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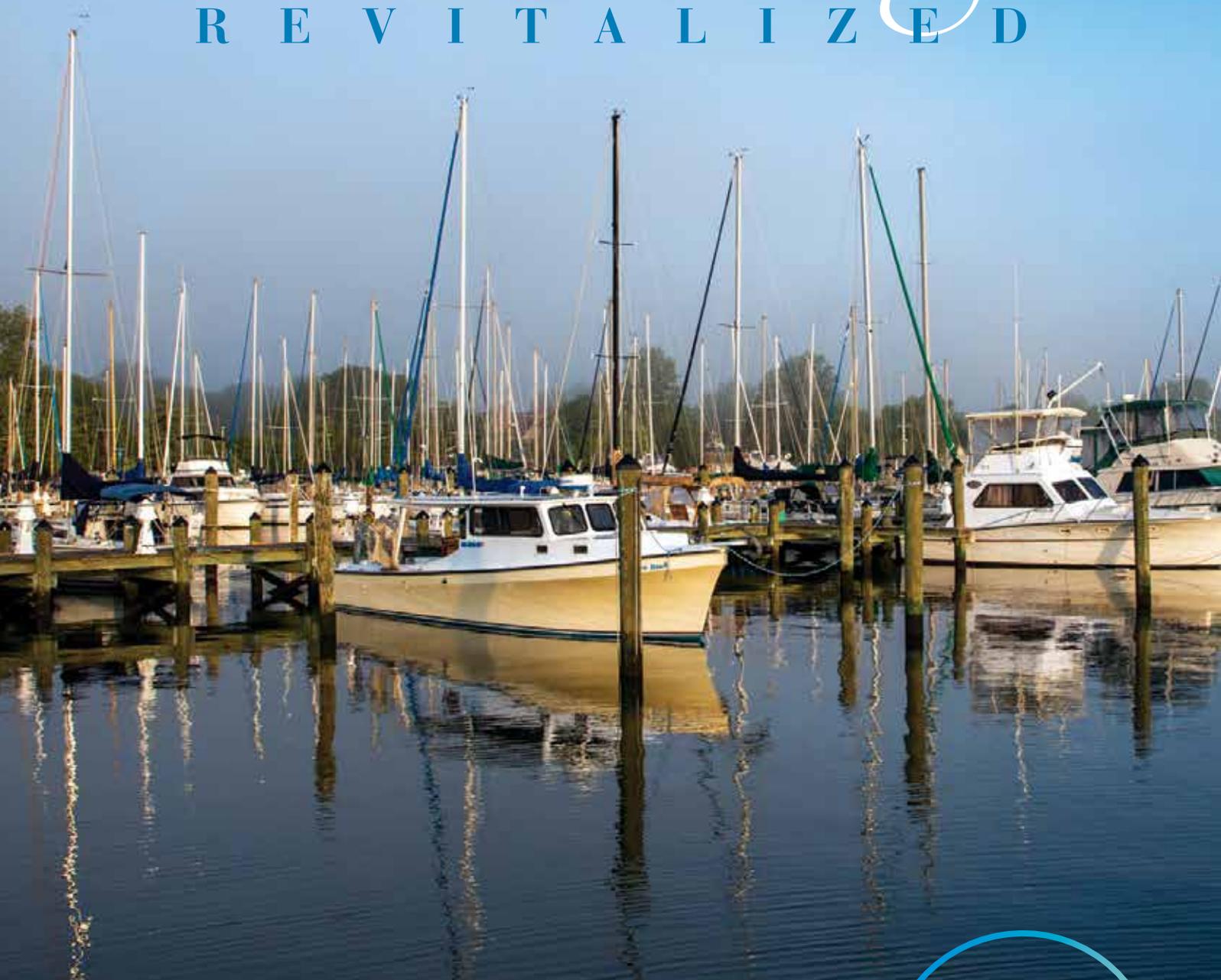
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On the Cover: Cambridge is undergoing significant redevelopment along its waterfront. Learn about the enhancements in this month's feature article. Design by August Schwartz Contact *What's Up? Eastern Shore* online at WhatsUpMag.com
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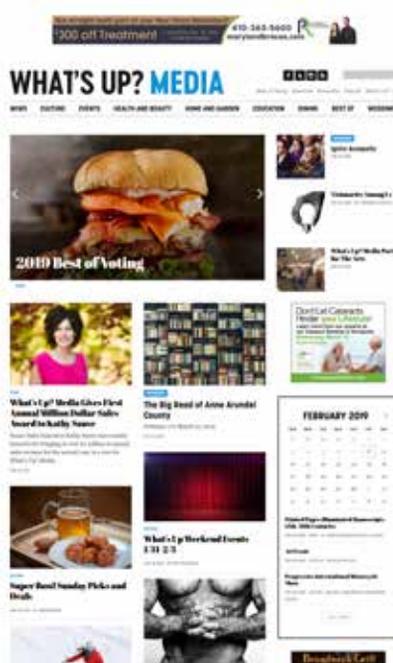
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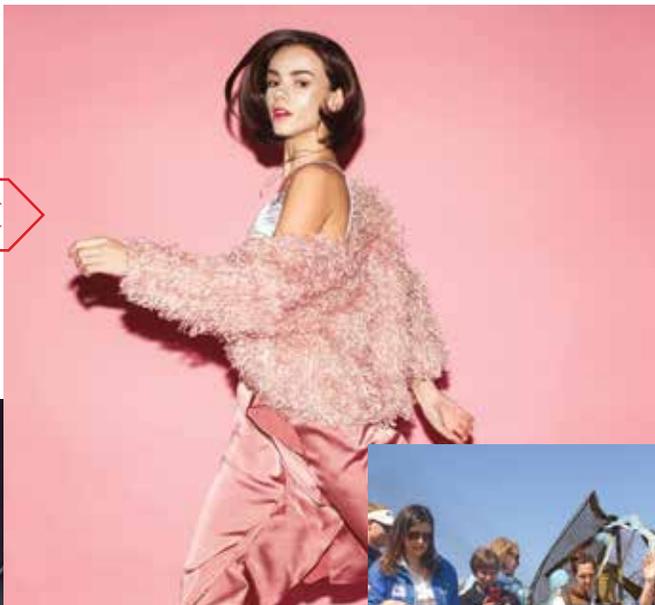
UPCOMING MARCH EVENTS ON

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The Look 2019

What's Up? Media
The Westin Annapolis Hotel
6:00pm - 9:00pm | \$18



23

Annapolis Oyster Roast & Sock Burning

Annapolis Maritime Museum
12:00pm - 4:00pm | \$25-85



3

Murder Mystery Dinner Party

The Republican Women of Anne Arundel County (RWAAC)
Primo Pasta
2:00pm - 6:00pm | \$80



9

Music 4 Maryland featuring Noah Guthrie & Priddy Music Academy

Music 4 More
Metropolitan Kitchen & Lounge
7:00pm - 12:00am | \$30



Save the Date!

