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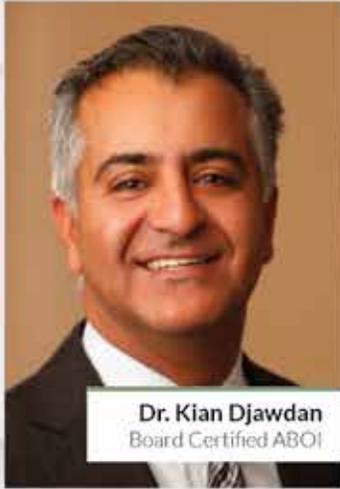
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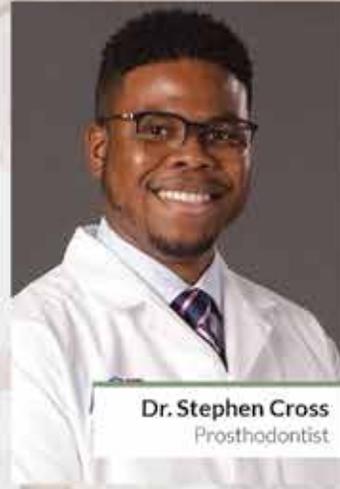
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On the Cover: The best local businesses are celebrated in the annual Best of Central Maryland awards. Design by August Schwartz. Contact *What's Up? Central Maryland* online at whatsupmag.com. Please recycle this magazine.

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WHAT'S UP? **CENTRAL**
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Best Of Party!

Tuesday, June 13, 2023 from 6-9 p.m at the Doordan Institute at Luminis Health Anne Arundel Medical Center

Enjoy a great party with tastings from winning restaurants, cash bar, dancing, photo booths, beauty and wellness services, and much more entertainment! What's Up? Media's Best Of Party celebrates the best of the area's restaurants, shops, services, entertainment, and businesses all rolled up into one fantastic fundraising event that will benefit GiGi's Playhouse of Annapolis and Talbot Hospice. At the party, "Best Of" restaurant winners, and only winners, serve samples of their winning dishes. This is an amazing community event that always sells out, so be sure to secure your tickets while they last! The Best of Winners are selected by our annual reader's poll and will be featured in the upcoming issues of *What's Up? Annapolis*, *What's Up? Eastern Shore* and *What's Up? Central Maryland*. Get tickets now at whatsupmag.com/bestofparty.



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From the editor



Welcome to the Best of Central Maryland issue!

You're holding the result of six months of campaigning, vetting, and production to deliver the names of winning restaurants, retailers, and service pros in a variety of essential, compelling, and creative industries. Whew!

In January and February, we called on readers to vote for their favorite places to dine and shop. And who you favor for services ranging from spa treatments and eye exams to real estate and auto repairs—really, the whole gamut of community business categories. More than 3,000 of you voted!

During March, our inhouse staff was busy tabulating the surveys, reviewing top vote getters, and verifying the results. In the midst of this frenzy, I received a call from my mother to set up a lunch date with the family. The two of us usually bounce ideas off each other for an ideal spot in town, bantering and figuring it out. Sometimes we choose an old favorite; other times, a new restaurant creating buzz in town. Regardless, we generally opt for a restaurant with spotless silverware.

On this call, however, she already had a place picked out and it had me second-guessing her sanity. I won't name names (you'll figure it out) but suffice to say it was a neighborhood joint best known for its list of tap beers, barbeque...and chicken wings. Okay then.

Later, it clicked with me. "Hey, this restaurant has won for Best Wings in the past; I wonder who won this year?" With the highly-classified 2023 winners list in hand, I checked. Sure enough, they're the winner. And sure enough, we traipsed in on a Saturday for lunch, ordered a batch of wings, and, dang (!), if they weren't the best darn wings I've had in a long, long time. Large, plump; perfectly crisp skin; and tossed in a Buffalo sauce that kissed heat but didn't kill with it. The wings made my day. I couldn't stop talking about them. It was a great and *qualified* lunch.

By April, and later May, all Best of Central Maryland winners had been checked over for accuracy and informed of their upcoming wins. With this June issue, the word is officially out. And now the fun begins!

Like that lunch this past March, try giving these winners a visit. Make a game of it by checking this magazine for who won "such and such." Then try them out. You might be surprised in a very good way! See if you agree with the 3,000 readers who cast their votes. And if not, please let us know and be sure to cast your vote in next year's Best of Central Maryland campaign.

Until then, we hope you'll keep this issue handy all summer long and into the fall as a reference for enjoying some of the best businesses in the best towns of the best state! Cheers.

James Houck,
Editorial Director

A handwritten signature in black ink, appearing to read 'James Houck', written over a large, stylized, looped graphic element that resembles a pen nib or a flourish.

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Out on the **TownE**

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Capital Jazz Fest

Visit Merriweather Post Pavilion in Columbia for the three-day Capital Jazz Fest. Friday, June 2nd will kick off the festival with musicians Fantasia and Joe Thomas, while the rest of the weekend (June 3rd and June 4th) will include performances from George Benson, Ne-Yo, Incognito, The Isley Brothers, Chelsey Green, and more can't-miss musicians! Find more information and order tickets for one, two, or all three days at merriweathermusic.com.



EVERY STEP COUNTS ↓

Bello Machre's Every Step Counts Walk and Bike event will be held at Anne Arundel Community College on June 10th. Friends and family are welcome to come out and support people with developmental disabilities and to raise money for Bello Machre. Find more information at bellomachre.org.

↑ Asian American and Pacific Islander Festival

Join Howard County Executive Calvin Ball, the Howard County AAPI Commission, and the Inner Arbor Trust for the second annual Asian American and Pacific Islander Festival on June 11th at Merriweather Park at Symphony Woods in Columbia from noon to 5 p.m. There will be many things to do throughout the park, as well as many cultural performances on the Chrysalis stage. The vendors will also represent this dynamic community and food vendors will celebrate culture through food! Find more information at innerarbortrust.org.



FRIENDS OF THE LIGHT HOUSE 20TH ANNUAL GOLF TOURNAMENT

On June 8th, the Friends of The Light House will host their 20th Annual Golf Tournament at Renditions Golf Course in Davidsonville. The Friends of The Light House provides volunteer and financial support to The Light House helping them rebuild lives with compassion by providing shelter and services to prevent homelessness and empower people as they transition toward employment, housing, and self-sufficiency. Please visit Friend-LHS.org for more information on all their 2023 events.

Photo by Megan Evans Photography



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- Norman Vincent Peale



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↑ Let's Go! Music Festival

Let's Go! Music Festival is back for Maryland music lovers! The festival will be June 2nd through 4th at the Anne Arundel County Fairgrounds in Crownsville and will include Chris Young, Collective Soul, Kip Moore, Priscilla Block, Larry Fleet, and many more in the lineup. The weekend will be full of games, food, and music! Get your tickets at letsstofest.com.

CELEBRATE JUNETEENTH ↓

Celebrate Juneteenth in Annapolis this year! Start the weekend with the VIP Gala in African formal attire on June 16th at the Annapolis Crowne Plaza Hotel to honor the past and celebrating culturally rich history. On June 17th is the 2nd annual parade and festival! The parade will kick off at noon at the Annapolis City Docks and the festival will begin at 1:30 p.m. at the Bates Athletic Complex in Annapolis. Find all of the information and who will be up on stage at theannapolisjuneteenth.org.



Photo by Abigail Coale

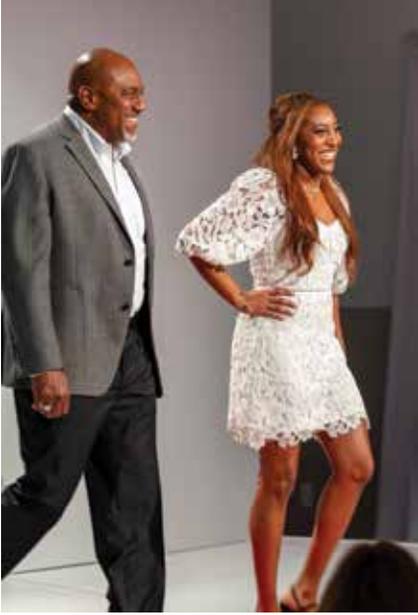
Annapolis Pride Parade

Pride month is here and since June 2019, Annapolis Pride has hosted a parade and festival on West Street in Annapolis. This year's parade will be held on June 3rd to celebrate the LGBTQ+ community and embrace diversity in Annapolis. The theme will be *Express Yourself: Protecting LGBTQ+ Youth* and will travel from Amos Garret Boulevard to West Street, ending at Calvert Street. The festival will be held on the portion of West Street from Calvert Street to Church Circle. Find more information on annapolispride.com.

BANDS IN THE SAND ↓

Get ready for a night of entertainment on June 10th at Philip Merrill Environmental Center in Annapolis. Each summer 1,600 guests gather on the beach, dance the night away, and raise a drink to Save the Bay. This party of the year is vital to the Chesapeake Bay Foundation's mission. Find more information at cbf.org.





Fashion for a Cause

Over a dozen local community models will come together to display new fashion from area stores on June 8th at Porsche Annapolis. Hospice for the Chesapeake is hosting the organization's annual Fashion for a Cause, which will raise funds that will directly support its Chesapeake Kids Program. The evening will include a runway fashion show, luxury automobiles, food and cocktails from the area's restaurants and food trucks. Find more information at hospicechesapeake.org.



↑ ANNAPOLIS BLUES SOCCER

2023 is the inaugural season of the Annapolis Blues, part of the National Premier Soccer League (NPSL). And it is not too late to get your tickets. The Blues have four games this June, three of them being at their home stadium, Navy-Marine Corps Memorial Stadium. Annapolis Blues play Frederick on June 3rd at 7 p.m., Virginia Beach City on June 10th at 7 p.m., and Grove-Richmond on June 18th at 5 p.m. Get tickets and see the full schedule at annapolisblues.com.

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↑ BL's New Head of Upper School Announced

In late March, Christopher Post, Headmaster of The Boys' Latin School of Maryland, announced the appointment of Amy Wesloski as the next head of upper school, effective July 1, 2023. "Amy is a distinguished school administrator with more than 20 years of leadership experience," Post said in the announcement. "Amy brings a wealth of experience, an unmatched enthusiasm for our School, and a lived experience of our mission." Post previously served as principal of Chesapeake High School, responsible for the day-to-day management of more than 1,000 students and supervising more than 100 faculty and staff members.

"First stepping onto campus over five years ago as a parent and most recently, this fall, as an upper school faculty member, I continue to marvel at what a special place Boys' Latin is for our boys,"

Wesloski stated. "I am grateful for the opportunity to lead the upper school and will continue the good work occurring on Lake Avenue, honoring Boys' Latin's rich history, and creating new experiences that will empower our boys to reach their full potential." Learn more at boyslatinmd.com.

HOME RETAILERS OPEN IN CROFTON ↓

Earlier this spring, Showman Furniture and National Carpet both cut the ribbons for their grand openings of their newest showrooms, located in Crofton. Learn more at showman-furniture.com and nationalcarpetcrofton.com.



INTERIOR DESIGNER EARNS NATIONAL ACCOLADE

Bowie, Maryland, native Anna Graham, founder of Anna Graham Interiors was honored as a member of the National Kitchen & Bath Association (NKBA) "Thirty

Under 30 Class of 2023" earlier this year. The prestigious program recognizes talented kitchen and bath professionals under the age of 30. Since 2018, Anna Graham Interiors has completed more than 300 projects, ranging from residential remodels to restaurants and medical offices. Learn more at annagraminteriors.com. Congratulations Anna!



OSS Welcomes New Doctor

Oral Surgery Specialists recently welcomed the addition of Kenneth Kufta, DMD, MD to the practice, which serves residents in the greater Annapolis and Chesapeake Bay region. Dr. Kufta graduated Cum Laude from the Harvard School of Dental Medicine, where he obtained his Doctor of Dental Medicine (DMD) degree. He completed his oral and maxillofacial surgery training at the Hospital of the University of Pennsylvania, where he also obtained his Doctor of Medicine (MD) degree at the Perelman School of Medicine at the University of Pennsylvania, graduating at the top of his medical school class. He became certified by the American Board of Oral and Maxillofacial Surgery in 2023. Learn more at annapolisoss.com.

**Do you have community or business news to publicize?
Send What's Up? an email at editor@whatsupmag.com.**

WELLNESS ON THE WATER

Wellness House of Annapolis and Eastport Yacht Club Partnership

WOW! The 2nd Annual Wellness on the Water (WOW) Launch Party was a HUGE success! Thank you to all our sponsors who generously donated to support our Wellness on the Water program and all of our free programs and services that support those in our community touched by cancer.

WOW is an amazing partnership with Wellness House of Annapolis and Eastport Yacht Club (EYC) that connects members and their families. EYC volunteer captains and crews provide healing time on the water...time to connect, to laugh, and to create memories that will last forever.

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TOWNE ATHLETE

Jace Wiggins

St. Vincent Pallotti High School
Lacrosse

By Tom Worgo

In the fall of 2019, St. Vincent Pallotti High School Boys Lacrosse Coach Kirk Dodson held his yearly practices to evaluate new and returning players. Dodson wanted to get a close-up look at freshman goalie Jace Wiggins.

But Dodson made things hard for Wiggins—at least he thought so. The program’s leading goal scorer Ethan Rinker tested Wiggins’ skill level with one blazing shot after another. “Ethan could just light it up,” Dodson recalls. “He was probably shooting 90 to 100 miles per hour.”



HE IS A GUY WHO CAN TAKE OVER THE DEFENSE AND THE TEAM. THE TEAM TURNS TO HIM IN TIMES OF HARDSHIP. THEY FEED OFF HIM.”

How did Wiggins fare? He thoroughly impressed Dodson by stonewalling Rinker much of the time.

“Jace kind of stepped in there calm, cool, and collected,” Dodson says. “He would make these saves that were mind-boggling—like they were nothing.”

Wiggins made such a great impression back then that he ended up beating out a senior for the starting job. After that, Dodson became a four-year Pallotti centerpiece. “This is my 10th year coaching lacrosse and I never had a freshman beat out a senior,” Dodson says.

The 5-foot-11, 175-pound Wiggins went on to a stellar career. He helped Pallotti to a 21-7 record over the past two years. More importantly, Wiggins guided the Panthers last year to the Maryland Interscholastic Athletic Association C Conference championship game, where they lost to St. John’s Catholic Prep of Frederick by one goal.

It’s not just about Wiggins’ performance on the field that impresses. He served as team co-captain his last three years. “From the jump, I was the starting goalie,” Wiggins says. “Going from middle

school to high school and competing with seniors gave me a big boost in confidence. I was forced to work harder and move quicker. That really helped me in the long run.”

Wiggins played so well that he became a hot commodity among colleges. The recruiting process was somewhat exhausting as he received so many texts and emails.

“I had nine schools that I got official offers from,” Wiggins explains. “I was being recruited by a few others that I didn’t finish the process with.”

