with wood-beam detail.

The water views from this space are incredible with a series of floor-to-ceiling, enlarged picture- and upper-level accent windows providing a truly stunning panorama. The center staircase feature wall of black brick adds drama with its gorgeous inset fireplace and attractive built-in shelving. From this space, guests can easily access the water-facing wrap-around deck which is also spacious and perfect for gracious indoor/outdoor entertaining.

**Primary  
Structure  
Built:** 1981

**Sold For:**  
\$3,320,000

**Original  
List Price:**  
\$3,385,000

**Bedrooms:**  
5

**Baths:** 4

**Living  
Space:**  
5,590 Sq.  
Ft.

**Lot Size:**  
1.57 acres



The living space connects flawlessly with the culinary delight that is the kitchen. Custom white cabinetry and a luxurious package of gold finishes and hardware make this room a fashionable standout. As do the sleek, black countertops and the custom enamel gas range with coordinating black metal hood in the French Country style above. There are great views of the water here as you're rinsing dishes, and a roomy eat-in area is situated adjacent to the room's huge center island.

Off the entry hall, this level of the home features a spacious, waterside primary suite with large picture windows. It boasts a custom walk-in closet and a bath suite that is designed to calm the senses with its enormous, glass walk-in shower, a huge soaking tub overlooking the water, and skylights that keep the white and bright space flooded with light.

There is another large bedroom with an *en suite* bath off the kitchen on this floor, and a third bedroom is located on the loft floor above. This room has amazing tree-top views, skylights, a separate seating area for recreation, and a gorgeous bath with high-end finishes throughout.

The home's lower level offers two additional bedrooms with bath, a dedicated work-out room, and a huge, sunny family room with fireplace and floor-to-ceiling windows that provide access to the property's lower-level deck, and its stairs to 300 feet of waterfront and the residence's private dock.

**Listing Agent:** Jeannie Miller, Long & Foster Real Estate, 145 Main St., Annapolis, m. 301-693-8427, o. 410-263-3400, jeannie.miller@longandfoster.com, longandfoster.com  
**Buyers' Agent:** Ray Gernhart, Samson Properties, 6363 Walker Lane, Alexandria, VA, m. 703-855-6384, o. 571-742-6683, ray@rgarealty.com, rgarealty.com

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# A Dream Home in the Traditional Style

By Lisa J. Gotto

**W**ith 180 feet of unobstructed water views, this stately two-story colonial home delivers an abundance of classic, waterside glamour.

Situated along the Severn River, the monochromatic tonal palette of this residence provides a blank, yet exquisite canvas for its next owners to make it their own. Outside, there's tons of traditional curb appeal with its long and lush front yard and even longer driveway. Lovely, mature landscaping and an attractive red brick walkway to the entry adds welcoming and understated polish to visitors' first impressions.

Lovely multi-tonal hardwood floors begin in the home's traditional, two-story foyer and continue throughout the entire main level of the home. The residence's formal living room is located to the right of the entry and features a handsome wall of custom built-ins and an elegant Federal-style fireplace.

Proceeding from the center hallway is the home's beyond-spacious kitchen and breakfast room. The waterside views are absolutely amazing here thanks to a series of windows including



**Primary Structure Built:** 1985

**Sold For:** \$4,625,000

**Original List Price:** \$5,150,000

**Bedrooms:** 6

**Baths:** 6 Full

**Living Space:** 4,462 Sq. Ft.

**Lot Size:** 1.16 acres



a huge picture window near the informal dining area. A lovely bay window frames out the cozy banquet seating area, and a long wall of built-ins provides extra space to display family treasures.

The all-white kitchen cabinetry is enhanced with luxe white stone countertops including on the room's center island with gas cooktop feature and coffee bar seating for three. This room provides access to a ginormous water-facing upper deck, which, when combined with the square footage in the kitchen, makes this home the prime family gathering place.

Off the kitchen there's an amazing sunroom with white-washed brick walls and elements of shiplap that overlook the water. A formal dining room and a large family room with a stone fireplace feature wall are just steps away, as well.

This home's primary suite is also located on the main level at the opposite end of the floorplan. This sumptuous space has water views, a fireplace, access to the outer deck, and a sunny and bright, all-white bath with dual vanity, large shower, and soaking tub.

Upstairs, the home offers four generous bedrooms, three with *en suite* baths and two with water views, so overnight hosting is a simple exercise.

A finished basement provides a recreation area for kids of all ages with a fireplace and seating area, as well as walk-out access to a covered patio and the resort-like in-ground pool area with its outstanding views of the river and the property's private pier with water access.

**Listing Agent:** Georgie Berkinshaw, Coldwell Banker Realty, 3 Church Circle, Annapolis, m. 443-994-4456, o. 410-263-8686, gberkinshaw@cbmove.com, coldwellbankerhomes.com **Buyers' Agent:** Jeannie Miller, Long & Foster Real Estate, 145 Main St., Annapolis, m. 301-693-8427, o. 410-263-3400, jeannie.miller@longandfoster.com, longandfoster.com

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# Cooking Light

## OUR FAVORITE WAYS TO LIGHT A KITCHEN

By Lisa J. Gotto

**T**he busiest room of the house no doubt requires the most attention to detail when it comes to lighting. Whether you're dicing celery for soup or hovering over the kids' homework at the island, the kitchen is the place where most of life happens. With that said, it is prudent to approach lighting in the kitchen in terms of layering for functionality, ambiance, and energy efficiency.

Katie Rainey of Katie Rainey Design of Annapolis works closely with her clients to ensure their kitchen designs are not only efficient and beautiful, but that they coordinate and complement their lifestyle.

"For layering kitchen lighting, I always emphasize a mix of task and ambient lighting to ensure both function and beauty," Rainey says. "Task lighting, like focused pendants over an island or under-cabinet lights, ensures that prep work is easy and efficient."

## ON TREND

Following a time-honored recipe that starts with general illumination or what experts call "ambient" lighting, and adding in task, and then finally accent lighting, creates that layered approach.

Ambient lighting includes recessed lighting, flush-mount or semi-flush ceiling fixtures, large pendant, or even a chandelier (if space allows), and cove lighting for indirect illumination. Ambient lighting—whether from recessed fixtures, statement pendants, or even sconces—adds depth and creates a warm, inviting atmosphere.

When it comes to task lighting, pendants allow the best opportunity to inject the homeowner's style and personality into the space. And the trend here to create a wow factor with statement lighting over an island or in a breakfast area is more popular than ever.



Photo courtesy of Katie Rainey Designs

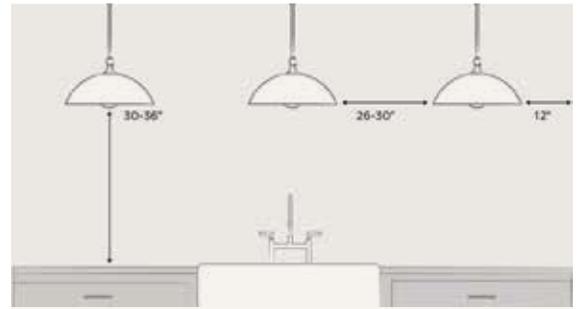


Rainey follows a mindful rule of thumb when conceptualizing this type of lighting package for clients. “For kitchen island lighting, I’m really drawn to fixtures that offer a refined coastal influence—pieces that feel organic and timeless rather than overly ‘beachy,’ Rainey says. “With so many kitchens opening up to the rest of the home and capturing water views, lighting plays a crucial role in defining the space while maintaining an airy, natural flow.”