June 19

What's Up? Media
Best of Eastern Shore Party
Prospect Bay Country Club
6:00pm - 9:00pm

Our goal is to host tickets for all organizations, from small charity groups, artists and entrepreneurs to the region's largest festivals, concerts and playhouses. So, no matter what you're interested in attending—cooking lessons, networking lunches, concerts, fundraisers, food and wine festivals and so much more—we've got you covered. Call 410.266.6287 or visit whatsuptix.com.

From the publisher



have good news. March 20th is the first day of Spring! Whether or not the weather cooperates, officially it will be spring. What that means to me is longer, warmer days with fewer gray skies and bluer. It is a very hopeful season for me. It promises good times ahead with many opportunities to be outside enjoying the more laid back and seemingly freer lifestyle. Fun fact: According to the *Farmers' Almanac*, this is the month that worms come out of the ground, which is, I guess, why we see so many pictures of robins with their beaks filled with the poor worms. In fact, the full moon in March is called the worm full moon!

The features in this issue of What's Up? have the air of new things happening and fun on the horizon. I love the story of the new farm families. This is a way of life that seemed doomed but now—with a little ingenuity and help from the state Department of Agriculture, local universities, and private organizations—is again becom-

ing a good possibility as a rewarding lifestyle. If a total lifestyle change isn't for you right now, another article I love is the one on gardening with kids. This time, the results are more personal but just as meaningful. Perhaps, just growing one tomato plant will give you and your child or grandchild a wonderful memory. That can be priceless.

This is the time of year when so many of us start new projects in our homes. We showcase new trends in furnishings, colors, and styles to give you more inspiration. Or, if by chance, you decide to leave the old

"It is a very hopeful season for me. It promises good times ahead with many opportunities to be outside enjoying the more laid back and seemingly freer lifestyle."

behind and find another place to live, we have many pictures of homes for sale and the real estate agents to help you find them. Sometimes I think of this section of the magazine as a "dream book."

So, there are bound to be at least a few good sunny days this month. My wish for you is that you can find time to take some summer furniture and maybe a glass or two of something delicious outside and enjoy the moment. Just think, this is only the beginning. We have the rest of the spring and summer ahead of us!

Veronica Tovey,
President + Publisher

Out on the TownE

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↑ Heart & Music

For All Seasons, Inc., The Behavioral Health and Rape Crisis Center, brings you songs from Broadway and beyond at their ninth annual Heart & Music event, held on Thursday, March 7th (6 p.m.), Friday, March 8th & Saturday, March 9th (8 p.m.), and Sunday, March 10th (2 p.m.) at the Oxford Community Center. Director Ed Langrell and Music Director Ellen Barry Grundren return with "Songs from the Stage," featuring selections by Carole King, Sara Bareilles, and Frankie Valli and the Four Seasons. Tickets are \$25 for adults and \$10 students. For more information, visit forallseasonsinc.org.



↑ RECLAIMED RUNWAY

Join Chestertown RiverArts for an evening of creativity, hilarity, and community fun at the second annual Recycled Runway on Saturday, March 23rd, 5–9 p.m. in the Chesapeake Room of the Rock Hall Volunteer Fire Department. This fashion show will feature one-of-a-kind creations designed by artists and groups of all ages using recycled or re-purposed materials. The event benefits RiverArts' educational programming for children and adults. Tickets are \$50 for general admission and \$100 for runway seating. For more information, visit Chestertownriverarts.net.

19TH ANNUAL EAGLE FESTIVAL

Visit the Blackwater National Wildlife Refuge for its 19th Annual Eagle Festival on Saturday, March 16th, 9 a.m.–4 p.m. Celebrate birds of prey at the home of one of the largest breeding populations of bald eagles in the eastern United States. All activities are free and include make-and-take crafts for kids, live bird programs with close-up looks at eagles, owls, and falcons, refuge tours, and eagle prowls. For more information, visit Fws.gov.

↓ IRISH BINGO

Kick off St. Patrick's Day early on Friday, March 15th, 5:30–9:30 p.m. with some old-fashioned bingo at the Chesapeake Bay Environmental Center in Grasonville. Snacks and drinks will be provided, and homemade Irish soups and soda bread will be available to purchase. Game winners will receive a cash prize of \$30 per game, and there will be plenty of door prizes donated by local businesses. Tickets are \$35 per person, and pre-registration is required. Proceeds benefit the Chesapeake Bay Environmental Center. For more information, or to register, visit Bayrestoration.org.



CHESAPEAKE BAY MARITIME MUSEUM WINTER SPEAKER SERIES

Held biannually at the Chesapeake Bay Maritime Museum's (CBMM) Van Lennep Auditorium, the CBMM Speaker Series features talks, discussions, performances, and films about Chesapeake-related topics. On Thursday, March 7th, 2 p.m., join Rod Cofield, executive director of Historic London Town and Gardens, as he examines London Town's development and decline as a colonial Chesapeake town. Registration is \$7.50, with a 20 percent discount for CBMM members. For more information, and to register, visit Cbmm.org.



↑ GRAHAM NASH

Legendary Grammy Award-winning musician Graham Nash comes to the Avalon

Theatre in Easton on Sunday, March 10th, 7 p.m. Nash is a Rock and Roll Hall of Fame inductee with Crosby, Stills, and Nash (CSN), and was inducted into the Songwriters Hall of Fame with CSN and as a solo artist. Ticket prices vary. For more information, visit Avalonfoundation.org.



ST. MICHAELS DAFFODIL FESTIVAL

Celebrate the tens of thousands of bright daffodils planted in St. Michaels during the second annual Daffodil Festival on Saturday, March 30th through Sunday, March 31st. Festivities include a daffodil parade on Talbot Street, contests, and historic daffodil tours hosted by the St. Michaels Museum. Participating restaurants will be offering daffodil-inspired menu items throughout the weekend. For more information, including a complete schedule of activities, visit Stmichaelsinbloom.com.

GET PUMPED FOR PETS RUN AND FUN WALK

Join Get Pumped for Pets for their ninth annual 5K/10K/15K and 5K Fun Walk on Sunday, March 31st, 9 a.m. The race begins near Terrapin Park in Stevensville and continues through the Kent Island Cross Island Trail. Finishers will receive medals, age group prizes, craft beer, and runner goodie bags. Proceeds will help save and improve the lives of animals throughout the mid-Atlantic region. Registration ranges from \$25–45 depending on the distance chosen. For more information, and to register, visit Getpumpedforpets.org.

HARLEM GLOBETROTTERS

The world-famous Harlem Globetrotters bring their talent and humor to Wicomico Youth & Civic Center on Thursday, March 14th, 7 p.m. The all-new Fan Powered Tour will give attendees opportunities, both during and after the game, to interact with the Globetrotters. Ticket prices range from \$18–75. For more information, visit Wicomico-civiccenter.org.