Wiggins selected Division II Virginia State University in Petersburg. The school will launch a brand-new program in 2024. The 18-year-old will attend the school on a lacrosse scholarship. He also considered three colleges in Pennsylvania: Fairleigh Dickinson, Arcadia, and Chatham universities.

“Lacrosse is brand new at VSU,” Wiggins says. “That stood out to me.” He plans to major in pre-veterinary with an eye toward going back to school for a nursing degree after he graduates. He carried a 3.5 grade-point average at Pallotti.

Wiggins, a Laurel resident, felt one of the biggest accomplishments of his career happened this spring when he guided his team to a 6-1 record against B Conference schools. His best performance came when the Panthers beat 2022 B Conference runner-up Indian Creek, 9-7, behind his 15 saves.

That strong stretch seems to have established Pallotti as the favorite to win a title (as of press time). That would allow Wiggins to finish his career with a flourish. "This is our best team in my four years," Wiggins says. "Our coach says we should have moved up to the B this year."

One thing that always stood out to Dodson about Wiggins: his ability to start the fast break because of his precision passing. "After he makes a save, he can hit a midfielder running down the field in stride," Dodson explains. "The way he drops the ball in there. He is like Tom Brady throwing to a receiver."

Wiggins also played eight years of club lacrosse, including the past six for the Howard County-based Zingos Lacrosse Club. Zingos' Coach Paul Newman enjoyed coaching Wiggins.

"He is a guy who can take over the defense and the team," Newman says. "The team turns to him in times of hardship. They feed off him."

Do you have a local athlete to nominate? Send What's Up? an email to editor@whatsupmag.com.

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New Bird in Town

The Baltimore Orioles' ace pitcher, Kyle Gibson, offers insights on his first season in Birdland

By Tom Worgo | Photographs courtesy Baltimore Orioles

No one can say that Baltimore Orioles pitcher Kyle Gibson hasn't had his share of challenges during his 11-year major league career. He dealt with a shoulder injury, underwent Tommy John surgery, and battled ulcerative colitis, which he picked up on a mission trip to the Dominican Republic after getting an E. coli infection.

Regardless, the Orioles are glad to have the savvy pitcher with his starting experience. The 6-foot-6, 215-pound Gibson has won more than 10 games per season six times, playing for Minnesota, Texas, and Philadelphia. He also played in a World Series with the Phillies in November.

With Baltimore, the Orioles feel all of Gibson's experience will be valuable to a team loaded with young pitchers. And they can use the innings he is capable of pitching since Jordan Lyles, who threw 179 innings last year, is gone. No other Baltimore pitcher threw more than 125 innings in 2022.

That's where Gibson, who signed a one-year \$10 million contract in the offseason, comes in. He has thrown 160 innings six times, including more than 190 twice. We recently talked to Gibson about coming to Baltimore, working with the Orioles pitchers, and his battle with ulcerative colitis.

Why did you sign with the Orioles? What appealed to you about the franchise?

I've always enjoyed playing in Camden Yards. That's part of it. It's one of those places where there is a lot of history. I love the aesthetics of the park. I heard from the Orioles' staff on how they competed last year and how the organization is trending in a certain direction. They are ready to go for it and use these young guys to win for the next five to seven years. They were the best team in the second half (of last season). There was really a lot to like, and it seemed like a really good fit for how I pitch and where I am at in my career. I have pitched there basically once a year.

I like parts of downtown, being over in Little Italy. There are a couple of Italian restaurants my wife and I really like. One of my favorite ice cream places in the entire league is there—Vacaro's. There are a couple of sushi places I like around the Inner Harbor.

You have been able to pitch for 11 years in the majors? Are you glad you have been able to stay in the game for so long?

I have been very fortunate. I had an organization in Minnesota that invested a lot of time in me. They gave me chances after my Tommy John surgery and when I battled a shoulder issue. They gave me chances in 2019 when I had a stomach issue and lost a lot of weight, and wasn't throwing well. It's been a really fun journey. I think everybody goes into this thinking, "Oh, I am going to have this 10-to-13-year career? You have all these high hopes. My wife and I were recently in Texas and thinking, "Would we ever envision this 10 years ago when I was in the minor leagues?"



Why do you think you have been able to stay in the majors for so long?

Being able to make adjustments. I think you have to be realistic with yourself when you are struggling. You have to humble yourself and take advice from the coaches when you are struggling. I struggled in 2016 and 2017 with my identity on the mound and remembering what kind of pitcher I am. I had to maximize my strengths and stick to them and find areas on the fringes of my game, where I could get better like adding a cutter in 2021. At the end of last year in Philly, I was open to adjusting my slider. If you have a chance to make it better, why not do it?

The Orioles have a very young pitching staff. Will you help mentor or teach the pitchers who have been in the majors for one or two years?

I am excited to offer a veteran presence and leadership to the pitchers. That's something I really enjoy doing. In Texas in 2021, the goal was to develop the pitchers. So, I was involved in the conversations about what our goal was as a pitching staff and what we are trying to teach these guys. They asked me if I would be up for it. Would I be a leader? Would I try to walk these guys through some things? I am super fortunate that a lot of guys in Minnesota that were



around a long time walked me through a lot of things. I am very appreciative of how Mike Pelfrey took me under his wings and knew that I was probably one of the young starters that were going to cause him to no longer be a Twin. He didn't care about that. I loved talking about pitching. I love watching guys throw bullpen sessions. I want to be a sounding board for anyone that has any questions and is trying to get better. I had guys doing that for me.

What did you think of the Orioles trading for Oakland starting pitcher Cole Irvin? He could be at the front of the team's starting staff after throwing 180 innings last year.

Anytime you can add a pitcher like Cole to the starting rotation, it's going to make a difference. I

always thought starting pitching brings consistency. If he pitched that many innings for the struggling A's, that means he put up a lot of zeros and kept his team in games. You are not going to run a guy out there who averages six innings a start on a team that's struggling unless you are putting up good numbers. The experience he has can go a long way.

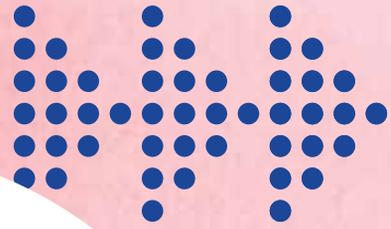
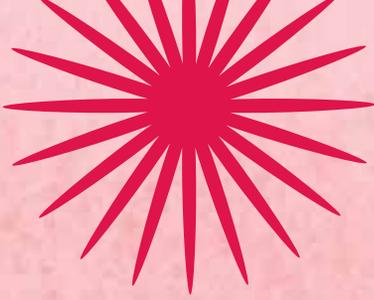
What was the feeling like of playing in a World Series?

Being in the World Series is how you envision it as a kid. You play those scenarios out in your head. What's it going to look like? What's it going to feel like? How am I going to react? It was cool to be out on the mound and pitch in a game at the highest level. Pitching in a game we won, having the fans on their feet, and hearing the crowd

roar, there's nothing like it. I talked to a lot of people in baseball about the experience. They would ask, "What is the plan to get back to the World Series?" I said, "I just got there and it's something I want to do again." It was great to be there. I can only imagine what it was like being the team celebrating.

Talk about how you overcame the intestinal disorder.

It was probably one of the harder things I had to deal with in sports. Mentally and physically. I still have ulcerative colitis. Thankfully I am not in what they would call a flare-up or irritated. I got some medicine to get it under control. I had lost quite a bit of weight and got it back, and felt really good during the season. I had to radically change my diet for a year and a half to two years.



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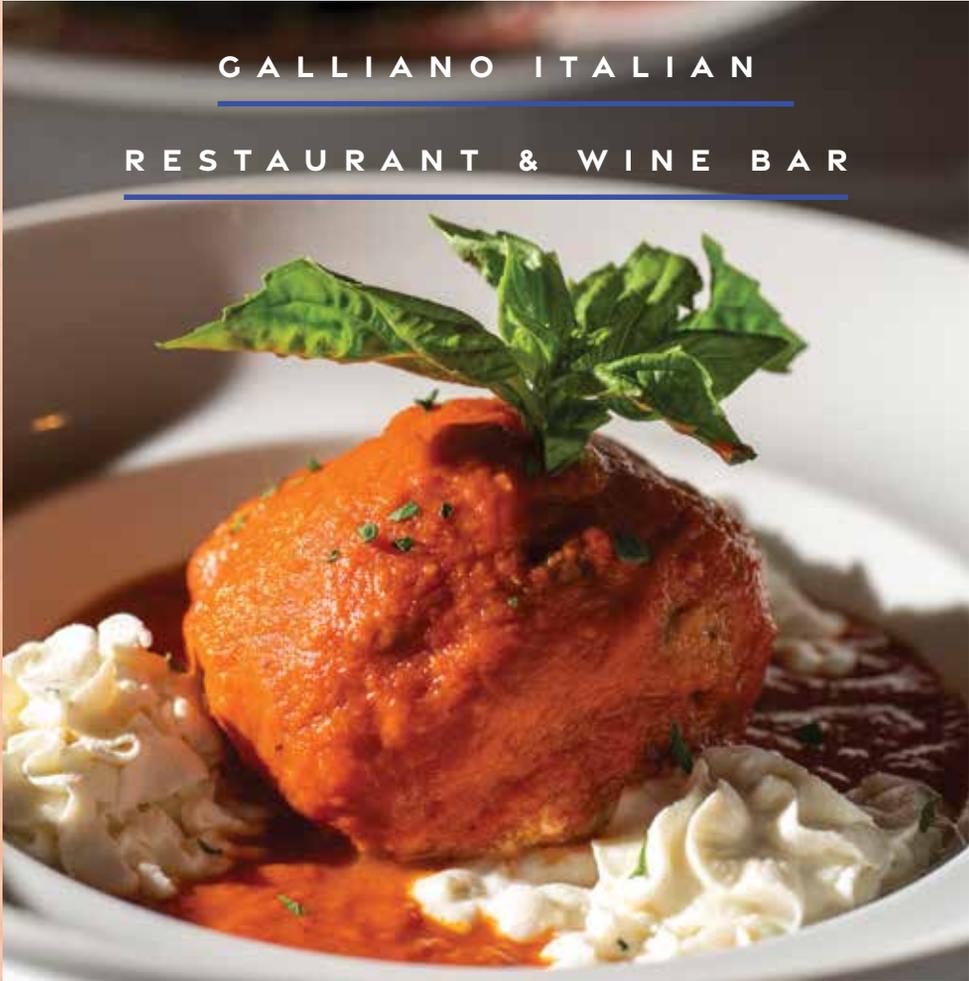


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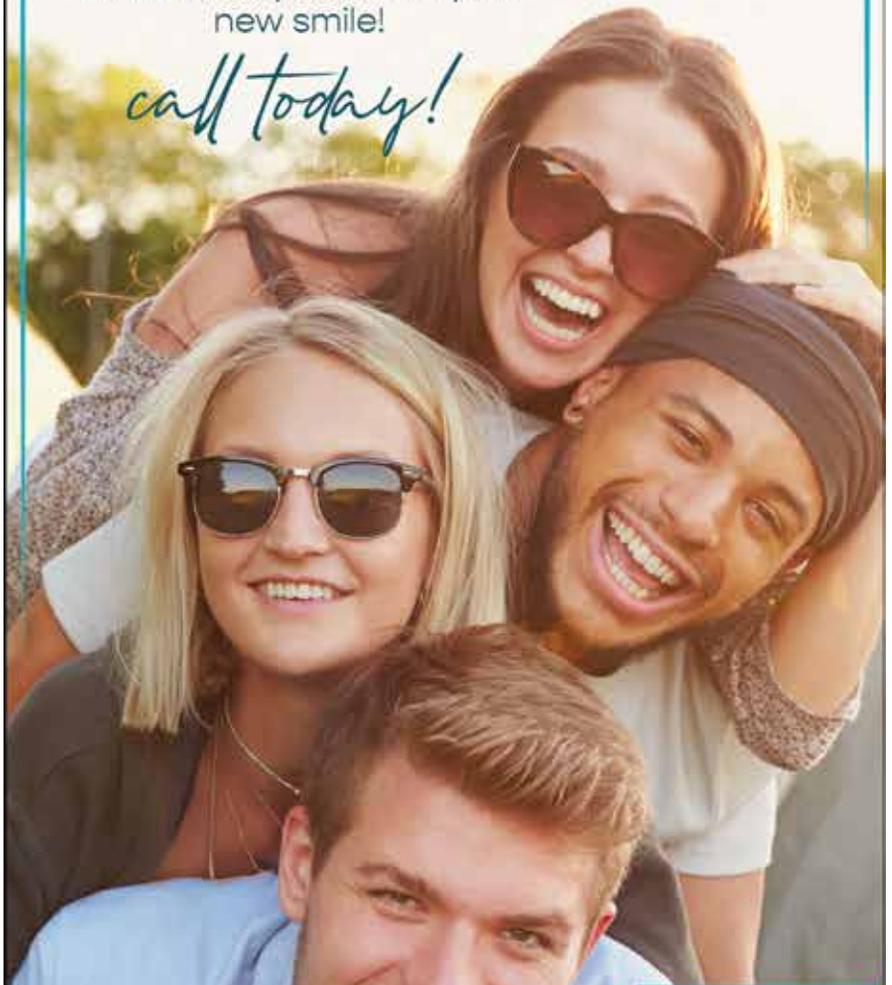
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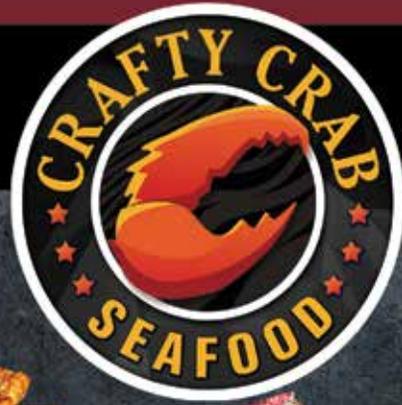
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Clarkson University	James Madison University	Rhodes College	University of Kentucky
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Colby College	Lebanon Valley College	Roger Williams University	University of Maryland
College of Charleston	Lehigh University	Rose-Hulman Institute of Technology	University of Massachusetts Amherst
Colorado College	Louisiana State University	Rutgers University-New Brunswick	University of Michigan
Colorado Mountain College	Loyola University Maryland	Sacred Heart University	University of Minnesota Twin Cities
Colorado School of Mines	Manhattanville College	Saint Joseph's University	The University of Mississippi
Colorado State University, Fort Collins	Massachusetts College of Liberal Arts	Savannah College of Art and Design	University of New England
Columbia College, Chicago	McGill University, Canada	School of the Art Institute of Chicago	University of New Hampshire
Connecticut College	Merrimack College	Spelman College	University of Pittsburgh
DePauw University	Miami University	St. John's College, Annapolis	The University of Rhode Island
Drexel University	Michigan State University	St. Lawrence University	University of Rochester
Eckerd College	Middlebury College	St. Mary's College of Maryland	University of South Alabama
Elizabethtown College	Montana State University	State University of New York, Binghamton	The University of Southern Mississippi
Elon University	Morgan State University	State University of New York, College of Environmental Science and Forestry	University of St. Andrews, Scotland
Emerson College	Mount Holyoke College	Stevens Institute of Technology	The University of Tampa
Fairfield University	North Carolina A & T State University	Stevenson University	The University of Tennessee Knoxville
Flagler College	Nova Southeastern University	Swarthmore College	The University of Vermont
Florida Agricultural and Mechanical University	The Ohio State University	Syracuse University	University of Virginia
Florida Gulf Coast University	Old Dominion University	Temple University	University of Wisconsin-Madison
Fordham University	Otis College of Art and Design	Towson University	Ursinus College
Franklin & Marshall College	Pace University, New York City	Tuskegee University	Vanderbilt University
Geneva College	Parsons School of Design at The New School	Union College	Virginia Tech
The George Washington University	Penn State University	United States Coast Guard Academy	Washington College
Gettysburg College	Penn State University Harrisburg	United States Naval Academy	Waynesburg University
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**NATIVE
PERSPECTIVES**

*Woven
Together*

BY JANICE F. BOOTH

A NEW, COLLABORATIVE PROJECT
GATHERS WISDOM FROM THE
INDIGENOUS PEOPLES OF
MARYLAND'S EASTERN SHORE



Tidewater, Nanticoke, Algonquin, Powhatan. Do these names sound familiar? Perhaps a restaurant or creek come to mind. But originally these were familiar names in the Algonquin language and lives of the Indigenous People of our region. The *Nanticoke Nation* was referred to as the Tidewater people of the Eastern Shore; they spoke *Algonquin* and were allied with the Powhatan Confederacy of what became Virginia. The Nanticoke leaders, referred to as warriors, generously welcomed Captain John Smith in 1608 as he led an expedition into the lands and rivers where the Nanticoke resided, the Delmarva Peninsula.