Pendant lights crafted from rattan, abaca, and seagrass are becoming popular because they add texture and warmth while complementing the surrounding landscape.



Top: Alondra Chandelier, photo courtesy of lightopia.com.  
 Bottom: Oakley Ring Chandelier, photo courtesy of crystalramalights.com.



## It’s All About the Proportions

Unless you’re working with an interior expert, choosing and hanging pendants above your island can be a tricky enterprise, so grab your ruler and learn the golden rules!

An accurate measurement of the space you will be lighting is required to ensure that the fixtures will work proportionally with the task area below and provide the optimal amount of light. Start by measuring the length and width of your island, so you can easily determine how many pendants you will need and the spacing that should go in between each.

Determine your hanging height by measuring the height of the island surface to the ceiling. To keep them from being too low or too high, stay in the standard span of 30 to 36 inches above your island countertop as your guide. To determine what size and scale your pendants should be, a general rule of thumb is to choose a fixture that is approximately one-third the width of your island.

**Tip:** Choosing a linear pendant or large chandelier as a fixture offers the advantage of creating a statement piece and provides even lighting from a single junction box.

When hanging multiple pendants make certain each fixture is spaced 26 to 30 inches apart for even spacing, and reserve 6 to 12 inches on each side between your pendant and the edge of your island.

## ON TASK

Task lighting doesn't always come from above, either. Many lifestyle situations can benefit from fixtures that illuminate less obvious places.

"One of my favorite recommendations for task lighting in both kitchens and bathrooms—something I've been specifying in all my new build and renovation projects lately—is toe-kick lighting," Rainey explains. "It adds incredible functionality for clients of all ages, especially when it comes to individual lifestyle needs."

In the kitchen, it provides a lighted path for open-plan scenarios when task lighting goes off after kitchen clean-up is done and you're putting the living space to use. Plus, it adds a built-in nightlight for inevitable midnight snacking, and aesthetic appeal.



Photo courtesy of aspectled.com



Photo courtesy of kateiraineydesigns.com



Photo courtesy of sherinwilliams.com

Accent lighting provides that final layer of polish to a room. If you have glass-front cabinetry adding LED strip lighting allows you to keep your favorite dishware and other keepsakes and collectibles on full-display day or night.

Probably the biggest trend in accent lighting right now in addition to decorative pendants, are eye-catching sconces. Like attractive bookends in a library, paired sconces on either side of the kitchen sink window put charm and style on overload.

Options in this category improve year over year as demand for customization and personalization of prime living spaces accelerates. Some designs we have seen don't even require a nearby electrical outlet, as they run on re-chargeable bulbs, or light cells. One manufacturer, Pooky lighting, offers a variety of cordless base styles and a collection of shades that make installation a charming no-brainer.

Something we always feel adds that extra layer of style and panache to a kitchen is free-standing counter lighting in table-lamp form.

Another accent lighting option that many homeowners tend to overlook but shouldn't, says Rainey, are dimmer switches.

"A key takeaway many homeowners might not realize is how essential dimmers are; they allow you to shift the lighting to suit everything from morning coffee prep to evening entertaining," she adds.

And dimmers are not only versatile, but they're also known for their energy-efficiency. Simply put, the less bright the light, the less energy it uses.

Not to mention, you can come off looking like the brightest bulb when you opt to wire and control your lighting options from your tablet or phone. Once installed, these on-the-go applications are probably the greatest innovation in residential lighting overall, which can make the place where most of life happens, the easiest place to manage.

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# Back By Popular Demand

## TIPS & TRICKS FOR THE GARDENER

By Janice F. Booth

**G**ardening is such a gratifying and usually relaxing activity. Gardeners are generous with their plants, advice, and tips for success; willing to share our struggles and failures and ask for help, usually in the form of advice.

I have shared gardening tips and tricks in the past. Often, after the column runs, I hear lots of additional tricks that I didn't include, suggestions and solutions. So, here are (1) some new solutions to old problems in the garden and a few (2) old, faithful tricks and tips.



### **FIRST: NEW SOLUTIONS:**

**Citrus Peels:** Warm, damp areas of your garden may harbor those slimy garden slugs. Ick! You may have used the beer-in-the-jar-lid method to get rid of them. (Fill a jar lid with beer, and the slugs will drink themselves to death!) Another method, in case you don't want to waste a bottle of perfectly good beer, uses the peel of any citrus fruit: orange, lemon, grapefruit. Try to remove the peel as half-rounds. Lay the peels, facing up like a cup, among the plants where slugs have been seen. Wait 24 to 48 hours, then go back and collect the citrus-peel cups, now full of slimy slugs.



**Bee & Bug Houses:** Encourage bees, spiders, crickets, and other helpful insects to make your garden their home with well-placed houses. There are lots of "how-to" videos on YouTube if you want to make your own shelter for bees or insects. The trick is to hang the houses in shady areas away from human traffic. (You don't want to be swatting bees or clearing cobwebs from your hair.) Additionally, plant a few lovely borage plants near the bee house. Their pretty blue, star-shaped flowers are bee magnets!

**Epsom Salts:** You may already be a fan of these inexpensive, helpful crystals. Now, think about using them in the garden. • Mix 2 Tbsp of Epsom salts in 1 gallon of water. Spray the mixture on house and garden plants—particularly roses. The salt's magnesium will help your plants flourish. • If you're growing tomatoes and peppers in pots, line the bottom of each pot with Epsom salts and lay the plants on top. The tomatoes and peppers will be "blue ribbon" quality.



**Chamomile Tea:** Just as chamomile tea is good for our systems, it's also a boon for your plants, particularly house plants. Spray the leaves or dab the leaves (if you don't want to spray tea around indoors) and boost your plants immunity to disease.

**Egg Shell Nursery:** It's a bit late for this season, but the next time you "start" some seedlings, use eggshells. Try to carefully break the shells so you have two halves (ideally) or one shell that's open on one end. Add soil then drop a seed or two in each shell. The new shoots will benefit from the shell's calcium, making each little plant stronger and healthier.

**Flat Rocks:** Sometimes it's difficult to remember the names of all the plants in your garden. Of course, there are lovely plant sticks and plaques, but another option is a few midsize rocks that have one flat side. Use a permanent marker and write the name of the plant and maybe the date it was planted. The rock will stay in place (not break or get blown away) and make a lovely, natural identifier.



**Garden Tools:** Having the right tools for your gardening tasks is certainly a boon. Here are two helpful aids for those important tools. • Paint on the handles of your tools a bright color. A bright color will make it easier to find the tool that you left in a flowerbed. Also, if you're gardening with friends, you'll be able to easily identify your tools from those of other gardeners. • Measuring is a constant part of the gardener's tasks. Grab a permanent marker and mark the long handles of your tools with inches and feet. Then, when you're spacing plants and digging holes you won't need to run back to the toolshed to find a measuring stick. You'll have one in your hand!

## **NOW: THE OLD STAND-BYES REVIEW:**

**Let 'em Lay:** Don't rake up all those leaves when autumn comes. Fallen leaves can be a sheltering blanket for tender plants over the long winter, retaining warmth and moisture. Spring cleanup will be soon enough to clear away those leaves. (Of course, if you have lots of trees, you may want to do a bit of preliminary raking.