Annapolis Film Festival

Calling all movie-lovers! The Annapolis Film Festival returns for its seventh year Thursday, March 21st through Sunday, March 24th. Enjoy four days of panels, events, parties, and over 70 films, including diverse shorts, documentaries, and feature films. Festival-goers will also have the chance to socialize and converse with local and international artists and movie-makers. The venues will include Maryland Hall for the Creative Arts, Asbury United Methodist Church, St. John's College, and Annapolis Elementary School. Tickets are \$145. For more information, visit Annapolisfilmfestival.com.



FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 89 OR GO TO WHATSUPMAG.COM

Mid-Shore Community Foundation Awards

The Mid-Shore Community Foundation hosted the 5th Annual Report to the Community and Awards Luncheon on November 30th at the Milestone in Easton. As guests enjoyed lunch, the program's honorees—Mickey & Margie Elsberg; Judge Stephen W. Rideout; Robert Billings, Freedom Rowers; Mary Lou McAllister, St. Michaels After School Help (SMASH); and Kevin White, Global Vision 2020—were presented their community service awards.



Photography by Ted Mueller **1.** Krista Pettit, Taryn Chase, and Robbin Hill **2.** Johnny Mantz, Ryan Snow, Mickey and Margie Elsberg, Kevin White, Mary Lou McAllister, Robert Billings, Stephen Rideout, Addie Eckardt, and Buck Duncan **3.** Jim Vermilye, Debbye Jackson, and John McQuaid **4.** MSCF President Buck Duncan addresses the crowd **5.** Sanita Newsome and Deborah Vornbrock



TOWNE SOCIAL

Nutcracker Tea

For two Sundays in December, the 2nd and 9th, What's Up? Media transformed the Hotel Annapolis into a holiday wonderland for its annual Nutcracker Tea. Families at the sold-out event experienced a high tea, breakfast or lunch, live performances of *The Nutcracker* by Maryland Performing Arts Center, and story time with Santa and Mrs. Claus. A portion of the event proceeds supports local charities.

Photography by Stephen Buchanan 1. Gianna Ferrara, Kennedy Lykudis, Adriana Ferrara, and Berkeley Lykudis 2. Mia Groff, Nya Groff, Chloe Chaloot, and Lilly Baker 3. A dancer performs a portion of *The Nutcracker* 4. Jennifer and Elizabeth Thibedeau 5. Emma, Andrea, and Grace Shove 6. Ranie and Piper Pipkin



Left to right: Jay Buchman and Michael Moon

TOWNE SALUTE

Michael Moon and Jay Buchman

Eastern Shore Rabbit Rescue and Education Center

By Caley Breese

Jay Buchman and Michael Moon met Eastern Shore Rabbit Rescue and Education Center (ESRREC) President Cora Dickson while attending a rabbit adoption event in 2017. Buchman and Moon were already big advocates for rescue animals. So, after chatting with Dickson and learning more about the organization and its mission, they instantly knew they wanted to be involved.

Moon was born and raised in Easton, and serves as the general manager of Bridges Restaurant in Grasonville, while Buchman, who has lived on the Eastern Shore for about three years, hails from various parts of the West Coast, and now works in agriculture. The couple was married back in October and live in Ridgely.

ESRREC was founded in April 2015 and is the only rabbit rescue and education center on the Eastern Shore. Its goal is to provide a safe, healthy environment for abandoned pet rabbits through shelter and care.

Buchman and Moon's principal role with the nonprofit is outreach, including running the Facebook page and helping out during adoption

events, which often take place at the PetSmart in Easton and the Petco in Denton. Buchman also serves as a point of contact for questions that come through to the organization. Both volunteers also assist in scheduling and attending vet appointments for the rabbits, which can be very taxing.

"We use a specialty vet, a small animal vet that's recommended by Eastern Shore Rabbit Rescue, and they are in Abingdon," Moon says. "It's about an hour-and-a-half drive for appointments, spays and neuters, and wellness checks. So, it's a three-hour round trip essentially. And every time a rabbit needs to go, multiply that by 50 and it's a lot of time."

Last May, ESRREC caught word of a large group of endangered rabbits in Denton that was burrowed under a wooden gazebo. The Caroline County Humane Society reached out to the Rock Hall-based organization, needing advice and assistance on the situation, and the two of them immediately dropped everything to support the rescue.

"There were a number of them that were under the gazebo, and they were just not coming out," Buchman explains. "So, they contacted a tow truck company, and they came and put the tow truck forks underneath, and physically lifted the gazebo. And underneath were rabbits and there were tunnels, and they had a whole room set up underneath there. They were very resistant of wanting to be rescued."

“He was on the ground, grabbing rabbits out of burrows,” Moon says of Buchman. “I mean, he was amazing.”

The mission took over a week, and the group of volunteers ended up saving 21 adult rabbits, five of which were pregnant. But that wasn't the end of their contributions to the rescue. Because the ESRREC shelter was at capacity, Moon and Buchman took in those rabbits, and eventually their babies, to nurse back to health. In total, the couple ended up with 51 rabbits in their home.

“When you're there and stuff needs to get done, you just go and do it,” Buchman says humbly.

Eventually, when the rescued rabbits that Buchman and Moon kept at their home were back in good health, they were either adopted or transferred to other shelters. Now, the two have nine rabbits of their own, as well as a few foster rabbits for ESRREC.

“I get feedback like, ‘Why aren't you helping with humans, with people, instead of putting all your time towards animals?’” Moon says. “It's all commingled for me. Through this, we are helping people, and we're helping animals, and these animals are bringing good things into people's lives.”

For more information on the Eastern Shore Rabbit Rescue and Education Center, visit esrrec.org

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

It's Time for a Spring Cleaning!



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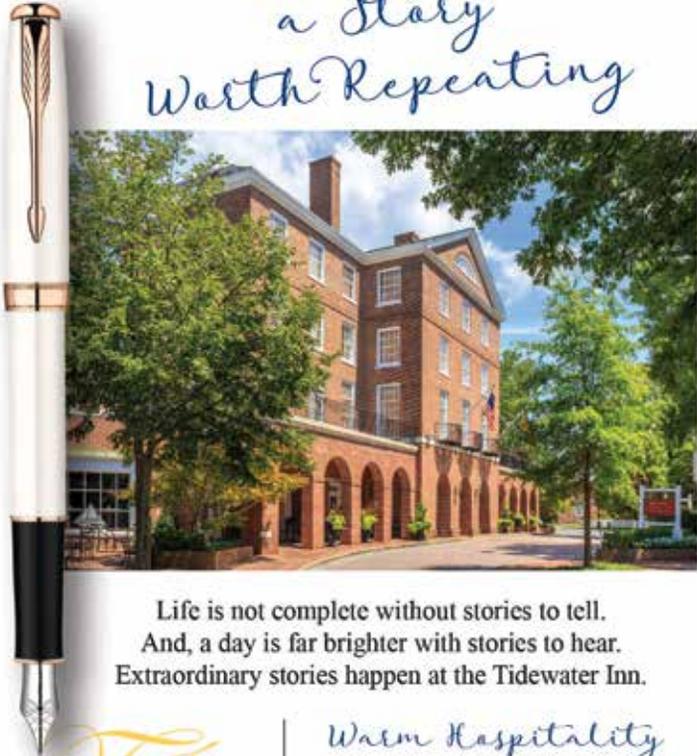




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13-YEAR-OLD STUDENT DONATES BOOKS TO COMPASS REGIONAL HOSPICE

The Compass Regional Hospice appreciates the efforts of Lucas Hetzel. The 13-year-old from Stevensville donated over 700 children's books to the hospice center, which he collected from students at his middle school. These books will be available through the organization's support groups, including Camp New Dawn, a grief retreat summer program, and at the lending library at the hospice center in Centreville. Compass Regional Hospice's lending library offers books, CDs, and DVDs available to hospice patients and their families, as well as members of the community.