When the Europeans began to explore the East Coast of North America, there were and still are five indigenous nations or tribes. Until the late-17th century these tribes lived in established villages, farming and hunting the Delmarva Peninsula, as they had been doing for over 2,000 years, from 1000 BCE to 1608 CE. These five tribes are the *Wicomiss*, *Choptanks*, *Nanticoke*s, *Pocomokes*, and *Assateagues*.

So, let's get the tough truths out of the way: In the early part of the 17th century (before being deci-

mated by plagues and attacks), the five indigenous nations greeted and aided colonists. However, it was not until 1879 that the United States Federal Government granted the Indigenous People "personhood." In 1921, the Nanticoke Nation formed a legal organization to provide a united voice to defend their rights. Finally, in 1924, the Indigenous People were granted U.S. citizenship.

Today, Marylanders living on the Eastern Shore are exploring, acknowledging, and honoring the Delmarva's often painful and complex history—slavery, the Underground Railroad, and the Indigenous Peoples are major components of that history. Among the Eastern Shore's projects to honor what had been repressed are the Harriet Tubman Museum, the Self-Guided Underground Railroad Tour, the Frederick Douglass Driving Tour, and the rebuilt Nanticoke village, Chicone at Handsell, Maryland.

Expanding that examination and honoring what had been suppressed in the past, Washington College's Food Initiative program (WCFI) collaborated with Adkins Arboretum and the Botanical Art League of the Eastern Shore on a project studying tribal life and focusing on 21 of Maryland's native plants prized and used as food and medicine by Indigenous People.



A view of the Nanticoke River looking southwest shows wetlands in the foreground, which remain much as they were several hundred years ago. Photo by Matt Rath/Chesapeake Bay Program.



A wetland with cattails and a raised walkway is seen at Adkins Arboretum in Caroline County on Maryland's Eastern Shore. The natural, native landscape harkens to an earlier time of indigenous Americans. Photo by Chesapeake Bay Program.



An interpretive sign explaining a forested floodplain is seen at Adkins Arboretum. Photo by Chesapeake Bay Program.

From the three entities' collaborative research, came the Adkins Arboretum's interactive and informative website named, Indigenous Peoples' Perspective Project, which offers a "field trip" into the world of the native populations of the Eastern Shore. The site discusses the tribal nations, including historical perspective, interactive maps, the plants favored by Indigenous People and their uses, as well as three videos.

The Arboretum explains: "The project seeks to encourage a paradigm shift from land as capital to land as sacred teacher, healer, and sustainer... Through the Indigenous Peoples' Perspective Project, the Arboretum and the WCFI strive to honor the wisdom of native peoples and their unique relationship with nature by sharing their ecological perspectives, history, and traditions.

The website and a native-plants art exhibit, held earlier this year (in January and February), bring to life what might have otherwise been dry research. The 21 native plants that were studied for the Indigenous Peoples' Perspective Project were captured gracefully in botanical illustrations—many by renowned artist Anna Grace Harding—using graphite, watercolor, and colored pencils. Washington College, Adkins Arboretum, and the Botanical Arts League's Indigenous Peoples' Perspective Project's website and art exhibit were funded with a grant from the Maryland Historic Trust along with support from the National Endowment for the Humanities and private funds.

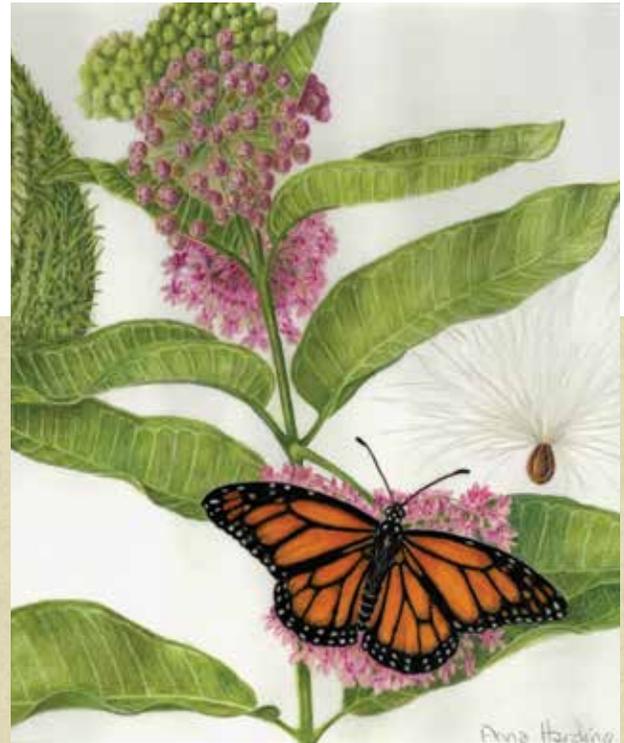
According to Adkins Arboretum, there were approximately 20,000 Choptank living on the Eastern Shore prior to 1600 CE. Adkins Arboretum is situated on land once inhabited by the Choptank People. Daniel "Firehawk" Abbott, a member of the Nanticoke Nation and respected historian of Indigenous Peoples, consulted on the project and vetted the material on the project's web pages. "WCFI shares a passion for healthy food that honors our cultural, ecological, and ancestral heritage" observed Washington College Program Director Shane Brill in an interview with Amelia Blades Steward.



SCAN HERE
to Visit Adkins Arboretum's Indigenous Peoples' Perspective Project



GROUND NUT
also known as potato-bean



MILKWEED

Bring up the Adkins Arboretum link on your smartphone; you'll find a self-guided walking tour through meadows, forests, and marshlands. Each stop on the tour includes a brief history of the Indigenous People who inhabited the natural space. The page has illustrations of the people and the plants found in the area. For example, on the meadow page, *Sumac* is one of the plants showcased. The Choptank people ate the red berries like candy, dried berries were smoked, and a paste made from the plant was used to treat blisters and rashes. (Caution: Green or White Sumac berries are poisonous.) The meadow page also talks about deer tracks and the significance of the deer to the native people. The site's information will capture the imagination of young people as well as interest adults.

The forest page includes illustrations and explanations of the shelters—wigwams and long houses built by the Choptanks. The forest page also introduces pawpaw fruit and the tree that produces it.

The page notes that the pawpaw is a tropical plant that was brought north by the droppings from long extinct, migrating animals. The pawpaw is such a versatile and useful fruit that native Americans cultivated the trees. Pawpaw could be eaten raw, made into custard, and dried to become flour for cakes. The tree's bark was woven into rope or string.

The *Elderberry* plants discussed on the marshland page capture the imagination of children by referring to Harry Potter's "Elderwand," which was made from elderberry wood. Children are even encouraged to try weaving a mat of cattail reeds. We're told the various uses for the cedar tree's feathery branches and cones that resemble blue berries. All three of the self-guided tour web pages suggest small projects for children to attempt.

Three beautifully produced videos show the various plants, berries, and seeds with a voice-over explaining the uses of each variety. And, if you haven't time for the videos, the site has a list of the 21 plants.



SLIPPERY ELM

Click on the names and you'll go to a page that explains how the plant was used by the people who lived on the land. Among these interesting plants is the *Shagbark Hickory*. Indigenous People found uses for the entire tree—leaves, nuts, bark, fruit, wood, and sap. The nuts were prized for food and drinks. The bark provided an astringent prized as a salve to stop bleeding and cleanse wounds. The hickory wood could be fashioned into useful tools, and the bark woven into baskets.

The *Ground Nut*, commonly called a potato-bean, is more than a pretty face, with its pink or lavender blossoms. Like other tubers, the Ground Nut's fibrous roots were harvested year-round and cooked into tasty, nutritious dishes. The softened tubers were also used as a compress on wounds and skin abrasions.

Another common tree that was prized as useful to Indigenous People was the *Slippery Elm*. It was a veritable medicine bag! Chewing the soft, inner bark (thus the name "slippery") calmed stomachs,



SHAGBARK
HICKORY

relaxed bowels, cured heartburn, and soothed sore throats. The same inner bark was made into a poultice or paste and applied to burns, wounds, and other skin irritations, even being used on the eye.

And let's consider the mighty *Milkweed*. Not only loved by butterflies and bees, Milkweed was prized and used by resourceful Choptank natives—cooked and eaten like asparagus, added to soups, and mixed with animal fat to create chewing gum. The stalks give off a milky juice that was made into glue, and the soft seeds from the pods were used to stuff pillows. Medicinally, Milkweed was used to treat rheumatism, backaches, and urinary problems.

There are 17 more plants showcased and explained, along with interactive maps and videos within the Adkins Arboretum's Indigenous Peoples' Perspective Project website. The research, creation of the website, and art exhibit showcase our region's native history and offer perspective about the life and times of Indigenous Americans.

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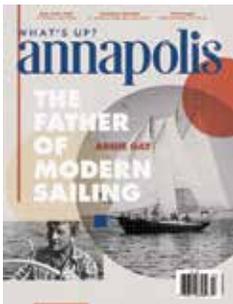
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Against All Odds

If a pregnancy doesn't go as planned the toll can be both traumatic and isolating—but sympathy, hope, and modern medicine can create positive outcomes

From the time that a woman decides to try to conceive a baby to the moment that baby is placed in her arms, pregnancy is portrayed in society as being one of the most joyful, exciting, and glorious times of her life. But what if it's not?

Putting aside the fact that not all pregnancies are considered, planned, or even wanted, there are three stark realities that are not often discussed: 1) Some women who desperately want to conceive a child aren't able to; 2) Some women who become pregnant spend weeks and months in misery or fear; and 3) Some women don't have a happy ending to their pregnancy.

"Fertility issues are becoming more of an open conversation, but there is such a stigma around miscarriages and other fertility problems that people keep most of it a secret," says Annapolis resident Lauren Heier, who has struggled with infertility and

miscarriages through much of her adult life. In doing so, the emotional turmoil surrounding fertility, pregnancy, and babies can take a significant toll on a person's mental health.

Although the idea of complications in conceiving, carrying a pregnancy, or delivering a baby is scary, an open discussion about fertility and childbirth challenges isn't meant to frighten would-be or soon-to-be parents. After all, most pregnancies progress without incident, with just eight percent involving complications that could, if left untreated, harm the mother or baby, says Johns Hopkins Medicine. However, women (and, in many cases, men) who experience the heartbreak of infertility, the physical pain of pregnancy-related medical conditions, or a gut-wrenching loss should know that they're not alone and it's not their fault. Here, three local women share their stories.

THE HEARTBREAK OF INFERTILITY

Heier experienced her first miscarriage in 2008 at age 24 when she was seven weeks pregnant. "They called it a spontaneous miscarriage," she recalls, naming the term for loss of a pregnancy before the 20th week. It's much more common than many realize—early loss occurs in 10 percent of all pregnancies, according to the American College of Obstetrics and Gynecology (ACOG). However, the true number of miscarriages may be much higher, as they can happen so early that a woman may not even know that she's pregnant.

In so many cases, there's nothing a woman can do to cause or prevent a miscarriage. Around half occur simply because of fetal chromosomal abnormalities, which is a genetic condition that happens by chance, though it is more common in older women. A woman's age is significant when it

comes to fertility and pregnancy complications, says Mary Johnson, MD, the director of Anne Arundel Medical Group's Center for Maternal and Fetal Medicine. "[The risks] increase every year; it's not something that magically gets terrible at age 35," she says, though she is quick to note that some women up into their 50s can safely carry a pregnancy to term.

Age wasn't a factor for Heier, who since 2008 has had a total of 13 miscarriages. After marrying her husband, John, in 2011, she sought medical help and eventually ended up as a patient at a local fertility center. While Heier had proof that she could get pregnant without assistance, it was clear that it wasn't something that happened easily. Strangely, though, all her tests came back normal, as did her husband's. She didn't have answers for her fertility problems—yet.

There are treatments for infertility, which is clinically defined as the inability to get pregnant after one year or longer of unprotected intercourse (or six months for women over age 35) and affects approximately 12 percent of women in the United States. Heier started with a common medication, clomiphene citrate, or Clomid, that's used to stimulate egg production. When that didn't work, they moved on to intrauterine insemination (IUI), a procedure in which sperm are inserted into the woman's uterus. Again, no baby.

The next step would be some form of assisted reproductive technology (ART), the most common of which is in vitro fertilization (IVF). It's an expensive process; nationally, the average cost of one IVF cycle falls between \$10,000 and \$15,000, according to the Society for Assisted Reproductive Technology (SART). "We would have had to take out a loan," Heier says.



In Maryland, an insurance mandate requires policies to cover IVF costs to some extent, but there are criteria that the patient must meet.

Then, the unexpected occurred. In 2014, the Heiers won a raffle for a \$10,000 grant for infertility treatment through 501(c)3 nonprofit Tinina Q. Cade Foundation after they registered—and encouraged their friends to register—for the organization's annual Race for the Family 5K, with each registration coming with one raffle entry. Despite their incredible luck in winning, Heier wasn't optimistic. "I didn't think it was going to work," she recalls. Because they had the money available, they decided to try IVF once. If it didn't work, they probably wouldn't try again.

In March 2015, the Heiers conceived. Against all odds, she stayed pregnant. "By 12 weeks, I was excited. At 24 weeks, I was like, this is happening," she says. In November 2015, their daughter, Chelsea, was born.