**Detering Deer:** We have all kinds of devices to discourage deer from feasting on our shrubs and plants. Perhaps the cheapest, easiest, and most effective deterrent is Irish Spring Soap. Gather some old socks and dump a bar of soap into each one. Hang the socks from low branches or on fence pickets. The deer will avoid these innocuous barriers at all costs. You may need to refill the socks halfway through the summer. Your nose will tell you if that's necessary.

**Stick a Fork In It:** Having trouble with furry pets (yours or your neighbor's) sunning themselves on top of your begonias or rolling in your herb garden? Don't get on the phone complaining to your neighbor or scold your pet. Buy plastic forks (the clear ones are perfect for the task.) Stick them, tines up, in the flowerbeds. Believe me, when Puss or Fido jump into your flowers, they'll get a bit of a poke. They'll soon find a new favorite resting place.

I'm sure you have some handy tricks of your own for keeping up with tasks in the garden. Keep sharing your ideas with fellow gardeners.



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# Health & Beauty

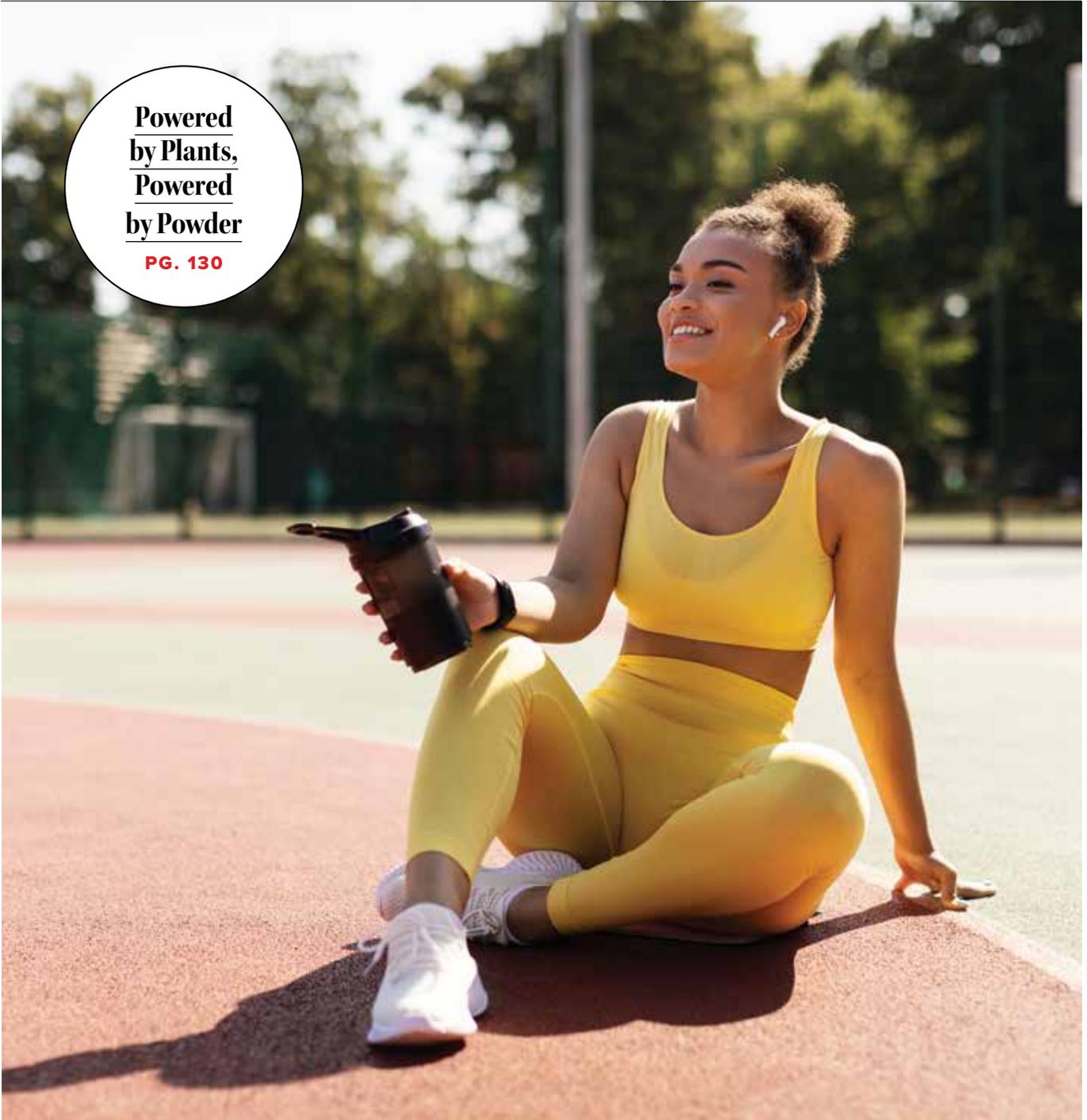
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**PG. 130**





**READY TO SWAP OUT SOME OF YOUR EXPENSIVE BEAUTY PRODUCTS FOR A MORE NATURAL ALTERNATIVE? HERE ARE EIGHT WAYS YOU CAN USE COCONUT OIL FOR AN OVERALL MORE VIBRANT APPEARANCE:**

# Crack Open the Secrets of Coconut Oil

## A NATURAL MOISTURIZER FOR SKIN, HAIR, AND NAILS

By Dylan Roche

**K**eeping a tub of coconut oil in your kitchen seems like a reasonable choice—it's versatile for cooking with a rich tropical flavor and medium-chain triglycerides for energy and brain health. But how about keeping a tub of coconut oil in your bathroom? You might be surprised to learn that this popular cooking oil can be used for all kinds of beauty hacks, improving your skin, hair, nails, and more.

This is because those same medium-chain fatty acids that make coconut oil so good for metabolic and cognitive health are good for reducing what's known as transepidermal water loss, when water passes through your skin and evaporates, leaving your skin looking (and feeling) dried out. These same fats will also moisturize and strengthen your hair follicles, and your fingernails and toenails. Doctors at Penn Medicine and Cleveland Clinic also note that coconut oil's lauric acid is antimicrobial, so it reduces any bacteria (and any corresponding inflammation or infection) naturally.

