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On the Cover: Meet Shore dynamo Mary Margaret Revell Goodwin in this month's issue. Design by August Schwartz Contact *What's Up? Eastern Shore* online at WhatsUpMag.com
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FREE Pet Loss Workshop

DOGWOOD ACRES PET RETREAT

Dogwood Acres Pet Retreat
1:00PM - 3:00PM | FREE



9

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MARY EDWARDINE BOURKE EMORY FOUNDATION

Fisherman's Inn
6:00PM - 11:00PM | \$75

9

← Paint Your Pet Party at Dogwood Acres

DOGWOOD ACRES PET RETREAT

Dogwood Acres Pet Retreat
2:00PM - 5:00PM | \$60

22

Bingo Fundraiser

GORC 12U BASEBALL

Elks Lodge #2266
6:30PM - 9:30PM | \$25

22

Best Girlfriends Weekend

HAVEN MINISTRIES

Wye River Conference Center
2/22 at 5:00 PM - 2/24 at
12:00 PM | \$375



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Saturday, March 9, 8 p.m.

Sunday, March 10, 2 p.m.

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From the editor



James Houck,
Editorial Director



I've got pretty thick skin; at least I think I do. As I write this, there's seemingly no near-term solution for the national controversies that inundate our daily news feeds—the government shutdown, the wall, foreign policy...the list goes on. Recently—just last month in fact—our publication jumped on the bandwagon, if you will, by introducing more in-depth content and presenting serious issues—some national—through a local lens. I'm specifically referring to the article “A Lone Voice Pursues the American Dream,” about the ripple effect of immigration policy on Maryland industry *and* immigrants living and working in our communities.

I knew this article would ruffle feathers. Which, in turn, could ruffle mine.

The feedback to this article wasn't overwhelming; it was expected. And I thank the many of you that took time to express your thoughts

on the subject, whether you agreed with the written perspectives or not. I read some well-constructed takes on immigration policy. I also read inflammatory rhetoric that dismissed our publication as “typically biased liberal reporting and shameful” and “pathetic reporting.”

As I said, I've got thick skin, but those type of digs get to me. They get under my skin. They get to me more so than name calling or when I'm called out for a literal mistake (hey, we all make them, right?). This is my work. This is our team's work. Our livelihood in many ways. And a dig of that nature just reeks of ignorance and is an easy out from having a real conversation. Dismissing real perspectives on the front lines doesn't help the conversation move toward understanding or solutions.

Interestingly, about four months ago, we were “outed” as being a “conservative rag.” Can't win them all, I suppose. 🙄

Whether you are right- or left-leaning on the political spectrum, you can count on us to deliver views you may not have otherwise considered on a variety of topics that hit close to home. Our mission was, and remains, to benefit our communities by giving information that informs and educates us, with balance and fairness. And, we will continue to push the envelope when and where we can. In this month's issue of *What's Up? Eastern Shore*, we take a closer look at how big industry is active throughout the region, in a very positive way! In our *What's Up? Annapolis* edition, we investigate the spread of the renowned criminal gang MS13 and controversial solutions to eradicating it (immigration policy, again, comes into play). I think you could surmise that one article fits the right foot, the other on the left. You can read both articles online later this month at whatsupmag.com, should you not receive one or the other magazine.

“We will continue to push the envelope when and where we can.”

I think this brings home the point that we are here for you. To that end, we also offer respite from the day-to-day controversy in the form of feel-good articles, such as this month's “15 Science-Backed Ways to Practice Self-Care” by Kelsey Casselbury. I'm especially fond of tip #5. And in Frederick Schultz' “Visionaries Among Us,” you'll learn about several dynamos in our community. If you dig deep, you'll find there's a lot to be proud of, whether it's your own endeavors, those of our peers, or even the pages of this magazine. I know I am.

And I look forward to discussing all of this with you, be it compliments or criticism. I've got my thick skin on.

Out on the **TownE**

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↑ **Reduced Winter Admission**

The Chesapeake Bay Maritime Museum is offering a reduced daily admission fee of \$5 per guest through March 31st. Located along the Miles River in historic St. Michaels, CBMM's campus is a short walk or drive to area restaurants, shops, inns, hotels, and other attractions. Free admission covers access to CBMM's numerous indoor and outdoor spaces, including the 1879 Hooper Strait Lighthouse, a working boatyard, and numerous permanent and changing exhibitions focused on the traditions, environment, and history of the entire Chesapeake Bay region. For more information, call 410-745-2916 or visit Cbmm.org.



↑ Shore Craft Beer Fest: Love On Tap

Celebrate FeBREWary, Maryland's official month-long celebration of craft beer, during the fourth annual Love on Tap Craft Beer Festival on Saturday, February 23rd, 1-4 p.m. at Seacrets in Ocean City. The event will feature 13 local craft breweries and over 30 different beers to taste. General admission tickets are \$35 and includes three hours of unlimited tastings and a complimentary pint glass. VIP tickets are \$50 and include an extra hour of tastings (beginning at 11 a.m.) and a Love on Tap T-shirt. For more information, visit Shorecraftbeerfest.com/love-on-tap.

THE LOOK →

Enjoy an evening that is all about you during What's Up? Media's sixth annual beauty and wellness event, The Look. The event will be held at The Westin Annapolis hotel on Friday, March 1st, 6-9 p.m. Enjoy a girls' night out filled with fun, fashion, champagne, shopping, and self-care. Tickets are \$18 and available at Whatsuptix.com.



Photo by Tony J Photography



WASHINGTON COLLEGE LACROSSE

Head to Kibler Field to cheer on the Washington College men's lacrosse team as they begin their 2019 season. The Shoremen take on Berry College Saturday, February 16th, 1 p.m. and Washington and Lee Saturday, February 23rd, 1 p.m. For more information, visit Washingtoncollegesports.com.

BEST GIRLFRIEND WEEKEND

Grab your best gal pal and get ready for a weekend of fun during Haven Ministries' Best Girlfriend Weekend Friday, February 22nd through Sunday, February 24th at the Aspen Institute Wye River.

Enjoy a three-day getaway featuring yoga, fashion shows, spa services, workshops, shopping, and more. Tickets are \$375 per person. For more information, visit Haven-ministries.org.

ICE SKATING

Grab the family and enjoy a day on the ice at the Talbot County Community Center Ice Rink. The rink is open for public skating now through March 3rd on Wednesdays and Saturdays, 1-3 p.m.;

Fridays, 1-3:30 p.m. & 6:30-8:30 p.m.; and Sundays, 2:30-4:30 p.m. Admission is \$7 per person. Skate rentals are available for \$3. For more information, call 410-77-8050 or visit Talbotparks.org.



↑ NATIONAL OUTDOOR SHOW

The National Outdoor Show returns to the South Dorchester School in Church Creek Friday, February 22nd, 5 p.m. and Saturday, February 23rd, 10:30 a.m. Now in its 74th year, the show celebrates Dorchester County's heritage and highlights the unique spirit and character of local farmers, hunter, trappers, watermen, and more. Events include competitions and contests, exhibits, food tastings, and the Miss Outdoors and Little Miss/Little Mister Outdoors pageant. Tickets are \$8 for adults and \$4 for children. For more information, and a full schedule of events, visit Nationaloutdoorshow.org.



↑ CRAWFISH BOIL & MUSKRAT STEW FEST

Celebrate the muskrat during the Crawfish Boil & Muskrat Stew Fest Sunday, February 24th, 1-6 p.m. at Cannery Way Park in Cambridge. This event boasts one of the most unique festival menus on the East Coast, featuring several tasty muskrat-and crawfish-themed items. Enjoy a day filled with food, drinks, live music, and all things muskrat! Tickets are \$5 per person and help support the Dorchester County Chamber of Commerce scholarship fund. For more information, visit Visitdorchester.org.

OC SEASIDE BOAT SHOW

Calling all water and boating enthusiasts to the largest indoor boat show on the Eastern Shore at the 36th Annual OC Seaside Boat Show on Friday, February 15th (11 a.m.-7 p.m.), Saturday, February 16th (10 a.m.-7 p.m.), and Sunday, February 17th, (10 a.m.-5 p.m.) at the Roland E. Powell Convention Center. The show will feature over 350 boats, 150 exhibitors, and 50 boat dealers. The newest and most popular models will also be on exhibit. Tickets are \$10 general admission, \$15 weekend pass, and \$1 for kids. The proceeds will support many youth and community service programs. For more information, visit Coatshow.com.

FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 75 OR GO TO WHATSUPMAG.COM

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Wet & Wild Auction

On November 2nd, the Chesapeake Bay Environmental Center held its 14th annual Wet & Wild Auction at CBEC's Education Building in Grasonville. The event featured live and silent auctions, with proceeds benefitting the organization's many programs. Guest wore colorful and fun attire while they enjoyed hors d'oeuvres, dinner, and live music.



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Photography by Wil Scott 1. Sara Shelley, Katey Nelson, Julie Roberts 2. Tammy Rosendale, Donna Lou Moran, Jeff Heisey, Donna Poindexter, Susan Hale, and Susan Vianna 3. Michael Rosendale on a silent auction bicycle 4. Leigh Longenette and Sharon Jones 5. Ellen Mitchell, Judy Wink, Vicki Paulas, Donna Poindexter, and Carl Tenner



1 2



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4 5



TOWNE SOCIAL

Festival of Trees

On November 23rd, the Friends of Hospice hosted the kick-off celebration of the annual Festival of Trees in the Gold Ballroom of The Tidewater Inn in Easton. A cocktail reception with hors d'oeuvres, music, and special raffles launched the four-day display, from which proceeds benefited Talbot Hospice.

Photography by Ted Mueller 1. Peggy and John Ford 2. Allie Shafer, Natalia Scrimgeour, and Belinda King 3. Front row: Deb Leber, Joyce Philip, Linda Elzey, Yvonne Fox, and Midge Menzies. Back row: Dana McGrath, Shirlynn Shaeffer, Jen Chance, Brenda Forbes-Butler, Avanda Rounds, and Jackie Wilson 4. Nat Shaeffer, Shirlynn Shaeffer, and Keith Gould 5. Patrick Barker, Erin Kilduff, Meredith Kilduff, and Michael Young



TOWNE SALUTE

Busy Graham

Talbot County Arts Council

By Caley Breese

Busy Graham has had a passion for the arts since she was just eight years old when she took lessons from her great-grandfather, a church organist. As her family has always been invested in the arts, she continued to take art classes and music lessons. When Graham was 12 years old, she and her family moved to Tunisia, North Africa, for her father's Peace Corps job. There, she immersed herself in a new culture and new forms of art, which helped shape her into the person she is today.

“To be there and to see people truly engaged in a shared experience of the arts is so gratifying, whether it’s an audience of seniors or elementary school students or middle schoolers or the public.”

Graham was always interested in jazz, classical, and chamber music, and by the time she got to college, she was introduced to folk music and knew she'd found a true calling. She taught music, dance, and French in schools in Vermont, North Carolina, Denmark, and France. She founded two nonprofit organizations dedicated to the arts: Carpe Diem Arts and Class Acts Arts (recently renamed Artivate). Although based in Silver Spring, Carpe Diem Arts has brought many programs to the Eastern Shore, including art camps and retreats, which the 67-year-old Graham hosts at her 10-acre Royal Oak home.

Graham has made a significant impact in the arts community in Talbot County as an advocate, supporter, and fundraising liaison for many schools and organizations. According to Talbot County Arts Council Executive Director Gerry Early, she's raised more than \$113,000 the past 10 years through various fundraising efforts.

“I have had the pleasure and privilege of being associated with her for a number of years, as she works tirelessly to bring arts enrichment

programs to children in local schools, as well as to people in healthcare and senior living and other special circumstances,” Early says. “She is simply fantastic.”

We spoke to Graham about her endeavors, inspirations, and affiliation.

In your words, how does Talbot County Arts Council serve the community?

I just think they are a tremendous resource in terms of arts advocacy, helping the community understand the value of the arts, and appreciate the richness that visual, literary, and performing arts can bring to communities and schools. They have community arts development grants for organizations, arts-in-education grants for the schools, and many grants for various community arts activities. The whole board is very committed, and I appreciate that they make an effort to go and see these programs in action, too. I think that's very critical. Not all arts councils share that commitment. I think it's essential that you see the work that you're helping to fund.

How do you and your organization, Carpe Diem Arts, support these art programs on the Eastern Shore?

I've been on the school end of things, applying for grants and going through all those steps in arranging for programs in the schools. My nonprofit, Carpe Diem Arts, is the umbrella under which I'm doing quite a lot of programming on the Shore. We do a monthly series at Brookletts Place

on the second Tuesday of every month, September through May. I also have been doing a series of programs at the Tapestry Gallery in Bellevue. We've been doing the summer solstice and winter solstice concerts at St. Michaels auditorium in partnership with the St. Michaels Community Center. We've also partnered with others in Talbot County, including the Chesapeake Multicultural Resource Center, and we've invited Talbot Mentors to come to concerts. We've done some choral projects on the Shore as well, working with the Easton High School choir. I gave the Arts Council the idea of finding funding to support the first-ever literary journal to give high school students a chance to build their portfolio for college admission, and to have their work showcased and appreciated.

Why do you think it's so important for people to be involved in these art programs?

I find that these programs really do lift people's spirits. To be there and to see people truly engaged in a shared experience of the arts is so gratifying, whether it's an audience of seniors or elementary school students or middle schoolers or the public. That's what keeps me going. I think the arts can be lifechanging and transformational. You never know what is going to strike a chord for someone. That really does make a difference. Whether it's visual, literary, or performing arts, I would love to see it be a greater part of all of our lives, and to make it accessible to everyone.

What do you hope that the Talbot County Arts Council and other arts education programs will be able to accomplish in the future?

There's always so much more that we could always do. It's always a challenge to find the funding to do it. I would love to see more residencies

in the schools. Talbot County is a model in terms of truly recognizing the value [of art programs]. Talbot County Public Schools has a wonderful superintendent, Kelly Griffith, who totally understands why the arts are important and why we cannot afford to let them go. She has expressed support for the idea of bringing our Ukes On The Move! ukulele program into every elementary school in the county. My big quest is to try to make that dream come true.

I think learning to play an instrument when you're in third or fourth grade is so important. We have the First Strings program, which is wonderful. And the ukulele program is, I think, a perfect complement because kids can learn to play, and within four weeks or four lessons, they can play hundreds of songs. It's a springboard for a lifetime of music-making, and then we follow it up wherever possible with a songwriting resident. So, by the time they reach those middle school years, they have that outlet for creative expression to write their own songs and to play music on their own, with friends, and at family gatherings. You'll be the life of the party. It's such a great opportunity, and the ukulele is affordable, portable, and delightful. You can't play the ukulele and not smile at the same time. I am hopeful that we can get the funding to make that dream come true.

Do you have a volunteer to nominate? Send What's Up? an email to cbreese@whatsupmag.com.



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BENEDICTINE CHARITY GOLF CLASSIC RAISES OVER \$31,000

The Benedictine Foundation hosted its annual Charity Golf Classic at Hog Neck Golf Course in Easton. The event supports the organization's mission to provide opportunities for children and adults with developmental disabilities. The Golf Classic, which has teed off for over 30 years, attracted more than 80 golfers and raised \$31,675. After a day on the greens, guests enjoyed a raw bar, dinner, drinks, and an auction. The tournament's winning team included Ty Krouse, John Kilchenstein, Eric Stoltzfus, and Steve Guaraldo.



Left to right: Ty Krouse, John Kilchenstein, Benedictine Foundation Director Barry Smale, Eric Stoltzfus, and Steve Guaraldo. Photo by Devon Bistarco

ACADEMY ART MUSEUM ANNOUNCES CHANGES TO ITS BOARD OF TRUSTEES ↓

The Academy Art Museum in Easton announced the retirement of six board members, as well as the addition of six new members. Retiring members, who have each served between four to six years, include Warren Cox, Rodanthe Hanrahan, Simma Liebman, Patricia Saul, Bruce Wiltsie, and Katherine Allen. The six new trustees that have been appointed are Donna Alpi, Max Farrell, Trish Malin, Jill Meyerhoff, Courtney Clark Pastrick, and Mary Ann Schindler. The new members will continue to help the Museum expand its educational programs, exhibitions, collections, and more. The Academy Art Museum celebrated its 60th anniversary in 2018.



Photo courtesy of Chesapeake Bay Maritime Museum

↑ *Edna E. Lockwood* Relaunched at Chesapeake Bay Maritime Museum's OysterFest

During the Chesapeake Bay Maritime Museum (CBMM) OysterFest in late October, the 1889 bugeye *Edna Lockwood* was relaunched into the Miles River. This event celebrated a historical two-year restoration project of the ship, in which the museum's shipwrights and apprentices completely replaced the nine-log hull. *Edna E. Lockwood* is declared a National Historic Landmark, and is the last historical sailing bugeye in the world. The ship will take a tour around the Chesapeake Bay in summer 2019.



Five of the six new members on Academy Art Museum's Board of Trustees. Standing (left to right): Board Chair Catherine McCoy; Jill Meyerhoff; Mary Ann Schindler; Academy Art Museum Director Ben Simons. Seated (left to right): Trish Malin; Courtney Clark Pastrick; and Donna Alpi. Photo by Amy Steward

Shore Bancshares, Inc. and Shore United Bank Celebrate Employees' Accomplishments

Employees of Shore Bancshares, Inc. and Shore United Bank completed the Maryland Bankers Association (MBA) Emerging Leaders Champion Program. Danielle Hurd, Philip O'Neil, and Matthew Marino took part in this one-year program to further their knowledge of the banking industry and the MBA.



Left to right: Compass Regional Hospice Development Assistant Jordan Tucker; Compass Regional Hospice Development Officer Kenda Leager; Compass Regional Hospice Executive Director Heather Guerieri; and Saints Peter and Paul students and event organizers Joy Perry, Ryan Freeman, and Wesley Stallings. Photo courtesy of Compass Regional Hospice

↑ CAROLINE COUNTY YOUTH RAISES OVER \$5,000 FOR COMPASS REGIONAL HOSPICE

Ryan Freeman, Joy Perry, and Wesley Stallings—three students from Saints Peter and Paul School in Easton—organized a healthcare fundraiser through Compass Regional Hospice in support of Caroline County residents. The event, which was hosted at Harry's on the Green in Denton, raised more than \$5,000 for hospice care and grief support services. Attendees enjoyed a buffet, cash bar, live local bands, raffles and games, and a silent auction. The idea for the fundraiser came from 17-year-old Freeman, whose grandfather was a resident at Compass Regional Hospice.

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

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AZEK #1 IN PREMIUM DECKING



“I’m definitely looking forward to trying camps. I have played soccer, basketball, and softball my whole life. It would be exciting to play a new sport.”

“Football coach (Gavin Parker) contacted me because he had heard she was such a force with her leg,” Cambridge-South Dorchester Girls Soccer Coach Kareen Otey recalls. “He said, ‘Can she come out?’ She went to a practice and made a kick of (about) 45 yards. He (Parker) said he will send her to a couple of summer kicking camps.”

The 5-foot-7 Windsor is blossoming at the right time. A high school player’s junior year is a big recruiting period for colleges and she has garnered serious interest from UMBC, Johns Hopkins, Gettysburg, York, and Clarion.

Windsor is no doubt attractive to the schools for more than her soccer skills. She carries a weighted 4.3-grade point average, takes advanced placement courses in chemistry, English, and world history, and wants to be an anesthesiologist.

When it comes to soccer, Windsor’s club coach, Bayshore’s Mike Leach, says the 16-year-old can play the sport at the highest collegiate level. “She has all the qualities to play Division I,” says Leach, who also coaches the Kent Island High girls soccer team. “Speed, physicality, and the determination to score goals.”

TOWNE ATHLETE

Brooke Windsor

Cambridge-South Dorchester Soccer, Basketball, Softball

By Tom Worgo

Brooke Windsor could follow a path few senior star athletes choose: Add a sport to the three she’s already playing. The Cambridge-South Dorchester three-sport standout would like to make it four, playing both soccer and football next fall.

That’s right—she could join the football team.

Windsor says she would be interested in doing that. She felt she didn’t have enough experience to be a place kicker last fall. “I’d like time to practice,” Windsor explains. “I’m definitely looking forward to trying camps. I have played soccer, basketball, and softball my whole life. It would be exciting to play a new sport.”

Otey is certainly glad she decided to just concentrate on soccer this past fall because she put together a memorable year. Windsor amassed a whopping 31 goals and led the Vikings to an 8-4 record. That nearly doubled the number of goals she recorded in each of her first two varsity seasons.

UMBC and Gettysburg top Windsor’s list. “It would be nice to play Division I soccer, but I am really looking for a great academic school with excellent coaches and players,” Windsor says. “I want it to be a great learning environment, where I can continue to play and become better.”

Windsor improved her goal total in 2018 thanks to hard work. She focused sharply on her shooting with her club and high school teams. “I have been working really hard on my finishes,” she says. “I just constantly take shots, and shots until it becomes second nature.”