Compass Regional Hospice Development Officer Kenda Leager (left) with Lucas Hetzel. Photo courtesy of Compass Regional Hospice

Talbot County Arts Council Honors Grant Recipients

Talbot County Arts Council held its annual Winners' Circle Reception at the Academy Art Museum in Easton in November. The celebration recognized nine students who received summer arts scholarships, as well as arts council grant recipients, which included nearly 40 nonprofit and government-related organizations, and 13 public and private elementary and secondary schools. The event attracted more than 100 attendees, including Talbot County Arts Council President Robert Forlorney, Maryland State Arts Council Executive Director Ken Skrzysz, and Maryland General Assembly Delegate Johnny Mautz. The arts council has given more than \$1.8 million in grants to local arts organizations, programs, and schools since 1987.

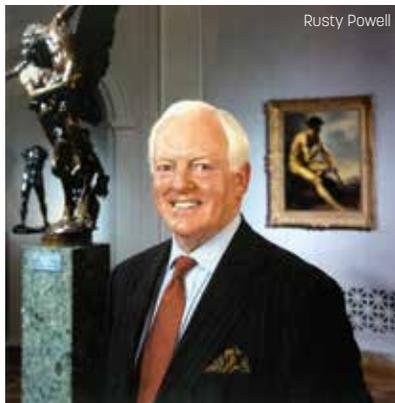
Do you have community or business news to publicize? Send What's Up? an email at cbreese@whatsupmag.com.



Left to right: VFW Post 5118 Commander Michael Johnson; Country School English teacher Chris Nittle; Country School 8th grader Damian René; and VFW Post 5118 Sr. Vice Commander Kenley Timms. Photo by Katherine René

Student from The Country School Wins VFW Essay

Damian René, an eighth-grade student from The Country School in Easton, won a writing contest sponsored by the Veterans of Foreign Wars (VFW) Post 5118. The theme for the writing contest was "Why I Honor the American Flag," and 80 eighth graders submitted essays. René received \$100 and was honored by members of the VFW.



Rusty Powell



James Harris

CBMM BOARD OF GOVERNORS ELECTS NEW MEMBERS

The Chesapeake Bay Maritime Museum (CBMM) announced in December that its Board of Governors elected two new members: Rusty Powell as a new governor and James P. Harris as a governor emeritus. Powell recently retired from his position as director of the National Gallery of Art in Washington, D.C. Harris served on CBMM's Board of Governors from 2011 until 2018, and was chair from 2016 to 2018. He retired in 2010 from his post as senior vice president of ExxonMobil Chemical Company. Part of the board of governors' role is to discuss topics such as CBMM's master plan, finances, and more.

A Romantic Getaway...And Oh So Close.



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Spring ChocolateFest, Daffodil Festival,
Sea Glass Festival, WineFest,
Running Festival, BrewFest

Summer Antique & Classic Boat Festival,
Fireworks in the Harbor & Big Band Night,
Watermen's Day & Crab Feast

Fall Concours d'Elegance Classic Cars,
Mid-Atlantic Small Craft Festival,
Fall into St. Michaels, OysterFest

Winter Midnight Madness,
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TOWNE ATHLETE

Grace Sweetak

Queen Anne's County High School
Girls Lacrosse, Cross Country

By Tom Worgo

Queen Anne's County Girls Lacrosse Coach Penelope Santos Bates considers two-sport standout Grace Sweetak the perfect role model. Sweetak carries a 4.7 weighted grade-point average, knows what she wants to major in college, and excels at off-the-field activities.

"I find it enjoyable when I solve a problem. I don't get confused or worked up easily. So, I keep my cool and solve problems and work through difficult concepts by just breaking it down and looking at it in the simplest form."

"She is very inspiring to me," Santos Bates says. "I always look at her and I think, 'How does she become so successful and how do I get my players to be as dedicated as she is?'"

One of the most impressive things about the senior is how keen an eye she has for her future.

She plans on majoring in physics at Rollins College in Florida—where she will attend the school on a lacrosse scholarship—and wants to be a physicist. "I like the feeling when there is just one answer to a problem," Sweetak explains. "I find it enjoyable when I solve a problem. I don't get confused or worked up easily. So, I keep my cool and solve problems and work through difficult concepts by just breaking it down and looking at it in the simplest form."

Sweetak's talents resulted in a unique grant project for the

Chesapeake Bay Environmental Center, where she volunteers as a camp counselor.

Sweetak and her brother, Jack, checked the water and air quality in ponds around the Grasonville area. "The water quality was for NASA," says Sweetak, who serves as president of the National Honor Society chapter at her school. "They are creating a national database for scientists looking for easily collectible data."

Someone with her mind for science was in high demand with colleges. The 17-year-old Sweetak picked Rollins after being recruited by George Washington, Randolph Macon, and Georgetown.

Division II Rollins started its program a decade ago and plays in the Sunshine State Conference. The Tars went 26-9 over the past two seasons.

"I wanted to be on a team where I could compete for a national championship," says Sweetak, who plays defense. "And I love their coaches. They have given me a new perspective on things. They expect a lot out of you, but they aren't harsh. They are very motivational."

Santos Bates adds: "There's no doubt she will be an impact player because of her intensity level, focus, and determination."

The 5-foot-5 Sweetak made an impact on the Lions' varsity lacrosse team as a freshman when she earned a starting berth. Her junior year was her best. She earned First-Team All-Bayside Con-

ference honors and led the team in caused turnovers and ranked among the leaders in ground balls. “She has great instincts and matches up well with the high-level players,” Santos Bates says. “She has been matching up with these players for years and is very good at it. She has no fear. She will take on anybody.”

Santos Bates also values Sweetak for her leadership skills.

Sweetak is a strong candidate to be co-captain this season. She served in that role for the cross country team the past two years.

“She is a great leader and is very intense,” Santos Bates

says. “She is working hard at practice no matter if its freezing cold, hot, or she is sick.”

Sweetak also developed her lacrosse skills playing for Chesapeake Club Lacrosse for five years. She has traveled to tournaments around the state and as far away as Florida. “Going out and playing against top-level players has made her the player she is,” Santos Bates says.