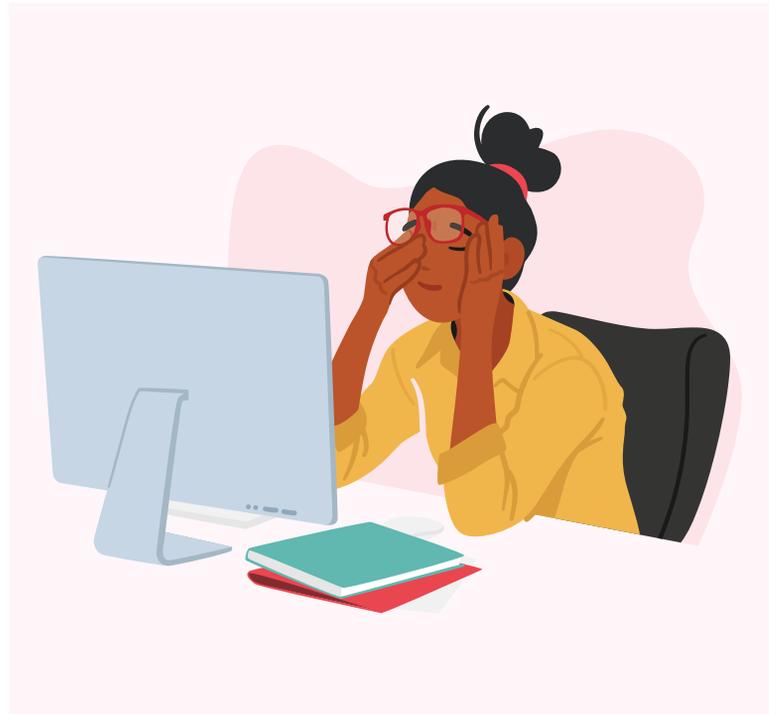
- ◆ Replace your daily moisturizer with a small amount of coconut oil. Apply a pea-sized dollop to your skin to lock in moisture and improve your skin's elasticity. Use sparingly, because too much coconut oil will leave you feeling greasy and can even block pores. If you have naturally oily skin, lighten up the coconut oil by mixing it with a small amount of aloe vera.
- ◆ Use coconut oil in place of conditioner in the shower. The oil penetrates your hair shafts and reduces protein loss for stronger follicles while treating your scalp to ease dandruff or dryness.
- ◆ Coconut oil can break down waterproof makeup without being harsh on skin. Remove your makeup by massaging a small amount onto your skin and wiping it away with a warm, damp cloth.
- ◆ Swish a small amount of coconut oil around in your mouth to reduce bacteria and freshen your breath without an alcohol-based mouthwash.
- ◆ The skin under our eyes is especially delicate and prone to dryness. You can reduce fine lines and hydrate this sensitive part of your face by applying a small amount of coconut oil to your undereyes every night before bed.
- ◆ Tame hair frizz and flyaway hairs (while boosting your hair's shininess) by applying a small amount of coconut oil to your fingertips and running it through your hair, then combing through for even distribution. This works best for curly or thick hair, as fine hair may get weighed down and look greasy with too much coconut oil.
- ◆ Massage coconut oil into your cuticles to soften them and heal cracked fingernails—it works just as well on toenails, too.
- ◆ Avoid razor burn by using coconut oil in place of shaving cream. Apply a thin layer to damp skin for a smooth glide and reduced risk of stubble, razor burn, and ingrown hairs. Just take care to rinse the razor frequently so you avoid oil buildup.

# 5 Tips for Reducing Screen Fatigue

By Dylan Roche

**D**id you know the average American spends about seven hours staring at a screen every day? The culprit might be a phone, a computer, or a tablet—likely some combination of all three throughout the day. That's a lot of screen time. And even though staring at the screen of a tech device isn't exactly the same as staring at another light source, such as a lamp, it can still be tough on our eyes. It affects our mental health and our sleep. There's even a term for it, **screen fatigue**, also known as **digital eye strain**, which refers to the physical and mental exhaustion we feel from prolonged exposure to digital screens.

UCLA Health explains the reason behind screen fatigue lies in pixels, the tiny dots that make up images on our screens. Keeping pixelated images in focus requires a lot of work from our eyes, which is why it can be so tiring.



The big problem: Screens are an inevitable part of life. We use computers all day for work. We rely on our phones for crucial communications in our personal life. It's practically impossible to swear off screens, even if we try to minimize our use.

But that doesn't mean we should resign ourselves to screen fatigue as part of life. Yes, it would be great to use our devices less—and doctors recommend we do that, aiming for less than 2 hours of screen time a day if it fits with our jobs and lifestyle—but even if we carry on with the same amount of screen exposure, we can still take steps to improve our mental and physical wellbeing.

**Screen fatigue might manifest itself in different ways, but you'll usually experience one or a combination of:**

- ◆ Blurry vision or difficulty focusing
- ◆ Dry, irritated eyes
- ◆ Headaches
- ◆ Difficulty concentrating
- ◆ Irritability
- ◆ Trouble falling or staying asleep

## HERE'S WHAT YOU CAN DO:

1. Think 20-20-20. Every 20 minutes, take a 20-second break to look at something 20 feet away. This will reduce eye strain.
2. Adjust your visual settings to put your device in dark mode and increase the text size.
3. Blink more often or use eye drops to offset eye dryness.
4. Drink plenty of fluids to avoid dehydration, which can exacerbate dry eyes and fatigue.
5. Put devices away at least 30 minutes before sleeping to prevent interferences with your circadian rhythm.



# Powered by Plants, Powered by Powder

## HOW PLANT-BASED PROTEIN SUPPLEMENTS STACK UP

By Dylan Roche

**W**hen you think of foods that are high in protein, your first thoughts might go to animal-based sources—things like meat, poultry, fish, dairy, and eggs.

Plant-based foods contain protein, but not often as much as their meaty counterparts. This explains why, if you're following a plant-based diet, either because you're vegetarian or simply because you're trying to cut back on your meat consumption to maximize vegetables, your protein intake could be a little low. Maybe even in need of supplementation from a protein powder or a protein bar.

It also explains why you might not think of plant-based protein options when you're choosing those supplements. After all, whey protein (which is made from dairy) dominates the market at about one-third of all sales. But there are still plenty of options out there for anyone looking to bulk up their diet with the protein power of plants.

### **DO I NEED A PROTEIN SUPPLEMENT?**

The short answer: Probably not. Although protein is important, most Americans consume far too much of it. A healthy diet includes about 0.8 grams of protein per kilograms of bodyweight. That means a person weighing 150 pounds needs about 54 grams of protein every day. But not everyone has the same nutritional needs, and individuals like athletes, bodybuilders, or seniors may need more (in these cases, it's best to get input from a Registered Dietitian).

It's also best to get protein from real food. If you're eating a plant-based diet, that means plenty of beans, nuts, seeds, and whole grains. However, if you're eating a balanced diet and still a little bit shy of your recommended intake for whatever reason, a protein supplement could be a good option. But it's important to remember that protein supplements are usually just that—protein, along with some sugar for sweetness. They don't have all the vitamins and minerals that whole foods have, so they're meant to be a *supplement*, not a *replacement*.

"While protein powders can provide a condensed source of protein that is simple and easy for anyone on the go, they may not always get a complete nutritional profile," explains Yasi Ansari, MS, RDN, CSSD, spokesperson for the Academy of Nutrition and Dietetics. "People will need to be more intentional about getting in various other nutrients when incorporating a protein shake."

A plant-based protein supplement is a good alternative for people who can't have dairy, either for religious or ethical reasons or because they have a milk allergy or lactose intolerance. The big shortcoming of a plant-based protein supplement, however, is that it likely won't have all nine essential amino acids your body needs—that means you'll need to vary your protein sources. (But no, despite common misconception, you don't need to combine all nine essential amino acids in the same meal. So, if you supplement with a pea protein powder, it might be lacking in methionine, but you can snack on sunflower seeds or Brazil nuts as a source of this amino acid later in the day.)

**WITH ALL OF THAT IN MIND, CONSIDER WHAT YOU'LL GET WITH EACH OF THE MOST POPULAR PLANT-BASED PROTEIN SUPPLEMENT OPTIONS ON THE MARKET:**

## PEA PROTEIN

This common protein supplement is made from yellow split peas that have been dried and ground into flour, then processed to remove fiber and starch, leaving behind a concentrated protein that's easily digestible and hypoallergenic, not to mention high in branch-chain amino acids that are important for muscle growth. But as mentioned earlier, it's not a complete protein—it's low in the amino acid methionine.

"When it comes to pea protein supplements, most are combined with either pumpkin seed, quinoa, or rice protein in the pea protein mixture," Ansari says. "Blending pea protein with sources like rice protein can help make it more complete."