Opponents noticed her accuracy. She scored four goals in

four lopsided victories and also notched five in a 6-0 thumping of Mardela on September 11th. “She just had that hot foot,” Otey says of her high goal total. “We (the coaching staff) told her, ‘If you are right outside the (18-yard) goal box or near it, shoot’ because she is so accurate and has a powerful leg. She is a freak of nature. She is years ahead of what a high school player should be.”

Her soccer coaches also appreciate her leadership skills. She co-captained both her club and high school teams.

“She pushes players and makes them better by how hard she works,” Leach says. “She was captain on my team and her high school team. That shows her leadership ability when she is getting chosen captain as a junior when there are older girls on the teams.”

Cambridge-South Dorchester Girls Basketball Coach Bruce Springer loved how Windsor responded to the challenge of playing center when Ashia Wright got injured.

Windsor, a two-year starter, went onto lead the team in rebounding by averaging 11 per game despite consistently facing bigger players.

“She is not real tall, but she always seems to be around the ball,” Springer says. “She’s very aggressive by nature. That helps her rebound as well. I know she didn’t play a lot of basketball before she came to Cambridge. She played on her junior high team. They played five games and had practice one day a week. Because of her athleticism, she’s learned to be a pretty solid player.”

Windsor also started at first base the past two seasons for the Vikings’ varsity softball team. She batted .300 as a freshman, then .384 as a sophomore. “What makes her so attractive and just so good in the sports that she plays is the fact that she is a natural leader,” says Springer, who is also an assistant softball coach at the school. “She works very hard. She is usually the first one to practice and the last one to leave. I think that rubs off on other players.”

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

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Don't Worry, Be Happy: If Only It Were That Simple

Current economic performance remains solid, but clouds form on the horizon

By Anirban Basu

It can be tempting to presume that all is right with the economy. Economists and others certainly have plenty of data with which to support the notion that the proverbial glass is nearly full.

For example, in 2017, a synchronized global expansion blossomed as every major advanced economy experienced accelerating economic growth except for Brexit-beleaguered Britain and as key emerging nations like Brazil and Russia returned to the growth column.

Helped in part by a stronger global economy—by late summer 2018—the U.S. recorded an unprecedented tally of available job openings at 7.14 million. Given that there are only six million unemployed Americans, this suggests that at least theoretically there is a job for everyone looking for one.

By September, the nation's unemployment rate had achieved nearly a 50-year low. One would have to go back to December 1969 to identify an unemployment rate so low. Predictably, with low unemployment colliding with an incredible volume of available job openings, wages are being tugged higher. Though real wage growth remains soft given rising inflationary pressures, nominal wage growth is about as good as it has been in a decade.

Job growth has been apparent in every large U.S. metropolitan area, with the pace of job growth tending to be fastest in the South and West. Markets like Orlando, Dallas, Denver, Charlotte, Seattle, Houston, Atlanta, Portland (Oregon), and Phoenix have been especially prolific concerning expanding their base of employment. However, job growth has also been apparent in markets like Boston, Baltimore, Minneapolis, and in other parts of the U.S. Unemployment is low virtually every-



where, including in Maryland where it has lingered in the low-fours for months and in Virginia, where it recently fell below 3 percent.

Then there is the matter of the passage of the Tax Cuts and Jobs Act, the first meaningful reform of the nation's tax code since 1986. The Act restructured income brackets, reduced personal income taxes for many Americans, shrank the C-corporation tax

rate to 21 percent, and made it easier to repatriate profits earned abroad. The new law also increased the amount a company can immediately expense for certain types of purchases. During the first half of 2018, this supported brisk growth in capital expenditures, which in turn has helped push U.S. economic growth from the roughly two percent rate that characterized much of the expansion to around three percent.



Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, Maryland. In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. Basu earned his B.S. in Foreign Service at Georgetown University in 1990. He earned his Master's in Public Policy from Harvard University's John F. Kennedy School of Government, and his Master's in Economics from the University of Maryland, College Park. His Juris Doctor was earned at the University Of Maryland School of Law.

Silver Linings Become Grey Clouds

Make no mistake—there is little risk of a near-term recession. Consumer confidence remains elevated and a variety of leading indicators suggesting ongoing momentum. But the gloss has begun to come off the recovery's rose. Arguably, this begins with shifting policies. While much attention has been given to tariffs and ongoing trade skirmishes between the U.S. and a variety of other societies, most notably China, less glaring focus has been invested in steadily tightening monetary policy, which has translated into rising interest rates. The combination of higher borrowing costs, rising wage pressures, higher costs of steel, softwood lumber, and other inputs to production have resulted in sputtering corporate profits, which helps explain the rocky financial market performance that characterized much of October.

There have been other headwinds to emerge, including faltering emerging market currencies, the murder of a *Washington Post* journalist that threw further chaos into energy markets, and growing evidence of a housing market slowdown. Add it all up, and the 2019 economic outlook looks meaningfully shakier than it did just a few months ago.

Moreover, while many have praised the tax cuts, the total impacts remain unclear. By the third quarter, there was evidence that tax cut impacts were on the wane, with business spending suddenly softening. There are also instances

in which the tax reform frustrates economic activity. For example, the tax bill placed a cap of \$10,000 on state and local tax deductions. Wealthy states that put a higher tax burden on their citizens in exchange for large-scale spending on public education and other services bear the brunt of the tax change.

Since Maryland is one of the nation's wealthiest and also most highly taxed states, this is especially impactful. An article posted in *HousingWire*, a website focused on U.S. mortgage and housing markets, quoted Maryland Attorney General Brian Frosh as saying, "Eliminating [state and local tax] deductions will jack up taxes for more than half a million Marylanders. Those Marylanders affected by the changes from the new tax bill are expected to lose up to \$6.5 million in deductions."

Arguably, the most worrisome aspect of the economy takes the form of rising inflationary pressures. Economists deploy a term called the natural rate of unemployment. When unemployment falls below that natural rate, inflation tends to spike, producing sharp increases in borrowing costs and softer investment. At 3.7 percent, the official rate of U.S. unemployment is now meaningfully below that natural rate of unemployment. This set of circumstances prevailed before the 1980–81 recession, the '90–91 recession, the 2001 recession, the 2007–09 recession, and now. Thus, while the early-2019 economic outlook remains benign given existing economic momentum and still lofty confidence among consumers and businesses alike, the outlook beyond next year's first half is suddenly steeped in murkiness.

15

Science-Backed Ways to Practice Self-Care

Taking care of yourself should be priority No. 1 in the goal to lead a happy, productive life

By Kelsey Casselbury

You can't pour from an empty cup. You can't squeeze water from a rock. You can't tackle the problems of others if you haven't been taking care of yourself.

Self-care is more than just a trendy hashtag, but rather a legitimate wellness concept with origins in the medical community. People in those high-stress or high-risk jobs, such as doctors, trauma workers, social workers, or EMTs, need a way to combat the emotional toll the days take on them.



There's no denying that talking about self-care is trendy—Google Trends, which tracks statistics surrounding what folks look up on the Internet—reported that queries for self-care began to double at the end of 2016. It correlates to society's increased interest in wellness, which is about experiencing positive health (physically and mentally) rather than simply the absence of illness.

It often feels like prioritizing others—your kids, your spouse, your boss and his endless list of pointless tasks—is honorable. The truth is that when you neglect yourself, no one benefits. Rather than seeing self-care as a passing fad, see the surge as an opportunity to put yourself first, even if it's only once in a while.



Why Is Practicing Self-Care So Hard to Do?

Activities that are labeled as “self-care” are often enjoyable, and yet they’re put on the back burner so often. Why is that? A few reasons:

It takes effort. Practicing self-care in a way that positively affects your mental and physical health is a lot harder than it seems in theory. Sure, lying on the couch in front of *Friends* reruns and playing Candy Crush doesn’t take a lot of effort, but it’s also not really a healthy form of self-care. That’s not to say you shouldn’t do it, as those mindless evenings are truly necessary sometimes—but it’s not self-care.

“Busy” is glorified. In 2012, essayist Tim Krieder wrote a piece, “The Busy Trap,” in *The New York Times*. It went viral in its explanation of how being “busy” can be seen as a synonym for being important. “[Being busy] serves as a kind of existential reassurance, a hedge against emptiness,” Krieder noted. “Obviously, your life cannot possibly be silly or trivial or meaningless

if you are so busy, completely booked, in demand every hour of the day.”

It’s seen as selfish. Americans have a serious guilt complex and a misunderstanding of the difference between self-care and self-indulgence. Too many people feel like they *should* be doing something “better,” like cleaning, working, or spending time

with their kids, rather than participating in an activity that's solely for their own benefit. "I don't deserve this," they think. "I'm not good enough for this."

Here's the thing: You *are* worthy of self-care, even when it takes time away from other important tasks or people. It can be as simple as stretching for a few minutes, as indulgent as going on a mini-vacation, or any one of these 15 ways to practice self-care, all of which have research backing the benefits they provide for your mental and physical health.



1

Stretching

Put this one in the "feels so good but takes so much effort" category, at least when you do it right—and that means giving yourself 10 to 15 minutes daily of solid stretches for your whole body. Flexibility training (the in-the-know term for stretching) is linked to increased blood flow in the muscles and lower blood pressure, according to a 2016 study from the *American Journal of Physiology-Heart and Circulatory Physiology*, which can lower overall stress. Additionally, research done on surgeons that was published in the *Annals of Surgery* concluded that targeted stretching micro-breaks improved mental focus and reduced pain. There's no need to get into a full-fledged yoga routine if that's not your thing. Touch your toes, twist your spine, and roll your neck until you feel the stretch, and then hold it for 20 to 30 seconds at a time.



2

Mini-Vacays

This one might feel like self-indulgence, but it's *definitely* self-care, too. It's easy to skip traveling because it seems like it requires too much time away from work or money that, let's face it, is earmarked for other things. There is very real evidence, though, that putting vacations on the backburner does more harm than good, at least when it comes to your health. They cut back on stress, according to a study from the American Psychological Association, as well as reduce your overall risk of death by 20 percent (and the risk of death from heart disease by 30 percent). Research from the Centers for Disease Control and Prevention determined

that women who took the least amount of vacation time—once every six years or less—were eight times more likely to have a heart attack than those who get away at least twice a year. Even anticipating a getaway can boost happiness, according to research in *Psychological Science*, so start planning the next getaway as soon as you get back from one mini-vacation.



3

Snuggle with a Furry Friend

(or Adopt One!)

Dog, cats, guinea pigs, ferrets—you love them, but they're stressful, right? Luckily, your pets' cuteness has some serious benefits to it, including ▶

Social support: Animals might not talk, but *Journal of Personality and Social Psychology* research found that people with serious health challenges, like HIV or a recent heart attack, do better if they have a pet because they feel more supported.

Lower cholesterol: People, especially men, with pets tend to have lower cholesterol and triglycerides, says Australian National Heart Foundation researchers.

Stress relief: When you look at that cutey-patootie ball of fur, your body releases a super-powerful chemical, oxytocin, while decreasing cortisol, the stress hormone. Findings from research from the State University of New York at Buffalo noted that blood pressure response to stress is cut in half for cat and dog owners.



“[Being busy] serves as a kind of existential reassurance, a hedge against emptiness, obviously, your life cannot possibly be silly or trivial or meaningless if you are so busy, completely booked, in demand every hour of the day.”



6

Read a Book

How many times have you heard someone say (or thought to yourself), “I would love to read more, but I just don’t have the time”? Make the time! Findings from the University of Sussex noted that reading just six minutes a day reduces stress levels by up to 68 percent, while other research determined that reading helps boost memory and prevents age-related cognitive decline by forming new neural circuits. If you’re not sure what to pick up first, check out what’s trending on Amazon Books or book-logging website Goodreads. As of this writing, 2018’s most popular books on Goodreads are *The Woman in the Window*, a thriller by A.J. Finn, *The Great Alone*, by Kristin Hannah, and nonfiction memoir *Educated*, by Tara Westover.

7

Diffuse Your Favorite Scents

Essential oils have exploded in popularity over the past few years for myriad intensions, including cleaning, pain relief, and even as an insect repellent. However, one of the

oils’ original purposes, aromatherapy, could be an alternative therapy for symptoms of depression and other chronic medical conditions, according to a review of studies published in the *Journal of Alternative and Complementary Medicine*. Aromatherapy may work by stimulating receptors in the nose, which send messages to the limbic system, which controls emotions in the brain, via the nervous system, says the Mayo Clinic. Pick out one or more of these scents to diffuse to potentially help:

Lavender • Jasmine • Basil
Rose • Chamomile • Geranium



8

Flip on Your Favorite TV Comedy

The experts say this is the golden age of television, and the bevy of streaming sources available means that your favorite funny episodes—whether it’s *Modern Family*, *Friends*, *MASH*, or *I Love Lucy*—are at your fingertips. Laughter therapy is a legitimate tactic for improving quality of life and decreasing stress and anxiety, and one of the easiest ways to take part is to watch a hilarious TV show. When you laugh, the stress hormones cortisol and epinephrine decrease, while dopamine and serotonin, which regulate joy, increase.



4

Declutter Your House

(or Desk or Car or...)

Remember—self-care isn’t always easy nor incredibly fun, and this particular task proves it. However, taking the time to declutter your surroundings is indeed the ultimate in self-care because it’s a chore that’s easy to set aside but gives an extraordinary sense of relief and pleasure when it’s done. Clutter actually builds both stress and depression—particularly if other people notice it—found a *Personality and Social Psychology Bulletin* study, while other research from the *Journal of Neuroscience* noted that clutter overstimulates the brain and makes it hard to focus. The cure (hopefully): a serious decluttering session.

5

Let the Profanity Fly

Swearing might not be proper etiquette, but just letting it loose can make a difference in your health. Why is the simple act of speech considered self-care? Sometimes you need to give yourself permission to break from being polite, which can be tough for some folks. However, research indicates that using profanity not only increases your ability to tolerate pain—like if you step on a Lego or pinch your finger—but also gives you a sense of control over a difficult situation, which boosts self-esteem and confidence. Don’t take this as permission to speak like a mouthy sailor, though, because the benefits only go far before studies show it starts to detract from a healthy, happy life.

“Self-Care is more than just a trendy hashtag, but rather a legitimate wellness concept with origins in the medical community. People in those high-stress or high-risk jobs, such as doctors, trauma workers, social workers, or EMTs, need a way to combat the emotional toll the days take on them.”



9

Volunteer to Help Others

There’s a fine line where volunteering transforms from self-care into something much less healthy. If you can keep on the right side of that line, volunteering supports long-term positive physical and mental health outcomes, including—but not limited to—more satisfaction with life, decreased symptoms of depression, and lower blood pressure, according to multiple studies, including one from Carnegie Mellon University that found around 200 hours of volunteering per year correlated to better physical health. What about that aforementioned fine line? Well, it’s easy to over-commit and turn the altruistic intentions into feelings of stress and resentment.

10

Listen to Sad Music

It might sound counterintuitive, but listening to sad music can make you feel better, both when you’re down in the dumps and when you’re in a good mood. Research from 2014 found that sad music can evoke positive feelings, including peacefulness and kindness, as well as boost empathy. If the song makes you cry, that may be all the better—sometimes you need that cathartic release of tears.



Listen to Happy Music, Too!

Of course, you don’t want to listen to sad music exclusively; you need those upbeat tunes, too! A significant amount of research supports the idea that music has an impact on mental and physical health, including a 2011 Canadian study that noted that listening to music increases the brain’s



production of the mood-enhancing chemical dopamine, as well as another set of findings that listening to music reduces pain and anxiety.

12

Dance It Out

While that music is on, you might as well double-down on the self-care. Dancing isn’t just a great form of cardio but also a pretty awesome way to stave off dementia, if you can believe it. Researchers

followed folks for more than five years to determine which leisure activities helped reduce the risk of developing Alzheimer’s disease, finding that dancing was one of them (also good choices: reading, board games, and musical instruments).

13

Plan a Friend Date

Your social life makes more of a difference for your health than you might realize—in



14

Cook a Nutritious Meal

There are a few healthy habits at play here: First, simply eating healthy foods, mainly fruits and vegetables, is one of the ultimate acts of self-care. There's no need to explain the myriad ways that nutritious food supports physical and mental health; however, it's not just about what you eat. Taking the time to plan out your meals is linked to a better diet and healthier weight, according to a study published in the *International Journal of Behavioral Nutrition and Physical Activity*.

fact, good relationships with friends make more of a difference than those with family members, particularly once you're a little bit older, says a 2017 study from the University of Michigan that involved more than 270,000 people from 100 countries. It's not just about *having* friends, though, but having quality friends. People who report that friends are a source of stress suffer from more chronic illnesses; those who say friends are a source of support tend to be happier.



15

Look at Something Cute

It might be your kids. It could be your dog. It might even be your spouse! Sure, they're all cutie-patooties, which give you a health boost. If none

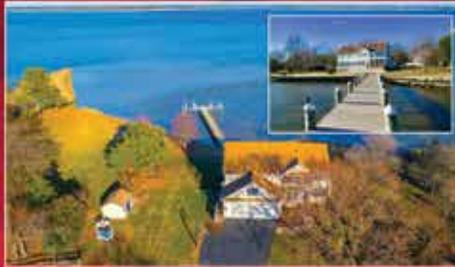
of those options are available, though, just some adorable Internet pictures will provide you with the healthy, happy fuzzy-wuzzies, too. It can even make you more productive at the office (no, really!) A study published in 2012 in *PLoS One* examined the effect of *Kawaii*, the Japanese word for "cute," on university students, finding that viewing pictures of puppies and kittens boosted focus, improved mood, and benefitted productivity. If your boss catches you, it wasn't our fault.

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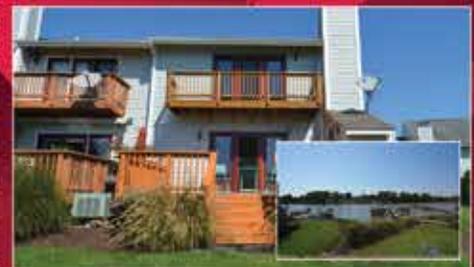
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2019 BEST OF BALLOT

EASTERN SHORE

Welcome to your 2019 Best of Eastern Shore Ballot! This is your opportunity to speak your mind on who's who in town when it comes to best dining, retail, services, and oh-so-much more.

New this year: The voting period for all categories is open for the entirety of January and February—that's all food, dining, retail, professional services, real estate, home, garden, medical, dental, veterinary, beauty, and fitness. You name it, you can vote on it...right now!

There are two ways to engage: Either take your time voting on this paper ballot for the categories that speak the most to you, OR, hop online at whatsupmag.com and click on any of the many "Best of Voting" icons and ads you'll see throughout the site. From there, you'll be directed to the online ballots. Bonus: you can log in and start your ballot; and if you feel like filling in some now, some later... it's easy to do so. As long as you submit your ballots only once but the final deadline of February 28th, your votes will count!

And...there are prizes! Yes, if you complete 25 percent of the entirety of this ballot, you'll be entered into a drawing for a \$25 restaurant gift card. Complete 50 percent for the \$50 drawing. And if you hammer out 75 percent or more, you'll be in the elite pool for a \$150 drawing!

So, hats off to you. After all, it's your ballot, voice, and selections that we're after. Collectively, our readers will determine the Best of Eastern Shore!



FOOD, DINING & ENTERTAINMENT

American	Cocktails
Chinese	Coffee Shop
French	Crabcake
German	Cream of Crab Soup
Greek	Cupcakes
Indian	Deli
Irish	Dessert
Italian	Family-Friendly Restaurant
Japanese	Farm-to-Table Menu
Mexican	Gluten-Free
Spanish	Ice Cream
Sushi	Maryland Crab Soup
Thai	New Restaurant
Appetizers	Outdoor Dining
Bakery	Oysters/Raw Bar
Breakfast	Pizza
Brunch	Place to Take Out-of-Towners
Barbecue	Place for Seniors
Burger	Restaurant Décor
Candy Shop	Romantic Restaurant
Caterer	Seafood
Chef	Small Plates
	Special Occasion Restaurant
	Steakhouse

Steamed Crabs.....

Take-Out.....

Vegetarian.....

Wait Staff.....

Waterfront Restaurant.....

Wings.....

Bar.....

Sports Bar.....

Beer Selection.....

Brewery.....

Distillery.....

Happy Hour.....

Wine Selection.....

Event/Party Boat.....

Family Outing.....

Game Play.....

Kids Birthday Venue.....

Local Music Venue.....

Local Musician/Band.....

Overlooked Tourist Attraction.....

Party Vendor.....

Trivia Night.....

Wedding Venue.....



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Retail Wine Selection.....

Sports/Workout Equipment.....

Summer Camp.....

Unique Gifts.....

Eco-Friendly Business.....

Accounting.....

Bank.....

Hotel.....