Ironically, it was only after Chelsea's birth that Heier finally discovered what was causing her struggle to conceive and stay pregnant. She had a

unicornuate uterus, a genetic condition that causes only half of the uterus to form and only one fallopian tube to develop. Somehow, the doctors had missed it previously. Additionally, "come to find out, I don't have the highest-quality of eggs, either, which really doesn't help," Heier notes.

Although the Heiers were thrilled with finally having a child, they didn't feel like their family was complete. They moved forward in the attempt to have another baby but consistently had their hearts broken. They did a second round of IVF that didn't result in pregnancy. An embryo adoption, in which a donated embryo from another couple's IVF procedures was inserted into Heier, didn't succeed either. They turned to adoption and, in 2018, were matched with a birth mother in Florida. However, after the baby was born and the Heiers had traveled south to meet their potential daughter, the birth mother chose not to sign the adoption papers. "In a sense, it was worse than a miscarriage—we saw her, we touched her, we talked to her," Heier remembers. "It was a lot of heavy emotions—not that a miscarriage isn't, but this was more taxing."

Throughout all of this, Heier continued to experience miscarriages, one of which didn't occur until the 11th week of pregnancy. "It's heartbreaking," she says. "You think you're having a kid. You're like what's wrong with me? Why does this keep happening?"

In February 2019, the Heiers got another call from the adoption agency. They had been matched with a birth mother, this time in Louisiana. The paperwork went through, and the couple brought home a little girl, Kyleigh. When she was three months old, Heier's husband had a vasectomy—a difficult but necessary choice for Heier's health. Their family was complete.

THE PAIN OF PREGNANCY AND CHILDBIRTH

Even if conceiving isn't difficult, sometimes actually being pregnant isn't always all sunshine and roses. Even women who deliver a healthy, full-term baby can point to times during gestation that were distressing.

Take, for example, the common experience of nausea and vomiting during early pregnancy. Colloquially called "morning sickness," most pregnant women know that it most certainly doesn't occur just in the morning. In most cases, though, the nausea and vomiting go away by the 14th week of pregnancy. Up to three percent of pregnancies, however, experience hyperemesis gravidarum, a rare disorder caused by rapidly rising hormone levels that cause severe nausea and vomiting, which can last throughout the entire pregnancy. You may have heard about it in the global media when Duchess of Cambridge Kate Middleton was pregnant, as she suffered from a debilitating condition during all three of her pregnancies.

Other medical complications can pop up during pregnancy, too, with some of the most common issues including:

- Iron-deficiency anemia
- High blood pressure (hypertension) and related disorders, including pre-eclampsia and eclampsia
- Gestational diabetes
- Infections, including sexually transmitted infections (STIs)
- Preterm labor, which begins before 37 weeks and increases the risk for health problems in the infant

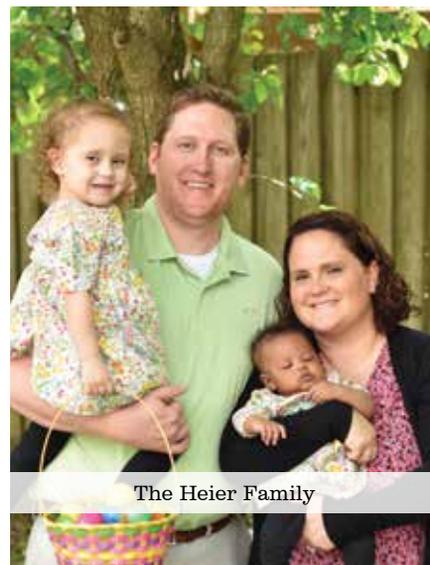
Beyond these pregnancy complications that affect the health of a mother, some parents also face potential abnormalities with the developing fetus. Even if there's no physical pain for the mother, there can be extreme emotional trauma in learning that your growing baby is at risk.

Sometimes, pregnancy complications arise out of nowhere, Johnson says, and like with miscarriages, there's nothing that could have been done to prevent it. There are known risk factors, though, which a woman can take steps to mitigate prior to conceiving. "If she has medical problems, get everything in good order before she gets pregnant," Johnson says, though, of course, not all pregnancies are planned. "For example, a patient with diabetes is going to have a much better outcome if her diabetes is controlled."

Other measures that can be taken including losing weight if a woman is overweight or obese, quitting smoking, alcohol, and drugs, and supplementing with folic acid, a B vitamin that reduces the risk of birth defects.



The Schall Family



The Heier Family



Leigh's family

If you are planning a pregnancy, the Center for Maternal and Fetal Medicine offers preconception visits in which the physician and the woman, or couple, go over medical history to identify “red flags” and make a plan.

For Annapolis resident Tiffany Schall, her first pregnancy in 2014 didn't seem to be at risk for any abnormalities and the first six months of the pregnancy were smooth sailing. Then, through a blood test, Schall was diagnosed with thrombocytopenia, a condition when the platelets, or thrombocytes, that form clots to stop or prevent bleeding drop below a certain level. It occurs in about eight percent of pregnancies, but it's typically benign and, thankfully, doesn't normally have any consequences for the mother or fetus. However, it did mean that Schall wouldn't be able to have an epidural for pain management during birth or a subarachnoid block, or spinal block, if a caesarean section was necessary.

Around her due date in March 2015, Schall experienced another complication when she went to the hospital with a persistent headache.

Her blood pressure was far too high. Schall was immediately diagnosed with pre-eclampsia and admitted to labor and delivery. At first, she was given the option to induce labor but knew she wouldn't have an epidural to minimize the pain. Eventually, fearing the safety of her baby, she says she felt pressured to have a c-section under general anesthesia, and her husband, Jim, wasn't allowed to be in the room to hold her hand. The recovery process, including a magnesium drip to treat pre-eclampsia, hindered bonding with her healthy baby boy, Ethan, which she believes factored into her later struggle with postpartum depression.

Three years later, Schall gave birth to another healthy baby boy, Noah, but that process of labor and delivery was traumatic, too—and, in fact, could have been much worse. Though she was considered high-risk due to her history of thrombocytopenia and pre-eclampsia, Schall was determined to have a VBAC, or vaginal birth after caesarean. “I did a lot of research and was able to increase my platelets to healthy levels with a healthy diet,” she says. “I was deemed a perfect candidate for a VBAC.”

During labor, Schall experienced a uterine rupture, a rare and life-threatening complication. Affecting less than one percent of pregnancies and almost always in women with uterine scar from previous c-sections, ruptures cause a mother's uterus to tear, so her baby slips into her abdomen and can potentially suffocate from profuse bleeding.

Thankfully, both Schall and Noah survived with no lasting physical health concerns. Shortly thereafter, Schall and her husband made the decision that they wouldn't have any more children.

THE DEVASTATION OF LATE-TERM LOSS

When a woman takes a pregnancy test, there's almost no doubt in her mind that in 40ish weeks, she'll be coming home with a baby. Tragically, that's not always the case.

Stillbirth, or fetal death, is deemed as such when the loss occurs after the 20th week of pregnancy. Astonishingly, this occurs far more frequently than anyone could possibly imagine—1 in 160 deliveries in the United States. There are risk factors, including advanced maternal age, obesity, pre-existing diabetes, chronic hypertension, smoking, and alcohol use, as well as known causes such as infections in the mother or baby, problems with the placenta or umbilical cord, and birth defects or genetic conditions. However, a significant proportion of stillbirths remain unexplained.

Crofton resident Leigh, who prefers not to share her last name, and her husband, who serves in



the Navy, conceived a baby in 2014 while they were stationed in San Diego, California. Her pregnancy was fairly uneventful, though she developed gestational hypertension around 24 weeks that was successfully controlled. With that diagnosis, though, Leigh was considered high-risk, so she had an ultrasound at 37 weeks. It was then that they discovered that her levels of amniotic fluid, which surrounds the baby in the uterus, were dangerously low. The doctor told her to go home but to call if she had any problems. “The next night, I experienced horrible cramping and vomiting,” Leigh recalls. “The nurse said it’s just labor pains and to wait until my contractions were closer together to come in. This was my first pregnancy, so I believed the nurse and we waited.”

The cramping worsened, so they decided to head back to the hospital—but Leigh didn’t feel like the doctors were listening to what she was saying. “My son, Jaxon Von, was born still,” she says. “He was beautiful. He was also small for being 37 weeks along, which means the doctors didn’t catch earlier warning signs of something going on. He should have been delivered sooner.”

Leigh suffered a placental abruption, which occurs when the placenta detaches from the uterus too early. The March of Dimes estimates that 1 in 100 women experience a placental abruption, which causes the baby to not get enough oxygen or nutrients. Later, Leigh found out that the baby had stopped growing at 28 weeks, even though she had biweekly growth scans.

Leigh and her husband ended up pursuing legal action against



the hospital, and they won their lawsuit. However, “The only time I ever heard some sort of admittance was when a doctor came in the day after and said, ‘I’m sorry we failed you,’” Leigh notes.

The couple has gone on to have three healthy sons, but the stillbirth took a significant toll on their lives. “I honestly wanted to die,” Leigh says. “I couldn’t eat, sleep, or really function for weeks.” Recently, her husband was diagnosed with post-traumatic stress disorder. “I have not been diagnosed by a therapist, but I know I have it, too. For months afterwards, I had horrible nightmares. I could hear babies crying in the middle of the night.”

Johnson says there’s a movement to have all mothers deliver by 39 weeks, and ACOG says it can reduce the risk of certain health problems in some cases. (Babies delivered before 39 weeks are more likely to have health problems both at birth and later in life.) However, there are logistical problems. “It’s a much longer process and more expensive,” Johnson says. “We just don’t have the capacity in our delivery rooms.”

SILENCE NO MORE

Living with infertility or experiencing pregnancy or childbirth complications is not only traumatic, but it can be incredibly isolating. “You become numb, if that makes sense, because it is so emotionally taxing,” Heier comments. “You can’t go to baby showers without crying before or after. When your friends have babies, you want to be happy for them, but you’re jealous. You have no control over it. There’s no good fix.”

Not everyone will want to talk about their experiences, but others find it therapeutic to talk about what happened, even in the worst-case scenarios. Those coping with infertility may seek solace in finding others with the same struggle. Parents who have lost a pregnancy—at any stage—may want people to acknowledge that their child existed and mattered. They need support, not for their reality to be swept under the rug.

“If it’s your friend, just talk to them. Ask them questions. Just be there for support,” Heier advises. “The most important thing is to feel like you’re supported throughout the entire process.”

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From left to right: Laura Curry, Jon Gasior, Ayana Johnson, Alex Pagnotta, and Beth Burgee



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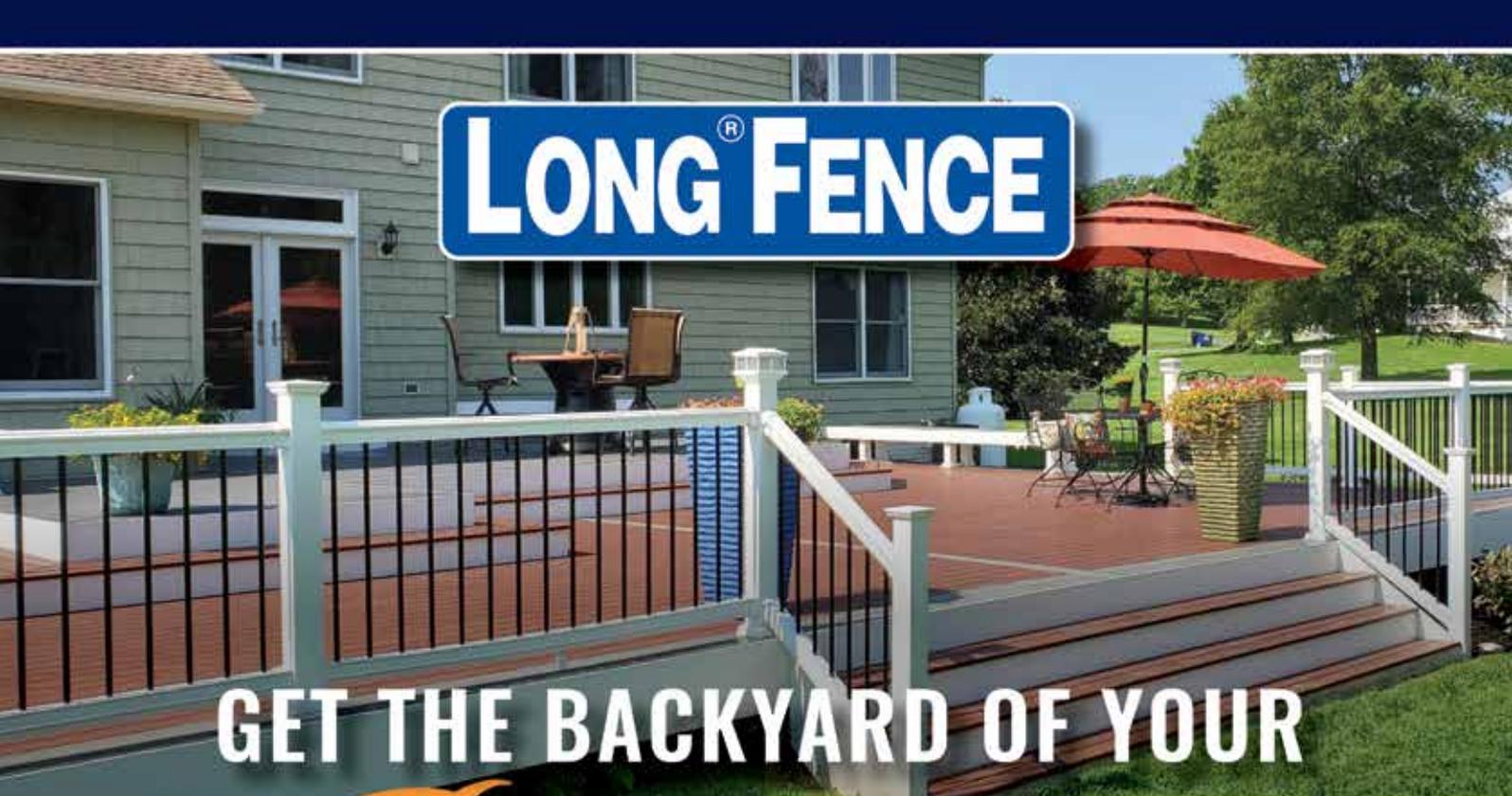
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Home & Design

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Styling provided by **HELEN CROWTHER**

Photography by **DURSTON SAYLOR**

Story by **LISA J. GOTTO**

More Than Meets



The Eye

Touring an unassuming waterfront Cape Cod





When you consider how much of our lives evolve within the walls of our homes, it only stands to reason that our homes would need to evolve as we do over time, while still honoring who we are and how we best live. The story of our Chester River waterfront feature home speaks of this evolving theme as it provides an accommodation of space and an abundance of style.

“The clients, recent empty nesters, desired a waterfront retreat that was comfortable for just the two of them and at the same time was designed with entertaining in mind. Their vision was a beautiful sprawling Cape Cod home reflective of the New England style of architecture,” explains Cathy Purple Cherry of Purple Cherry Architects (PCA) in Annapolis.