## SOY PROTEIN

Soy protein is one of the few plant-based sources of all nine amino acids. It's made from soybeans that have been defatted and processed into a highly purified form of protein. Although it's affordable and widely available, and often considered ideal for muscle growth, soy is a common allergen, so this might not be the best option for everyone.

"While soy protein is a complete protein, soy protein powder, compared to whey, contains lower amounts of essential amino acids per gram of product," Ansari says. "Since it is complete, it doesn't need to be paired with other plant proteins in a product."

## BROWN RICE PROTEIN

You might think of rice as a source of carbohydrates, but unrefined brown rice contains a fair amount of protein—and when those grains of rice are treated with enzymes to separate the protein from the carbohydrates, then dried

into a powder, it creates a protein supplement that's hypoallergenic and easy to digest. However, brown rice is not a complete protein because it doesn't have much of the amino acid lysine. Brown rice protein can also have a gritty texture that isn't as palatable as some of the other options out there.

## HEMP PROTEIN

While all protein supplements are processed in some way, hemp undergoes the least amount of processing. Hemp seeds are cold-pressed to remove the oil and then ground into a fine powder, resulting in a supplement that is also high in fiber for improved digestion. That said, a serving of hemp protein powder is often not as high in protein as its pea or soy counterparts—but it does have a pretty strong nutritional profile. "Hemp protein also contains higher amounts of manganese, magnesium, and zinc," Ansari says. "They also contain omega-3 and omega-6 fatty acids. They also offer lignan-amides, which offer antioxidants that can support health." She notes, however, that hemp protein might not be a great option for anyone who needs to undergo drug testing. Hemp protein won't get you high, but it could yield a positive result on a cannabis test.

## ALGAE PROTEIN

This one may surprise you. When algae are cultivated, harvested, and dried, then ground into powder, it can create a nutrient-dense supplement with a high concentration of protein per weight. It's not commonly sold as a supplement because of its high cost and its grassy taste, but it can be found in protein snacks (such as protein bars) where its taste can be disguised with another strong flavor like chocolate or berry.



## ANSARI'S TIPS FOR PROTEIN SUPPLEMENTATION

**Ready to start supplementing? Here's what Yasi Ansari, MS, RDN, CSSD, spokesperson for the Academy of Nutrition and Dietetics, recommends:**

- ◆ Because supplements aren't certified by the Food and Drug Administration the way food and drugs are, you need to look for third-party testing labels such as NSF Certified for Sport, NSF, or Informed Choice or Informed Sport. "These products go through rigorous testing of the quality of the product and ensure what you see on the label is what you will get," she says.
- ◆ Not all protein supplements are as healthy as you would expect. Check the label to make sure it isn't made with a ton of sugar, and that the protein supplement has at least 20 grams of protein per serving. You may see a supplement made with artificial sweeteners or sugar alcohols instead of sugars. "Sometimes, these can cause gastrointestinal discomfort—stomach upset, gas, cramping, loose stools," Ansari says. "If you're taking a protein supplement, monitor how you feel and look out for these symptoms."
- ◆ Finally, you don't have to stick to shakes. "Consumers can get creative with protein powders. They can be added to oatmeal, smoothies, shakes, yogurt, soups, mashed potatoes, pudding, pancakes, and muffins to help get extra protein in some favorite products," Ansari says.

# Redefining Cardio

## AEROBIC ACTIVITY MIGHT NOT LOOK LIKE YOU THINK IT DOES

By Dylan Roche

**H**ate cardio? Or do you just think you do? A lot of people will say they dislike cardio workouts, believing that it has to entail endless minutes or hours of running and cycling. Sure, it *can* look like that, and many people do enjoy those kinds of workouts. But reaping the benefits of aerobic exercise doesn't have to mean lots of struggling. Many of your favorite activities might even be considered a potential cardio workout.

"If a person tells me they hate cardio, I would first ask them what they mean by cardio and then find out what goals they are wanting to achieve to determine if some form of cardio is in fact the best solution for their needs," says Chris Gagliardi, a certified trainer with the American Council on Exercise. "I would also find out what types of activities they enjoy and make sure they understand the difference between exercise and physical activity."

He explains this difference between *exercise* and *physical activity*: Exercise is planned, structured, and repetitive physical activity, and physical activity is any body movement that uses energy. He says people often don't realize that many everyday activities—walking or yardwork, for example—are forms of physical activities. And physical activity can improve levels of fitness and bring health benefits.

Start by considering how much cardio you actually need. The American Heart Association says you need at least **150 minutes of moderate-intensity aerobic activity** or **75 minutes of vigorous activity** throughout the week to enjoy the health benefits.



**To determine whether the activity you're engaging in would be considered moderate or vigorous, Gagliardi recommends using what he calls the talk test. He says to consider:**

1. If you can talk comfortably while being physically active, you are working at a moderate intensity.
2. If you can sing, you are working at a light intensity. You should be able to talk but not sing when working at moderate intensity.
3. If you can't talk comfortably, or you cannot say more than a few words without pausing for a breath, you are working at a vigorous or near maximal intensity.

Moderate or vigorous activity will depend on your fitness level. Walking at a brisk 4mph pace might be easy enough for a fit person to handle while holding a conversation. For somebody who is not as conditioned, this level of exercise could be more of a challenge, and one they could not do while talking—and it would therefore be a vigorous activity.

Think about your favorite activities that get you moving. Could you do them at such an intensity that they cause you to break a sweat? Or could you do them in such a way that it would be hard for you to talk while you're doing them? If you're moving at this kind of intensity, you'll be enjoying aerobic (i.e. cardio) benefits, even though this isn't exactly structured "exercise."

**What activities might you consider for your next redefined cardio session?** Here are a few ideas for everyday physical activities that could feel like a workout if you go at them hard enough:

- ◆ Try exploring a trail at a local park or nature preserve, especially if there are hills with varied terrain. You'll raise your heartrate, but you'll feel as if you're having more of an adventure than a workout.
- ◆ Gather friends and family for a friendly competition of volleyball or kickball in the backyard. These recreational games involve quick movements, side-to-side action, and bursts of energy that will keep your heartrate elevated.
- ◆ Jump on a trampoline or jump rope—two activities that will take your right back to childhood but will expend a surprising amount of energy!
- ◆ Take a dance class like Zumba or hip-hop to get your heart pumping and have lots of fun at the same time.
- ◆ Undertake some heavy yardwork, especially if it involves digging, weeding, or mowing the lawn. You'll find yourself squatting, bending, lifting, pushing, and—very likely—breaking a sweat.
- ◆ Take your bike for a loop around the neighborhood or strap on a pair of rollerblades. These options are a little more exciting than a simple walk and you'll be using different muscle groups than you would if you were walking