Computer Repair.....

Customer Service.....

Financial Advisor.....

In-Home Senior Assistance.....

Senior Living Facility.....

Local Nonprofit Organization.....

Tax Law.....

Auto Body Shop.....

Auto Dealership.....

Golf Cart/Utility Vehicle Dealership.....

Auto Insurance.....

Auto Repair.....

Boat Detailing.....

Carwash.....

Driving School.....

Marina.....

Wedding/Event Planner.....



REAL ESTATE, HOME & GARDEN

- Pet Services
- Tutoring Services
- Real Estate Team/Brokerage
- Waterfront Team/Brokerage
- Residential Realtor
- Waterfront Realtor
- Residential Property Developer
- Commercial Property Developer
- Commercial Realtor
- Architect
- Closet/Organizer Designer
- Custom Builder
- Customer Service
- Driveway Design/Build
- Electrician
- Fence/Deck Contractor
- Framing Shop
- Gutter/Siding
- Handyman
- Hardscape Design/Build
- Hardware Store
- Home Appraiser
- Home Inspector

- Home Remodeling
- HVAC Service
- Indoor Cleaning Service
- Interior Designer
- Kitchen & Bath Remodeling
- Kitchen Designer
- Landscape Architect
- Landscape Installer
- Landscape Maintenance
- Lawn/Garden Equipment Supply
- Flooring/Carpet Installer
- Mortgage Lender
- Outdoor Lighting
- Paint Store
- Painting Contractor
- Plumber
- Pool Design/Build
- Pool Maintenance
- Power Washing
- Retirement Community
- Roofing Contractor
- Sprinkler System Installer
- Stone/Tile/Granite Supply
- Title Service
- Tree Service

- Water Treatment Service
- Window/Door Contractor
- Fixtures & Hardware
- Garden Center
- Millwork/Moulding



MEDICAL, DENTAL & VETERINARY

- Allergist
- Apothecary (Compounding Pharmacy)
- Birthing Center
- Body Contouring
- Breast Augmentation
- Breast Reconstruction
- Cardiologist
- Chiropractor Practice
- Colon & Rectal Surgery
- Cosmetic Injections
- Cosmetic Laser Eye Treatment
- Dermal Fillers
- Dermatologist
- Facial Contouring
- Facial Rejuvenation
- Friendly Staff Doctors Office
- Gastroenterologist

General Surgery.....	Pharmacy.....	Hygienists.....
Gynecologist.....	Plastic Surgery-Reconstruction.....	Implantologist.....
Hormone Therapy.....	Podiatrist.....	Invisalign Specialist.....
Hospice Medicine.....	Primary Care Medicine.....	Oral & Maxillofacial Surgeon.....
IV Treatment.....	Psychologist/ Therapy Practice.....	Orthognathic Surgery.....
Laser Hair Removal.....	Psychiatrist.....	Pediatric Dentist.....
Laser Skin Treatment.....	Rheumatologist.....	Pediatric Orthodontist.....
Liposuction / Fat Removal.....	Rhinoplasty.....	Periodontist.....
Mammography.....	Seniors Physician.....	Sedation/Phobia Treatment.....
Medical Grade Skin Care Products.....	Sleep Apnea/ Snoring Treatment.....	TMJ Treatment.....
Mental Health Services.....	Speech Therapy.....	Total Mouth Reconstruction.....
Mommy Makeover.....	Sports Physical Therapy.....	Veterinarian for Cats.....
Neck Contouring.....	Tattoo Removal.....	Veterinarian for Dogs.....
Neurological Surgery.....	Urgent Care Medicine.....	Veterinarian for Small/Exotic Pets.....
Neurologist.....	Urologist.....	Veterinarian Surgery.....
Occupational Therapy.....	Vascular Surgery.....	Veterinary Clinic.....
Oculoplastic Surgery.....	Vein Restoration.....	Veterinarian for Large Animals (Farm).....
Oncologist.....	Adult Orthodontist.....	Emergency Pet Care.....
Ophthalmologist.....	Emergency Dentistry.....	Naturopathic Doctor.....
Orthopedic Hand Surgery.....	Endodontist.....	
Orthopedic Hip Surgery.....	Family Dentistry.....	
Orthopedic Knee Surgery.....	Friendly Staff Dentist Office.....	Acupuncture.....
Orthopedic Sports Medicine.....	General Dentist.....	Aromatherapy.....
Pain Management.....	General Dentist (Cosmetic).....	Balayage/Ombre.....
Pediatrician.....	Holistic Dentistry.....	



Barre Class	Manicure.....	Salon for Coloring
Bootcamp.....	Martial Arts for Children.....	Salon Pampering.....
Brazilian Blowout	Medi-Spa	Salon Products
Chemical Peel	Men's Haircut	Spinning Class.....
Children's Fitness Class	Microblading.....	Spray Tan
Circuit Training.....	Mixed Martial Arts	Stone Massage
CrossFit	Mother-to-Be Massage.....	Stylist for Long Hair
Customer Service.....	Nail Art	Tattoo Parlor.....
Dance Class.....	Nail Gel	Therapeutic Massage.....
Deep Tissue Massage	Nutritionist.....	TRX class.....
Eyebrow Care	Pedicure	Tween Dance Class
Eyelash Extensions.....	Permanent Makeup.....	Tween Fitness Class
Fabulous Haircut	Personal Trainer at a Gym	Waxing
Facial	Personal Trainer at a Private Studio.....	Weight-loss Program/Regimen.....
Fashion Stylist	Pilates Class	Yoga Instructor
Free Weights.....	Place for a Day Spa	Yoga Studio.....
Friendly and Helpful Staff.....	Pool/Swim Facilities.....	Bridal Makeup
Gym	Prenatal Fitness Class	Bridal Hairstyling
Gym Amenities.....	Reiki Practitioner	
Gym Childcare.....	Reflexology	
Hair Extensions.....	Resort with Spa.....	
Holistic Health Coach.....	Running Club.....	
Kickboxing	Running Coach	
Lifestyle Coach.....	Salon Décor/Atmosphere	

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Visionaries Among Us

By Frederick Schultz

The people we salute here come from diverse backgrounds, disciplines, and vocations, but they all share a common characteristic. Each in some way has made or is making where we live—and how we live—better. Collectively, they have changed or are now changing how we look at art, how we teach, what we eat, where we work, how we preserve what we have, the ways we care for each other and honor our past, and what we can do to make it all, not just good enough, but the best it can be.



Addie Clash Travers' dedication and work to honor the legacy of Harriet Tubman (pictured, ca. 1870s) and the Underground Railroad inspired the formation of the Harriet Tubman Underground Railroad Visitor Center and future generations.



If only we could have interviewed Addie Clash Travers and talked to her about her ancestor, Harriet Tubman. Called “the Moses of her people,” Tubman was a “conductor” of the Underground Railroad in the mid-19th century. In the dark of night, she secretly helped slaves escape—estimated to total some 300—from the south across marshland on Maryland’s Eastern Shore to the Mason-Dixon Line and freedom. Some sources have quoted abolitionist Quaker Thomas Garrett as having said, “If she had been a white woman, she would have been heralded as the greatest woman of her age.” In fact, the prospects seemed in favor of replacing Andrew Jackson with Tubman on the \$20 bill, that is, until the 2016 presidential election.

Acknowledging Harriet Tubman’s roots in Dorchester County, about 12 miles southeast of Cambridge in the Bucktown area, had mostly eluded historians. But we can all thank “Miss Addie,” as she was known, for leading the way to correct that slight. A strong-willed “retired businesswoman and civic leader” born in Bucktown in 1913 and descended from the Ross family (the name of Tubman’s parents), she established “Harriet Tubman Day” in 1970 and served as vice president of the Harriet Tubman Association; a predecessor and inspiration to the establishment of Harriet Tubman Underground Railroad Visitor Center, the Harriet Tubman Museum, and the Harriet Tubman Scenic Byway. She was “the lady to contact” about anything on the subject. “I didn’t have no black history in school,” she once said, so she relied on accounts from the “older folks,” promising then and there to keep Harriet Tubman’s legacy alive.

ADDIE CLASH TRAVERS



In 1988, she was the first woman and first American to run the full length of the great Himalayan massive, all 14 major peaks for 3,000 miles at altitude. Two years earlier, she ran the full length of Japan and swam records in many world bodies of water before that. Even after those monumental conquests, Mary Margaret Revell Goodwin insists that her latest project—to establish the first Maryland Museum of Women’s History and open it on the 100th anniversary of women getting the vote—is “more daunting and more important and beyond the difficulty of those efforts that went before it.”

Revell Goodwin has been a historian for Queen Anne’s County for 30 years and says she has loved every minute. As the county historian, she has seen many major event efforts come to fruition, “but none compared to this undertaking,” she contends. “Women’s stories have been the least told,” she points out, and she wants “a place where the stories of women can inspire, open discussion, deal with women’s issues through history, and just as important, offer upcoming young women the chance to make their own history.”

The monetary goal to open the museum is \$4 million. “We have our historic building, and it needs repair,” Revell Goodwin admits. The first exhibits from the museum will travel the state in advance of the opening in 2020.

MARY

MARGARET REVELL GOODWIN



JOHN WRANG

This innovator started raising chickens with his wife Judy in 2004. "We came late to farming compared to most," he admits, but "when the opportunity came to buy a small farm on the Eastern Shore, we jumped at it." Jumped *into* it is more like it. What appealed to John and Judy Wrang was something they studied thoroughly, pastured poultry, deciding there had to be a better way of producing chickens for meat (soon after purchasing their first flock of laying hens) than what the large poultry houses were offering.

To accomplish that, they followed plans for a "chicken tractor" which is a movable shelter that John shifts at regulated times to fresh patches of pasture.

What they started processing for themselves and their family quickly surpassed the quality of anything they bought in the grocery store. So they expanded the operation and today sell their fresh chicken and eggs from their pastured laying hens. "I believe pastured poultry is here to stay in the United States," John Wrang says. His products, farmed in "small batches," don't require the use of antibiotics and other medications "due to the cleaner environment they are raised in." It's a model that could positively shift the industry and how we think of food sourcing.

His loyal customer base at the county farmers' markets can testify to the difference. "Our customers have become like extended family," John says. When you reach the front of the line at the Wrangs' market set up on Sunday morning and ask how he's doing, John always replies, "I'm better now that I see you here."



People in crisis or simply down on their luck don't have to go it alone. They just need to know which way to turn. About 16 years ago, Krista Pettit founded Haven Ministries, Inc., that began as a homeless shelter serving individuals for a couple of months until they could get back on their feet. She is now executive director of the nonprofit organization, where its programs now include a longer-term homeless shelter with transportation services, a thrift store, street outreach program, a resource center with financial assistance, a warehouse with job training, and two food pantries. "My direction comes through prayer as I seek guidance in living out my calling by serving others," she says.

Pettit lives in Centreville with her husband Chris, a United Methodist pastor, and two children, and she is very active in her church and community. She characterizes her vision (and that of Haven Ministries) as "grandiose: where everyone is treated with respect and dignity and provided with all of life's necessities."

KRISTA

PETTIT

Haven Ministries has been on track to tackle this monumental task by expanding programs throughout the years and aiming toward purchasing a building for a longer-term housing assistance program, advancing the job-training program to include food service, and employing asset-based community development in an economically depressed neighborhood. To keep the vision moving forward, Haven Ministries also closely aligns with area organizations and businesses and surrounds itself with wise counsel.



INDUSTRIAL STRENGTH, SHORE STYLE

Off the beaten path of the major routes through Maryland's Eastern Shore are industry giants who've stood the test of time.

By Frederick Schultz

Naturally, the lion's share of traffic through Maryland's easternmost counties in the warmer months is headed for the beaches—from Cape Henlopen to Assateague—with imaginary blinders keeping passers-by focused on the back-seat chant “are we there yet?” Motorists usually know only what they see lining the beachbound thoroughfares, mostly vast stretches of flat, elaborately irrigated, rural farmland dotted by produce stands and slowed occasionally by small hamlets that cater in large measure to the fleeting traveler in need of replenishment, in some manner or form.

But peel back that image just a bit and you'll see a much different fabric off the beaten path. A hidden, yet bustling, industrial machine comprises several companies and corporations that have been around for decades—some for even a century or more. In many cases, these time-honored enterprises are what brought (or have kept) residents here, providing a slightly slower-paced way of living away from the urban megalopolis that stretches up the seaboard just to its west and north. In this small unscientific survey, we take you behind the industrial walls to see what's emanating from some of the big businesses that have made a home here and contributed to their communities for so long.



David LaMotte (right), president of LaMotte Company, based in Chestertown, accepts the award for Best New Product at the 2016 International Pool, Spa & Patio exposition for the company's WaterLink Spin Touch technology.

In Pursuit of Safe Water

As environmental fingers point to agricultural and industrial runoff—along with other water-borne pathogens—as the main threats to the health of the Chesapeake Bay, a major source of testing equipment for such pollutants sits within sight of the creeks and rivers that empty into it. From a 15-acre industrial park near Chestertown, the LaMotte Company marks its centennial year in 2019.

A chemist in Baltimore named Frank LaMotte started the company as a pioneer in testing the properties of Ph (for non-chemists, that's the measure of hydrogen ion concentration of a solution) that could apply to chemical control. Its first catalog in 1930 was a bit of a crystal ball, anticipating, as the company points out, "many areas in which accurate chemical control is indispensable today—boiler water, swimming pools, drinking water, and more."

Today, that scope has expanded to include tests for the growing market of aquarium and fish farming, laundry and sanitation, and microbiological soil testing that complies with Environmental Protection Agency guidelines for storm water outflow. In May 2016, the U.S. Department of Commerce awarded the LaMotte Company the "President's 'E' Award for Exports"—a practice revived in 1961 by an executive order from President John F. Kennedy—in recognition of LaMotte's expansion into foreign markets, especially in Europe. Then-Secretary of Commerce Penny Pritzker cited the company, the only firm in Maryland so honored that year, for its achievements that "have undoubtedly contributed to national export expansion efforts that support the U.S. economy and create American jobs."

Can O' Corn

Say "Queenstown" to most out-of-towners from the Western Shore and beyond, and all they'll know about it is being the home of the "Premium Outlets" situated at the intersection of Routes 50 and 301. But outside this region, the little town is known best as the home of S.E.W. Friel, a giant in the canned-corn industry.

In April 2016, the Queen Anne's County Economic Development Commission and the Department of Economic and Tourism Development met in Wye Mills for a "Business Appreciation Breakfast." The Business Legacy Award that year went to S.E.W. Friel, LLP, and the Friel family "for their lifelong contributions to the county's economy." And what a legacy it is.

The company was founded in 1903 and "has evolved into one of the most advanced automated corn canning facilities available," according to its sales literature. More than a century ago, the elder Mr. Friel started a lumber company that manufactured and shipped railroad ties, along with an innovative cannery in the heart of the mid-Atlantic's corn-growing region.

One of the trademark innovative aspects of the Friel operation is its support of what is called "the canned vegetable, private label industry." The company states out front that "we make your brand our brand," serving its customers as partners. "You know your market better than we ever could," it says, and "that is why we do not believe in having a national or regional brand. We focus our energy on serving YOU."



S.E.W. Friel, based in Queenstown, is a large-scale canning operation whose lines of canned corn are consumed globally.





Dixon Valve and Coupling, headquartered in Chestertown, is a global manufacturer of industrial couplings, fittings, clamps, and much more, including fire hose nozzles and couplings.

Valves and Couplings and Clamps

Few of us even think of how and where such seemingly mundane items as air-hammer couplings, fittings, clamps, hose menders, high-pressure rotary hose couplings for oil drilling, cams, and grooves are made and sold. But a large part of the answer lies here on the Eastern Shore.

Billed as “a leading innovator in the hose coupling industry,” Dixon Valve and Coupling has its headquarters in Chestertown, but its reach is international. And since its founding in 1916 by Howard W. (known simply as H.W.) Goodall, who quit school at age 15 after the eighth grade to work as an errand boy and clerk for the rubber distributor Latta & Mulconroy Company in Philadelphia, the company has prided itself in its investment in the people who work there. Growing from a single plant in Pennsylvania, the company’s reach now spans four continents.

The company took a major turn during World War II, when its manufacturing plants switched to making military supplies, namely 380,000 fuse plugs for anti-aircraft shells, and were unable to service their hose distributor customers. To satisfy that specific need, a former Dixon sales manager started a hose accessories enterprise that later became the Le-Hi Valve and Coupling Company.

In 1952, Dixon purchased Buck Iron Company in Lancaster, Pennsylvania, “a major source of malleable iron, brass, aluminum, and ductile castings for Dixon,” according to the company history. Dixon moved its business from Philadelphia to Chestertown in 1976 and “entered the cam and groove market” four years later. Following several mergers, acquisitions, and international expansions, Dixon retains its headquarters in the Eastern Shore town and aims to stay focused on the founding mission of “people, product, and service” established by H.W. Goodall himself 103 years ago.

Progress Under Its Belt

Have you ever wondered who first came up with the concept of a conveyor belt, arguably the most crucial piece of machinery in the assembly-line configurations of the Industrial Revolution? Not many of us think about such things as we go about our daily lives, but Cambridge Engineered Solutions is still manufacturing belts much the same way it has for more than a century. While it may or may not have been the first, the Cambridge Wire Cloth company started making metal belts in Dorchester County in the early 20th century, boasting electric light pioneer Thomas Edison as one of its early customers.

By the 1920s, Cambridge “had designed and patented a metal belt for high temperature ovens still in production today,” so the company history goes. With a merger in 1998 to Maryland Wire Belts, the wire cloth

enterprise changed its name to Cambridge International Holding Corporation, making it the world’s largest manufacturer of metal conveyor belts.

In 2016, Rexnord Corporation acquired Cambridge for \$210 million in pursuit of the company’s expertise in the manufacture of metal conveying and woven metal systems used primarily in food and packaging. “Cambridge aligns well with our strategy to expand our presence in customer-driven end markets,” according to Rexnord President and CEO Todd Adams.

Today, Cambridge-Rexnord is the world’s only manufacturer of custom metal and plastic conveyor belting for food processing and industrial applications. And the belts continue to “convey,” essentially from the same location.

Cambridge Engineered Solutions is world-renowned for industrial applications for conveyor belt technologies, specifically custom metal and plastic belt systems.





Contain Yourself

Behold, the plastic cup. Can anyone imagine a time when these now-ubiquitous beverage vessels were the stuff of fantasy? Certainly not now that they're such a part of daily life—even though their use and abuse is shunned by the environmentally conscious.

If you don't recognize the name of manufacturer Dart Container, chances are you do know Solo, the brand name of those familiar red plastic party cups—among other disposable (or “one-time use,” as the company terms it) items—you can buy at any chain grocer or drugstore. And every time you bring home leftovers from a restaurant or wrapped up prepared food from the grocery store, you're probably carrying it out in a Dart container.

Dart acquired Solo for \$1 billion in 2012, but the parent company traces its roots to 1937, when it started



You may not be familiar with Federalsburg manufacturer Dart, but chances are you've sipped a coffee or party beverage out of their product line of cups, most ubiquitously the red Solo cups.

manufacturing plastic key cases, steel tape measures, and ID tags for the U.S. armed services.

The company's early claim to fame was its introduction of expandable polystyrene in the 1950s and subsequently, the first insulated foam cup. The Dart Container Corporation was born in 1963 in Mason, Michigan, and its timeline includes the easily recognizable introductions of “easy-to-hold” cups, “sip-through” lids, translucent cups, thermo-glaze, color-coding for size, hinged-lid containers, those aforementioned red party cups, recyclable foam, and cappuccino lids.

Today, one of Dart's largest production plants, in Federalsburg, is Caroline County's top employer with nearly 600 employees.

Chickens by the Barrel

It all started in 1941, when A. D. Amick had “one small chicken house, a wood-fired wash pot, and 500 baby chicks.” He delivered his fresh dressed chicken to neighbors from barrels of ice in the back of B-model Ford. For his efforts at supplying “the freshest, best-tasting chicken at a reasonable price,” customers began calling him “Chick,” and the name stuck.

Amick Farms, with a processing plant in Hurlock, Dorchester County, makes several bold promises: flavor, value, and quality. And they apply all three to their chickens. Each one is grain-fed and the company employs a marination technique to lock in moisture, promising “a product that is extra juicy, tender, and delicious.” The chickens themselves are larger than most of the competition, they say, which yields more chicken at a lower price. As for quality assurance, Amick Farms is a fully integrated processor, which means that

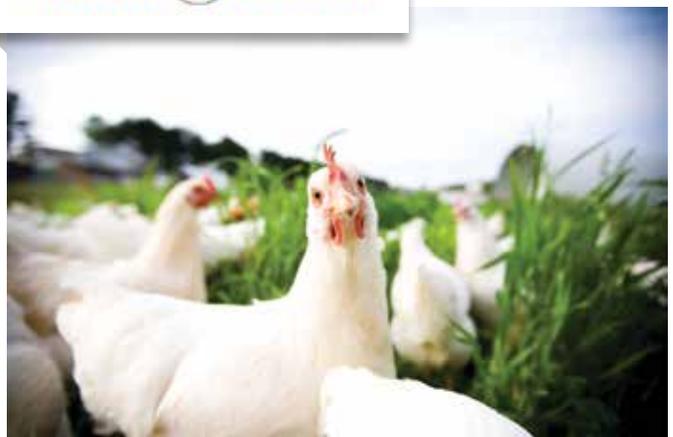
it has complete control of the processing, “from hatchery to our package design.”