Sweetak spent four years on the Queen Anne’s varsity cross country team as one of Lions top runners, and her senior year was her best. She placed eighth in Cross Country Crab Invitational and 12th in the Rumble in the Jungle Invitational.

The Lion helped Queen Anne’s to the regional championship. “She was always in our top five, and she steadily improved over her four years,” Queen Anne’s Cross Country Coach Mark Wilhelm says. “Every year, she seemed to get a little bit faster. If someone had a bad race, she was always able to pick up and make up for that.”

The senior also enjoyed her leadership role on the team.

“For the past two years, I organized spaghetti dinners for the Bayside Conference championship meet,” she recalls. “The whole team showed up and built up some team spirit before we went. It helped us a

lot this year because the girls team took second and the boys team was third.”

Wilhelm adds: “Her leadership helped make the team stronger. I have coached for 19 years, and she is one of the top leaders I’ve had.”

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Maryland Home Values Increasing Despite Drop in Sales

Hasn't Yet Reached Pre-recession Levels

By Anirban Basu

A *Washington Post* article from 2006 about Maryland's housing market provides a glimpse of how people viewed real estate before the subprime-loan crisis and 2008 recession. The author wrote about the robust housing market, highlighting house and townhouse prices in the suburban counties appreciating nearly 25 percent over the previous year. Median home sale prices were \$337,350 with Howard, Montgomery, and Frederick counties ranking among the best performing. Condominium prices were also on the rise, increasing 35.5 percent over the previous year. The article closed with a grim hint of what was to come in just a few months. The article quoted a realtor who had concerns about buyers taking on too much debt: "You have to realize you are not going to have 25 percent appreciation forever."

The state has come a long way in 12 years. The House Price Index (HPI) is a broad measure of home prices for single-family houses compiled by the U.S. Federal Housing Finance Agency. It shows what home values were like compared to other points in time. The HPI for Maryland hit its highest point in the second quarter of 2007. By the beginning of 2008, the official start of the Great Recession, it had only fallen 3.5 percent. Eighteen months later, it had dropped 18.3 percent, and it kept dropping. At its lowest point in the second quarter of 2011, the home price index was 25.3 percent below its peak.

Since then, however, the market has recovered nicely. The economic expansion, now entering its 11th year, has pumped new life in real estate. While not fully recovered from its highest point in 2007, the home price index is just 9.5 percent off its record high, a testament to how far the state's real estate market has come. That being said, the state has lagged compared to the rest of the country. National HPI peaked around the same time as Maryland, but fell by 18.9 percent by the second quarter of 2011. It has since recovered and is 13.9 percent higher than its previous peak. It should be noted, however, that the national HPI is lower overall.



Data published by the Maryland REALTORS shows that the real estate market was down in September, the last month for which there is data. Home sales across the state were down 10.8 percent compared to the same time the previous year, with only three out of 24 jurisdictions showing positive growth. Moreover, none of those three counties had more than 100 sales in the month. The drop in overall home sales could be a result of the Federal Reserve's recent interest rate hikes, a response to an economy that's picked up steam in recent months. With 4.2 percent GDP growth in the second quarter of 2018, followed by a 3.5 percent growth in the next quarter, the Fed increased interest rates in September, with one more rate hike planned in December.

In late November, however, Fed Chairman Jerome Powell commented that the Fed's key benchmark interest rate is near the neutral rate, the point at which the Fed would stop raising rates. Many market analysts had predicted the Fed would continue its rate increases into next year, with two or three more hikes in 2019.

Though home sales might have been down across the state, average and median home sale prices had increased on a year-over-year basis. Average home sale price in Maryland rose to \$332,532, a 4.9 percent increase. The largest increase came in Talbot County, where the average home sale price rose by 64.9 percent. Caroline County (+14.7 percent) and Washington County (+10.1 percent) also saw significant increases. Median home sale prices rose 3.6 percent across the state. Caroline County and Washington County again saw some of the highest increases at 19.5 and 10.1 percent, respectively. Queen Anne's County also saw significant improvement, rising 10.8 percent over the past 12 months. Anne Arundel County's median sale price decreased 1.2 percent for the year, although average prices remain up 3.3 percent.



About

Anirban Basu

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.



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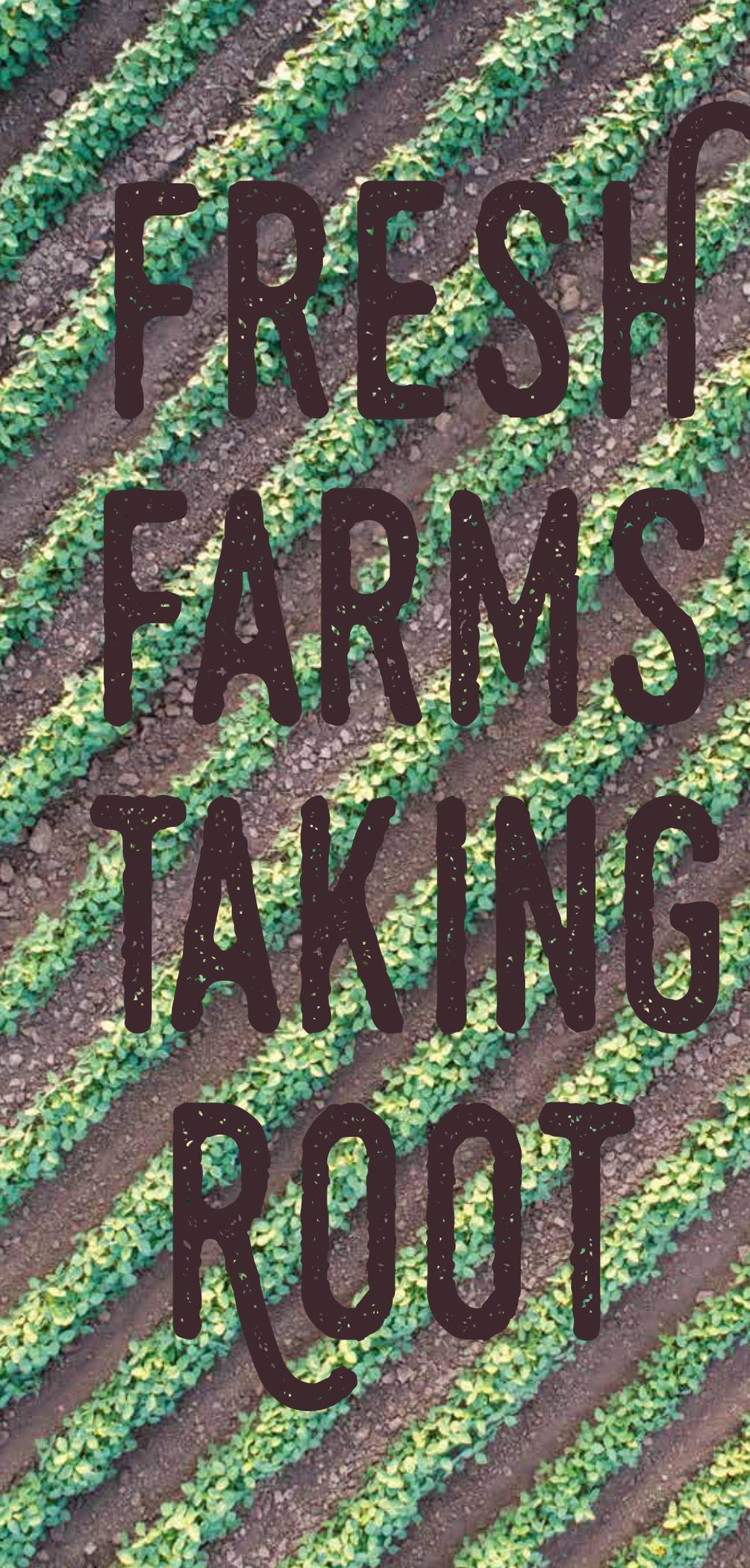