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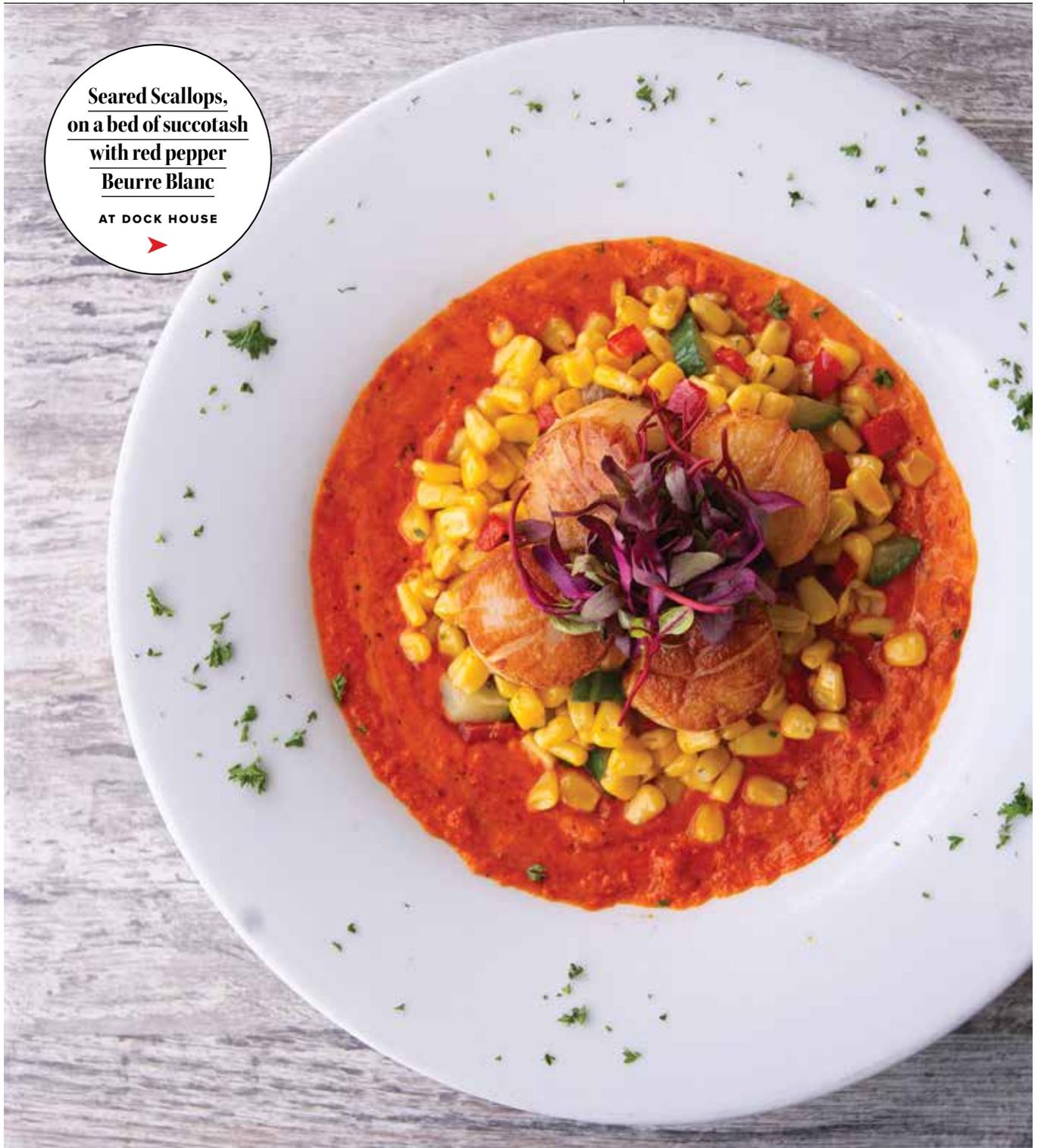
# Food & Dining

136 SCENIC VIEWS, SUPERB COASTAL CUISINE

138 READERS' DINING GUIDE

**Seared Scallops,  
on a bed of succotash  
with red pepper  
Beurre Blanc**

AT DOCK HOUSE



# Scenic Views, Superb Coastal Cuisine

By Sharon Harrington

**L**ocation, location, location” is a real estate slogan, but I am going to apply it here to describe Dock House, a restaurant perfectly situated to showcase a panoramic view of the waterway and the Kent Narrows Bridge.

The ambiance begins curbside with striking black and white photos lining the land side of the restaurant giving you a nostalgic glimpse of old Kent Narrows and continues inside with a thoughtful blue/gray color scheme and touches of nautical decor.

The planning that went into both the building and the interior design is obvious. Dock House is big, around six thousand square feet with five hundred and one seats available for dining, but the overall effect is spacious not cavernous. The use of big picture windows allows maximum enjoyment of the scenery. There is a patio, enclosed at this visit because mother nature was showing off with a cold blustery wind, and a wrap around the deck. The deck is quiet tonight, but one can only imagine the scene in warmer weather, the kaleidoscope of colors as summer clad guests enjoys that undefinable umami flavor that comes from dining by the water.



## **DOCK HOUSE RESTAURANT, BAR & DOCK**

110 Piney Narrow Road, Chester; 443-446-4477; dockhouserestaurant.com

Our server Kat (more about her later) was a wealth of information. I wanted to know when Dock House opened, two thousand and twenty-two, and who was involved in the conception. Kat rattled off a few names: Jody Schulz, Justin Kiernan, and Ron Kirstien, names readily associated with the vibrant restaurant scene at Kent Narrows.

Two friends joined me for dinner at Dock House, both of whom enjoy good food and were up for the adventure.

We chose to sit on the enclosed patio to make the most of the view and we were not disappointed. The Kent Narrows Bridge, which I had never viewed from this perspective, is quite beautiful (to me it looked a bit like a Roman aqueduct) and soars gracefully over the waterway. It was a quiet night on the water, its mirror like stillness allowing us to hear the gentle lapping against the bulkhead.

We were extremely fortunate to have Kat as our waitress, who was both knowledgeable and patient. I say patient because my friends and I were giddy with anticipation as our eyes raced up and down the menu. And if the menu was not enough, we were given a separate listing of daily specials with a very reasonable price point (under twenty dollars). Choosing was going to be hard. Kat took our drink orders to allow us a little more time to suss out the menu. I was pleased to see a nice selection of single glass wines starting at a reasonable seven dollars. My friend ordered a Matua Sauvignon Blanc from New Zealand, a good choice to pair with seafood entrees. Cocktails, mocktails, and beer rounded out the beverage offerings.

After much deliberation we decided to share two appetizers, Steamed Mussels with Marinara sauce and Docks Popcorn. The popcorn dish needs explanation—bits of fried rockfish, shrimp, and calamari were served with Fisher’s popcorn sprinkled with Old



Bay seasoning and served in a red and white striped container that spilled out onto its tray like a cornucopia from the sea. I am not one of those people who believes Old Bay belongs on everything, but this was delicious. I found my hand repeatedly sneaking across the table to have just “another bite.” It was accompanied by a garlic mayo (aioli) that was outstanding. A fun and delicious start to dinner.

Next, we had the steamed mussels in a chunky, slightly sweet tomato sauce accompanied by a chunk of bread for sauce mopping. Those disappeared quickly.

We relied on Kat again in choosing entrees. She said we couldn’t go wrong with the local favorites and there were some new items on the menu that were gaining popularity.

One of my friends chose Halibut Tacos from the favorite’s menu—two tacos bursting with chunks of halibut resting on a bed of slaw and topped with remoulade sauce. Remoulade is a Creole sauce of mustard, mayo, hot sauce, and spices, suggesting the chef has a little New Orleans in his repertoire.

I also chose from the local’s menu, The Dock Burger, a house blend of chuck short rib and brisket served with bacon, Coopers Cheese, and Dock Sauce. This tower of a sandwich should have been enough, but I could not resist the Truffle Tots. Adding elegant Truffles to that childhood staple of Tatertots, was another fun and delicious twist by the chef.

My other friend chose one of the new menu items, Seared Scallops, on a bed of succotash with red pepper Beurre Blanc. Of all of our choices this was perhaps the prettiest presentation, a simple white bowl contained a vibrant red sauce surrounding an island of scallops resting on succotash and finished with a sprinkle of micro greens.