Characteristics of a Classic

While the clients’ choice of a Cape Cod may seem like a routine request for Purple Cherry, there were other factors, such as their desired square footage, the ability to age in place, and the way they wished the home to be viewed from its approach elevation, that would make the project more thought-provoking.

“They wanted a home that did not look large or over-powering to the property in general,” says Purple Cherry.

Yet this property afforded stellar waterfront views, so the scope of the home would need to play a significant role in taking advantage of that, and still deliver on the charm expected with a Cape Cod-style home.

So, upon approach to the residence, one sees a traditional, crisp white-on-white home (white exterior, and windows with white trim), a roofline with the Cape Cod’s characteristic eaves, a cozy, covered front porch with a warm, mahogany ceiling inlay, and an enduring cedar shake roof.

As classically beautiful as the front of the home is, the back that faces the water, is where the team at PCA’s skills really shine.



Shifts in Style & Design

When coming up with the game plan for how the interior spaces would work and flow to accommodate the clients' request for a 5,000 square-foot home that maximized water views and minimized the home's upper level, PCA took inspiration from the variety of images the clients provided and took special note of a wish list that would need to evolve with the project.

Top of mind on that list was something that needed to be considered from the bottom up, something that Purple Cherry says she is seeing as a trend in new-build floor plans—traditional lower-level, basement entertaining spaces are going away.

Why? Simply put, various factors, including technology and the pandemic, are causing an evolution in where we are spending our money, as well as where we are now spending our time indoors. Case in point, Purple Cherry explains that a finished basement was a no-brainer in the '70s through the early 2000s because once the concrete was poured it seemed sensible to finish the space off by en-

“It was that front Cape Cod façade that set the character for the whole thing,” says Alan Cook, Associate Architect at PCA. “And then due to the expansive nature of the backside, and opening it up to the view, we had to figure out what was an appropriate way of elaborating on it. Because the front façade is so simple and so white, the back side had to be more elaborate, but within the same character. So many of these design decisions with the certain classical columns and the Chippendale railing (on the rear upper deck) and the trim work, was done as an elaboration of that very classic front side.



A Marble Gray Carrara vanity top with 4-inch backsplash tile and a polished Bianco Gioia tile floor add glamour to the primary bath.

hancing it for gathering. So, homeowners ordered pool tables, and crafted bars and viewing spaces for gathering around a big screen.

Fast forward to the 2020s and we have a very different paradigm. Young people now have all the entertainment they want in the palm of their hands, so Purple Cherry says that time at home is now spent around the kitchen island or even more often in their bedrooms.

And since the pandemic, the cost of concrete has risen and may never go back to pre-pandemic rates, so homeowners are re-thinking the practicality of finishing a lower-level space where no wants to be. Purple Cherry says the basic trend of using lower levels for storage only, is the priority with revised versions of basements that do not require standard



HVAC systems, but that do have what the industry refers to as “walkable, deep crawl spaces” that are well-conditioned and constructed. Homeowners, especially more mature homeowners, are said to be more comfortable with using these spaces for storage than they are with attic storage.

Interestingly, these factors are setting off a chain reaction of sorts throughout new builds which include some tweaks to the floor plan of this home.

A Sense of Connection & Comfort

Remember, the kitchen island conversation we touched on earlier? This gorgeous, all-white traditional kitchen with twists features two center islands, one that combines a sink with a ton of functional storage beneath, and another with the capacity for seated gathering all-around, as opposed to just side-by-side seating for three or four. Its design not only provides better connections for communications during meals, but it also offers even more storage space below without compromising the comfort of those seated above.

Part of the open plan living area of the home, the kitchen flows on one side into the family room with its custom white built-ins and central gas fireplace, and to another side into an elegant formal dining room trimmed with a series of windows. The entire area connects effortlessly via white oak-stained floors to a gracious back porch with pavers, all with eyes to the Chester River waterfront.

“To create an entertaining space that is easy to move through and gather in, we placed the dining room immediately adjacent and open to the kitchen and family room,” says Purple Cherry. “The space is projected forward of the home’s rear façade, which allows it to connect to a large, covered brick porch with a beautiful mahogany ceiling. Ideal for outdoor entertaining, the perimeter of the covered porch includes recessed motorized screens hidden into the trim work that effortlessly create a screened-in porch in the warmer months.”

The play of detail, pattern, and texture culminate to unify these spaces within the framework of a traditional coastal home that hits its marks for performance and comfort, whether the clients are hosting a gathering, or are just two for dinner.



A new escape in floorplan design is the winter room concept. Designed to be a cozier alternative to the open-plan family room, this additional sitting room is highlighted with a vaulted ceiling and a lofty waterfront view.

Sparkling in white, this transitional style kitchen offers a streamlined elegance with its 3- by 6-inch Calacatta honed back-splash tiles and Calacatta Borghinio countertops.



The dining room uses a combination of blue fabrics to reinforce the stunning water views while a delightful lime green patterned chair was employed to bring in a whimsical pop of color inspired by the clients, Purple Cherry says.

“The rug and silverware are vintage, family heirlooms that were lovingly passed down through generations. Our team is always happy to work with existing furniture pieces or accessories that clients bring to every project. We do our best to honor those important elements. In addition, the room’s coffered ceiling is detailed with a center medallion and utilizes stepped crown molding for an elegant, traditional, and emotional feeling.”

According to Purple Cherry, another interesting thing happens when basements go away—the central open plan living area can, at times, end up feeling a tad too open and not as cozy as one might like. This phenomenon, she explains, gave rise within the last five years for a new escape within the home, and the answer is now known as the “winter room”.

Purple Cherry believes these are a type of derivative of what was once the smaller formal living room in traditional, smaller-scale homes. These secondary “family rooms” are great for mature couples when they desire to have personal space to watch something different on television than their spouse and have a cozier, quainter nook-like experience within the home.



Many times, she says, these rooms are painted a rich, deep color to set them off with a different vibe from the rest of the house. In this case, her clients chose a unique ceiling detail to distinguish the room in the form of a vaulted ceiling with contrasting white oak wood panels in a custom stain.

Additional details, such as the home's trim work and moldings, flow throughout the home and are also refined without looking atypical of the Cape Cod aesthetic. Throughout the main level, there are numerous opportunities where the homeowners' personalities and nods to their interests are thoughtfully integrated, such as her cheerful office space located behind the back kitchen and a mudroom designed beautifully for her, and yet totally functional for him and his keen interest in the outdoor sporting life so prized on the Eastern Shore. With separate "his and her" entries, this room provides all the gear storage he requires and smart access from the garage, so muddy shoes are never an issue for her.

"The wife loved the idea of incorporating playful, colorful moments or small vignettes of bold stances throughout the home. Examples include the fantastic pink and coral bohemian Thibaut wallpaper in her office, as well as the playful dragon Thibaut wallpaper and blue lacquered vanity in the powder room," adds Purple Cherry.



At the End of the Day

Checking the box for aging in place was expertly accomplished in this home's primary suite located on the main level on the opposite side of the open living area from the busier kitchen, office, and mudroom areas. More sightlines to the tranquil river and the property's luscious back landscaping with its mature trees create a peaceful sleep tonic for the soul.

Thinking ahead and with guests in mind (the couples' grown children fortunately live in the area, as well), the clients planned for an exceptional and flexible space on the upper level, that not only provides two complete guest suites with baths, but these rooms are also joined in the middle by a transitional living space that opens to a large, second-level deck overlooking the water.

While some homes' second-level decks go unused, the clients envisioned better utility with the layout of a separate, second floor living area that would provide a unique opportunity for their guests to have an optimal level of privacy that includes an indoor/outdoor living space.

And back outside, the addition of a charming side porch with sightlines to the property's inground swimming pool, and outdoor entertaining area, leave little doubt the clients will be alone in their home more than these recent empty nesters wish to be.



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Photo courtesy of albanypark.com

The Next Step

A PROGRESSION TOWARD VEGAN INTERIOR DESIGN

By Lisa J. Gotto

If you are a vegan, or if you know someone who is, you understand the depth of principle that is required to adhere to this particular lifestyle when it comes to diet. It takes diligence, mindfulness, and unwavering ethics to fully implement these tenets into your daily life.

When it comes to diet, it requires much more than giving up consuming animals, and when it comes to fashion, it requires much more than choosing faux leather over the real thing.

That said, if you are already applying this ethics-based lifestyle to what you eat, and what you wear on your body and skin, might how you enhance your surroundings be the next step in a completely compassionate and sustainable life well-lived?

Think Small & Slow

The answer to that question is most likely a resounding ‘yes’ when we consider that veganism in design is currently one of the fastest growing trends in interiors overall. While it has taken several decades of small scale changes within this sector,

propelled by animal rights activists and the creative community, to take hold, manufacturers and start-ups in this space are addressing the increasing demand from consumers for more options.

As this continues to happen, consumers will become better educated and more mindful of choices they make than ever because it’s not only about what the item is made of, vegan principles denote awareness of how it is made, if it is made compassionately, is not exploitative in its production practices, to humans or animals in any way.



Photo courtesy of textileexchange.org

"Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans, and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

- THE VEGAN SOCIETY



And should you be truly invested in making the changes necessary to implement this practice in your home, experts advise a slow, thoughtful progression, rather than a wholesale change that has you pitching things out rapidly without an awareness of the environmental impact that causes.

What you might want to do is break down the process down into smaller, more manageable increments around three basic categories: materials, furnishings, and ancillary needs, such as décor items and paint.

When it comes to materials, start small with obvious items such as rugs, pillows, and window dressings. Trend away from wools, silks, furs, and feathers, and replace with items such as pillows stuffed with plant-based alternatives like kapok, and consider cotton cases to cover them. If you consider this 'Stage 1' of your grand re-design plan, you will begin feeling quite accomplished when just these aspects of your interior scheme have been updated.



Alternative material choices to look for are products made from hemp, cotton, linen, bamboo, and kapok, also known as Java cotton, ceiba, or Java kapok. This is a silk-like, seed-hair fiber from the fruit of the kapok tree commonly found in the tropics.

Keep Calm & Carry On

If you have made it past 'Stage 1' of your process and you're already exhausted, try not to be too hard on yourself. In a study conducted by British goods retailer, Hillary's, about two-thirds of their consumer households are unaware that they still have products in their homes that are not vegan-friendly.

So be kind to yourself, as well, and continue to progress in your desire to be ethically conscious as you move into 'Stage 2, Furnishings.' Obviously, if you're a fan of over-sized leather sofas with coordinating ottomans this is going to be among the most difficult switch to make. It can, however, be one of the most rewarding switches that you make, due to the tremen-



Photo courtesy of anthropologie.com



dous environmental impacts created when producing these items. Fortunately, from a comfort perspective, the manufacture of fake leather has done nothing but improve from the stiff vinyl-types of material of decades-past, and has actually now found a nice cozy place of its own among trending furnishings.

The material, a synthetic fabric, now commonly known as vegan leather, is easier to find, but again we must caution, that the fiber fill of the cushions and any wood used in its production be deemed environmentally friendly and compassionately sourced, as well.

So, don't just rely on the acumen of the showroom salesperson or the big box item caption online. Read all the small print on the item that you possibly can to ensure its authenticity. And keep in mind that there is no magic process that eliminates all environmental impacts. What we can do is continue to learn and make improvements from there.



A great alternative to leather in general is buying something second-hand, or selecting a friendly fabric, such as a recycled velvet for your signature sofa. Couch materials said to be in compliance with vegan principles are cotton, synthetic foam, wood, and latex.

Compassionate Color & Style

'Stage 3' denotes thinking of the small touches you add to your home to personalize it. When it comes to your walls, find a good interior designer who has been schooled in the particulars of what constitutes a healthier wall paint, and what the most environmentally friendly wall covering options are. Be sure to mention your interest in applying only cruelty-free paint, with zero emissions/VOC, free of milk-derived ingredients and beeswax, which is often found in many famous maker paints. Brands such as Benjamin Moore are already addressing their customers requests for such products with special lines, like Moore's Natura paints that are also asthma and allergy friendly, and offer an enticing palette of 55 colors.



When it comes to décor, that can get super tricky from the standpoint of sustainability and compassionate sourcing. Handmade items, like those found on Etsy may provide some direction in this area. Just a quick click through with a 'sustainability' keyword search brings up items such as clever "paper-less" towels made of cotton with pretty patterns and rich colors. You'll also find trend-worthy macrame wall hangings and tall, dried pampas grasses that complement almost any décor.

Of course, the ultimate live decoration is a well-cared-for house plant in an earthen vessel of some sort that lends natural color, and a naturally-occurring release of oxygen for added health benefits. These items can accent nearly any room and offer just one example of how simple interior design can be.



Earthly Delights

GARDENING WITH CHILDREN

By Janice F. Booth

If you love gardens and children, let me offer a few suggestions for planting a love of gardens in the hearts of the children in your life. School is finishing and summer plans are gelling. Spirits are rising, along with the early hellebore, peony, and iris. Maybe you'll be looking after your grandchildren, niece, or nephew for a week or two. Or your neighbor's toddlers are finding your garden and puppy irresistible and spending lots of time visiting you as you work in your garden.

Whatever the reason, let's consider (1) the advantages of encouraging a love of gardens and gardening. (2) Local and regional public gardens you can enjoy with your young friends. (3) Hints and equipment for gardening with children. (Keep in mind that children may only find gardens and gardening interesting for a few days or a few weeks. That's okay.)

Advantages & Skills Acquired While Gardening. Pediatricians and Child Psychologists agree on the skills and attributes developed by children involved in gardening ⇒

Children Ages 2-10

Communication skills:

giving and following directions, describing a process, asking questions, predicting outcomes, drawing conclusions

Interpersonal skills:

team building, sharing responsibilities, listening to others

Setting and achieving goals:

recognizing time constraints, appreciating appropriate goals, developing adaptability when problems arise

Exercise:

the usual with fresh air, sunshine, and motor skills

Adolescents Ages 11-16

Exercise: (for those teens who prefer the computer to the soccer field) fresh air and sunshine. Tip: Sometimes, you might need to use the tried-and-true ploy, "Could you give me a hand with this? I can't seem to be able to..."

Knowledge:

I can imagine a science fair project in the offing. You might encourage your teen to take some time-lapse photos and measurements. The information can be set aside, and dusted off in the fall, when the school's science fair is announced. It may be a relief for everyone if half the work is already completed and only a poster board and some glue are needed to display the experiment on photosynthesis or companion planting.

Interpersonal skills:

"Helping" you trim the forsythia or plant marigolds

and petunias may be a rare opportunity to listen to your teen. A few casual questions on a sunny afternoon in the garden can become a precious experience for you both. Working together to accomplish a task may be a rare experience for our often-isolated adolescents. "Responsibility" may be another skill developed while gardening. Watering, weeding, protecting young plants from bugs and bunnies; all opportunities to assume responsibilities that are achieved in real time.

Stress reduction:

Teens are old enough to face lots of stress and need opportunities to deal with that stress. Gardening can prove a healthy alternative to zoning out on video games or sleeping. Depression can sometimes be eased with sunshine and Nature's many charms, including fresh air and songbirds.



Kid-Friendly Public Gardens.