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FRESH FARMS TAKING ROOT

HOW PUBLIC INCENTIVES AND BEGINNING FARMERS ARE NURTURING MARYLAND'S AGRICULTURE

By Janice F. Booth

Photography by Stephen Buchanan

Meghan Ochel and Erik DeGuzman are passionate about farming; it's what they do. They met in 2011 while shopping at a farmers' market. Meghan was working in public health for the federal government; Erik was a civil engineer draftsman. But beneath their professional exteriors, they discovered a shared passion for farming. And from their meeting, *Dicot Farm* in Waldorf, Charles County, was born. (Appropriately, a dicot is a single seed producing two, tiny leaves.)

Neither Ochel nor DeGuzman had any background in farming, so they connected with organizations dedicated to encouraging and supporting beginning farmers, Future Harvest CASA (Chesapeake Alliance for Sustainable Agriculture) and the Accokeek Foundation. They saved money, got married, and began to work on other farms, learning from experts in the profession. Eventually, the young couple bought a farm of their own, where DeGuzman devotes himself full-time to agriculture, while Ochel keeps her job in the city as a safety net.

From 2015 to 2017, they have doubled their certified organic vegetable production, focusing on specialty salad greens and offering food-prep demonstrations and samples, along with recipes—all to educate their customers. Their organic vegetable

production is now year-round. And they've added restaurants to their satisfied customer base. Ochel and DeGuzman attribute much of their success to the practical, beginning-farmer training that has been available to them through federal and state-supported organizations.

FOOD FOR THOUGHT

Those programs that *Dicot Farm* acknowledges for encouraging and supporting them have been established and funded, primarily, by federal and state mandates. They include the Future Harvest CASA, National Young Farmers Coalition (NYFC), the Beginning Farmer Advisory Group to the USDA, the Beginning Farmer and Rancher Development Program, the University of Maryland Extension Collaborative for Beginning Farmer Success, and Urban Farm Free School—to name a few. These programs reach out to both urban and rural populations, looking for citizens who might be interested in farming as a way of life. The programs might offer free workshops on what it takes to start farming, or they might survey the farming community to learn more about the problems and concerns of modern-day farm families. Some of these programs serve as conduits between farmers and legislators, keeping the government agencies aware of the needs of farmers.

Feeding our country healthy, safe food is a fundamental responsibility of government. Protecting the land, the crops, and those who farm that land requires planning, funding, and programs. Since 1933, the federal government has passed Farm Bills to set agriculture policies and ensure the funding that legislation demands. Not only must the government protect the quality of the nation's food, but it must guarantee that the food supply is plentiful.

Diversifying the farms that supply grain, soybeans, livestock, and vegetables protects the food supply from monopolies and massive harvest

failures. When 10 percent of the farms control 70 percent of the farmland, our food supply is vulnerable. In 1910, there were about seven million farms, cultivating approximately a billion acres. But by 2002, only about two million farms cultivated that same acreage. But policies are changing, and the government is encouraging and supporting small and beginning farms by making educational and financial support available.

Has this effort to diversify the farms and encourage new farmers been effective? Is there "new blood" in agriculture? According to the most recent Census of Agriculture in 2012, only 22 percent of farms in the United States were "beginning farms" (a farm operated by one principal farmer for less than 10 years). Of those new farmers, 37 percent were 55 years or older, while only 19 percent were younger than 35 years. In fact, the average age of all principal farm operators was just over 58.

SECURING THE FOOD SUPPLY

"So, what's the problem?" you may be asking.

"The time is now for our country to help young farmers defy the odds, preserve farming as a livelihood, and revitalize our nation's rural economy," asserts Lindsey Lusher Shute, executive director and co-founder of the National Young Farmers Coalition (NYFC), in a 2017 report.

According to the recent Agriculture & Applied Economics report, there are still three critical challenges facing beginning farmers, which are access to: (1) farmland, (2) capital, and (3) farming expertise. In response to the first two problems, land and capital, in 1980, Congress mandated the Farm Credit System specifically to help young and beginning farmers. Since then, Farm Bills have included funding for training programs for farmers and rangers and authorization to move land from the Conservation Reserve Program to farmland for beginning farmers.

Former U.S. Deputy Secretary of Agriculture, Dr. Kathleen Merrigan notes, "Things are changing in American agriculture, and our perceptions and policies need to keep pace...it's no longer Old MacDonald of storybook fame. Rather, it's Ms. MacDonald, a college graduate who didn't grow up on the farm and considers her farming practices to be sustainable or organic."

In 2017, the NYFC called for farm policies in the 2018 Farm Bill that will address:

- (1) land access and affordability, (2) helping young farmers manage student debt, (3) increasing a skilled, agricultural workforce, (4) enabling investments in on-farm conservation, (5) improving young farmers' credit, savings and risk management opportunities, and (6) addressing racial inequity among farmers.

Urban Farm Free School (UFFS) is one of those programs. Sponsored in part by the University of Maryland Extension, the UFFS works to bring farming back to local communities, many of which are urban food deserts where supermarkets and grocery stores are in short supply and offer limited fresh produce.

To kindle an interest in farming, UFFS offers five free courses over a three-month period; the topics include drip irrigation, self-care in a sometimes dangerous and stressful career, marketing, farm insurance and business structuring, and farm finances. Men and women of various ages and levels of experience, like Meghan and Erik, rush from their day jobs in Washington, D.C. and Baltimore to attend these two-hour schools as they examine the possibilities of farming and prepare to become farmers.

Erik DeGuzman and Meghan Ochel met in 2011 at a farmers' market and discovered a shared passion for fresh ingredients and farming, which not only ignited their relationship, but also their new farm, *Dicot Farm* in Waldorf. It has become a second career for the couple, who now harvest organic vegetables, which are sold to local restaurants.