In August 2006, Illinois-based food conglomerate OSI Group acquired Amick Farms “to expand their meat-processing portfolio,” making Amick now part of the 11th largest meat-manufacturing company in the world. But even with that corporate oversight, Amick retains its familiar logo. At first glance, it could well be mistaken for the insignia of Mercedes Benz, but a closer look reveals more: a large unbroken circle of 21 eggs, representing the poultry life cycle—a chick hatching from the egg in as many days; a spur with three points (representing spirit, mind, and body) on a field of blue, the color of truth and honesty.

The preceding is just a small sampling of the businesses that help the residents of Maryland's Eastern Shore thrive. For something different, take a little time to veer from the beaten path for a while and begin to appreciate the complexity of a region known better for its simplicity.



Amick Farms promises flavor, value, and quality of their chickens, which are processed in Hurlock, Dorchester County.





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The Two Sides of Former Trappe Resident Robert Mitchum



Robert Mitchum is pictured with his high school sweetheart and wife of 57 years, Dorothy.

Retracing the renowned actor's roots and when he settled on Maryland's Eastern Shore

By Anne McNulty

Hollywood actor, Robert Mitchum, was full of contradictions. Always known as a bad boy, he was expelled from school, hopped freight trains at age 14, wandered the country as a depression-era hobo, was hauled onto a chain gang for vagrancy and soon escaped.

He never found a bottle of booze he couldn't drink and a woman he couldn't attract. Mitchum was also busted for marijuana early in his career. Much later when he was asked to tell his life story, he responded, "What do you mean my life story? I told it all to the Los Angeles Police Department."

Mitchum also had a photographic memory, inhaled books, haunted public libraries, wrote poetry, and could recite Shakespeare by heart. He married his childhood sweetheart, Dorothy Spence, and stayed with her the rest of his life.

With little guidance and few rules, he forged his own way in the world and somehow became one of the most famous actors of his time.

He was born in 1917, in Bridgeport, Connecticut. His young parents, Ann and James Mitchum, later moved to Charleston, South Carolina, where James found a job at the Charleston navy yard. Then tragedy struck. While he was working at his job coupling and uncoupling freight train cars, James was crushed to death when the car in front of him accidentally jerked backward.

After this tragedy, Ann couldn't seem to find her bearings. While becoming involved with the man who would be her second husband, she sent her two sons, Robert and John, to live with their grandparents on their farm in Felton, Delaware. Daughter Annette would stay with Ann. While in Felton high school, Robert met 13-year-old Dorothy Spence and instantly knew she was the one for him.

Gradually Robert's family reunited, but they kept moving until Annette, who later relocated to Long Beach, California, induced the family to join her there.

She had joined the Players Guild, a small acting troupe, changed her name to Julie and then manipulated Robert into trying out for a part. After reading for it, he was immediately hired. He later broke into the film industry by signing on to play in the *Hopalong Cassidy* series.

"I was very pleased to work in the *Hoppy's*," he said. "Supper on the ground, 100 dollars a week, and all the horse manure you could carry home."

During his lifetime, he made almost 100 movies including *The Longest Day*, *The Night of the Hunter*, and *Cape Fear*. He's also remembered for his TV performances



Actor Robert Mitchum starred in almost 100 movies during his lifetime. The actor got his big break in the *Hopalong Cassidy* series in 1942. His last film was in 1995, two years before his death.

in *The Winds of War* and *War and Remembrance*. A powerful actor, he could speak volumes without saying a word.

After living almost 20 years in Los Angeles, both Robert and Dorothy were anxious to go back East, where they had grown up. At the height of his career, he was sick of all the Hollywood "phonies." She wanted to move away from her husband's affairs with some of Hollywood's leading

do nothing in these parts but go crabbing and drink."

That suited Robert just fine. When asked if he would miss Hollywood life, he replied, "If I walked into a restaurant there, people held their breath. They just waited for me to walk up and sock someone."

He told a *Baltimore Sun* newspaper reporter, "When I'm at Belmont, it's like living in a different world. Living

"When I'm at Belmont, it's like living in a different world. Living here means the burning of another bridge behind me."

ladies. She also wanted their three children to experience a more ordinary life.

He craved privacy, and bought a 280-acre waterfront property in 1959 called Belmont Farm in Trappe, Maryland, for 140,000 dollars. He sold it in 1966. When he asked a local realtor what folks did around here, the man replied, "We don't

here means the burning of another bridge behind me."

Belmont Farm was his refuge. It was his "lost, nostalgic, splendid isolation." Here he could be content doing nothing. He'd fish a little, drink a lot, and admire the beautiful sunsets. He says, "I was never very social in California, and I'm not social in Maryland. But



Maryland is a place I can be as unsocial as I want.”

The locals, however, didn't always respect his privacy. Some would come to his secluded property and dig up shrubs and other plantings. He then hired Bob Gerlock, who would later become a Talbot County sheriff, to patrol the farm with his shotgun.

In her article, *Robert Mitchum Slept Here*, Gerlock told writer Helen Chappell that Mitchum was a nice guy.

“He treated everyone who worked for him right, but you didn't want to cross him

when he was drinking. He did have a temper,” *Gerlock says*. “He didn't have a lot of time for 10-cent millionaires. “He was a regular guy, and he liked regular people even those who were rich and famous. He drove tractors and pitched hay and he loved animals. I never saw him without animals.”

Mitchum's daughter, Petrine, a Hollywood director and writer, moved to the farm when she was 8 years old. She lived there with her brother Chris. Petrine's other brother, James, stayed in Los Angeles to pursue an acting career.



• Belmont Farm in Trappe, Maryland, was home to actor Robert Mitchum from 1959 to '66. The 280-acre estate was considered his refuge from Hollywood life. Today, it is owned by Richard and Sandy Walsh, who maintain both the property and acquaintance with Mitchum's daughter, Petrine. Photography by Stephen Buchanan.

“My fondest memories of Belmont are riding my horses through the woods and along the dirt road from Chancellor Point to the next road over,” she recalls. “It was a long sandy road through the forest on which we could gallop. Also, I loved swimming with my horses in the creek. It was so wonderful living right on the waterfront and being able to go crabbing off the pier.”

While living in Maryland, Mitchum first bought a quarter horse stallion and a broodmare. When asked about his love of horses, he said, “If you have a farm, you should have a horse, right? Before I knew it, I had 22, and I was in business.”

“Robert Mitchum added a touch of glamour to the opening day of the Timonium State Fair when he appeared with three of his quarter horses ready for competition,” the *Evening Sun* reported in 1961. “Wearing dark sunglasses, a red shirt, and a cowboy hat, he leaned against a fence and signed autographs.”

Whenever he went out in public, folks wanted to see him. Talbot County resident Scott Worsham remembers when the manager of the Acme market in Easton complained about the commotion that ensued when Mitchum shopped there. Women would rush over to his aisle and pull cans and boxes off the shelves just to get a look at him.

As famous as he was however, Mitchum was extremely capable of mischief. A later owner of Belmont Farm told the *Star Democrat* that he

had heard some interesting stories about him—such as when he and Yul Brynner raced their matching Aston Martin cars down Chancellor Point Road. Robert came out fine while Brynner hit the farm’s front entrance gate.

Mitchum’s drunken behavior at the Tidewater Inn’s Decoy Bar prompted a few police calls and they had to admonish him a time or two. Rumor has it that the Cambridge Yacht Club was not as tolerant and banned him from the premises.

Meanwhile, long-suffering Dorothy was trying to find a life for herself at Belmont. One day she hosted a formal lawn party for some of the local society ladies. Robert caught wind of this and he instructed one of his workers to hide behind the barn and spy on the party.

That lovely afternoon all was going well. Mitchum even made an appearance by carrying a sterling silver tea

service out to the lawn. He looked dashing in his tuxedo jacket, black tie, and dress shoes. Unfortunately, his trousers were missing and the proper ladies gasped as they viewed the movie star in his jockey shorts.

In spite of his bad-boy reputation, Mitchum’s many movie commitments often took him away for months. In 1966, Dorothy, feeling isolated and distressed about his long affair with Shirley MacLaine, decided they should sell the farm. He ended the affair because he couldn’t envision life without Dorothy, and they moved back to California. Long before his death in 1997, Mitchum remarked, “The biggest mistake of my life was selling my Eastern Shore property.”

Two years ago, Petrine was delighted to be welcomed back to Belmont by current owners, Richard and Sandy Walsh, who had just bought the house.



The daughter of Robert and Dorothy Mitchum, Petrine, has fond memories of her time living at Belmont Farm in Trappe, Maryland, where she learned to ride horses; a passion she continues today at her California estate. Photograph courtesy of Petrine Mitchum

“They have such a great vision of restoring the farm to its former glory,” Petrine says. “The house has been maintained and upgraded over the years and stepping into my old bedroom brought back so many wonderful memories. It was like a homecoming. I’ve been putting together photos and memorabilia from the farm to give the Walshes next time I visit, which I hope will be soon.”

Further Reading

Lee Server biography
Robert Mitchum: Baby I Don't Care.

Helen Chappell
Robert Mitchum Slept Here
Tidewater Times
January 2013

Anne McNulty is a freelance writer living in Queenstown, Maryland. Her articles have appeared in What's Up? Media publications for more than 10 years and frequently cover life on the Eastern Shore.



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Stevensville | \$539,900**

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Home & Garden

+

48 HOME DESIGN | 52 GARDEN DESIGN | 56 REAL ESTATE



Top Trends for 2019

By Diana Love

With a new year comes exciting trends in the home industry and multiple specialties. From floor to ceiling, and everything in between, the following trends and insights—sourced from expert voices—hopefully offer you inspiration to make your home the best home possible.



GENERAL DESIGN

1 Universal homes: Builder and homeowners are considering houses that accommodate all phases of life, from the family years to the retirement years. Designs might include wider doorways, wider halls, bars in bathrooms, stair rails, and voice-controlled systems.

2 Architecture: Demand for farmhouse, transitional, and contemporary styles continue to overtake traditional styles from the façade and foyer of the home to the interior design.

3 LEED design: Architecture and design/build that includes a sensitivity and awareness of all environmental concerns, from sustainability, to sourcing, recycled products, air pollution (such as in paint, siding and insulation), and resiliency to increasingly erratic weather patterns.

5 Tech: smart home applications continue to grow, and customers continue to become savvier about the energy savings, safety and convenience tech can offer. but installing them requires knowledge and advanced planning.

4 Layered Lighting: In-cabinet lights, toe kick lighting, backlit bookcases, under-lit staircase, soffit lighting, room and stair lights turned off or on by motion detectors, and security lighting. Lighting is no longer an afterthought or the last item to consider, but a major consideration for every space in the home, both inside and out.

Expert Voice: NKBA National Kitchen and Bath Association



INTERIOR DESIGN



Pantry designed by Purple Cherry Architects

1 Reclaimed brick in the interior of a home: Reclaimed brick, such as Chicago brick, is being integrated into mudrooms, pantries, and foyers. This application brings texture and gives the ability to bring pattern on a floor in a subtle way.

2 A classic bell jar lantern in soft brass or nickel: This light fixture is seen in varying styles of homes. It has taken on a fresh, new feel that can be used in transitional or classic spaces. It works great in hallways, over kitchen islands, or foyers.



Country Large Bell Jar Lantern by Circa Lighting



Malva wallpaper by Scion

3 Large-scale botanical print wallpaper: The larger the scale, the better. This application is commonly used in powder rooms, giving a small space a larger feel, or in dining rooms.



Rulo Buffet by Taracea

4 Natural and character grade woods in furniture, flooring, and cabinetry: Texture is playing a large role in the furniture market. The use of natural materials is being widely seen.

5 Contemporary interpretation of a classical furniture design: Smooth, crisp lines render classic furniture pieces more modern. The application of large-scale nail heads with wide spacing in between also provides a transition from classic to contemporary.

Expert Voice: Cathy Purple Cherry Architects and Purposeful Design



Shelton Wing Chair by Thibout Fine Furniture

6 Architectural elements in design: A large amount of furniture pieces are utilizing clean lines and mixed metal and wood.



Corsia Console by David Iatesta



4 Blue Cabinetry: All shades of blue are being used in cabinetry, accessories and even décor like towels, curtains, shades, and fabrics. ↓



KITCHEN

1 Quartz: while quartz ↑ isn't new it is the most popular material for the kitchen because it can mimic all-natural stones and is virtually maintenance-free: it won't crack or stain.

2 Larger refrigerators in custom finishes: Stainless steel is out, black stainless steel is in, and color abounds across all appliances, including ranges, stoves and cooktops. Refrigerators are larger and more practical in functionality.

3 Dual Tones: This is a → trend that isn't new this year, but will continue stronger than ever. Wall cabinets and base cabinets will feature contrasting or coordinating colors.

3 Design Elements on Cabinet Doors: Plain shaker is out, decorative door styles are in. This includes using dual design styles. Perhaps a simpler design of paint or style for the wall cabinet with contrast or coordinate with a more intricate design in base and island cabinets.



Expert Voice: Aaryn Zablocki, The Appliance Source in Annapolis

BATH

1 Wood grain from vinyl tiles, ceramic tiles, and other flooring options to bathtubs and especially decorative accessories like towel holders, toothbrush holders, water cups and countertop bowls. ↓

2 Stand alone tubs: → Tubs of porcelain, hammered brass, copper, wood and other eclectic materials that make the space both customized and personal with stand-alone, floor mounted faucets that complement the tub material.



4 The Bathroom as a place for relaxation with extra seating such as stools and chaises and separate vanities.

5 Brushed metal and pewter: Golds and brasses continue to add a soft glow and reflective light for handles, knobs, faucets and accessory trim, even around mirrors, showers and wall art.



6 Tech in the Bathroom: → From ceiling vent fans that use Bluetooth to broadcast from smart speakers to built in USB outlets, smart devices that use apps to regulate energy use, point of use hot water heaters, and built in TVs in larger bathrooms.



Expert Voice: Richard Bussey, Certified Kitchen & Bath Designer, Star Kitchen and Bath

Winter Gardens: A Closer Look

By Janice F. Booth

Nineteenth-century man of letters, Ralph Waldo Emerson, wrote, “I please myself with the graces of the winter scenery, and believe that we are as much touched by it as by the genial influences of summer.”

While winter’s grip is firmly on our lives, perhaps we can make the most of the particular beauty of winter gardens.

Like Emerson, we can enjoy the elegance and grace of gardens stripped of their summer finery, but not of their beauty. Looking at public and private gardens when flowers are gone, and leaves have fallen affords us a fresh appreciation for nature’s beauty and resilience.

Living in a moderate climate as we do, winter in Maryland allows a wide variety of trees and plants to survive. Perhaps spending some time admiring the silhouettes, forms, and designs unique to winter’s landscapes will reawaken our appreciation of our own gardens and even inspire us to plan additions and adjustments with an eye to future winter garden scenes.

“A garden is exciting for me when it looks good through the year, and not just at one particular time,” says Dutch garden designer Piet Oudolf. “I want to go outside and for it to be interesting in all weather, in early spring and late autumn.” He has gained a following in the U.S. and Europe for his year-round approach to garden design, called the “New Perennial Movement.” In 2008, in a *New York Times* interview, Oudolf spoke about his appreciation of a winter garden: “The skeletons of the plants are for me as important as the flowers.” Have you walked the High Line in New York City or visited Chicago’s Lurie Garden in Millennium Park? If you have, or even if you’ve just read about these modern horticultural wonders, then you’ve experienced Oudolf’s work in the United States.

We may rekindle our appreciation for a garden’s beauty by looking, as Oudolf does, for those skeletal plants and trees. With the 21st century “New Perennial Movement” in mind, let me take you on a tour of trees, shrubs, and plants that you might watch for.



feather grass



Let's begin our tour at ground or snow level, and work our way up; let me direct your gaze to ornamental grasses, sedum, shrubs, and the skeletons of perennials. Even the weeds on the edge of vacant lots or creeping into empty buildings may be worthy of note. (This may be the one time of year when we can look without frustration at pesky weeds—dried stalks of milkweed, nettle, bittercress, or stiltgrass.)

Ornamental grasses are elegant winter beauties. *Japanese Forest Grass*, with its gracefully drooping, ecru fronds, and *Little Blue Stem*'s striking red and blue blades stand out when so much of the landscape is gray and brown. We may gasp with admiration at the graceful plumes of Pampas, Sea Oats, or Feather Grass; they usually remain unbowed by harsh, winter winds. If you see a particularly handsome grass waving in the wind, break off a frond; take that home and see if you can identify it. (*Better Homes & Gardens* has useful pictures and descriptions of ornamental grasses to help you: bhg.com/gardening/flowers/perennials/ornamental-grasses) There may be a place for an ornamental grass in your spring planting scheme.

Do you notice some bread-plate size, dried blooms among the grasses? That may be one of the showy sedums; they're stars both in summer and winter. These sturdy succulents grow in dry conditions, provide a wide variety of beautiful foliage and flowers, and, better yet, they look great in the winter,



particularly the tall varieties. Because their stalks are fairly thick, they too can withstand the harshness of most winter winds, remaining upright and handsome. *Garden Gate* magazine recommends several varieties, including the striking *Samuel Oliphant*, notable for its 30 inches of variegated green and cream leaves edged in burgundy, with fluffy, pink flowers that turn to deeper rose in cold weather. Another dramatic sedum you might spot on your wanderings is the *Purple Emperor*. Dark purple stems and deep lavender blooms catch your attention year-round.

"And what about shrubs?" you ask. Well, we're probably more accustomed to admiring winter hedges and shrubs. The compact, tiny, deep green leaves of the boxwood hedges are old friends, particularly if you live in or near historic homes. Boxwood plants and hedges have set off formal gardens dating back to Colonial times in the Americas, and even earlier in Britain. In fact, sprigs of boxwood were used as cockades for Colonial soldiers marching off to fight the British. Winterberry is another old, familiar beauty. It's bright red berries catch

one's eye. The winterberry is so hardy that it's planted in the green medians between opposing lanes of highway traffic in many parts of Maryland. By the time winter rolls in, the arching branches of winterberry shrubs have lost their green leaves and are thickly lined with tiny, cardinal-red berries.

While we're admiring color, let's pause a moment to consider the sight of winter-blooming camellias. In protected flowerbeds, camellia usually retain their foliage throughout the winter. Some types of camellia, usually the Japanese varieties, produce flowers in the winter, a real treat to see. *Camellia japonica* and *Camellia sasanqua* are the two varieties commonly cultivated in our zone. Flowers of pink, rose, and white may have single or multi-layered petals. The slightly fleshy, rosy blooms resemble pink-cheeked children in winter.

Hydrangea too provides stark beauty. The blousy, summer blooms of blue and violet fade in the winter to parchment, ecru, and eggshell. They often hang from the tips of the hydrangea branches,

“Garden conifers come in a rainbow of year-round colors that can be used effectively with companion plants. Many are shades of green, yellow, orange, blue, lavender, or purple, while others are bicolor... and have variegated foliage with patterns of stripes, spots, and patches.



witch hazel

nodding in the winter winds. Sunflowers and cornflowers to retain their summer blooms. The large, brown disks that were once sunflower faces can serve as winter’s take-out restaurants for the garden’s birds and squirrels.

Witch hazel presents another color pallet in winter. Tall and wide when allowed to spread, the shrub’s gold and yellow leaves stand out against its winter neighbors. One suggestion for a winter still life might be to plant *lavender* near *witch hazel*. *Witch hazel*’s yellow-gold will complement the silvery green of *lavender* in winter.

The winter flower competition wouldn’t be complete without a show of *Christmas roses*, *Hellebores*. The white, purple, rose, or pale pink flowers of the

Christmas rose raise their heads from the snowy ground delicately. The plants are a bit leggy, so they’ll stand above the snow, dramatically displaying their beautiful blooms.

You’re probably getting a bit chilly; all this was walking about in the crisp winter air. So, let’s conclude our tour looking up.

Lift your eyes above the earthier beauties to our magnificent trees in winter. The elegant deciduous trees—maples, oaks, birches, sycamore, and linden—stripped bare of leaves, display their graceful or muscular branches against the sky. I like to pause at a distance and observe a tree’s crown. One can envision its root system by imagining the tree flipped upside down. The crown loosely mirrors the root ball. Isn’t that wonderful?