Perhaps you've tried introducing your child to gardening in the past without success. A trip to a public garden that has child-friendly areas and programs might provide a fresh start to encouraging children to get involved with gardening:

Adkins Arboretum, Ridgely, MD: On the Eastern Shore with lots of trails for children to explore

American Horticultural Society Children's Garden, Alexandria, VA: Includes a "Little House On the Prairie" garden

Brookside Gardens, Wheaton, MD: Includes a live caterpillar and butterfly exhibit

Lewis Ginter Botanical Garden, Richmond, VA: Includes a "water play area" and Klaus Family Tree House"

Longwood Gardens, Kennett Square, PA: Includes an indoor children's garden and "Nature's Castle Treehouse"

Miller Branch Library, Ellicott City, MD: An "Enchanted Garden"

U.S. Arboretum and Botanical Gardens, District of Columbia: Includes gardens planted by children

Winterthur Gardens, Wilmington, DL: Includes "The Enchanted Woods"

Suggestions & Tips for Adult-Child Gardening:

Following are a few suggestions that might help make your foray into gardening with children less daunting:

Plan Ahead: If you're working with several children or only one:

- Decide and mark the area each child will have for her/his own garden. If you have room, spreading out the patches may avoid comparisons and competition.
- Be sure each plot has sufficient sunlight.
- Gather a few gardener's catalogues. Each child will be able to see what the various plants will look like as they begin to mature. You can even make picture plant stakes to help the child remember what is planted and where.
- Gather enough tools for each child: sharing may come eventually, but start each child with his/her trowel, watering can, and work gloves.





Top Crops: Here's a list of almost-foolproof plants children enjoy:

Bush beans • Carrots (fun example of tasty roots) • Cherry tomatoes (tasty treat for a tired gardener) • Lambs Ear (fool-proof, fuzzy, and cute plant) • Lettuce (nice because children can often get several harvests) • Nasturtiums (great for a conversation on edible flowers) • Potatoes (another tasty root) • Pumpkin (a big favorite, if you have room enough for the sturdy vines to spread) • Snow peas (fun to eat fresh off the vine) • Sunflowers (talk about photosynthesis and watch those heads turn!)



Miscellaneous Tips:

• Be prepared to “cheat”: If a bunny has devoured your young gardener’s lettuce plants, go ahead and replace them with a few fresh plants. Pull a few of those weeds choking her snow peas. Also, if you’re watering, sprinkle a bit around the children’s patches. It’s more important that they enjoy the gardening and the garden than that they do everything perfectly themselves.



- You may have an old sandbox in the garage or gardening shed. Fill it with soil and make that a child’s garden.
- Take lots of pictures of gardener and plants. Keep an on-line or paper scrapbook, even if the whole project lasts only a few days or a week. It will be fun to look back at the project as your young gardener matures and, hopefully, takes on more responsibilities and projects in the garden.
- Suggest a *theme* garden, perhaps like one they saw at a public garden. Paint rocks to place in the garden. Use twigs and shells to decorate the soil.
- If all else fails and the kids are getting cranky, *build a scarecrow*. Grab a leaky pair of boots or old sneakers, some socks, worn-out jeans, a long-sleeve shirt, garden gloves, a beach ball or big balloon, and a hat. Get that left-over straw from the spring or lots of newspaper and rags. Stuff those clothes; tie them together with gardening twine. Draw features on that balloon or ball, and bingo! You’ve got a scarecrow. (It can be a reclining scarecrow if the construction seems precarious.)

Whatever happens, have fun. Take pictures. Take your time. Savor those hours or days shared with children. You may get tired, frustrated, even annoyed, but you’ll look back on the days in the children’s gardens with appreciation and delight. Truly!

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Secluded & Stately

By Lisa J. Gotto | Photography by RECreative Visual

A personal paradise awaits the new homeowners of this palatial residence serenely tucked away in the mature wooded confines of Crownsville. Perfectly situated on a nearly four-acre lot, this home is surrounded by stunning land- and hardscapes that include impressive visuals, such as a circular driveway and a stately Georgian-style façade.

Customized to provide the ultimate in features when it comes to in-home hosting and entertaining, this home will no doubt be the destination for extended family and friends, and even more formal functions. Great impressions are made upon entry





Primary Structure Built: 2002
Sold For: \$1,500,000
Original List Price: \$1,450,000
Bedrooms: 5
Baths: 5 Full, 1 Half
Living Space: 7,694 Sq. Ft.
Lot Size: 3.93 acres

with the home's dramatic, two-story foyer with sparkling chandelier, curved, architectural staircase, and a large, custom arch window treatment that floods the house with natural light.



Rich, gleaming hardwood floors flow throughout this level, as does a wealth of custom woodwork and crown molding. A large, formal living room with Federal-style fireplace welcomes guests to the right of the entry, and the home's formal dining room is situated to the left. The roomy entry leads beyond into the home's open-plan family room and provides access to a set of sliding doors to the outer deck on this level.

Another two-story wall of windows provides a bountiful nature's backdrop when gathering in the spacious family room with its integrated entertainment center with fireplace, built-in shelving, and the room's classic, architectural accent columns.





Listing Agent: Melissa Blohm; Long & Foster Annapolis Fine Homes; 145 Main Street, Annapolis; m. 410-991-5967; o. 410-263-3400; melissablohm3@gmail.com; longandfoster.com
Buyers' Agent: Paul Russell; Next Step Realty; 22 W. Padonia Road, Timonium; m. 410-693-5166; o. 443-901-2200; paul@nextsteprealtymd.com; nextsteprealtymd.com



An all-white and bright custom kitchen with large, center island and wainscoting treatment make the space gracious and inviting. And any gourmet chef would be proud of this room's impressive appliance package that features a Sub-Zero refrigerator, a Viking, 6-burner range, a Bosch dishwasher, and a built-in microwave. The island and all counters are topped with gorgeous granite.

The enormous primary suite features a triple-tray ceiling treatment, a separate seating area, and two California walk-in closets, as well as access to the home's second-level deck. A huge, *en suite* bath features custom cherry cabinetry, two separate vanity stations that are joined in the middle by a garden tub, and another gorgeous tray ceiling treatment.

There are three additional bedrooms on this level, another with an *en suite* bath and a shared Jack -n-Jill bath for the other two rooms.

The bedrooms aren't the only place to totally relax, as the entire lower level was designed to be a total chill zone with its extended recreation room for gaming and billiards, an exceptional wine room, and another full bed and bath.

Outside, the homeowners prime outdoor living room with stone fireplace, covered patio, and a Viking grill station, awaits. The in-ground pool and its surroundings offer an amazing rock wall with 12, multi-level waterfalls, and plenty of space to lounge by the pool with hot tub in total seclusion.



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Primary Structure Built: 1948
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Original List Price:
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Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 4,936 Sq. Ft.
Lot Size: 3.38 acres



Annapolis Waterfront Legacy

By Lisa J. Gotto

This 5,000-square-foot, multi-generational residence and surrounding property affords a rare opportunity to enhance one's quality of life with its sublime location, superb construction and design, and its prestigious legacy pedigree.

Built in 1948, this Cape Cod-style waterfront estate provides the ultimate combination of day-to-day living qualities that are both comfortable and charming, with the amenities and features of a home built for gracious entertaining and accommodation.

Located on Aberdeen Creek with views out to the South River, the property's sprawling floorplan affords waterfront vistas from nearly every room; a total of 374 feet of sandy waterfront shoreline. Despite its expansive frontage, the home is well-situated on a lot that was expertly landscaped to provide a uniquely private living experience.

Inside, elegant old bones blend beautifully with today's prized modern amenities. The primary entrance (the home has two separate front entries) offers an elegant introduction with its grand, long reception area with luscious hardwood floors and a regal wood-burning fireplace.

There is another fireplace in the formal, water-facing living room with vaulted ceiling. This spacious room is accented with generous built-ins, large windows, and two sets of double doors that lead to one of several of the home's gorgeous paver patio living spaces. A formal, sunny dining room with lovely wood beam treatment is available for life's special occasions.

The large kitchen is an all-white work of art with its center, butcher block and tile island leading the eye to the magnificent water view from the room's sunlit breakfast nook. Gorgeous custom cabinetry, with upper glass-front doors, accents a rustic-tiled backsplash. Windows at the opposite end of the room offer cozy built-in seating, and bookshelves and storage space on either side,

A cozy, sunny family room with brilliant views, wood-burning fireplace, and charming white wood beams is located just steps from the breakfast nook. Also, on this level, the floorplan offers a billiards room, and a full, main level living guest suite with *en suite* bath and separate entry, that could also be used as a primary suite.

Listing Agent & Buyers' Agent: Brad Kappel; TTR Sotheby's International Realty; 209 Main Street, Annapolis; m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; ttrsir.com



A second primary suite is located on the upper level. An oasis of its own, this room faces the water and features a darling sitting nook, a room-sized walk-in closet with water views, and an *en suite* bath with double vanity and huge walk-in shower. There are two additional bedrooms, a library, and various home office opportunities on this floor and throughout the home.

The outside environment of this home is an unparalleled mix of gracious paver patios with opportunities for outdoor dining and gathering, exquisite grounds and gardens with an expert selection of perennials, paths, and other plantings, and the property's highlight, a deep-water private pier with access to a lifetime of sunsets.

"It was an absolute honor to assist with the sale of this exquisite multi-generational waterfront estate," says Brad Kappel of TTR Sotheby's. "A true legacy property like no other."



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Health & Beauty

82 FRESH TAKE | 83 FITNESS TIPS | 85 PLAY IT SAFE

88 SAY NO TO DIETING AND EAT INTUITIVELY? *plus more!*



Fresh Take

CHIA SEEDS

By Dylan Roche

Before chia seeds made a surge in popularity within health circles during the past few years, many Americans might have been familiar with chia only as a type of sprout grown to resemble hair on a terracotta sculpture. (Remember those?)

But chia as a health-boosting food far precedes even the Chia Pet craze of the '80s and '90s. Chia's culinary history actually dates back thousands of years to pre-Columbian times in Central and South America. Chia seeds were a dietary staple among the ancient Aztecs and Mayans, who drank what was known as *chia fresca*—chia seeds steeped in water and sweetened with lemon and lime juice. Chia seeds were also used to make bread and to thicken soups and stews.

Today, we are more understanding of why chia—which draw their name from the Mayan word for “strength”—were so well regarded in these cultures. They're dense in nutrients the body needs to perform at its best, which explains why Aztec warriors relied on them as an energy source during their intense training regimens.



Meatless Meatballs

INGREDIENTS

2 cups cooked chickpeas
2.5 tablespoons chia seeds
1/2 cup oats
2 tablespoons tomato paste
2 cloves garlic, minced
3 tablespoons fresh basil, chopped
1 tablespoon oregano, chopped
1 teaspoon fennel seeds
1/4 teaspoon red pepper flakes
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 cup water

Now, consumers eat chia seeds in all kinds of ways. While you might be inclined to use chia seeds around the kitchen at home, including them in smoothies or baked goods, you'll also find them added to a variety of products at the grocery store, such as breakfast cereals and energy bars. Making chia pudding by soaking chia seeds in equal parts water overnight is another popular option—vanilla extract, nut butters, and fresh fruit can deliver plenty of flavor without a lot of added sugar.

Chia seeds are a good source of protein, delivering about five grams per one-ounce serving. Like other plant sources of protein, they do not contain a full range of essential amino acids your body needs, so they are best when paired with sources of the amino acids threonine, lysine, and leucine. Sources of these amino acids include lima beans and spirulina, a type of algae.

Preheat oven to 425F. Line a baking sheet with parchment paper. In a small bowl, combine chia seeds and water. Set aside and allow to thicken. In a large bowl, mash the chickpeas until smooth. Stir in oats, followed by the thickened chia seeds, tomato paste, basil, oregano, garlic, fennel, salt, and pepper. Roll into approximately 1 dozen large meatballs and line on the baking sheet. Bake for 20 minutes, turning once halfway through. Serve hot with spaghetti and your favorite sauce.



Fitness Tips

BUILDING STRONG SHOULDERS

By Dylan Roche

There's a reason for the expression "You're carrying a lot on your shoulders." Because when you must carry a heavy load for an extended period, your shoulders are the part of your body that's best up to the challenge. (Not that anyone ever *wants* to carry a heavy load for an extended period—but it's good to know you're capable if you have to!)

Strong shoulders are important for all kinds of daily activities, not only for lifting and carrying but also when you have to reach or pull. You use your shoulders in pretty much any athletic pursuit as well, particularly if you're a swimmer, basketball player, or volleyball player, as all three of these sports require extensive, fast arm movement. Your shoulder joints can be prone to injury as you get older, but building and maintaining muscle around these joints will help prevent injury.

Shoulders also serve an important function in the way you carry your body throughout your day. Without strong shoulders, you'll have trouble standing up straight with good posture. Weak shoulders, and the poor posture associated with them, can lead to back or neck pain and can even set you up for injury.

Moreover, having strong shoulders and good posture just makes you look better—and when you look better, you have more confidence in everything you do.

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Whole-Wheat Chia Seed Bread

INGREDIENTS

1/2 cup chia seeds
2.5 cups whole wheat flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons honey
1/4 cup applesauce
cups milk (dairy, oat, almond—your choice!)

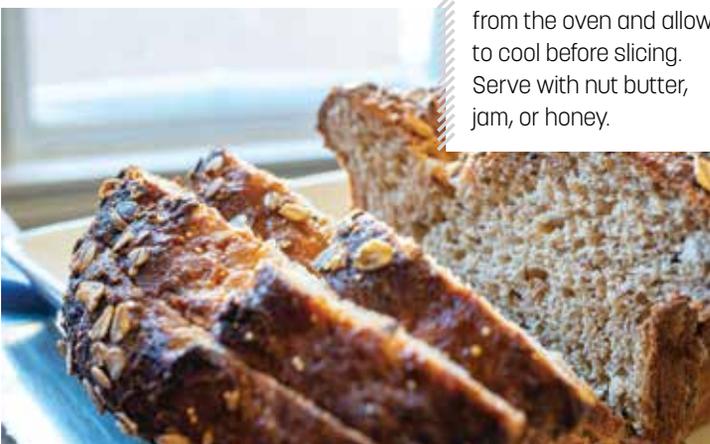
Preheat oven to 350F and line a bread loaf pan with parchment paper. Separate out 1 cup milk and combine with chia seeds. Stir well and allow to sit for 30 minutes or until the mixture has thickened. Whisk together flour, baking soda, and salt before combining with applesauce, honey, and the remaining milk. Add the thickened chia seeds and stir until the dough is thick and sticky. Transfer the dough to the bread pan and smooth evenly. Bake for approximately 75 minutes. Remove from the oven and allow to cool before slicing. Serve with nut butter, jam, or honey.

Chia seeds are also rich in calcium for strong bones and magnesium for proper fluid balance in your body. Calcium and magnesium are two electrolytes that your body loses through heavy sweating, so chia seeds are a great choice for athletes who are recovering after an intense workout.