KEEPING IT IN THE FAMILY

Gary Palmer's first career as a professional firefighter in Washington, D.C. was stressful but fulfilling. "I loved being a fireman," he says. "When I retired, I was looking for a way to work for myself, building independence for my family and me." With that plan in mind, in 2015, Palmer bought 23 acres of land and established *Holiday Memories Farm* in West River, Anne Arundel County, to raise Christmas trees, fruit trees, vegetables, laying hens, and flowers.

"My uncles were farmers," Palmer says. "Now, my daughters and sons are working with me on our farm." Ashleigh Palmer and Kelcie (Palmer) Ca'Nerenb, along with Shannon (Palmer) Pierson, and Zeke Pierson work planting trees and vegetables, and gathering fruit and eggs alongside their dad. Gary's son, Justin is an active D.C. fireman, but he helps out on the farm when the work piles up, handling a lot of the carpentry chores. Everyone's involved, and that's exactly what Gary had hoped for.

The Palmer family farm demonstrates that America's investment in reinvigorating local farms can succeed. Like Ochel and DeGuzman on *Dicot Farm*, Palmer has taken advantage of free training and informational programs through Future Harvest CASA and the Anne Arundel County Economic Development Corporation.

Future Harvest CASA has been a powerful force in the restoration of a viable farming system in a five-state region: Maryland, Delaware, Virginia, West Virginia, and the District of Columbia.

Future Harvest CASA's mission is to provide education, networking, and advocacy to help build a sustainable Chesapeake foodshed, where food flows from farm and fishery to table in ways that strengthen farming and the regional food economy, protect

our land, water, and air, and provide healthy, nutritious food that sustains the region's communities and cities.

At one of the Future Harvest CASA's marketing seminars, Palmer was urged to think about how *Holiday Memories Farm* could make memories all year long, not only at Christmas time. That led the Palmers to introduce "Sunflower Sundays," planting sunflowers that they sell at their roadside stand. Then came eggs and chickens—no idea which came first! Soon, Kelcie was offering fresh eggs every week for members of the farm's Community Supported Agriculture (CSA).

CSAs began about 25 years ago as a way to enhance small farmers' visibility and bottom line by having the local consumers share the risks as well as the benefits of farming. Consumers commit to buy various produce in specific quantities. The farmer agrees to raise crops and livestock in a sustainable and responsible manner.

Holiday Memories Farm takes advantage of the opportunities that are out there for beginning farmers. They have applied for and received a grant from the Natural Resources Conservation Service (NRCS), an agency of the Department of Agriculture, to construct a "high tunnel"—an unheated, hooped greenhouse that allows a farmer to extend the growing season by protecting crops like flowers and vegetables. That extends the farm's growing season and thus the income stream, and allows for environmentally responsible production methods, such as drip irrigation. Another grant, this time from the Southern Maryland Agricultural Development Commission, made possible the Palmers' expansion into blueberry farming—very popular with their CSA members.

And so it goes. Given opportunities, encouragement, and support, farming becomes a viable career path, even when you start down that path a bit later in life.

For Gary Palmer (foreground, furthest right), founding *Holiday Memories Farm* in West River brought independence and stress-relief from his first career as a D.C. firefighter, as well as his family together. Several generations of Palmers help operate and manage all aspects of the farm.

NO MATTER YOUR AGE, THERE'S ROOM ON THE FARM

"I'm 71 years old, and farming lets me stay active, physically and intellectually, ten hours a day, every day," Dean Snyder asserts. *Coops and Crops Farm* is Dean's retirement dream.

His first career, the ministry, began in 1968 as pastor to a small United Methodist congregation. "Theology helps me to understand the deepest truths of the universe. Farming helps me understand the deepest truths of the natural world. It's a perfect fit." When he retired in 2013 after serving as the pastor of the bustling Foundry United Methodist Church in Washington, D.C., Snyder began shepherding a smaller flock in Kent County's Kennedyville. His wife, Jane Malone, works remotely in environmental health policy for a national organization focused on radon risk reduction.

On *Coops and Crops'* six acres, Snyder and Malone raise free-range chickens for eggs, Oberhasli goats for milk and cheese, Certified Naturally Grown (CNG) vegetables, as well as "value-added" canned goods—condiments, tomato paste, marmalades, jellies, and jams. All of which they sell at two regional farmers' markets. They've taken advantage of workshops and training sessions offered by the University of Maryland Extension: Beginning Farmer Success, the Bionutrient Food Association, and other programs.

The mission of the Cooperative Extensions, including the one with which Snyder and Malone are involved, is to provide support and education to farmers, specifically in the areas of agricultural research, technology, policy, and education. In 2012, the

Married to each other and their retirement dream, Jane Malone and Dean Snyder founded *Coops and Crops Farm* in Kennedyville, raising free-range chickens, goats, and organic vegetables. The couple learned how to develop their farm through workshops offered by the University of Maryland Extension: Beginning Farmer Success.





University of Maryland Extension established “Beginning Farmer Success” in cooperation with the USDA.

The program’s mission is “to increase the number of beginning farmers and acreage farmed by them in Maryland.” Working with nonprofits like Future Harvest CASA, this program supports farms like *Coops and Crops*, offering free seminars, as well as mentoring and training programs on all aspects of the business of agriculture.

IT’S NOT THE SIZE OF THE FIELDS; IT’S THE SIZE OF THE DREAM THAT MAKES A FARMER

Size really doesn’t matter to J.J. Minetola and his wife, Cristina. They’ve been farming two acres in Davidsonville, Anne Arundel County, for three years now, and business is booming. *Mise En Place Farm* has a

niche market, and supplies specialty microgreens to that market. The farm’s name reflects that clarity of their vision; *Mise En Place* is French for “putting everything in place.”

For 20 years, Minetola’s first career as a chef was all consuming. A highlight of his day was examining the fresh produce as it was delivered. “It was like Christmas morning every day, opening farmers’ produce boxes. Finally, I knew I wanted to fill my own produce boxes.”

In their kitchen garden, the Minetolas began experimentally growing microgreens that he used in his recipes. Microgreens are the young, tender shoots of greens like cilantro, arugula, and sunflower. They found that they could grow and harvest sprouts with exceptional flavor and appearance. *Mise En Place Farm* grew from those tiny sprouts. The Minetolas, and their son, Dean, adopted a new career—farming. While their acreage

Matt Barfield of Chesterfield Heirloom in Pittsfield stands proudly in one of several greenhouses that comprise he and his wife Stephanie’s 12-acre market garden, which grows 40 varieties of heirloom and gourmet vegetables and herbs.

and produce are small, their plan for their farm is not. In barely three years, they’ve added two greenhouses and a caterpillar (or hoop) tunnel, which allow *Mise En Place Farm* to supply restaurants and their individual customers with product year-round. In addition to microgreens, last summer *Mise En Place Farm* added tomatoes. Their commercial and farmers’ market customers bought all the tasty tomatoes they could produce.