And, of course, there are the conifers. They offer us their greenery when our eyes ache for spring. The majestic, long-lived cypress, the tightly branched junipers, the fragrant, soft firs. We can usually find them and even name these old friends. And don’t we appreciate the plucky white pine? Plant a little sprig almost anywhere, and within a few years, a lovely, long-needled pine will rise and flourish, protecting soil, providing privacy and noise reduction.

There’s even an American Conifer Society to support and defend these ubiquitous trees, all 588 species. Their website (conifersociety.org) reminds us, “Garden conifers come in a rainbow of year-round colors that can be used effectively with companion plants. Many are shades of green, yellow, orange, blue, lavender, or

purple, while others are bicolor... and have variegated foliage with patterns of stripes, spots, and patches.”

I guess that means if you find winter disheartening and you need a pick-me-up, seek a tree. Let your eyes rest on those glossy holly leaves with their red berries for punctuation. Or, admire the mahogany- or golden-lobed oak leaves that sometimes cling to their branches all winter. A stately blue spruce will welcome your admiration, and you’ll probably have the added surprise of a few, small songbirds residing among the silver-blue branches.

I hope you come away from our winter walk with lifted spirits and an idea or two for your garden. The garden and its plants and trees are our life’s companions.

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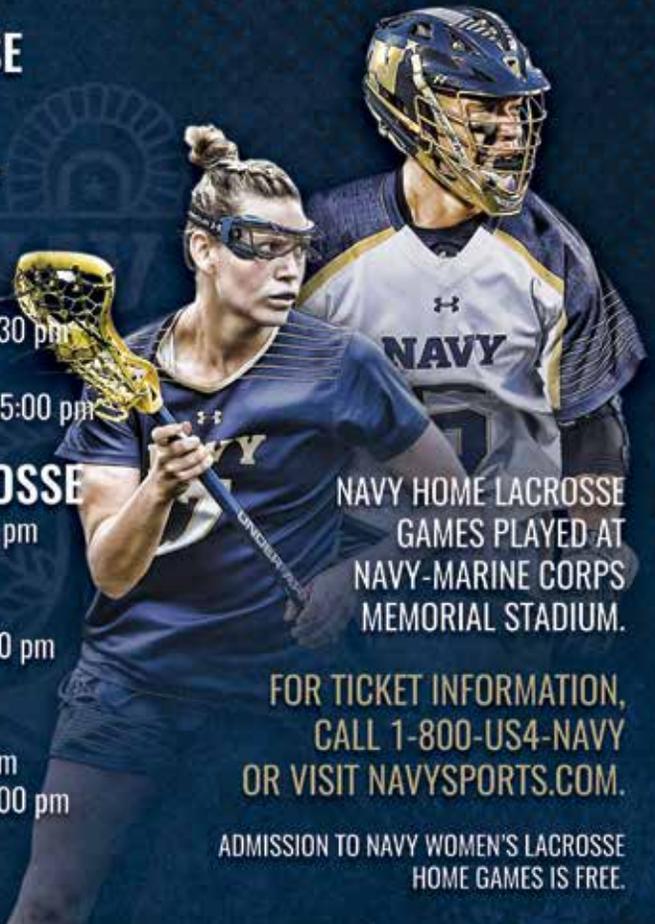
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- 3/5 vs. PRINCETON / 4:00 pm
- 3/23 vs. LEHIGH / 12:00 pm
- 4/13 vs. ARMY WEST POINT / 3:30 pm
- 4/20 vs. SYRACUSE / 12:00 pm
- 4/26 vs. BOSTON UNIVERSITY / 5:00 pm

2019 WOMEN'S LACROSSE

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- 2/23 vs. TOWSON / 3:00 pm
- 3/2 vs. FLORIDA / 11:00 am
- 3/6 vs. BOSTON COLLEGE / 7:00 pm
- 3/9 vs. BROWN / 12:00 pm
- 3/23 vs. BUCKNELL / 3:00 pm
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HOME REAL ESTATE

North Newcomb

St. Michaels

By Diana Love

Situated on the shoreline of Solitude Cove just halfway between St. Michaels and Easton, this home embodies the most charming and practical aspects of Eastern Shore architecture and design. The property was deeded in the late 1600s and developed as a farm. Previous owners, more practical in their approach to architecture than modern designers, built a home that was solid but didn't take advantage of water views, marshland frontage, or acres of privacy. In fact, for some time the home sat empty and dilapidated. In 2016, a couple purchased the land as a second residence, gutted the main house and put substantial investment into rehabilitating the entire property. Today, this beautiful home boasts a wide wall of windows along the back of the house, a peaceful view of Solitude Cove, a new in-ground granite pool, mature trees, extensive landscaping, and a large screened in porch.

Sold For: \$1,295,000
List Price: \$1,449,000
Last Sold/Price: 2016 \$440,000
Bedrooms: 3
Bathrooms: 2
Living Space: 2,716 square feet
Lot Size: 4.21 acres
Days on Market: 116 days

Cornelia Hechenbach of Long and Foster was the listing agent. "This home is a new old home," she says. "It's a waterfront farmhouse with a completely modern and comfortable interior and every amenity a buyer could want to create a private haven." In fact, privacy was a key consideration of the buyers, who purchased the home as a weekend and seasonal residence. Mature trees surround the house and line the waterfront. Besides providing shade on hot

Chesapeake summer days, they also create a buffer of greenery that only adds to the sense of peacefulness that infuses the property. Ducks, herons, and other waterfowl have made the adjoining marshland home. The thought that nature is close at hand while the neighbors are just far enough away lends to the feeling that this property is indeed a retreat.

The buyers found a move-in ready home with a new roof, chimney, heating and air conditioning, appliances, select pieces of furniture, and home décor. The exterior landscaping features wide open lawns without the fuss of shrubbery. A straight walkway lined with two rows of pavers leads to a columned portico that shelters visitors. The front door opens to a charming foyer well-lit by natural light and several recessed high-hats. Most of



the home is accessible via this welcoming foyer, which features entry to the kitchen, dining room, and first-floor guest bathroom. The interior conveys this same sense of openness and calm simplicity.

The beautiful kitchen has ample white cabinetry, granite countertops, high-end stainless-steel appliances, and stained wood flooring. Modern farmhouse-style lights highlight a bar that seats four. The kitchen opens

to a stylish family room. From the comfort of a large sectional sofa, the pool and water can be seen through a set of French doors and full-length picture windows. The other side of the kitchen opens to a long dining room large enough to hold a dining set for eight and a small seating area in front of a brick fireplace. Sliding doors lead to another long room, this one a screened in porch. There is also a spacious breakfast room with

space enough for a sofa and comfortable chair that look out to the water, and a table for four.

Upstairs, the elegant master bedroom includes hardwood floors and a charming brick fireplace—the perfect setting to relax and enjoy the views out two large windows. And the master bath features a double sink vanity, white cabinetry, and chrome accessories. The two guest bedrooms—both with ample

closet space and hardwood floors—share a bathroom, also tidy in its use of Shaker-style white cabinetry and chrome accessories.

The new homeowners are not boaters but are anxious to access the water for crabbing and viewing the natural life that bounds there. This is their third home on the Eastern Shore and they are looking forward to exploring nearby Easton, St. Michaels, and Cambridge while enjoying the many amenities their new place offers. “This home presented the perfect solution for us. It isn’t a typical home, in that it was a farmhouse but wasn’t built in the farmhouse style. It’s not large, but it’s a new house on an old property, and its perfect for us,” they state. The couple has set to work personalizing their new home with antiques and art that reflect both the Eastern Shore and the historic nature of the property and surrounding area.

As the Buyer’s Agent, Biana Arentz of Coldwell Banker says this real estate transaction was a match made in heaven. “The property is beautiful, one of the most bucolic I’ve seen in the area. The buyers knew exactly what they wanted, and so did the sellers. The listing agent was wonderful, it really was the ideal thing.”

Listing Agent: Cornelia C. Heckenbach, Long and Foster Christies, 410-310-1229, stmi-chaelmsmdwaterfront.com

Buyer Agent: Biana Arentz, Coldwell Banker Residential Brokerage- Mid Atlantic, 410-490-0332. biana.arentz@cbmove.com



Year Built: 1991
Sold For: \$799,000
List Price: \$849,000
Last Sold/Price: N/A
Bedrooms: 3
Bathrooms: 3
Living Space: 1,898 square feet
Lot Size: 3.63 acres
Days on Market: 111 days

HOME REAL ESTATE

Bozman

Talbot County

By Diana Love

A musical composition is a collection of many notes, cleverly placed, that together creates a beautiful symphony. Such is the case with this property. Features like rough-hewn wooden plank ceilings, polished wide plank wood floors, windows carefully placed to capture natural light throughout the day, steep eaves and deep-set windows in the upstairs bedrooms, and a unique layout are just a few examples of the simple yet thoughtful details that together have resulted in a home that is truly remarkable. This home sold in only three months—111 days—on the market.

When the sellers purchased the 3.63-acre lot in 1970, they were avid sailors in no rush to develop the property. Over time, they worked with a local contractor to create a three-bedroom home with a separate two-car garage, fitness room, sizeable two-story workshop, and in-law suite. “The local builder was from a small company that focused on just one project at a time. The home was built with excellent craftsmanship,” says Cornelia Heckenbach, the seller’s agent. The homeowners were directly involved in every decision made in conceptualizing and designing even the smallest details of the house. The design/build partnership between the owners and the builders resulted in a layout that is entirely bespoke and utterly unique.

The front entry leads directly to a large sitting room with a fireplace on one end and a wood stove on the other. This room is large enough to accommodate ample seating near the fire and a dining area near the stove. It is a relaxing retreat that with numerous windows, crown molding, and wall mounted sconces. Wood planks are set diagonally into the ceiling. They play well off the rough-hewn wood support beams that cross the down-



stairs living areas horizontally. The use of wood on the ceiling, beams, and floors invokes a sense of being close to nature, to the outdoors and certainly to the water. The home has waterfront access to Lead- enham Creek. The buyers plan to maximize views to the creek by building a wall of windows on the waterfront side of the house.

The kitchen is accessible directly off the sitting room. The kitchen cabinetry is custom-built with an unusual caning on the front panels; the countertops are edged with matching wood trim. Appliances are all black. The floor is square tile set in a simple and traditional pattern. Although the kitchen is not large, it feels like an

extension of the home's Nordic sensibility: tidy, natural, and hospitable. Two chairs set at a small desk inset between cabinets provides a dining or working area with a spectacular view through the mature deciduous trees. Even in the autumn—perhaps especially in the autumn, when leaves are blown from the trees—the light is especially bright and the view of the woodlands and water is remarkable.

Beyond the kitchen is a first-floor laundry with direct access to a patio and the downstairs full bath. A sitting room with a large closet offers a quiet place to rest or converse separate from the main living room and kitchen. A guest bedroom connects to this sitting room. Upstairs there are two bedrooms: the master and a guest room. These rooms are defined by the steep pitch of the roof and deep-set windows that not only let in natural light but also feel like lofty, private aeries.

The new owners were initially looking for investment properties on the Eastern Shore but fell in love with this home after viewing it online. “We started looking at properties for investment, but when I invited my clients to St. Michaels for the weekend, they fell in love with the town and started to consider purchasing a property for their own weekend getaway,” says Meggie Carpenter of Grace Ryan Homes. “My client found this property online and met me at the house knowing he wanted it.”

This home offers the new owners acres of woodland privacy, ample space for guests and the opportunity to entertain at home or in town over dinner and drinks. “This property offered the best of both worlds to my clients, who enjoy festivals, cocktails, and an awesome dinner as much as they do privacy and a true escape.”

Seller's Agent: Cornelia C. Heckenbach, Long and Foster Christies. 410-310-1229, stmichaels-mdwaterfront.com

Buyer's Agent: Meggie Carpenter, Grace Ryan Real Estate, LLC Annapolis, 443-292-6767 (o) 410-303-9172 (c) graceryanrealestate.com/team/meggie-carpenter

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Photo by Steve Buchanan

On the Run:

Picking Your First Race

By Kelsey Casselbury



Although 5K (5-kilometers equal 3.1-miles) races remain the most popular in the U.S. with about 7.6 million finishers in 2015, according to Running USA's Industry State of the Sport Report, half-marathons (13.1 miles) are the second favorite. That means that there's no shortage of options for either distance when it comes to picking your first race. Finding a race is as easy as going to a website such as Active.com and putting in the dates and location you want. However, before you take the plunge to register for a race, ask yourself a few key questions to ensure you're choosing the right one.

WHAT'S YOUR GOAL?

For many first-time race runners, the objective is to just cross the finish line (and it's a perfectly good goal!) You might also want to achieve a PR, which is runner's slang for "personal record." However, some might strive to be competitive, aiming to win the race or at least place in their age group. If that's the case, consider the size of the event—it might be easier to earn a medal at a smaller race that's not attracting fast road racers.

WHAT'S THE IDEAL TERRAIN?

Let's face it: Few runners actually enjoy a race full of hills. However, finding one that *doesn't* have at least a few ups and downs can be pretty tricky. When you're considering registering for a race, do a quick check of an elevation map. While a couple of hills here and there aren't anything to worry about, you don't want your first race to be constantly on the incline — if it is, make sure you are training on hills, too, so your body is adapted to that particular challenge.

WHAT'S THE BEST WEATHER?

No one can predict the weather, but the season of your first race can give you a bit of clue as to what lies ahead. Consider your preference for running in warmer versus colder weather, but default to the fall months if you're not entirely sure which one to pick. It tends to be the most comfortable for running.



FEBRUARY'S HALF-MARATHON TRAINING PLAN

If you can successfully run or run/walk a 5K (3.1 miles), you can train for a half-marathon. This 16-week training plan, which started in the January issue and will continue through April's issue of *What's Up? Annapolis/Eastern Shore*, is easy to follow and provides alternating days of running, rest, and cross-training exercises, including:

STRENGTH: 20 to 30 minutes of resistance training, such as bodyweight exercises, weight machine exercises or free weights, such as dumbbells or resistance bands.

CROSS: 30 minutes of cross-training such as walking, swimming, elliptical, or cycling.

STRETCH: At least 15 minutes of flexibility exercises.

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	Strength	Strength	Strength	Strength
TUES	3 miles	3 miles	4 miles	4 miles
WEDS	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
THURS	4 miles	4 miles	4.5 miles	4.5 miles
FRI	Rest	Rest	Rest	Rest
SAT	6 miles	5K Race	7miles	7.5 miles
SUN	Stretch	Stretch	Stretch	Stretch

Cut out this schedule and put it on your refrigerator to make it easy to access. Check back in March's issue for month three of the 16-week half-marathon training plan!



HEALTH & BEAUTY FITNESS

Taylor Cummings:

WORKOUT AND NUTRITION PROFILE

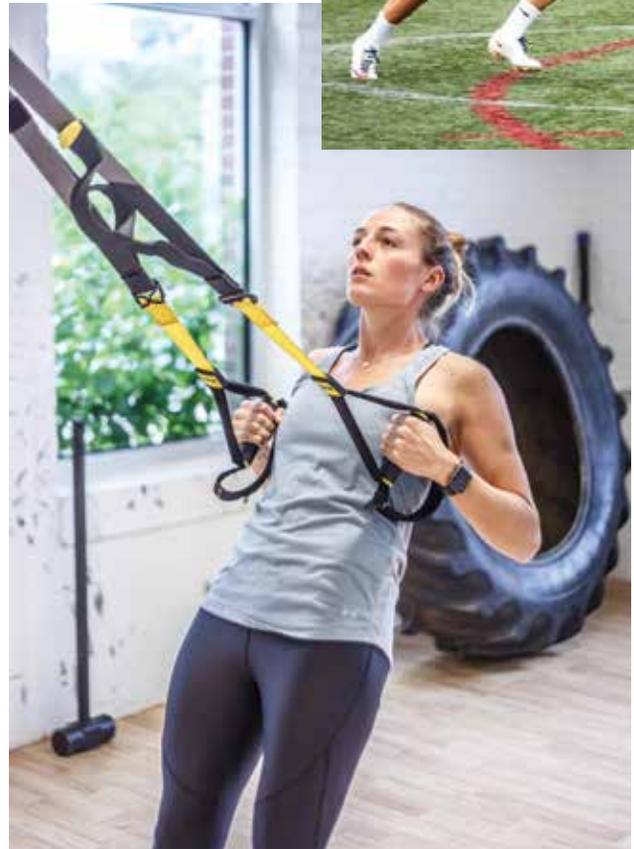
By Caley Breese Photos by Steve Buchanan Photography

Taylor Cummings is one of the most decorated women's lacrosse players of all time. She played midfield for University of Maryland and helped the Terps to two national championships (2014, 2015). In 2014, 2015, and 2016, Cummings received the Tewaaraton Award, which is given to the most outstanding American college lacrosse player. She is the only player in men's or women's lacrosse to receive this award three times. Additionally, she was a four-time first team All-American. Cummings has continued to stay involved with lacrosse since graduating from Maryland in 2016. She's an Under Armour athlete and the head coach of the powerhouse McDonogh School girls' varsity lacrosse team, which happens to be her alma mater. She also founded Taylor Cummings Lacrosse, where she leads camps and clinics for lacrosse players all over the country. Now, 24-year-old Cummings, a Baltimore resident, remains a dominant force in the sport. On top of all her other ventures, she's a member of the U.S. Women's National Team and the New York Fight, which is part of the Women's Professional Lacrosse League.

We recently talked with Cummings about how she maintains a healthy diet and exercise routine, the advice she has for starting and sticking to an exercise program, and tips for young athletes.



Photo by Ian Johnston



When you're not training with the U.S. Lacrosse team or the New York Fight, what does a typical workout look like for you?

I'll do some sort of endurance run. I'll do four-, five-, or six-mile runs, three to four times a week. Then two times a week, I'll do strength training with Jay Dyer, who's our U.S. Lacrosse trainer. I do a lot of single-leg isolation work, quick reactions, working on footwork, and little sprints. When I'm not in my peak seasons, I'll incorporate spin,

boxing, or boot camps. It's a different kind of cross-training, where I'm still getting a good workout in, but not lifting heavy weights.

A lot of these workouts are done on our own. When you get to the professional leagues, 99 percent of the work you do is outside of your team. When you get time with your team, that's where it pays off, and you can worry about lacrosse and not so much the training aspects. ➔



When you have a busier day but still need to get a workout in, what is your go-to exercise routine?

It depends on what I have available. If I have a treadmill, I'll do a 20-minute or three-mile run, and finish with a couple of sprints to get my heart rate up. If I don't have a treadmill, I do a lot of the Kayla Itsines BBG [Bikini Body Guide] workouts. There are four seven-minute circuits, and a lot of it is body weight, so you don't need equipment. If I'm in a hotel that has stairs that are open, I'll run some stairs. A go-to for me is running three or four miles or a body-weight circuit.

Do you have any favorite exercises or equipment?

I love the TRX band, not only for your arms, back, and shoulders, but also for the core. I do a lot of mountain climbers, oblique work, plus stabilization. Whenever I have the opportunity, I use the stair climber for a 15- or 20-minute blowout after a long-distance run. That's something that's super easy

in terms of you're just climbing stairs, but you still get a full-body workout.

Can you talk about your diet?

I try to go by the 80/20 rule where, especially during the week, I eat healthy when I can. I'm not a huge breakfast person, so I will typically either eat a quick bar or shake before I go work out.

I eat a lot of celery and peanut butter, raisins, and fruit. I often have turkey sandwiches or turkey pitas so I can get a little bit of protein. Dinner is where I typically get a lot more of my vegetables. I eat a lot of stir-fry where I sauté some chicken, steak, or shrimp with vegetables and rice.

There are also times where if I want a piece of pizza, I'm going to have a piece of pizza. I kind of live under the motto of you really do only live once, and I'm not going to keep myself from eating things that I want to eat. It's all about balance and making sure that you don't punish yourself for eating the bad things.

What are your exercise or nutrition goals?

I was a really picky eater when I came into college. One of my goals was branching out and trying new things. I've come a long way in terms of how much I'll eat, the variety of foods, and the number of vegetables and fruits. My goal is to be able to not have to worry about anything when I go to a restaurant. I've achieved that so far, but I want to keep trying new things and see what works for my body and what doesn't. I focus on making sure what I eat is healthy.

What advice do you have for people who are starting with an exercise routine?

Start on the treadmill or the elliptical on a slower speed for 20 minutes, and then progress to 25 minutes by the end of the week. Then maybe in a week or two, turn up the speed by a notch or two. I think starting slow and then slowly building upon it allows people to get confidence. It won't be as hard as you imagine and then you have the confidence to try new, more intense things.

If you start to get bored, try switching it up with a different piece of equipment. Start at the super basics and an easier level, and then work your way up. Don't go out and run a marathon on your first try. Build up. I think that helps people become confident, and then once they start seeing results, they get

the bug where they're like, "Okay, this is actually working. I'm actually helping my body. I feel great. I look better." I think the big thing is making sure you feel great about yourself, and not necessarily relying on what's in the mirror or what's on the scale.