The other prominent nutrient in chia seeds is fiber. With 10 grams of this digestion-supporting carbohydrate in every serving of chia seeds, you'll not only be improving your satiety between meals but also lowering your LDL cholesterol (aka your bad cholesterol) and improving your regulation of blood sugar for more stable energy levels throughout the day.

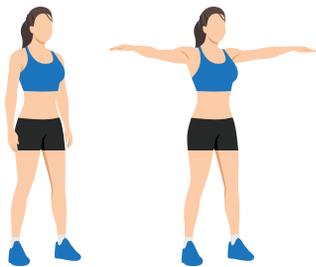
Like many other seeds, chia is rich in fat—specifically, omega-3 fatty acids, a type of unsaturated fat often hailed for its ability to reduce inflammation caused by an overworked immune system. Salmon and mackerel serve as go-to sources of omega-3s, so chia makes a reliable plant-based option for people who are vegetarian or don't eat seafood.

If simple smoothies or puddings aren't your thing, you can step up your game in the kitchen with a couple of creative recipes starring chia seeds, including whole-wheat chia seed bread and even meatless meatballs.





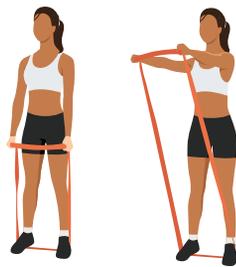
READY TO BUILD STRONGER SHOULDERS?
HERE ARE THE BEST
EXERCISES TO TARGET
THESE MUSCLES:



OVERHEAD PRESS

This compound exercise (meaning it targets more than one muscle group) not only works your shoulders but also works your triceps and upper back.

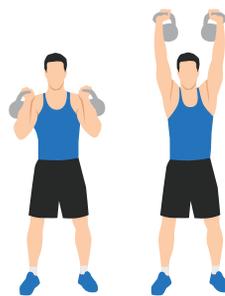
1. Using dumbbells, a barbell, or kettlebells, hold the weight at shoulder level with your palms facing outward and your feet shoulder width apart. 2. Press the weight overhead until your arms are fully extended. As you lift, keep your core and glutes engaged to stabilize your body. 3. Lower the weight back down to your starting position.



LATERAL RAISES

Also known as side raises, lateral raises target the side of the shoulders.

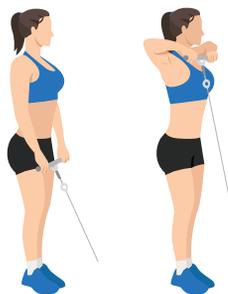
1. Using dumbbells or a resistance band, begin with your arms down by your sides and palms facing inward. Your feet should be shoulder width apart. 2. Lift your arms up at your sides until both arms are parallel to the floor. You should keep your elbows bent slightly to avoid straining your shoulder. 3. Lower your arms back to the starting position.



FRONT RAISES

Like lateral raises, front raises can be done with dumbbells or resistance bands. They target the front of your shoulders as opposed to the sides.

1. Begin with your arms down by your sides and palms facing your body while you hold the dumbbells or resistance band. Your feet should be shoulder width apart. 2. Raise your arms forward in front of you until your arms are parallel to the ground. Be sure you keep your arms straight and your wrist neutral. 3. Lower your arms back to starting position. You can do both arms at once or focus on one arm at a time.



UPRIGHT ROWS

The upright row targets your shoulders as well as your upper back and traps. While you might prefer to perform a row with a cable machine, it's even more efficient to perform it with a barbell or dumbbells.

1. Start with your arms down and gripping the

weight with your palms facing inward. Your feet should be planted slightly closer than shoulder width apart. 2. Draw the weight up toward your chin, keeping your elbows pointed out as you lift. Focus on using strength in your shoulders, not momentum, to perform the movement. 3. Lower the weight back down to the starting position.



PUSH-UPS

This classic calisthenic is a compound exercise targeting the chest, triceps, and shoulders. If it's been a while since you've done a push-up, focus on good form. If you need to, you can modify by bringing your hands closer together or resting on your knees instead of your feet.

1. Begin in a plank position with your hands planted on the floor, shoulder width apart. 2. Keep your spine neutral as you bend your elbows and lower your body to the floor. Avoid letting your elbows flare out to the side—instead, your elbows should be at a 45-degree angle parallel to your body. 3. Once you've lowered your body as close to the floor as possible, push yourself back up to the starting position.

Play It Safe

PREVENTING MUSCULOSKELETAL DISORDERS

By Dylan Roche

Muscles, joints, tendons, ligaments, nerves—all these make up your musculoskeletal system. But when there's a problem affecting any one of these soft tissues, it can have effects on not only your comfort but also your ability to move and carry out daily tasks. And with the month of June observed as National Safety Month, the first week is always dedicated to recognizing musculoskeletal disorders (sometimes referred to as MSDs) and how these diagnoses can affect a person's abilities at home and in the workplace.

In many cases, MSDs result from putting too much strain on these body systems, whether that's through repetitive motion, overexertion, awkward postures, or just sustained pressure. The effects of these disorders on your abilities can vary. In some cases, it might only be a simple inconvenience, like an inability to bend over completely or an ache when you bend your neck at a certain angle. In other cases, it could affect your walking, standing, or lifting.

When MSDs affect your ability to walk, bend, twist, or perform physical tasks, the risk of injury increases—you could trip and fall, lose your grip on something heavy, and be unable to properly control heavy equipment or machinery. Even for people who do not have physically demanding jobs

Examples of common MSDs include:

Carpal tunnel syndrome:

This syndrome develops when the nerve that goes from your forearm to your palm gets pinched at the wrist, which can affect your ability to use your hand.

Tendinitis: When your tendons (the fibers connecting your muscles to your bones) become inflamed, most commonly around your elbows, knees, shoulders, wrists, and heels.

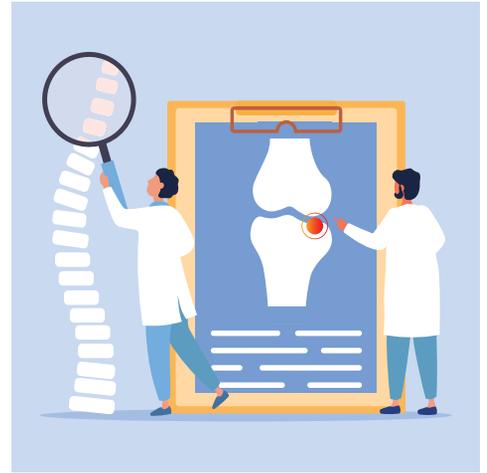
Osteoarthritis: This is a degenerative joint disease affecting the cartilage in your joints, which results in pain, stiffness, and loss of mobility over time.

Plantar fasciitis: When the tissue along the bottom of your foot, known as your plantar fascia, becomes tight and stiff, which can make it painful or uncomfortable to bear weight.

Herniated disc: The discs that provide cushioning between your vertebrae suffer damage, which can lead to pain and weakness in your back and legs.

Sciatica: If the nerve running down your lower back to each of your legs, known as your sciatic nerve, becomes compressed or irritated, you'll feel pain and numbness in your leg.

Bursitis: The small fluid-filled sacs between your joints, known as bursae, become inflamed, which can cause pain and loss of mobility.



or lifestyles, the pain and discomfort caused by MSDs can be tiresome, resulting in reduced alertness and higher stress levels, which affect productivity and quality of life.

So, what's a person to do to avoid developing MSDs? Although there will always be some risk (as many risk factors are out of your control), honoring your body's proper mechanics and leading a healthy lifestyle can make a big difference. For example, if you spend a lot of time at a desk, create an ergonomic setup so that your computer monitor is at eye level and your chair provides good lumbar support. You should also get up for stretch breaks or to move around frequently.

If you lift weights for exercise (or if your job requires lifting heavy objects), observe proper technique and form. Do some stretching to warm up. Always avoid twisting your body when lifting heavy objects, and aim to lift with your legs, not with your back. Most importantly, recognize your own limits—don't overdo it or push yourself too hard.

Lastly, but maybe most importantly, talk to your doctor if any pain or discomfort persists, as proper medical attention could prevent further damage and put you on the right track toward recovery.

Say No to Dieting and Eat Intuitively

By Dylan Roche

Ever feel as if “healthy eating” gets too complicated? When you think about all the dieting rules you’ve been told to follow and all the constraints you have to put on what you eat, all of a sudden, being healthy from a nutritional perspective becomes very unhealthy from a mental perspective. It’s stressful (and sometimes emotionally draining) to count calories, to watch your intake of fat or sugar, to avoid dessert, and even to prioritize foods you don’t like because they’re “good” for you.

Now there’s growing pushback to the notion of what’s often referred to as “diet culture,” the normalization of always watching what you eat and categorizing foods as good or bad. Instead, people are choosing the route of intuitive eating—an approach that encourages listening to your body’s natural hunger and fullness cues, as well as how foods make you feel physically, so you can have a positive relationship with food. As the Cleveland Clinic puts it, it’s about unlearning everything we’ve learned about food from dieting over the years.

So, what does that mean? At its most basic, intuitive eating comes down to three factors:

Eat When You’re Hungry

People tend to ignore their hunger cues because they think they’re supposed to wait a certain amount of time between eating or because they want to overindulge later. This sets them up to make poor nutrition choices.

In other situations, they might eat for emotional reasons or because they’re bored—not because they’re genuinely hungry. Recognize that it’s okay to eat for social reasons occasionally (maybe a friend has a new snack and offers you a chance to try it, even though you’re not hungry) but by being intuitive, you can distinguish *why* you are eating a food. Before you eat, ask yourself how hungry you



are on a scale of 1 to 10. Determine whether there are any emotional triggers that might be affecting the food choices you’re making.

It’s just as important to stop eating when you’re no longer hungry. If there is a reason you feel inclined to overeat (for example, you’re having one of your favorite dishes for dinner), remind yourself you can always have some later.

No Foods Are Off Limits

Think about all the foods you’ve been told you can’t eat because they’re bad for you. Is it pizza? Ice cream? French fries? Maybe you’ve been told you can have a substitute, such as cauliflower in place of rice, but it never really tastes the same to you. When you eat intuitively, you recognize that there are no foods that are off limits, even though some foods should be eaten in moderation. Depriving yourself of foods that you really enjoy only makes you crave them more, and sets you up to be unable to control yourself when you finally do eat them.

In some situations, you might not be able to tell the difference. If carrot sticks taste just as good as chips when it comes to eating your favorite spinach dip, you might opt for the carrots simply because

you know they have more nutrients. Intuitive eating shouldn't be about always eating low-nutrition foods just because you can. Although you recognize you have the flexibility to eat your favorite foods, pay attention to how what you eat makes you feel. If you ate birthday cake for dinner every night, you wouldn't feel so great—but when you eat a balanced meal with complex carbohydrates, lean protein, and plenty of nutrients, you have the energy you need to take on the day. Then you can have that slice of cake if you want it, and because you haven't been depriving yourself, you have better self-control and feel satisfied.

Get Rid of The Emotion

Far too many people get down on themselves because they deviated from eating healthy. If they overeat, they feel guilty. They develop a poor self-perception.

Intuitive eating involves learning from bad experiences. For example, if you eat past the point of fullness, recognize that the physical discomfort you're experiencing isn't something you like to feel, and it's something you want to avoid in the future. However, it's not a reason for you to feel bad emotionally about yourself. Similarly, if you find that negative emotions are prompting certain food choices, figure out other ways you can practice self-care. You likely might find that engaging in physical activity you really enjoy coupled with preparing a nutritious meal does more for your mood than a sugary snack does.

While these three factors are the primary basis of intuitive eating, they shouldn't be taken as hard and fast rules—the whole premise of intuitive eating is that *there are no rules*. It's about approaching food in a way that doesn't involve stress or anxiety, and it's about learning to make healthy choices because you want to, not because you feel as if you must.



Styling White All Summer Long

By Dylan Roche

With Memorial Day behind us and the summer season practically here, it's time to start thinking about the fashion statements you'll make for barbecues, beach trips, vacation outings, and long days of warm sunshine. While trends come and go every year, there's one color that's always a reliable summertime favorite: white. But white can be a trickier color to pull off than you might expect, and even trickier to care for if you want to keep it looking its brightest and cleanest.

You might have even heard the fashion "rule" (though, truthfully, it would be more accurate to consider it a tradition) that you should wear white only between Memorial Day and Labor Day. Wearing white in the fall or winter would be a faux pas. But this tradition has roots that hint at elitism—it began at the turn of the 20th century when wealthy Americans would

continue on page 88



spend their summers in resort areas and wanted to distinguish themselves from the working class, who would have had trouble maintaining perfectly clean, white clothing.

It likely goes without saying that this style choice had its practical purposes, too. While summering in these resort towns, the wealthy vacationers usually opted for clothing that was light not only in color but often in weight—linen and cotton were the norm, while heavier clothing (along with darker colors) would have been reserved only for cooler months.

Over the years, the elitist notions behind this tradition faded away, and wearing white during the summer became just another tradition, like fireworks on Fourth of July. Today, very few people strictly adhere to the notion that white should be reserved for the months between Memorial Day and Labor Day, but that doesn't mean you shouldn't opt for white if you like the way it looks and feels on a hot summer day.



HOW TO PULL OFF WHITE

Wearing white makes you look stylish if done right; however, it can make you look awkward or boring if done wrong. Here are the best ways to make sure you're doing it right:



Choose high-quality fabrics, ideally something like cotton, linen, or denim, which are sturdy and durable. Although you don't want your fabric to be too heavy in the summer, you want to avoid fabric that is so light it will be see-through.

If you want to pull off an all-white outfit without having it appear boring, mix and match textures to add a layer of interest.

Add a pop of color to a white outfit by incorporating bright, bold accessories. A colorful bag, shoes, or statement jewelry will stand out nicely.

Recognize that white comes in different shades, and you shouldn't be afraid to incorporate different shades into the same outfit. For example, you could pair a crisp white shirt with a pair of off-white pants.

Another way to give your look some variety is to vary your proportions. A loose, flowy top will look great with a pair of slim-fit pants, or a closely tailored shirt can be worn with wide-legged pants.

When in doubt, just keep it simple. A plain white T-shirt with white jeans, or a white dress, can look classy and effortless.



WHAT LOOKS BEST WITH WHITE?

Sure, white on white always looks great and gives off a nice summer vibe. But what if you want to pair your white with a little bit of color? Here are five color options to try:

Navy blue: Combining white and navy is always timeless and classy. It also gives off a nautical vibe that is perfect for summer.

Black: Is white with black accents simple? Maybe. But the contrast still manages to make a statement. Better still, a black-and-white ensemble is easy enough to pull off in casual and formal settings alike.

Pastels: White looks soft and ethereal when you pair it with pastels like light pink, baby blue, and mint green.

Brights: On the other hand, if you don't want the softness of pastels, you could opt for bright colors that will look playful and fun for summer, such as hot pink, electric blue, lime green, and sunshine yellow.

Earth tones: You can never go wrong with pairing a natural, earthy color like tan or moss with white. It's subtle and lends itself well to summer or to pretty much any season.

TAKE CARE OF THOSE WHITE CLOTHES!