We were all satisfied but did not want to leave without sampling a dessert. Kat informed us that desserts are not made on premises except for Miss Bev’s bread pudding. It was a difficult choice, but we settled on a slice of chocolate torte with whipped cream and strawberry garnish and asked for three spoons. This was definitely a chocoholics dream; a deeply fudgy chocolate rush accompanied each bite.

I asked Kat for a little information on the chef, Sean McCormick, and was surprised that the first thing she said about him was how humble and even keeled he was in the kitchen. She did go on to praise his innovative food, but her comment stuck with me. I was fortunate to snag a few minutes of the chef’s time and learned a little more about his culinary journey. He received his training on the job working with chefs he admired in Baltimore, Annapolis, and D.C. His culinary vision lends itself to coastal cuisine.

As our evening drew to a close, we pushed back from the table thoroughly pleased, sated, and watched the lights from a restaurant across the waterway reflected in the calm water.

Sharon Harrington is a retired social worker by profession and now, a passionate gourmand/chef in practice, having trained with reputable culinary personalities and institutions, notably: Chef Francois Dinot; L’Académie de Cuisine; the Culinary Institute of America in Hyde Park; and Le Cordon Bleu in Paris. She currently resides on the Eastern Shore.

# Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email [mkotelchuck@whatsupmag.com](mailto:mkotelchuck@whatsupmag.com) or [editor@whatsupmag.com](mailto:editor@whatsupmag.com) and let us know! And for the full guide, visit [whatsupmag.com](http://whatsupmag.com).

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**49 West Coffeehouse, Wine Bar, and Galley**  
 49 West Street, Annapolis; 410-626-9796; [49westcoffeehouse.com](http://49westcoffeehouse.com) ●

**Acme**  
 163 Main Street, Annapolis; 410-280-6486; [acmegrill.com](http://acmegrill.com) ●

**Acqua AI 2**  
 236 Main Street, Annapolis; 410-304-3424; [acquaai2.com](http://acquaai2.com) ●●

**Annapolis Ice Cream**  
 196 Main Street, Annapolis; 443-714-8674; [annapolisicecream.com](http://annapolisicecream.com) ●●

**Annapolis Market House**  
 25 Market Space, Annapolis; 443-949-0024; [annapolis-markethouse.com](http://annapolis-markethouse.com) ●●

**Armadillo's Bar and Grill**  
 132 Dock Street, Annapolis; 410-280-0028 ●●

**The Big Cheese**  
 47 Randall Street, Annapolis; 410-263-6915; [tbcsannapolis.com](http://tbcsannapolis.com) ●

**Buddy's Crabs & Ribs**  
 100 Main Street, Annapolis; 410-626-1100; [buddysonline.com](http://buddysonline.com) ●●

**Café Normandie**  
 185 Main Street, Annapolis; 410-263-3382; [cafenormandie.com](http://cafenormandie.com) ●●

**Carpaccio Tuscan Kitchen & Wine Bar**  
 1 Park Place Suite 10, Annapolis; 410-268-6569; [carpacciotuscankitchen.com](http://carpacciotuscankitchen.com) ●●●

**Castle Bay Irish Pub**  
 913A Main Street, Annapolis; 410-626-0165; [castlebayirishpub.com](http://castlebayirishpub.com) ●●●

**Chick & Ruth's**  
 165 Main Street, Annapolis; 410-269-6737; [chickandruths.com](http://chickandruths.com) ●● Break-fast all day everyday

**The Choptank**  
 110 Compromise Street; 443-808-1992; [thechoptank-restaurant.com](http://thechoptank-restaurant.com) ●●●●

**Curate Annapolis**  
 141 West Street; 410-907-0968; [curateannapolis.com](http://curateannapolis.com) ●●, Wine, Daily Breakfast

**Dock Street Bar & Grill**  
 136 Dock Street, Annapolis; 410-268-7278; [dockstreetbar.net](http://dockstreetbar.net) ●●

**Dry 85**  
 193B Main Street, Annapolis; 443-214-5171; [dry85.com](http://dry85.com) ●●

**Eat Sprout**  
 100 State Circle, Annapolis; [eatsprout.com](http://eatsprout.com) ●

**Federal House**  
 24 Market Space, Annapolis; 410-268-2576; [federalhouse.com](http://federalhouse.com) ●●●

**Fox's Den**  
 179B Main Street, Annapolis; 443-808-8991; [foxsden.com](http://foxsden.com) ●●

**Galway Bay Irish Restaurant and Pub**  
 63 Maryland Avenue, Annapolis; 410-263-8333; [galwaybaymd.com](http://galwaybaymd.com) ●●●

**Game On Bar + Arcade**  
 114 West Street, Annapolis; 410-885-4589; [gameonbararcade.com](http://gameonbararcade.com) ●

**The Goat**  
 137 Prince George Street; [thegoatannapolis.com](http://thegoatannapolis.com) ●●●●

**Harold Black**  
 236 Main Street, Annapolis; 410-304-3353; [haroldblack.com](http://haroldblack.com) ●● Light Fare, ●●

**Harry Browne's**  
 66 State Circle, Annapolis; 410-263-4332; [harrybrownes.com](http://harrybrownes.com) ●●

**Iron Rooster**  
 12 Market Space, Annapolis; 410-990-1600; [iron-rooster.com](http://iron-rooster.com) ●●●

**Joss Café & Sushi Bar**  
 195 Main Street, Annapolis; 410-263-4688; [josssushi.com](http://josssushi.com) ●●

**Latitude 38**  
 12 Dock Street, Annapolis; 667-204-2282; [latitude-38waterfront.com](http://latitude-38waterfront.com) ●●●●

**Lemongrass**  
 167 West Street, Annapolis; 410-280-0086; [lemongrassannapolis.com](http://lemongrassannapolis.com) ●●●●

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**Level A Small Plates Lounge**  
 69 West Street, Annapolis; 410-268-0003; [levelannapolis.com](http://levelannapolis.com) ●●●

**Lighthouse Bistro**  
 202 West Street, Annapolis; 410-242-0922; [lighthousebistro.org](http://lighthousebistro.org) ●●●●

**Luna Blu Ristorante Italiano**  
 36 West Street, Annapolis; 410-267-9950; [lunablufannapolis.com](http://lunablufannapolis.com) ●●●

**McGarvey's Saloon**  
 8 Market Space, Annapolis; 410-263-5700; [mcgarveysannapolis.com](http://mcgarveysannapolis.com) ●●●

**Metropolitan Kitchen and Lounge**  
 169 West Street, Annapolis; 410-280-5160; [metropolitannapolis.com](http://metropolitannapolis.com) ●●●●

**Middleton Tavern**  
 2 Market Space, Annapolis; 410-263-3323; [middleton-tavern.com](http://middleton-tavern.com) ●●●●

**O'Brien's Oyster Bar & Seafood Tavern**  
 113 Main Street, Annapolis; 410-268-6288; [obriensoysterbar.com](http://obriensoysterbar.com) ●●●●

**Osteria 177**  
 177 Main Street, Annapolis; 410-267-7700; [osteria177.com](http://osteria177.com) ●●●●

**Parley Room**  
 25 State Circle, Annapolis; 443-837-6481; [parleyroom.com](http://parleyroom.com) ●●●

**Picante Cocina Mexicana**  
 48 West Street; 443-775-5957; [picanteannapolis.com](http://picanteannapolis.com) ●●●

**Potato Valley Café**  
 47 State Circle, Annapolis; 410-267-0902; [potatovalleycafe.net](http://potatovalleycafe.net) ●●