What advice do you have for young athletes regarding nutrition and exercise?

As a young athlete, your body is developing. Make sure that you're talking and thinking about yourself in a positive manner. For me, while playing soccer and lacrosse, my thighs got really strong, and I started to really hate the way my body looked. It took me a while to realize that my legs and my strength were what made me really good at sports. It helped me be successful. That's when I started to really love my body and really cherish it and value everything it gave me. As an athlete, your body might look different than people who dance or people who do art. Everyone looks different, but at the end of the day, it's your vessel that allows you to do so much on and off the field. How your body looks doesn't really matter as much as how you treat yourself and what you're able to do as an athlete because of your strength.

3 Ways to Maintain the Results of a Facelift

By Kelsey Casselbury

Even when done by the most skilled surgeons, a facelift doesn't last forever. The procedure sets back the clock, but it doesn't stop the effect of time. Just like before, damaging effects from the sun, as well as lifestyle choices such as smoking and your diet, will continue to affect your skin and the rest of your body. However, you can take measures to maintain the results, as well as extend the lifespan of the procedure.



1

Upgrade Your Skincare Routine

After the procedure, drugstore products might not cut it anymore when it comes to keeping your skin looking youthful. Now, it's time to talk to your dermatologist about medical-grade skincare, such as prescription products that contain retinoids and other anti-aging ingredients such as resveratrol. While these products are only available through the doc, they affect the deeper layers of the skin (compared to the top layers that over-the-counter products target). You've heard it before, hear it again: sunscreen. It continues to be the most important skincare product, and it's the top defense against aging skin. UV rays damage skin's collagen and elastin, both required for the smooth appearance that a facelift helped achieve.

2

Schedule Complementary Procedures

Laser resurfacing treatments, which work by removing the outer layer of skin, reveal smoother, youthful-looking skin cells beneath. Other non-surgical procedures that can maintain the results of a facelift include Ultherapy, which uses micro-focused ultrasound waves to stimulate new collagen products, and Intense Pulsed Light (IPL), which treats signs of sun damage, such as pigment irregularities. Check with your surgeon to determine how long you should wait before scheduling non-surgical cosmetic treatment to make sure you have healed.

3

Enhance Your Skin from the Inside

Rather than "you are what you eat," the saying should be, "your skin is what you eat." A healthy diet full of fresh produce and lean protein will keep your skin looking youthful. In particular, you want to incorporate plenty of vitamin C, available through citrus, kale, peppers, and strawberries, to encourage collagen production; vitamin E, found in nuts and spinach, to heal wounds and smooth rough skin; vitamin A in sweet potatoes, orange and red fruits, and fish to keep skin smooth and moist; and, finally, all the vitamin Bs. They're in brightly colored fruits and vegetables, while B12 is specifically in animal products, and they help produce new skin cells.



HEALTH & BEAUTY HEALTH

Losing Sleep Over Stress?

ANXIETY AND INSOMNIA FEED OFF EACH OTHER, LEADING TO DANGEROUS SLEEP DEPRIVATION

By Kelsey Casselbury

The relationship between anxiety, stress, and sleep is a vicious cycle. First, stress can lead to anxiety. Then, anxiety leads to a lack of sleep. Finally, a lack of sleep leads to stress and more anxiety. It seems like there's no way to break the pattern.

The effects are more than just being tired, though that's no way to live your life. A lack of sleep can lead to additional psychiatric disorders, as well as physical problems such as heart conditions, high blood pressure, and stroke.

It's difficult enough to handle stress and anxiety during waking hours. When they pour over into your Rapid Eye Movement (REM) sessions, the effects can be unbearable, causing issues such as insomnia, sleepwalking, stress dreams, and cognitive distortion, also known as catastrophizing.

INSOMNIA

Sometimes you're not catastrophizing, dreaming, or sleepwalking—you simply can't go to sleep. It's not surprising that anxiety and stress make it difficult to relax enough to sleep, whether it's from general tension, feeling overwhelmed, or excessive worrying. Anxiety and insomnia feed off of each other; when you feel worried about getting enough sleep, you don't sleep enough.

How to Cope: Don't spend hours trying to go to sleep if you're stressing out about something. Get up, get a piece of paper, and start writing all your worries out to get them out of your mind and onto the page. If that doesn't work, pick up a book or listen to a calming podcast until you feel exhausted.

SLEEPWALKING

Around one million adults are prone to sleepwalking, a condition that can be exacerbated by anxiety and stress. Unfortunately, sleep deprivation also increases the risk of sleepwalking, so you can see how it turns into a vicious circle again.

How to Cope: Because sleepwalking can be caused by physical conditions, too, talk to a doctor about what's going on. Take measures to curb sleepwalking by cutting out caffeine and alcohol before bed and spending time unwinding through meditation or yoga in the evening. Good sleep hygiene can make a world of difference.

STRESS DREAMS AND NIGHTMARES

Dreams and nightmares can be so stressful that you wake up feeling emotionally exhausted from the toll the sequences took on your brain. Although anxiety and stress don't cause you to have more frequent stressful dreams or nightmares, it can intensify them.

How to Cope: Dreams, even nightmares, are your subconscious' way of working through what's going on in your brain. Even though it might not feel like it, dreams are part of healthy sleep. But if the stress dreams are just too much, talk to a therapist about what's provoking them.

COGNITIVE DISTORTION (CATASTROPHIZING)

In the middle of the night, you wake up with something on your mind. It may or may not be a big deal during waking hours, but at that moment, it's a crisis—and you can't get your mind to stop racing. Also known as catastrophizing, cognitive distortion is a common occurrence for those with anxiety disorder.

How to Cope: If you've spent a few minutes lying in bed with these anxious thoughts spiraling, get up and do a mindless chore to allow your head to clear. Sure, you're cutting out a bit of sleep by forcing yourself up, but it's unlikely you'll sleep any better if you keep letting your thoughts get the best of you.

Products We Love

THIS MONTH'S PICKS FROM THE BEAUTY BUZZ TEAM

By Caley Breese

Check out the latest and greatest hair, skin, makeup, and grooming products, reviewed by our Beauty Buzz team (and the occasional What's Up? staff member!)

GRAPE SEED CLEANSER BY MERLOT SKIN CARE

\$11/6 fl. oz., merlotskincare.com

This mild cleanser is suited for all skin types, and offers a soap-free formula that removes makeup and other impurities, but is still gentle for everyday use. Natural ingredients, including papaya, green apple, and cucumber, will leave your skin feeling soft and hydrated, while red grape seed antioxidants will keep your skin protected from free radicals.



2

For more reviews, visit us online at [WHATSUPMAG.COM](http://whatsupmag.com)



1

SEA SALT POMADE BY FATBOY

\$21/2.6 fl. oz., [The Park Salon & Barber in Severna Park](#)

It may not be beach weather, but you can still give your hair that wavy, fresh-off-the-beach look. This lightweight cream is formulated with Coconut Oil and Shea Butter to lock in moisture and protect against UV damage, and Sea Kelp and Algae extract to maintain a healthy, natural flow. To use, rub a dime-sized amount through wet hair and style as desired.

SO EXTRA DUOCHROME TOP COAT MASCARA BY COL-LAB

\$9.99, collabmakeup.com

Amplify your lashes and emphasize your eyes with this fun duochrome top coat mascara. The light-reflective formula will have your eyes glistening and your lashes shimmering as they move. To use, simply apply on top of your mascara for a glittery, dramatic look.



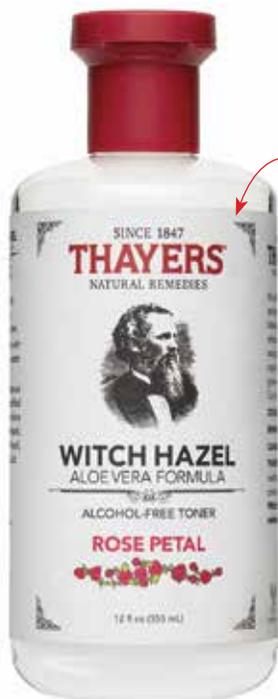
4

3

ALCOHOL-FREE ROSE PETAL WITCH HAZEL TONER BY THAYERS

\$10.95/12 fl. oz., thayers.com

Your skin will thank you when you use this cult-favorite, gluten-free toner, infused with rose and witch hazel extract. Rose works to hydrate and refresh the skin, while witch hazel tightens pores, controls oil, and protects the skin from environmental pollutants and other impurities. After you cleanse your face, douse a cotton pad with the toner and gently swipe over face and neck.



1.

"Unlike most hair styling products for men, the Sea Salt Pomade has a subtle and fresh smell that provides great hold throughout the day. I especially like the product for its low shine once applied." -Beauty Buzz Member Brian Jacobs, 26, Baltimore



2.

"Merlot is my new facial cleanser! My skin has NEVER been so clear. I no longer have to worry about my oil-prone areas looking shiny. No more oil-blotting strips an hour after I apply my makeup! I could not be more excited for what this face wash has done for me." -Beauty Buzz Member Denise Hadden, 37, Severna Park



3.

"I had clear skin as a teenager, but I've been experiencing adult acne as I've gotten older. This product has helped me so much! I have noticed a dramatic decrease in my acne and I now feel more confident to go out without makeup on. I have already recommended this product to everyone I know!" -Beauty Buzz Member Lyndsie Cox, 21, Glen Burnie



4.

"I like that the consistency is very light so that it doesn't add any additional weight or goop to the lashes when applied on top of mascara. This sparkly top coat is a fun addition to the usually flat and one-dimensional look of most mascaras. I would recommend it for a night out or for a little added fun to the everyday look." -Beauty Buzz Member Jennifer Smith, 37, Gambrills



Fresh Look

PURPLE POTATOES

By Kelsey Casselbury



When it comes to fresh produce, keep in the mind golden rule: The darker or deeper the color, the more nutrients it packs. That's certainly the case with purple potatoes (a colorful sibling of standard white potatoes), which are high in anthocyanins and flavonoids. They are both powerful antioxidants.

Anthocyanins are what gives purple and blue fruits and vegetables their color. They're also found in produce such as blackberries, blueberries, and red/purple grapes. Starch-lovers out there might want to take advantage of anthocyanin's anti-inflammatory

properties, also a benefit of flavonoids, via purple potatoes. Other potential benefits of the antioxidants include reduced risk of cardiovascular disease, cancer, and stroke.

Not all potatoes are the same. Starch levels vary, and recipes call for different amounts of it for the best outcome. Yukon Gold potatoes are the all-purpose variety of white potatoes. They have medium-moisture and medium-starch levels, and a good number of purple varieties, including Adirondack Blue, Purple Creamer, and Purple Majesty potatoes, work well when used in recipes that call for Yukon Golds.

What does that mean? Well, purple potatoes aren't going to be great in soups—they'll just turn into mush. However, they can be used in boiling and mashing, baking, and making French fries. They also stand up well when pan-frying and roasting, so next time you're making a breakfast hash with a base of crispy potatoes, consider going purple.

Simple Mashed Purple Potatoes

- 1 pound **purple potatoes** (about 3 medium-sized)
- 1 Tablespoon **kosher salt**
- 2 tablespoons fresh **lemon juice**
- 1/3 cup **extra-virgin olive oil**
- 1/4 cup **chicken or vegetable stock**
- Ground pepper** to taste



Scrub the potatoes clean, but don't peel them (there are so many nutrients in the skin!) Put them in a large pot with enough cold water to cover the potatoes by 2 inches. Add the salt.

Bring the water to a boil, and then reduce to a simmer and cook until the potatoes are tender, around 25 minutes.

Drain the potatoes and return them to the pot. Put them back on the stove, with the heat turned off, and use a large spoon to mix them up to prevent burning. This allows the residual heat from the stove to evaporate excess moisture from the potatoes.

Add the lemon juice, olive oil, and stock to the potatoes and mash with a potato masher, ricer, or another mashing utensil. Taste and season with salt and pepper if needed. Add more stock if you would like them a little creamier.



All about that brass

By Kelsey Casselbury

Brass might have a bad reputation for being a key component of cheap jewelry, but its long history and the gorgeous intricacy of high-quality brass accessories means that the status isn't deserved in the slightest.

Some claim that brass jewelry turns their skin green, which is the root of the "cheapness" claim. It's not about the quality of the metal that creates this phenomenon, but rather the presence of copper chelates. They interact with the sweat from your body, leaving a faint green

stain that's easily removed with soap and water. There's a simple solution: Have the jewelry lacquered or do it yourself by applying clear nail polish where the brass touches your skin.

Brass is a malleable metal, which refers to how easily it can be manipulated into beautiful designs. However, it's not brittle—brass is a strong, durable metal that can last for years with proper care. Using brass in jewelry dates back to at least 500 B.C., and is still popular today.



Shower of Faith Baby Fringe Earring, Lingua Nigra. Brass casting with 22-karat gold plate. \$96. Linguanigra.com.



Crab Claw Cuff, Lauren Newton Jewelry. Gold-plated brass. \$120. Laurennewtonjewelry.com.

Psyche Earrings, Lindsay Lewis Jewelry. Brass with two crazy lace agate stones. \$92. Lindsay-lewis.com.



Crab Claw Ring, Lauren Newton Jewelry. Gold-plated brass. \$85. Laurennewtonjewelry.com.



Art Deco Geometric Earrings, The Solid State. Red brass. \$150. Solidstatejewelry.com.



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Dining

72 GUIDE



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Queen Anne's County

Adam's Taphouse and Grille

100 Abruzzi Drive, Chester; 410-643-5050; Adamsgillkentsland.com; Barbecue; lunch, dinner \$\$ ☎ 🍷 🍷

Annie's Paramount Steak & Seafood House

500 Kent Narrows Way N., Grasonville; 410-827-7103; Annies.biz; Steakhouse, seafood; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🍷 🍷

Big Bats Café

216 Saint Claire Place, Stevensville; 410-604-1120; Bigbats.com; American, sports bar; lunch, dinner \$ 🍷 🍷 🍷

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; Bridgesrestaurant.net; Seafood; lunch, dinner \$\$\$ ☎ 🍷 🍷 🍷

Café Sado

205 Tackle Circle, Chester; 410-604-1688; Cafesado.com; Thai, sushi; lunch, dinner \$\$\$ 🍷 🍷 🍷

Capriotti's

500 Abruzzi Drive, Chester; 410-643-9993; Capriottis.com; Sandwiches; lunch, dinner \$ 🍷

Carmine's New York Pizza

2126 DiDonato Drive, Chester; 410-604-2123; Carminesnypizzakitchen.net; Italian, pizza; lunch, dinner \$ 🍷 🍷

Doc's Riverside Grille

511 Chesterfield Avenue, Centreville; 410-758-1707; Docsriversidegrille.com; American; lunch, dinner \$ 🍷 🍷 🍷

El Jefe Mexican Kitchen & Tequila Bar

1235 Shopping Center Road, Stevensville; 410-604-1234; Eljefemexkitchen.com; Mexican; lunch, dinner \$-\$\$\$ 🍷 🍷

Fisherman's Inn & Crab Deck

3032 Kent Narrows Way S., Grasonville; 410-827-6666; Crabdeck.com; Seafood; lunch, dinner \$\$\$ 🍷 🍷 🍷

Frix's Fire Grill

1533 Postal Road, Chester; 410-604-2525; Frixsfiregrill.com; Brazilian/American, small plates, bar/lounge; lunch, dinner \$\$\$ ☎ 🍷 🍷 🍷

Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harriscrabhouse.com; Seafood, crabs; lunch, dinner \$\$ ☎ 🍷 🍷 🍷 🍷 🍷

Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbaybridge.com; Seafood; lunch, dinner \$\$\$ ☎ 🍷 🍷 🍷

Historic Kent Manor Inn

500 Kent Manor Drive, Stevensville; 410-643-5757; Kentmanor.com; Modern American; special occasion dining, Sunday brunch \$\$\$ ☎ 🍷 🍷

The Jetty Restaurant & Dock Bar

201 Wells Cove Road, Grasonville; 410-827-4959; Jettydockbar.com; American, seafood; lunch, dinner \$ 🍷 🍷 🍷 🍷

Kentmorr Restaurant

910 Kentmorr Road, Stevensville; 410-643-2263; Kentmorr.com; American, seafood; lunch, dinner \$\$ ☎ 🍷 🍷 🍷

Knoxie's Table

180 Pier 1 Rd, Stevensville; 443-249-5777; Baybeachclub.com; American; dinner, weekend brunch ☎ 🍷 🍷 🍷

Ledo Pizza

110 Kent Landing, Stevensville; 410-643-7979; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ 🍷 🍷

Love Point Deli

109 Main Street, Stevensville; 410-604-2447; Lovepointdeli.com; Deli; lunch, dinner \$ 🍷 🍷

The Narrows Restaurant

3023 Kent Narrows Way S., Grasonville; 410-827-8113; Thenarrowsrestaurant.com; American, seafood; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🍷 🍷

O'Shucks Irish Pub

122 Commerce Street, Centreville; 410-758-3619; Oshucksirishpub.com; Irish, American; lunch, dinner \$ 🍷 🍷 🍷

Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466; Ramsheadshorehouse.com; American, brewery; breakfast, lunch, dinner \$ 🍷 🍷 🍷

Red Eye's Dock Bar

428 Kent Narrows Way N., Grasonville; 410-827-3937; Redeyedockbar.com; American, seafood; lunch, dinner \$ 🍷 🍷 🍷 🍷

Rustico Restaurant & Wine Bar

401 Love Point Road, Stevensville; 410-643-9444; Rusticoonline.com; Southern Italian; lunch, dinner \$\$\$ ☎ 🍷 🍷 🍷

SandBar at Rolph's Wharf

1008 Rolph's Wharf Road, Chestertown; 410-778-6389; Seafood; lunch, dinner \$ 🍷 🍷 🍷

Smoke, Rattle & Roll

419 Thompson Creek Road, Stevensville; 443-249-3281; Smokeratleandroll.com; BBQ; lunch, dinner \$ 🍷 🍷

Talbot County

208 Talbot

208 N. Talbot Street, St. Michaels; 410-745-3838; 208talbot.com; Modern American; dinner \$\$\$ ☎ 🍷 🍷

EL DORADO BAR & GRILL

"Best Mexican food in the area!"