As good as white can look, it can be a nightmare to keep clean. So, if you're going to be styling yourself in white all summer long, it's best to brush up on these laundry tips to ensure your whites stay crisp and bright.

Start by sorting your whites from black and colored clothing, as these can bleed with every wash. Even if it's not noticeable at a casual glance, this can dull your white fabric over time.

Wash white clothing in hot water to remove dirt and lift stains. Hot water doesn't lend

itself to every type of fabric, so always defer to the laundering instructions written on the tag.

Although chlorine bleach does a great job of removing tough stains, it can also be harsh on the fibers of your fabric. Use bleach very sparingly—only if you must.

Drying your white clothes for too long can turn them yellow and dingy. If you have the option, let your whites hang dry.

Finally, launder your white clothing after each wear even if it doesn't look or smell dirty. Elements like dust, oil from your skin, or even sweat can build up over time. This buildup isn't easy to see on dark clothing, but it can create set-in stains on your whites.



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RESTAURANT
REVIEW

Calling All Food Critics!

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

Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

The weather is beautiful and there are so many great ways to get out and enjoy it, and many involve food and drink! There are new eateries, plus culinary events like Pint 4 Paws for the SPCA! Here's a sampling of what to enjoy this month.

On the Dining Scene...

The fifth Maryland location of **bb.q Chicken** eatery has opened in Ellicott City, joining the fleet of restaurants, which includes those in Greenbelt, Catonsville, Silver Spring, and Rockville. Now located at 8801 Baltimore National Pike Suite K, bb.q Chicken offers specially seasoned wings, boneless bites, and more, with an Asian American twist and Korean flavors. Also, try the kimchi fried rice, spicy bowls, fried dumplings, pickled radishes, and more. So, so good. Be sure to stop in to enjoy the taste of Korean chicken! Check them out at bbqchicken.com. ↓

Just last year, GameOn, a bar and arcade for adults, opened on West Street in Annapolis. Now, **GameOn Bar + Arcade** is opening their third location, in downtown Columbia. GameOn, as well as The Angry Jerk, a Caribbean-Southern fusion restaurant, will open later this year across from Color Burst Park. The 4,000-square-foot space will include retro and new arcade games, graffiti wall art, craft cocktails and beers, and special menu items. Check out the Annapolis or Fed Hill locations of GameOn while we anxiously await Columbia's location! Visit gameonbararcade.com.



Something Brewing...

The **7th Annual Pints 4 Paws Home Brewing and Craft Beer Festival** will be held at Navy-Marine Corps Stadium on June 10th.

The day will include more than 50 home brews from local craft breweries as well as a commemorative glass, all to benefit the SPCA of Anne Arundel County. The day will also have food and entertainment by Goliath Soundworks, Baptist and Bootleggers, and Old Eastern, as well as other vendors, silent auctions, raffles, and more! Get your tickets at annapolishomebrewclub.com.

Drink Up...

June calls for a light, crisp, and delicious cocktail! P.S. Something fruity always tastes better in the sunshine!



June Bug

INGREDIENTS

- 3/4 ounce melon liqueur
- 3/4 ounce peach schnapps
- 3/4 ounce crème de banana
- Fill to top of equal parts cranberry juice and pineapple juice

INSTRUCTIONS

Pour all ingredients as listed, in order, into a pint glass, stir, and enjoy.

Photo and recipe courtesy of haved-cocktail.com



Blueberry Basil Lemonade

INGREDIENTS

- 1.5 ounces vodka or gin
- 1/4 ounce limoncello
- 1 ounce freshly squeezed lemon juice
- 3 basil leaves
- 1 ounce simple syrup
- 10 blueberries
- 3 ounces club soda or sparkling water

INSTRUCTIONS

Muddle the blueberries, basil leaves, and simple syrup

together in a shaker. Add lemon juice, gin, limoncello and some ice. Shake to mix. Strain and pour over ice in a rocks glass or highball. Add club soda or sparkling water. Garnish with extra blueberries, basil leaves or a lemon slice.

Photo and recipe courtesy of gastronomblog.com.

Crabs, Crabs, Crabs!

What do foodies crave and come to Maryland for? Everything blue crab. Steamed crabs, crab dip, imperial, cakes, and soups are on menus all over the state. Here are few locally-renowned restaurants with great crab dishes (see dishes listed!), plus “Our Favorites” family of What’s Up? Media advertisers.



- Average entrée price
 \$ 0-14
 \$\$ 15-30
 \$\$\$ 31 and over
- 📞 Reservations
 - 🍷 Full bar
 - 👨‍👩‍👧‍👦 Family Friendly
 - 🌊 Water View
 - ☀️ Outdoor Seating
 - 🎵 Live Music

Anne Arundel County

Ashling Kitchen and Bar

1286 Route 3 Suite 3, Crofton; 443-332-6100; ashlingco.com
 \$\$, Crab and Artichoke Dip, Cream of Crab Soup, Seafood Gumbo, Crab Cakes 📞 🍷 🍷

Blackwall Barn & Lodge

329 Gambrills Road, Gambrills; 410-317-2276; barnandlodge.com
 \$\$, MD Crab Soup, Crab Dip, Crab Cakes, Chesapeake Pasta 📞 🍷 🍷 ☀️

Crabtowne USA

1500 Crain Hwy S, Glen Burnie; 410-761-6118; crab-towne.com
 \$\$, Crab Dip Pretzel Bowl, Crab Cake, Soft Shell Crab, Crabby Waffle Fries, Cream of Crab Soup, MD Crab Soup, Half & Half Soup, Steamed Crabs, Snow Crab Legs, Chicken Chesapeake, Crab Mac and Cheese, Crabby Burger, Crabby Chicken Sandwich 🍷 🍷

Crafty Crab

7000 Arundel Mills Cir, Hanover; 443-820-3870; crafty-crabrestaurant.com
 \$\$, Seafood Boil: Blue Crab, Snow Crab Legs, King Crab Legs, Dungeness Crab (Seasonal) 🍷 🍷

Eggspectation

2402 Brandermill Blvd, Gambrills; 443-292-4181; eggsspectation.com
 \$\$, Chesapeake Benny, Crab Cakes, Chesapeake Pizza, Chesapeake Crepe 🍷 🍷

Founder's Tavern & Grill

8125 Ritchie Highway, Pasadena; 410-544-0076; founderstavernandgrille.com
 \$\$, Crab Dip, MD Crab Soup 🍷 ☀️

Grumps Cafe

2299 Johns Hopkins Road, Crofton; 443-292-4397; grumpscafe.com
 \$, Crab Benny, Chesapeake Omelet, MD Crab Soup, Crab Cakes, Surf and Turf 🍷

The Hideaway

1439 Odenton Road, Odenton; 410-874-7300; hideawayodenton.com
 \$\$, Cream of Crab with Sweet Corn 🍷 🍷 🎵

Smashing Grapes

2383 Brandermill Boulevard, Gambrills; 410-451-7544; smashinggrapes.com
 \$\$, Spicy Crab Bisque, Crab Cake Sandwich 📞 🍷 ☀️

Timbuktu Restaurant

1726 Dorsey Road, Hanover; 410-796-0733; timbukturestaurant.com
 \$\$\$, Crab Cakes, Crab Stuffed Shrimp, Crab Stuffed Lobster Tail, Crab Imperial, Crab Stuffed Oysters, MD Crab Soup, Cream of Crab Soup, Surf and Turf, Seafood Alfredo, Seafood Cobb Salad, Chicken Imperial, Seafood Imperial 📞 🍷 🍷

Prince George's County

BLVCK Cow

6133 Highbridge Road, Bowie; 301-798-7195; blvckcow.com
 \$\$\$, Crab Cakes 📞 🍷

Busboys and Poets

5331 Baltimore Avenue, Hyattsville; 301-779-2787; busboysandpoets.com
 \$\$, Shrimp and Crab Fritters, Crab Cakes, Crab Grits 🍷 🍷 ☀️

Crafty Crab

10560 Campus Way S, Upper Marlboro; 240-838-3593; craftycrabrestaurant.com
 \$\$, Seafood Boil: Blue Crab, Snow Crab Legs, King Crab Legs, Dungeness Crab (Seasonal) 🍷 🍷

Huncho House

6451 America Blvd Suite 101, Hyattsville; hunchohouse.com
 \$\$\$, Charbroiled Oysters with Crab, Creamy Crab and Jalapeno Fettucine, Snow Crab Asian Garlic Noodles, Asian Glazed Salmon, Crab Fried Rice, Crab Cakes, Crab Oscar, Crab Mac and Cheese 📞 🍷

KitchenCray

4601 Presidents Drive, Lanham; 301-577-1425; kitchen-cray.com
 \$\$, Crab Stuffed Salmon, Surf and Turf, Crab Cakes, Crab Mac, Crab Tots, Crab Fries, Crab Spring Rolls, Catfish & Grits with Crab, Seafood Catfish with Crab, Seafood Grits with Crab, Seafood Salmon with Grits, Crabby Grits 🍷

Looney's Pub

8150 Baltimore Avenue, College Park; 240-542-4510; looneyspubmd.com
 \$\$, Crab Dip, Crab Pretzel, Crab Mac and Cheese, MD Crab Soup, Cream of Crab Soup, Crab Nachos, Crabby Fries, Chicken Chesapeake, Crab Club, Crab Cake Sandwich, Crab Imperial Grilled Cheese, Crabby Burger 🍷

Milk & Honey Café

12500 Fairwood Parkway, Bowie; 240-260-3141; milknhoneycafe.com
 \$\$, Crab Hash, Crab Cake Benny, Crab Cake 🍷 ☀️

Portum

6400 Oxon Hill Road, National Harbor; 240-493-1003; portumnationalharbor.com
 \$\$, Crab Egg Rolls, Roasted Corn and Crab Bisque, Crab Cakes, Trout topped with Crab 📞 🍷

Rip's Country Inn
3809 Crain
Highway, Bowie;
301-804-5900;
ripscountryinn.com
\$, Crabby Omelet,
Crab Cakes, Crab
Dip, Cream of Crab,
MD Crab, Crab Melt,
Crab Stuffed Shrimp
🍷 🍴

**Voltaggio Brothers
Steak House**
Inside MGM Nation-
al Harbor; 301-971-
6060; mgmnation-
alharbor.com \$\$\$,
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Crab Cakes 🍷 🍴

OUR FAVORITES

Bella Italia
609 Taylor Ave,
Annapolis; 410-216-
6072; bellaitaliamd.
com \$, 🍷

Boatyard Bar & Grill
400 Fourth Street,
Eastport; 410-216-
6206; Boatyard-
barandgrill.com
\$\$, Md Crab Soup,
Cream of Crab Sou,
Half & Half Soup,
Crab and Artichoke
Dip, Crab Balls, Crab
Cakes, Chesapeake
Cobb Salad, Surf
and Turf, Crab Dip
Sandwich, Soft Shell
Sandwich, Ships
Crabcakes Nation-
wide 🍷 🍴 🌊

**Carpaccio Tuscan
Kitchen & Wine Bar**
1 Park Place Suite
10, Annapolis; 410-
268-6569; carpac-
ciouscankitchen.
com \$\$, Vitello
Annapolis, Pollo
Principessa, Black
Linguine Arrabbiata,
Fettuccine Mediter-
raneo, Polenta
Di Mare, Lobster
and Crab Ravioli,
Scallops Casino with
Crab Bisque Risotto
🍷 🍴 🌊

Carrol's Creek Café
410 Severn Avenue,
Eastport; 410-263-
8102; carrolscreek.
com \$\$\$, Crab
Cakes, Crab Dip,
Scallops with Crab,
MD Crab Soup,
Cream of Crab Soup,
Seafood Greek Sal-
ad, Rockfish with
Crab 🍷 🍴 🍷 🌊

**Harvest Thyme
Tavern**
1251 West Central
Ave, Davidsonville;
443-203-6846; har-
vestthymetavern.
com \$\$, Crab Cakes,
Crab Benny, Crab
Cake Sandwich 🍷

Hunan L'Rose
1131 Annapolis
Road, Odenton; 410-
672-2928 \$, 🍷

Hunter's Tavern
101 East Dover
Street, Easton; Tide-
waterinn.com; 410-
822-4034 \$\$, Cream
of Crab Soup, Crab
and Artichoke Dip,
Crab Cakes 🍷 🍴

Knoxie's Table
180 Pier One Road,
Stevensville; 443-
249-5777; baybeach-
club.com \$\$, Cream
of Crab Soup, MD
Crab Soup, Crab
Dip, Crab Cakes 🍷
🍴 🌊

**Galliano Italian
Restaurant**
2630 Chapel Lake
Drive; 410-721-
5522; Gallianoital-
ianrestaurant.com
\$\$, Crab Bisque,
Ravioli di Aragosta,
Chicken Raffaele,
Veal Chesapeake,
Fettuccine Mediter-
raneo 🍷 🍴

**Libbey's Coastal
Kitchen and Bar**
357 Pier One Road,
Stevensville; 410-
604-0999; libbey-
scoastalkitchen.
com \$\$, Crab Dip,
Seafood Nachos,
Crab Mac and
Cheese, Cream of
Crab, Bayside Cobb,
Crab Cakes, Surf and
Turf, Chicken Ches-
apeake 🍷 🍴 🍷 🌊

Lewnes' Steakhouse
401 Fourth Street,
Eastport; 410-263-
1617; lewnessteak-
house.com \$\$\$,
Crab Cakes, Crab
Meat Cocktail, Crab
Balls 🍷 🍴

**Lime and Salt Taco
Bar**
8865 Standford
Blvd, Columbia;
240-512-0017; the-
limeandsalt.com \$\$,
Chesapeake Que-
sadilla, Guacamole
topped with Crab 🍷

Mamma Roma
8743 Piney Orchard
Parkway, Odenton;
410-695-0247 \$, 🍷

Mi Lindo Cancun Grill
2134 Forest Drive,
Annapolis; 410-571-
0500; lindocancun-
grill.com \$\$, Cevi-
che Cancun, Plato
Coba, Quintana Roo
🍷 🍴

Miss Shirley's Café
1 Park Place, An-
napolis; 410-268-
5171; Missshirleys.
com
\$\$, 🍷 🍴 🌊

Rodizio Grill
1079 Annapolis
Mall Road, Annap-
olis; 410-849-4444;
rodiziogrill.com
\$\$\$ 🍷 🍴

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Where's Wilma?

FIND WILMA AND WIN!

It's summertime...and our intrepid, flying mascot Wilma can't wait to touch down in towns near and far to sample the very best restaurants, shops, and services of the Chesapeake Bay region. She's even planning to land in Annapolis on June 13th for the big return of the annual Best Of Party! See details on page 52 on how you can join her. Then, she zips off into the sunset, once again, on her journey to find elite experiences. Where will she land next?

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Gary L. of Severn, who won a \$50 gift certificate to a local business.

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



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Entries must be received by June 30, 2023. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Central Maryland.

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Cheaper Than A Geek/Cb Consulting, LLC	31
Chesapeake Cycles	GG
Ciminelli's Landscape Services, Inc	72
Crafty Crab Seafood	34
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W.L. Staton	29



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