**Preserve**  
 164 Main Street, Annapolis; 443-598-6920; [preserve-eats.com](http://preserve-eats.com) ●●●●

**Ram's Head Tavern**  
 33 West Street, Annapolis; 410-268-4545; [rams-headtavern.com](http://rams-headtavern.com) ●●●●

**Red Red Wine Bar**  
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**Reynolds Tavern**  
 7 Church Circle, Annapolis; 410-295-9555; [reynoldstavern.com](http://reynoldstavern.com) ●●●●

**Sofi's Crepes**  
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**Stan and Joe's**  
 37 West Street, Annapolis; 410-263-1993; [stanandjoessaloon.com](http://stanandjoessaloon.com) ●●●●

**Trophy Room**  
 126 West Street, Annapolis in Graduate Hotel; 410-263-7777 ex 3225; [graduate-hotels.com](http://graduate-hotels.com) ●●●

**Tsunami**  
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4365; azureannapo-  
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112A Annapolis  
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beanrushcafe.com \$,  
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Annapolis; 443-603-  
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**Davis' Pub**

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7432; davispub.com  
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1374 Cape St. Claire  
Road, Annapolis;  
410-757-2919; della-  
notterestaurant.com  
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**Eat Sprout**

150 Jennifer Road  
Suite K, Annapolis;  
443-223-0642;  
eatsprout.com \$ ●

**Eggcellence**

**Brunchery**  
2625 Housley Road,  
Annapolis; 410-573-  
9503; eggcellence-  
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**Evelyn's Annapolis**

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2422; firstwatch.com  
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5378; grapeswineb-  
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Annapolis; 443-808-  
0501; hangryjoes.  
com \$ ●

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Annapolis; 410-980-  
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Parkway; 410-919-  
0776; ingranobakery.  
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7580; jalapenoson-  
line.com \$\$\$ ●

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2625 Housley Road,  
Annapolis; 410-224-  
8424; Lemongras-  
sannapolis.com  
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**The Lodge**

177 Jennifer Road,  
Annapolis; 410-266-  
7474; lodgeannapo-  
lis.com \$\$ ●●●●

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1397 Generals  
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ille; 410-923-1606;  
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5006; memosbarand-  
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missshirleys.com \$\$  
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lis; 443-733-3099;  
goparkdeli.com \$ ●

**Pit Boys**

1515 Forest Drive,  
Annapolis; 410-263-  
2333; pitboys.com  
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200 Old Mill Bottom  
Road, Annapolis;  
410-626-7427;  
redhotandblue.com  
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**Rodizio Grill**

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Mall Road, Annapo-  
lis; 410-849-4444;  
rodiziogrill.com \$\$\$  
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**Sandy Pony Donuts**

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Island Road, Annapo-  
lis; 410-873-3272;  
sandyponydonuts.  
com \$ ●

**Seoul Blues Coffee & Dessert**

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breadandbutterkitch-  
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8102; carrolscreek.  
com \$\$\$ ●●●●

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7166; chart-house.  
com \$\$\$ ●●●

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Annapolis; 410-267-  
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Eastport; 410-263-  
1617; lewnessteak-  
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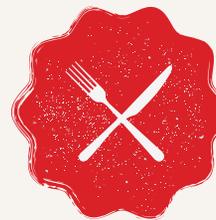
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74 West Central Avenue, Edgewater; 667-270-5878; 100lotskitchen.com \$\$\$ ●●

### Adam's Taphouse

169 Mayo Road, Edgewater; 410-956-2995; adamsgrilleedgewater.com \$\$\$ ●

### Always Ice Cream Company

129A Mitchell's Chance Road, Edgewater; 443-949-8309; alwaysicecreamcompany.com \$ ●

### Bayside Bull

108 W Central Ave, Edgewater; 410-956-6009; baysidebull.com \$ ●●

### The Boathouse

604 Cabana Blvd, Deale; 410-867-9668; theboathouse-deale.com \$\$\$ ●●●

### Cappy's

479 Deale Road, Deale; 443-607-4138; cappsdeale.com \$\$, ●●●● Seasonal

### Chad's BBQ

158 W Central Ave, Edgewater; 410-956-7774; chadsbbq.com \$ ●●

### Cooper's Tavern

173 Mitchell's Chance Road, Edgewater; 443-837-6126; coopers-tavern.com \$\$\$ ●●

### Dockside Restaurant & Sports Bar

421 Deale Road, Tracy's Landing; 410-867-1138; dockside-restaurantmd.com \$\$\$ ●●●●

### Edgewater Restaurant

148 Mayo Road, Edgewater; 410-956-3202; edgewater-restaurant.com \$\$\$ ●●

### Happy Harbor Waterfront Restaurant and Bar

533 Deale Road, Deale; 410-867-0949; happyharbor-deale.com \$\$\$ ●●●●

### Harper's Waterfront Restaurant

1107 Turkey Point Road, Edgewater; 410-798-8338; harperswaterfront.com \$\$\$, Reservation Only ●●●●

### Harvest Thyme Tavern

1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com \$\$\$ ●●

### Jesse Jays

584 West Central Avenue, Davidsonville; 240-903-8100; jessejays.com \$ ●●●

### Killarney House

584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com \$\$\$ ●●●●●

### Lemongrass South River

3059 Solomons Island Road, Edgewater; 443-221-7693 \$\$\$ ●●

### Mike's Crab House

3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com \$\$\$ ●●●●

### Petie Greens

6103 Drum Point Rd, Deale; 410-867-1488; petiegreens.com \$\$\$ ●●●

### The Pier Waterfront Bar & Grill

48 South River Road, Edgewater; 443-837-6057; thepierwaterfrontbarandgrill.com \$\$\$ ●●●●●

### Pirate's Cove Restaurant and Dock Bar

4817 Riverside Drive, Galesville; 410-867-2300; piratescove-md.com \$\$\$ ●●●●

### Senor's Chile

105 Mayo Road, Edgewater; 410-216-2687; senorschile.com \$\$\$ ●●

### Skipper's Pier Restaurant & Dock Bar

6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com \$\$\$ ●●●●

### South County Café

5960 Deale Church-ton Road, Deale; 410-867-6450; southcountycfe.com \$ ●

### Stan and Joe's Riverside

4851 Riverside Drive, Galesville; 410-867-7200; stanandjoesaloon.com \$\$\$ ●●●●

### West River Pit BBQ

5544 Muddy Creek Road, West River; 443-223-9956; westriverpit.com \$ ●

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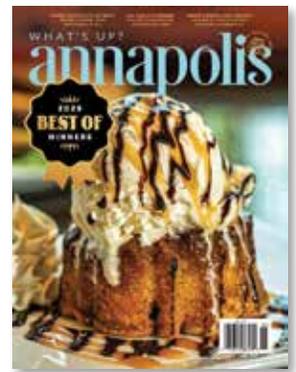


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# Where's Wilma?

**FIND WILMA AND WIN!**

Wilma has a bit more pep in her step this month—or shall we say more gas in the tank—as she flies to and fro the many towns that dot our Chesapeake Bay region. She's extra happy because the Best Of winners have been announced in this magazine, which means she now knows where to go for the very best restaurants, shops, and services. 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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Kelly T.** of Edgewater, who won a \$50 gift certificate to a local business.

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