-Blake Howell

Ava's Pizzeria & Wine Bar

409 S. Talbot Street, St. Michaels; 410-745-3081; Avaspizzeria.com; Italian, pizza; lunch, dinner \$\$ 🍷 🍷 🍷

Awful Arthur's Seafood Company

402 S. Talbot St., St. Michaels; 410-745-3474; Awfularthursusa.com; Fresh seafood, authentic oyster bar \$\$\$ 🍷 🍷 🍷 🍷

The Barn Steakhouse & Sports Bar

8249 Teal Drive, Easton; 410-820-0500; Thebarnofeaston.com; Steak, American; brunch, lunch, dinner \$\$\$

The BBQ Joint

216 East Dover Street, Ste. 201, Easton; 410-690-3641; Andrew-evansbbqjoint.com; Barbecue; lunch, dinner \$ 🍷 🍷 🍷

Banning's Tavern

42 E Dover Street, Easton; 410-822-1733; Banningstavern.com; American; lunch, dinner \$\$\$ ☎ 🍷 🍷

Bartlett Pear Inn

28 S. Harrison Street, Easton; 410-770-3300; Bartlettpearinn.com; Farm-to-table; dinner \$\$\$ ☎ 🍷 🍷

Bas Rouge

19 Federal Street, Easton; 410-822-1637; Basrougeeaston.com; European; lunch, dinner \$\$\$ ☎ 🍷

Bistro St. Michaels

403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; dinner, Weekend brunch \$\$ ☎ 🍷 🍷

Blackthorn Irish Pub

209 Talbot Street, St. Michaels; 410-745-8011; Irish, seafood; lunch, dinner \$\$ 🍷 🍷 🍷

Capriotti's

106 Marlboro Avenue, Easton; 410-770-4546; Capriottis.com; Sandwiches; lunch, dinner \$ 🍷

Capsize (Seasonal)

314 Tilghman Street, Oxford; 410-226-5900; Capsizeoxmd.com; American; lunch, dinner \$-\$\$\$ ☎ 🍷 🍷 🍷

Captain's Ketch

316 Glebe Road, Easton; 410-820-7177; Captainsketchseafood.com; Seafood; lunch, dinner

Carpenter Street Saloon

113 Talbot Street, St. Michaels; 410-745-5111; Carpenterstreetsaloon.com; American, seafood; breakfast, lunch, dinner \$\$ 🍷 🍷 🍷

Characters Bridge Restaurant

6136 Tilghman Island Road, Tilghman; 410-886-1060; Fresh seafood, casual atmosphere; Lunch, dinner; Charactersbridgerestaurant.com \$\$\$ 🍷 🍷 🍷

Chesapeake Landing

23713 St. Michaels Road, St. Michaels; 410-745-9600; ChesapeakeLandingrestaurant.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷

The Crab Claw Restaurant

304 Burns Street, St. Michaels; 410-745-2900; Thecrabclaw.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷

Crab N Que

207 N. Talbot St., St. Michaels; 410-745-8064; Crabnque.com; Seafood, Barbecue; lunch, dinner \$\$

Crepes By The Bay

413 S. Talbot St., St. Michaels; 410-745-8429; Breakfast, lunch 🍷 🍷 🍷

"A great local spot with fabulous food." –Deb Jackson

Doc's Sunset Grille

104 W Pier St., Oxford; 410-226-5550; American; lunch, dinner \$ 🍷 🍴 *

El Dorado Bar & Grill

201-C Marlboro Avenue, Easton; 410-820-4002; Mexican; lunch, dinner \$\$ 🍷 🍴 🍷

Foxy's Harbor Grille (Seasonal)

125 Mulberry St., St. Michaels; 410-745-4340; Foxysharborgrille.com; Seafood, American; lunch, dinner \$ 🍴 🍷 🍷 🍷 🍷 🍷

The Galley St. Michaels

305 S. Talbot Street, St. Michaels; 410-200-8572; Thegalley-saintmichaels.com; Breakfast, lunch \$ 🍴 🍷 🍷 🍷

Gina's Cafe

601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascafestmikes; Southwestern, Vegetarian; lunch, dinner \$\$

Harbour Lights

101 N. Harbor Road, St. Michaels; 410-745-9001; Harbourinn.com; American, seafood; lunch, dinner \$\$ 🍷 🍴 🍷 🍷 *

Harrison's Eastern Shore

1216 S. Talbot St., St. Michaels; 410-745-8090; Harrisonseasternshore.com 🍴 🍷

Hill's Cafe and Juice Bar

32 East Dover Street, Easton; 410-822-9751; Hillscafeandjuice.com; American, milkshakes, sandwiches; breakfast, lunch \$ 🍷

Hot off The Coals BBQ

8356 Ocean Gateway, Easton; 410-820-8500; Hotoffthecoals.com; Barbecue; lunch, dinner \$ 🍷 *

Hunters' Tavern at the Tidewater Inn

101 E. Dover Street, Easton; 410-822-4034; Tidewaterinn.com; American; breakfast, lunch, dinner, Sunday brunch \$\$ 🍴 🍷 🍷 🍷 🍷 🍷

In Japan

101 Marlboro Avenue, Easton; 410-443-0681; Injapansushi.com; Japanese, sushi; lunch, dinner \$\$ 🍷 🍴 🍷 🍷

Krave Courtyard

12 W. Dover St., Easton; 410-980-5588; American; lunch \$ *

Latitude 38 Bistro & Spirits

26342 Oxford Road, Oxford; 410-226-5303; Latitude38.biz; American, seafood; lunch, dinner, Sunday brunch \$\$ 🍴 🍷 🍷 🍷

Ledo Pizza

108 Marlboro Avenue, Easton; 410-819-3000; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ 🍷 🍷

Lighthouse Oyster Bar & Grill

125 Mulberry Street, St. Michaels; 410-745-2226; Lighthouseoysterbarandgrill.com; Seafood, American; lunch, dinner \$-\$\$ 🍴 🍷 🍷 🍷 *

Limoncello Italian Restaurant

200 S. Talbot St., St. Michaels; 410-745-3111; Limoncellostmichaels.com; Italian; lunch, dinner \$ 🍴 🍷 🍷 🍷

Lowes Wharf

21651 Lowes Wharf Road, Sherwoo; 410-745-6684; Loweswharf.com; American; lunch, dinner \$ 🍷 🍴 🍷 🍷 *

Marker Five

6178 Tilghman Island Road, Tilghman; 410-886-1122; Markerfive.com; Local seafood, lunch, dinner Thursday-Sunday \$\$ 🍷 🍴 🍷 🍷 *

Mason's Redux

22 South Harrison Street, Easton; 410-822-3204; Masonsredux.com; Modern American; lunch, dinner, Sunday brunch \$-\$\$ 🍷 🍴 🍷 🍷 *

Old Brick Café

401 S. Talbot St., St. Michaels; 410-745-3323; Breakfast

Out of the Fire Café & Wine Bar

22 Goldsborough Street, Easton; 410-770-4777; Outoffirefire.com; Mediterranean, seafood; lunch, dinner \$\$ 🍷 🍴 🍷

Peacock Restaurant & Lounge at Inn at 202 Dover

202 E. Dover Street, Easton; 410-819-8007; Innat202dover.com; Modern American; dinner \$\$ 🍷 🍴

Piazza Italian Market

218 N. Washington Street, Easton; 410-820-8281; Piazzaitalianmarket.com; Italian; lunch, takeout \$ 🍷 *

Plaza Tapatia

7813 Ocean Gateway, Easton; 410-770-8550; Plazatapatia.com; Mexican; lunch, dinner \$ 🍴 🍷 🍷

Pope's Tavern

504 S. Morris St., Oxford; 410-226-5220; Oxfordinn.net; European bistro; dinner \$\$ 🍷 🍴 🍷

Portofino Ristorante Italiano

4 W. Dover Street, Easton; 410-770-9200; Portofinoeaston.com; Italian; dinner \$\$ 🍷 🍴

Robert Morris Inn

314 North Morris Street, Oxford; 410-226-5111; Robertmorisinn.com; Modern American; breakfast, lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷 *

Sakura Sushi Restaurant

8475 Ocean Gateway, Easton; 410-690-4770; Japanese, Sushi; lunch, dinner \$-\$\$

Sam's Pizza & Restaurant

1110 S. Talbot Street, St. Michaels; 410-745-5955; Samspizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ 🍴 🍷 🍷

Scossa Restaurant & Lounge

8 N. Washington Street, Easton; 410-822-2202; Scossarestaurant.com; Northern Italian; lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷

Stars at Inn at Perry Cabin

308 Watkins Lane, St. Michaels; 410-745-2200; Perrycabin.com; Seafood; breakfast, lunch, dinner \$\$\$ 🍷 🍴 *

St. Michaels Crab & Steakhouse

305 Mulberry Street, St. Michaels; 410-745-3737; Stmichaelscrabhouse.com; American, seafood; lunch, dinner \$\$ 🍷 🍴 🍷 🍷 *

Sugar Buns Airport Café & Bakery

29137 Newnam Road, Easton; 410-820-4220; Sugarbuns.com; Baked goods, desserts, light fare; breakfast, lunch \$ 🍷

Sunflowers & Greens

11 Federal Street, Easton; 410-822-7972; Sunflowersandgreens.com; Salads; lunch \$

T at the General Store

25942 Royal Oak Road, Easton; 410-745-8402; Tatthegeneralstore.com; Dinner, Weekend brunch \$\$ 🍷 🍴

Theo's Steaks, Sides & Spirits

407 S. Talbot Street, St. Michaels; 410-745-2106; Theossteakhouse.com; Steakhouse; dinner \$\$\$ 🍷 🍴 🍷

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; Twoifbysearestaurant.com; American; breakfast, lunch, Sunday brunch \$ 🍷 🍷

U Sushi

108 Marlboro Avenue, Easton; 410-763-8868; Usushimd.com; Japanese; lunch, dinner \$\$ 🍷

Victory Garden Café

124 S Aurora St., Easton; 410-690-7356; Multi-cuisine; breakfast, lunch, dinner \$ 🍷 🍷 *

Washington Street Pub & Oyster Bar

20 N. Washington Street, Easton; 410-822-1112; Washingtonstreetpub.com; American; lunch, dinner \$\$ 🍷 🍴 🍷 🍷

Kent County**Barbara's On The Bay**

12 Ericson Avenue, Berterton; 410-348-3079; Barbarasonthebay.com; American; lunch, dinner \$\$ 🍴 🍷 🍷 🍷 *

Bay Wolf Restaurant

21270 Rock Hall Ave, Rock Hall; 410-639-2000; Baywolfrestaurant.com; Austrian & Eastern Shore Cuisine; lunch, dinner \$ 🍷

Beverly's Family Restaurant

11 Washington Ave, Chestertown; 410-778-1995; American; breakfast, lunch, coffee 🍷

Café Sado

870 High Street, Chestertown; 410-778-6688; Cafesado.com; Sushi and Thai \$\$ 🍴 🍷

The Channel Restaurant at Tolchester Marina (Seasonal)

21085 Tolchester Beach Road, Chestertown; 410-778-1400; Tolchestermarina.com; Seafood, American; lunch, dinner 🍴 🍷 *

China House

711 Washington Ave, Chestertown; 410-778-3939; Chinese; lunch, dinner \$

Ellen's Coffee Shop & Family Restaurant

205 Spring Ave, Chestertown; 410-810-1992; American; breakfast, lunch, dinner, coffee \$\$ 🍷

Evergrain Bread Company

203 High Street, Chestertown; 410-778-3333; Evergrainbreadco.com; Bakery; breakfast, lunch \$ 🍷

Figg's Ordinary

207 S. Cross Street #102, Chestertown; 443-282-0061; Figgsordinary.com; Café and Bakery; Breakfast, Lunch, Gluten and refined sugar free \$ *

Fish Whistle

98 Cannon Street, Chestertown; 410-778-3566; Fishandwhistle.com; American; lunch, dinner \$\$ 🍷 🍴 🍷 🍷 *

Ford's Seafood

21459 Rock Hall Ave, Rock Hall; 410-639-2032; Seafood; breakfast, lunch, dinner \$\$\$

Harbor House (Seasonal)

23141 Buck Neck Road, Chestertown; 410-778-0669; Harborhouseat-wortoncreekmarina.com; Seafood, American; dinner, Saturday and Sunday lunch \$\$ 🍷 🍷 🍷

Harbor Shack

20895 Bayside Ave, Rock Hall; 410-639-9996; Harborshack.net; American, seafood; lunch, dinner \$-\$\$ 🍴 🍷 🍷 *

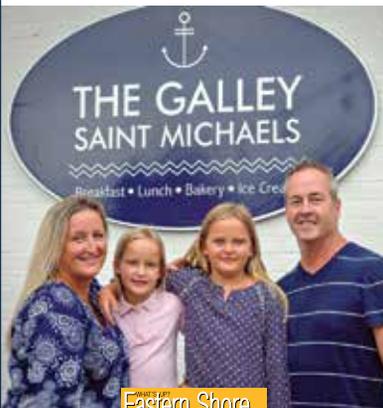
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DINING GUIDE

Java Rock

21309 Sharp St., Rock Hall; 410-639-9909; Javarockcoffeehouse.com; Gourmet coffee, light fare; breakfast, lunch \$ 🍷 *

The Kitchen at the Imperial

208 High Street Chestertown, MD. 21630; 410-778-5000; Imperialchestertown.com; Small Plates Tavern & Casual Fine Dinning Restaurant, Sunday Brunch \$\$ 🍷 🍷 🍷

Luisa's Cucina Italiana

849 Washington Ave, Chestertown; 410-778-5360; Luisasrestaurant.com; Italian; lunch, dinner \$-\$ \$ 🍷 🍷

Marzella's By The Bay LLC

3 Howell Point Road, Betterton; 410-348-5555; Italian, American; lunch, dinner \$ 🍷 🍷

New Yarmouth Café

21325 Rock Hall Ave, Rock Hall; 410-639-9933; Newyarmouthcafe.com; American, Italian; breakfast, lunch, dinner \$

O'Connor's Pub & Restaurant

844 High Street, Chestertown; 410-810-3338; American, Irish; lunch, dinner \$\$ 🍷 🍷 *

Osprey Point

20786 Rock Hall Avenue, Rock Hall; 410-639-2194; Ospreypoint.com; American, Seafood; dinner, Sunday brunch \$\$\$ 🍷 🍷 🍷

Pasta Plus

21356 Rock Hall Ave, Rock Hall; 410-639-7916; Rockhallpastaplus.com; American, Italian; breakfast, lunch, dinner \$ 🍷

Plaza Tapatia

715 Washington Ave, Chestertown 410-810-1952 Plazatapatia.com Mexican; lunch, dinner \$-\$ \$ 🍷 🍷 🍷

Procolino Pizza

711 Washington Ave, Chestertown; 410-778-5900; Italian; lunch, dinner \$-\$ \$

Two Tree Restaurant

401 Cypress Street, Millington; 410-928-5887; Twotreerestaurant.com; Farm-to-table; lunch, dinner \$\$ 🍷 🍷

Uncle Charlie's Bistro

834B High Street, Chestertown; 410-778-3663; Unclecharliesbistro.com; Modern American; lunch, dinner, Sunday brunch \$\$ 🍷 🍷

Waterman's Crab House

21055 Sharp Street, Rock Hall; 410-639-2261; Watermanscrabhouse.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷 🍷 🍷

Wheelhouse Restaurant

20658 Wilkens Ave., Rock Hall; 410-639-4235; American; dinner, weekend lunch and dinner, Sunday brunch \$\$ 🍷 🍷

Dorchester County

Bay County Bakery and Café

2951 Ocean Gateway, Cambridge; 410-228-9111; Baycountybakery.com; Sandwiches, pastries; breakfast, lunch \$ 🍷

Bistro Poplar

535 Poplar Street, Cambridge; 410-228-4884; Bistropoplar.com; French; dinner \$\$\$ 🍷 🍷 🍷

PASTA PLUS

"The pasta is fresh, delicious, and authentic." —Paul Brown WINNER

Black Water Bakery and Coffee House

429 Race Street, Cambridge; 443-225-5948; Black-water-bakery.com; Artisan breads, soups, sandwiches, desserts \$

Blue Point Provision

100 Heron Boulevard, Cambridge; 410-901-6410; Chesapeakebay.hyatt.com; Seafood; dinner \$\$ 🍷 🍷 🍷

Canvasback Restaurant & Irish Pub

420 Race Street, Cambridge; 410-221-7888; Irish, European; lunch, dinner \$\$ 🍷 🍷 🍷 🍷

Carmela's Cucina

400 Academy Street, Cambridge; 410-221-8082; Carmelascucina.com; Italian; lunch, dinner \$ 🍷 🍷

High Spot Gastropub

305 High Street, Cambridge; 410-228-7420; Thehighspotgastropub.com; Modern American; breakfast, lunch, dinner \$ 🍷 🍷 🍷 🍷

Jimmie & Sook's Raw Bar & Grill

527 Poplar Street, Cambridge; 410-228-0008; Jimmieandsooks.com; Seafood; lunch, dinner \$ 🍷 🍷 🍷 🍷

Ocean Odyssey

316 Sunburst Highway (Rt. 50), Cambridge; 410-228-8633; toddseafood.com; Seafood; lunch, dinner \$\$, 🍷 🍷 *

Portside Seafood Restaurant

201 Trenton Street, Cambridge; 410-228-9007; Portsidemaryland.com; Seafood; lunch, dinner \$ 🍷 🍷 🍷 *

RAR Brewing

504 Poplar Street, Cambridge; 443-225-5664; Rarbrewing.com; American; lunch, dinner \$ 🍷 🍷

Rock Lobstah

315 Gay Street, Cambridge; 443-477-6261; Rocklobstah.com; Seafood; lunch, dinner \$\$ 🍷

Snapper's Waterfront Café

112 Commerce Street, Cambridge; 410-228-0112; Snapperswaterfrontcafe.com; American, seafood; lunch, dinner, Sunday breakfast \$ 🍷 🍷 🍷 🍷 🍷

Stoked Wood Fired Eatery

413 Muir St., Cambridge; 443-477-6040; Stokedwoodfiredeatery.com; Italian; lunch, dinner \$ 🍷 🍷 🍷 🍷

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; Suicide-bridge-restaurant.com \$\$\$ 🍷 🍷 🍷

Caroline County

Harry's on the Green

4 South First Street, Denton; 410-479-1919; Harrysonthegreen.com; American, seafood; lunch, dinner \$\$ 🍷 🍷 *

Market Street Public House

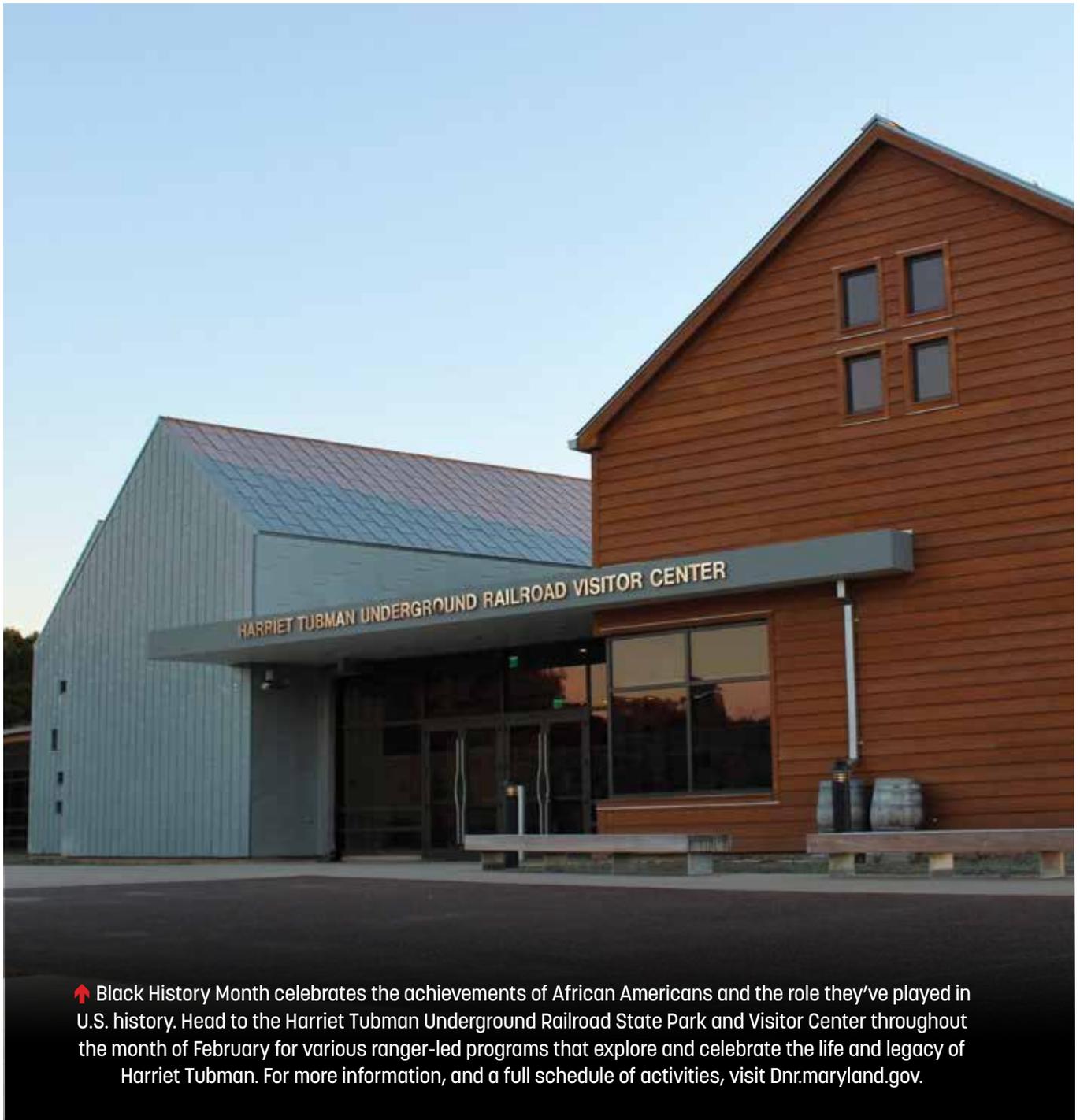
200 Market Street, Denton; 410-479-4720; Marketstreet.pub Irish, American; lunch, dinner \$ 🍷 🍷

February Calendar

+

(F) FAMILY EVENTS **(C)** CHARITY EVENTS **(TIX)** AVAILABLE AT [WHATSUPTIX.COM](https://whatsuptix.com)

Advertisers listed in **red** What's Up? Tix event listed in **blue**



↑ Black History Month celebrates the achievements of African Americans and the role they've played in U.S. history. Head to the Harriet Tubman Underground Railroad State Park and Visitor Center throughout the month of February for various ranger-led programs that explore and celebrate the life and legacy of Harriet Tubman. For more information, and a full schedule of activities, visit Dnr.maryland.gov.

Friday

1

SPECIAL EVENTS

First Friday in Chestertown at Downtown Chestertown, Chestertown. 5-8 p.m. Free. 443-282-0246. Kentcounty.com

No Limits! Monster Trucks at Wicomico Youth & Civic Center, Salisbury. 7 p.m. \$30 for adults, \$15 for children ages 12 and under. 410-548-4900. Wicomicociviccenter.org (F)

Kent's Carvers and Clubs: Guides, Gunners and Co-Ops at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. \$6-15. Now through March 31, 2019. 410-745-2916. Cbmm.org

Exploring the Chesapeake - Mapping the Bay at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Prices vary. Now through March 17, 2019. 410-745-2916. Cbmm.org

A Century of Conservation: The 1918 North American Migratory Bird Treaty at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon-Sat.), 12-5 p.m. (Sun.). \$7 adult, \$5 seniors, \$3 child and college student with ID, free for members and veterans/active military. Now through February 17, 2019. 410-742-4988. Wardmuseum.org

Variations on a Theme (Still Life and Portraiture) at Chestertown RiverArts, Chestertown. 11 a.m.-5:30 p.m. (Tues.-Fri.), 10 a.m.-5:30 p.m. (Sat.), 11 a.m.-3 p.m. (Sun.). Now through February 24th, 2019. Free. 410-778-6300. Chestertownriverarts.net

New Hope at What's Up? Media Gallery, Annapolis. 8 a.m.-6 p.m. (Mon.-Fri.) Now through April 12th, 2019. Free. 410-266-6287. Whatsupmag.com

MUSIC

The Kingston Trio at Avalon Theatre, Easton. 8 p.m. \$50. 410-822-7299. Avalonfoundation.org

THE WEIGHT BAND feat. Members of The Band, Levon Helm Band & Rick Danko Group at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

Toni Braxton at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 800-745-3000. Mgmnationalharbor.com

PERFORMING ARTS

The Dining Room at Wor-Wic Community College - Guerrieri Hall, Salisbury. 8 p.m. \$9-15. Communityplayersofsalisbury.org

SPORTS

Washington Capitals vs. Calgary Flames at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday

2

SPECIAL EVENTS

No Limits! Monster Trucks at Wicomico Youth & Civic Center, Salisbury. 1 p.m. & 7 p.m. \$30 for adults, \$15 for children ages 12 and under. 410-548-4900. Wicomicociviccenter.org (F)

STEAM Team: Digging Down & Digging it Up at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. Cbmm.org (F)

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. Cbmm.org

First Saturday Guided Walk at Adkins Arboretum, Ridgely. 10-11 a.m. Prices vary. 410-634-2847. Adkinsarboretum.org

MUSIC

Good Deale Bluegrass & Eastman String Band at Rams Head On Stage, Annapolis. 8 p.m. \$22.50. 410-268-4545. Ramsheadonstage.com

Kenny Knopp at Robert Morris Inn, Oxford. 6:30 p.m. Free. 410-226-5111. Robertmorrison.com

The Met: Live in HD 2018-19 Season at Avalon Theatre, Easton. 1 p.m. Prices vary. 410-822-7299. Avalonfoundation.org

Sylvia Strolling on the Accordion at Old Stein Inn, Edgewater. 5 p.m. Free. 410-798-6807. Oldstein-inn.com

PERFORMING ARTS

The Dining Room at Wor-Wic Community College - Guerrieri Hall, Salisbury. 2 p.m. & 8 p.m. \$9-15. Communityplayerofsalsalbury.org

SPORTS

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Sunday

3

SPECIAL EVENTS

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. Cbmm.org

SPORTS

Washington Capitals vs. Boston Bruins at Capital One Arena, Washington. 12:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

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Monday

4

SPECIAL EVENTS

Lunch & Learn St Michaels Library at St. Michaels Library, Saint Michaels. 12-1 p.m. Free. 410-745-5877.

MUSIC

Kasey Chambers at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Wizards vs. Atlanta Hawks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday

5

SPECIAL EVENTS

Literary House & Sophie Kerr Series: Living Writers - A Reading by Lucy Corin at Rose O'Neill Literary House, Chestertown. 4:30 p.m. Free. Kentcounty.com

SPORTS

Washington Capitals vs. Vancouver Canucks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Wednesday

6

SPECIAL EVENTS

Open Boatshop at Chesapeake Bay Maritime Museum, St. Michaels. 5:30-8:30 p.m. \$35. 410-745-2916. Cbmm.org

MUSIC

Arrival From Sweden: The Music of ABBA at Rams Head On Stage, Annapolis. 8 p.m. \$45. 410-268-4545. Ramsheadonstage.com

Thursday

7

SPECIAL EVENTS

Winter Speaker Series: Augustine Herrman's Remarkable Map of the 17th Century Chesapeake at Chesapeake Bay Maritime Museum, St. Michaels. 2 p.m. \$35. 410-745-2916. Cbmm.org

MUSIC

Greg Brown at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. Ramsheadonstage.com

Frankie Valli & The Four Seasons at The Hippodrome Theatre, Baltimore. 7:30 p.m. Prices vary. 800-982-2787. France-merrickpac.com

PERFORMING ARTS

Jim Gaffigan at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. Prices vary. 410-900-1150. Modell-lyric.com

SPORTS

Washington Capitals vs. Colorado Avalanche at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Friday

8

SPECIAL EVENTS

Progressive International Motorcycle Show at Walter E. Washington Convention Center, Washington. 3-7 p.m. \$17 for adults, free for children 11 and under. Motorcycleshows.com (F)

PERFORMING ARTS

Fred Armisen at Lincoln Theater, Washington. 8 p.m. \$35. 202-888-0050. Thelincolndc.com

Jim Gaffigan at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. 9:30 p.m. Prices vary. 410-900-1150. Modell-lyric.com

The Dining Room at Wor-Wic Community College - Guerrieri Hall, Salisbury. (See 2/1).

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. 8 p.m. TBA. 410-810-2060. Garfieldcenter.org

SPORTS

Washington Wizards vs. Cleveland Cavaliers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday

9

SPECIAL EVENTS

Second Saturday Art Night Out at Town of St. Michaels. 5 p.m. Free. Tourtalbot.org

Second Saturday in Downtown Cambridge at Downtown Cambridge. 5-9 p.m. Free. Downtowncambridge.org

Bingomania at Wicomico Youth & Civic Center, Salisbury. 7:30 p.m. \$45 in advance, \$55 at the doors. 410-548-4900. Wicomocivic-center.org

Boating Essentials at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m. \$35. 410-745-2916. Cbmm.org

STEAM Team: Star Power at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. Cbmm.org (F)

Valentine's Dance at American Legion Post 228, Rock Hall. 7-11 p.m. Free. Kentcounty.com

Barrel & Tank Tasting at Crow Vineyard & Winery, Kennedyville. 4-6 p.m. \$25. 302-304-0551. Crowvineyardandwinery.com

Progressive International Motorcycle Show at Walter E. Washington Convention Center, Washington. 10 a.m.-8 p.m. \$17 for adults, free for children 11 and under. Motorcycleshows.com (F)

MUSIC

The Dirty Grass Players: The Dark Side Of The Peach at Rams Head On Stage, Annapolis. 8 p.m. \$10. 410-268-4545. Ramsheadonstage.com

Arlo Guthrie: Alice's Restaurant -- Back By Popular Demand Tour feat. Sarah Lee Guthrie at Maryland Hall at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. \$75-\$90. 410-263-5544. Marylandhall.org

PERFORMING ARTS

The Dining Room at Wor-Wic Community College - Guerrieri Hall, Salisbury. 2 p.m. \$9-15. Communityplayersofsalisbury.org

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

SPORTS

Washington Capitals vs. Florida Panthers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Sunday

10

SPECIAL EVENTS

Open Studio: Book Arts Studio at Academy Arts Museum Of Easton, Easton. 1-4 p.m. TBD. 410-822-2787. Academyartmuseum.org

Progressive International Motorcycle Show at Walter E. Washington Convention Center, Washington. 10 a.m.-5 p.m. \$17 for adults, free for children 11 and under. Motorcycleshows.com (F)

Boating Essentials at Chesapeake Bay Maritime Museum, St. Michaels. 1 p.m.-3 p.m. \$35. 410-745-2916. Cbmm.org

MUSIC

Valerie June at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. 3 p.m. TBA. 410-810-2060. Garfieldcenter.org

On Stage

The Dining Room

Salisbury Community Players; February 1st through February 9th, 2019; \$9-15; Communityplayersofsalisbury.org The play is set in the dining room of a typical well-to-do household, the place where the family assembles daily for breakfast and dinner and for any and all special occasions. The action is comprised of a mosaic of interrelated scenes—some funny, some touching, some rueful—which, taken together, create an in-depth portrait of a vanishing species: the upper-middle-class WASP.

Who's Afraid of Virginia Woolf?

Garfield Center for the Arts; February 8th through February 24th, 2019; TBA; Garfieldcenter.org; 410-810-2060 *Who's Afraid of Virginia Woolf?* centers around George, a professor at a small college, and his wife, Martha. They host a young couple for an evening of drinks, secrets and arguments. But underneath the edgy banter between both couples lurks an undercurrent of tragedy and despair.

Four Weddings and an Elvis

Tred Avon Players; February 14th through February 24th, 2019; Prices vary; Tredavonplayers.org; 410-226-0061 *Four Weddings and an Elvis* is composed of four wedding scenes that all take place in one Las Vegas wedding chapel.

Monday

11

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyartmuseum.org

Literary House & Sophie Kerr Series: A Tea & Talk with Dr. Andrew Oros at Rose O'Neill Literary House, Chestertown. 4:30 p.m. Free. Kentcounty.com

MEMBER NIGHT: We Love the Bay! at Chesapeake Bay Maritime Museum, St. Michaels. 5 p.m. Free for CBMM members. 410-745-2916. Cbmm.org

SPORTS

Washington Capitals vs. Los Angeles Kings at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday

12

SPECIAL EVENTS

Volunteer Fundraiser at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m. Free. 410-745-2916. Cbmm.org

MUSIC

Walter Trout at Rams Head On Stage, Annapolis. 8 p.m. \$32.50. 410-268-4545. Ramsheadonstage.com

Exhibitions



Rom Akins, "Becoming"

Variations on a Theme (Still Life and Portraiture)

Chestertown RiverArts; Now through February 24th, 2019; Opening Reception: February 1st, 5-8 p.m.; Free; Chestertownriverarts.org; 410-778-6300 Two of the longest enduring artistic genres, still life and portraiture, have traditionally represented the literal, realistic likeness of either inanimate objects or the human personality. In *Variations on a Theme*, however, artists are asked to strive for something more expansive, interpretive, creative, and/or symbolic, and encouraged to engage and challenge the viewer by giving new ways of looking at the ordinary, breaking the "rules" of the genre, or enhancing understanding of what still life or portraiture might be.

How We Live with Nature: The Student Art Show

Ward Museum, Salisbury University; February 22nd through April 14th, 2019; Prices vary; Wardmuseum.org; 410-742-2988 The annual Student Art Show at the Ward Museum brings together a wide range of student artists, focused on a specific theme. For 2019, the theme of the Student Art Show is "How We Live with Nature," focusing on the everyday landscapes of our communities and how each person interacts with it.

Wednesday

13

SPECIAL EVENTS

Winter Speaker Series: Exploring Maryland's Lost Capital of St. Mary's at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$35. 410-745-2916. Cbmm.org

MUSIC

The 5th Dimension at Rams Head On Stage, Annapolis. 8 p.m. \$75. 410-268-4545. Ramsheadonstage.com

Thursday

14

MUSIC

Valentine's Day with Jazz on the Chesapeake at Academy Art Museum, Easton. 8 p.m. \$48. 410-819-0380. Jazzon-thechesapeake.com

PERFORMING ARTS

Four Weddings and an Elvis at Oxford Community Center, Oxford. 7:30 p.m. Prices vary. 410-226-0061. Tredavonplayers.org

Friday

15

SPECIAL EVENTS

OC Seaside Boat Show at Roland E. Powell Convention Center, Ocean City. 11 a.m.-7 p.m. \$10 general admission, \$15 for a weekend pass, \$1 for kids. Ooboatshow.com (F)

MUSIC

Martin Sexton at Rams Head On Stage, Annapolis. 8 p.m. \$42.50. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).
Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

Saturday

16

SPECIAL EVENTS

OC Seaside Boat Show at Roland E. Powell Convention Center, Ocean City. 10 a.m.-7 p.m. \$10 general admission, \$15 for a weekend pass, \$1 for kids. Ooboatshow.com (F)
STEAM Team: Rock-ing it with Geology at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. Cbmm.org (F)
Winter Greens & Distinctive Bark Soup 'n Walk at Adkins Arboretum, Ridgely. 11 a.m.-1:30 p.m. \$25 for members, \$30 for non-members. 410-634-2847. Adkinsarboretum.org

MUSIC

Foreplay: A Tribute to 70s Rock - 7th Annual Heart Health Benefit at Rams Head On Stage, Annapolis. 8 p.m. \$42.50. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).
Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

SPORTS

Army-Navy Basketball Doubleheader at Navy Alumni Hall, Annapolis. 12 p.m. \$20 for adults, \$3 for youth and seniors. Navysports.com (F)

Sunday

17

SPECIAL EVENTS

OC Seaside Boat Show at Roland E. Powell Convention Center, Ocean City. 10 a.m.-5 p.m. \$10 general admission, \$15 for a weekend pass, \$1 for kids. Ooboatshow.com (F)

MUSIC

Boyz II Men at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 800-745-3000. Mgmnationalharbor.com
Rahsaan Patterson at Rams Head On Stage, Annapolis. 8 p.m. \$49.50. 410-268-4545. Ramsheadonstage.com
Young Dubliners at Rams Head On Stage, Annapolis. 1 p.m. \$22. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/10).
Four Weddings and an Elvis at Oxford Community Center, Oxford. 2 p.m. Prices vary. 410-226-0061. Tredavonplayers.org

Monday

18

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum of Easton, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

Tuesday

19

SPECIAL EVENTS

Krenov Style Plane-Making at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$175. 410-745-2916. Cbmm.org

MUSIC

Al Di Meola: OPUS & More Acoustic Tour at Rams Head On Stage, Annapolis. 8 p.m. \$65. 410-268-4545. Rams-headonstage.com

Michael Bublé at Capital One Arena, Washington. 8 p.m. Prices vary. Capitalonearena.com
monumentalsportsnetwork.com

PERFORMING ARTS

The King and I at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-mer-rickpac.com

Wednesday

20

SPECIAL EVENTS

Winter Speaker Series: The History and Archaeology of the Leonard Calvert House Site at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$35. 410-745-2916. Cbmm.org

MUSIC

John Mellencamp at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

PERFORMING ARTS

The King and I at The Hippodrome Theatre, Baltimore. (See 2/19).

Thursday

21

SPECIAL EVENTS

Krenov Style Plane-Making at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$175. 410-745-2916. Cbmm.org

MUSIC

NSO Pops: Star Wars: The Force Awakens at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

The King and I at The Hippodrome Theatre, Baltimore. (See 2/19).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

Friday 22

SPECIAL EVENTS

American Craft Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. Prices vary. 612-206-3100. craftcouncil.org (F)

Best Girlfriends Weekend at Aspen Institute Wye River Conference Center, Queenstown. 5-12 p.m. \$350. whatsuptix.com (C) (TIX)

National Outdoor Show at South Dorchester School, Church Creek. 5 p.m. \$8 for adults, \$4 for children. nationaloutdoorshow.org (F)

How We Live with Nature: The Student Art Show at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through April 14th, 2019. \$7 for adults, \$5 for seniors, \$3 for children and college students. 410-742-4988. wardmuseum.org

MUSIC

James McMurtry at Rams Head On Stage, Annapolis. 8 p.m. \$27.50. 410-268-4545. ramshadeonstage.com

NSO Pops: Star Wars: The Force Awakens at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. kennedy-center.org

Marc Anthony Legacy Tour at Capital One Arena, Washington. 9 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com

PERFORMING ARTS

Tyler Perry's Madea's Farewell Play Tour at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. 410-347-2020. royalfarmsarena.com

The King and I at The Hippodrome Theatre, Baltimore. (See 2/19).

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

Saturday 23

SPECIAL EVENTS

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. cbmm.org

Best Girlfriends Weekend at Aspen Institute Wye River Conference Center, Queenstown. 5-12 p.m. \$350. whatsuptix.com (C) (TIX)

Shore Craft Beer Fest: Love on Tap at Seacrets Jamaica USA, Ocean City. 1-4 p.m. \$35 for general admission, \$50 for VIP. shorecraftbeerfest.com

STEAM Team: Build a Boat & Make it Float at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. cbmm.org (F)

Annapolis Home and Garden Expo at The Byzantium Event Center, Annapolis. 10 a.m.-6 p.m. \$5 for adults, \$3 for military, free for children 14 and under. midatlanticexpos.com (F)

American Craft Show at Baltimore Convention Center, Baltimore. 10 a.m.-6 p.m. Prices vary. craftcouncil.org (F)

Saltwater Fishing Expo at Annapolis Elks Lodge, Edgewater. 8 a.m.-3 p.m. \$5 for adults, free for kids 14 and under. saltwaterfishingexpo.com (F)

MUSIC

David Bromberg Quintet at Rams Head On Stage, Annapolis. 8 p.m. \$45. 410-268-4545. ramshadeonstage.com

NSO Pops: Star Wars: The Force Awakens at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. kennedy-center.org

PERFORMING ARTS

The King and I at The Hippodrome Theatre, Baltimore. 8 p.m. & 2 p.m. Prices vary. 800-982-2787. france-merckpac.com

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

SPORTS

Washington Wizards vs. Indiana Pacers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Sunday 24

SPECIAL EVENTS

Crawfish Boil and Muskrat Stew at Downtown Cambridge, Cambridge. 1 p.m.-6 p.m. \$5. 443-477-2189. (F)

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. cbmm.org

Best Girlfriends Weekend at Aspen Institute Wye River Conference Center, Queenstown. 5-12 p.m. \$350. whatsuptix.com (C) (TIX)

The 2019 Empty Bowls Community Dinner at Immanuel Lutheran Church, Easton. 5 p.m. TBD. talbotcountyemptybowls.org (C)

Annapolis Home and Garden Expo at The Byzantium Event Center, Annapolis. 11 a.m.-5 p.m. \$5 for adults, \$3 for military, free for children 14 and under. midatlanticexpos.com (F)

American Craft Show at Baltimore Convention Center, Baltimore. 11 a.m.-5 p.m. Prices vary. craftcouncil.org (F)

MUSIC

NSO Family Concert: Let's Go to the Moon! at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 4 p.m. \$15-18. 202-467-4600. kennedy-center.org (F)

PERFORMING ARTS

The King and I at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. Prices vary. 800-982-2787. france-merckpac.com

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/10).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/17).

SPORTS

Washington Capitals vs. New York Rangers at Capital One Arena, Washington. 12:30 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Monday 25

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1-3:30 p.m. TBD. 410-822-2787. academyart-museum.org

MUSIC

The Milk Carton Kids at Rams Head On Stage, Annapolis. 8 p.m. \$47.50. 410-268-4545. ramshadeonstage.com

Tuesday 26

MUSIC

The High Kings at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. ramshadeonstage.com

SPORTS

Washington Capitals vs. Ottawa Senators at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Wednesday 27

SPECIAL EVENTS

Winter Speaker Series: Religion in Early Maryland at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$35. 410-745-2916. cbmm.org

Thursday 28

SPECIAL EVENTS

Literary House & Sophie Kerr Series: Living Writers - A Reading By Edward P. Jones at Rose O'Neill Literary House, Chestertown. 4:30 p.m. Free. kentcounty.com

MUSIC

Amy Grant at Rams Head On Stage, Annapolis. 8 p.m. \$95. 410-268-4545. ramshadeonstage.com

FIND MORE EVENTS AT WHATSUPMAG.COM/CALENDAR

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Where's Wilma?

FIND WILMA AND WIN!

Ah, February...the month of love. Love yourself by making your health and happiness a priority. Read up on some self-care tips and tricks in "Fifteen Science-Backed Ways to Practice Self-Care." Don't forget to buy your tickets for What's Up?'s annual LOOK event on March 1st, where you can hear some self-care advice by local professionals! Check out the calendar for some events to celebrate Black History Month, and follow Wilma to the restaurant guide, where she can show you some great places to catch the big game on Sunday, February 3rd. Let's make the best of the shortest month of the year!

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 this month's winner: Ava Hepfer of Grasonville, who won a gift certificate to Fisherman's Crab Deck!

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



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What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by February 28th, 2019. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

AAMC Foundation.....70

Annapolis Auto.....45, 45

Bay Carpets Cabinets & Floors.....59

Chaney Homes.....26

Chesapeake Bay Beach Club.....3

Dee Dee McCracken - Coldwell Banker.....46

Djawdan Center for Implant and Restorative Dentistry1

Eastern Shore Dental Care.....17

For All Seasons Inc.....5

Haven Ministries.....9

JBS & Company LLC.....LBFP

Kent Island Pediatric Dentistry15

Lundberg Builders.....55

McHale Landscape Design Inc.....60

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Naval Academy Athletic Assn.....55

Piazza Italian Market.....74

Sullivan Surgery and Spa.....IFC

The Galley74

University of Maryland Shore Regional Health.....BC

Warren's Wood Works15

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