EVERYTHING OLD IS NEW AGAIN

Another young family who’ve thrown their hearts into small scale, big returns farming is Stefanie and Matt Barfield of *Chesterfield Heirloom* farm in Wicomico County’s Pittsville. The Barfields along with their sons,

Grayson and Jacob, manage a 12-acre market garden, where they raise more than 40 varieties of heirloom and gourmet vegetables and herbs. Like the Minetolas of *Mise En Place Farm*, the Barfields discovered their love of farming in their own kitchen garden. Their own palates were their guides, as they explored their interest in unique varieties of produce. Most of their vegetables are pre-1940 varieties with names like Bull Nose Peppers, originally raised in the gardens of Monticello, and Ozette Fingerling Potatoes, brought to the New World by Spanish explorers. Their produce reflects the research and passion that went into rediscovering these delicious varieties of vegetables. *Chesterfield Heirlooms* farm is a labor of love.

All this confirms the surveys of the U.S. Department of Agriculture's latest Census on Agriculture. The number of young farmers (under 35) is increasing, and almost 70 percent of these young farmers have college degrees.

Beginning farmers are curious, creative, and brave; they're working around problems they confront:

- The problem: Land is expensive; their solution: grow microgreens and specialty crops.
- The problem: Income stream is uncertain; their solution: keep one member of the farm family employed beyond the farm.
- The problem: Lack of background in agriculture; their solution: take advantage of the training programs directed specifically at beginning farmers.
- The problem: Trouble breaking into the big business model of producer-client contracts; the solution: turn to direct marketing through Farm-To-Table, farmers' markets, CSAs, and produce clubs.

There's always a work-around if you're a farmer.

J.J. Minetola and his son Dean, together with wife/mom Cristina, operate *Mise En Place Farm* in Davidsonville, which became an extension of J.J.'s first career as a chef. Today, the farm produces specialty microgreens to commercial and farmers' market customers.





Our

MARY

MARYLAND

By Ellen Moyer

U.S.A.

With Maryland Day celebrated March 25th—the anniversary of the first European settlers landing in the Province of Maryland in 1634—we reflect upon the natural, cultural, and historical hallmarks of our great state

The sun is rising. The bow of a small white boat, a workboat, splits the shiny waters guided by a single man wrapped in foul weather gear. Silhouetted by the sun, the captain exudes confidence, independence, and a toughness that speaks to a willingness to take on the risks and challenges offered by Mother Nature. This is the Eastern Shore waterman.



Though lifestyles differ across the cultural and ecological zones of Maryland, nicknamed “America in Miniature,” the characteristics of industriousness, determination, and honesty with a tenderness of heart revealed in the love of nature, and the companionship of family and dog defines Marylanders. It is this love of adventure that sent Marylanders to the wilderness of western Maryland to open up routes even further west; it is this driving spirit that brought the City of Baltimore back from

the brink of extinction after the great fire of 1904 leveled 1,500 buildings. It is this drive that sends Marylanders out to sea in tiny sailboats to race around the world. It is this sense of freedom and independence and entrepreneurship and challenge that makes Marylanders the East Coast equivalent of the west’s Marlboro man.

The Chesapeake Bay is America’s largest estuary—the 10,000-year-old drowned Susquehanna River—and almost splits the state in half. Some say it is the soul of the state that shaped who we were in the past and who we are today. Its fingers cross the mournful or serene Atlantic Coastal Plain of sand, seagrass, marshland, and lodgepole pines, where one can still live off the land solo or clustered in small towns. This is the perfect space for shallow draft workboats and the last of the sailing workboats—the State’s official boat, the *Skipjack*—that for years hoisted in the Bay’s bountiful oysters. On its west, waterfalls crash down rivers lined with oak trees that once provided power for the mills that fed a nation and where giant cities grew on the rolling hills of the Piedmont Plateau.

It is a shallow bay with a median depth of 46 feet, 30 miles at its widest, 2.8 miles at its narrowest, and 200 miles long. Large ocean-going ships traverse it, carrying goods to

Susquehanna River illustration published in *Picturesque America or the Land We Live In* (D. Appleton & Co., New York, 1872).



and from the nation’s fifth largest port, on the Patapsco River, in blue-collar Baltimore, the Nation’s largest independent city, first established as a port town in 1706. With a surface area of 4,479 square miles and a watershed area of 64,299 square miles, the Bay’s reach covers six states and as far west as the 3,300-foot Backbone Mountain in Garrett County, Maryland’s highest point in the Appalachian Mountains.



Early risers, Pat Mahoney, Sr. and Pat Mahoney, Jr. of Annapolis, set crab traps and bait; they represent several generations of watermen making an enduring livelihood on the Chesapeake Bay. Photo by Tony Lewis, Jr.



A Chesapeake Bay skipjack sails in hazy light off St. Michaels, Maryland.

Maryland's Eastern Shore

The Eastern Shore is one of the state's three very different ecological zones. The nine counties of the Shore cover one-third of the State's land area. It is humid and semitropical agricultural land for tomatoes, corn, and melons. Eight percent of the state's population lives here. *Progressive Farming* magazine recently recognized Chestertown, founded in 1705 in Kent County, as the Nation's No. 1 rural destination in which to live. It is hard to imagine that in 1790, the census identified Chestertown as the geographic population center of the United States.

Situated along the Atlantic flyway, the area is a waterfowl hunter's paradise. Each November, Marylanders from across the state go on holiday, trading their suits and ties for hunting garb and a shotgun, flocking to the Shore with their premier waterfowl hunting dog, the Chesapeake Bay Retriever, in tow. The Chesapeake Retriever is an American original—a sporting dog bred and raised from two pups rescued from a foundering ship off Maryland's coast in 1807. By 1877, it was recognized as the Chesapeake Bay Ducking Dog, a top sportsman gun dog. The State Legislature named the dog the official State dog in 1964.



Both Captain John Smith and Edward Teach, better known as the pirate Black Beard, were two of the earliest navigators of the Chesapeake Bay.

Maryland rockfish, the State fish, love the brackish waters (half salt, half fresh) of the Chesapeake Bay, choosing this as its spawning grounds, which produces 90 percent of the ocean's striped bass population. The State's Diamondback terrapin, the only turtle to like brackish water, has a lifespan of 100 years. They hibernate in the clay banks of many marshes and are protected in a bayside turtle sanctuary on Kent Island.

Explorer and Captain John Smith, who settled in Jamestown, Virginia, wasn't the first to discover the Bay, but he was the first to explore it extensively. In 1607 and 1608, he described an area teeming with fish and wildlife beyond his imagination. Despite toxic wastes that, today, threaten the Bay's flora and fauna, the Bay still produces more finfish and shellfish than any other estuary in the U.S., which sustains, to a degree, the independent watermen of the Eastern Shore.

The pirate Black Beard swaggered along the shores of the Bay and was rumored to have stashed his treasure here somewhere. In 1781, the French Fleet destroyed the ships of the Royal Navy, helping to bring to a close America's Revolutionary War. In 2006, the U.S. Congress approved the Captain John Smith Chesapeake National Historic Trail, the Nation's first national water trail park.



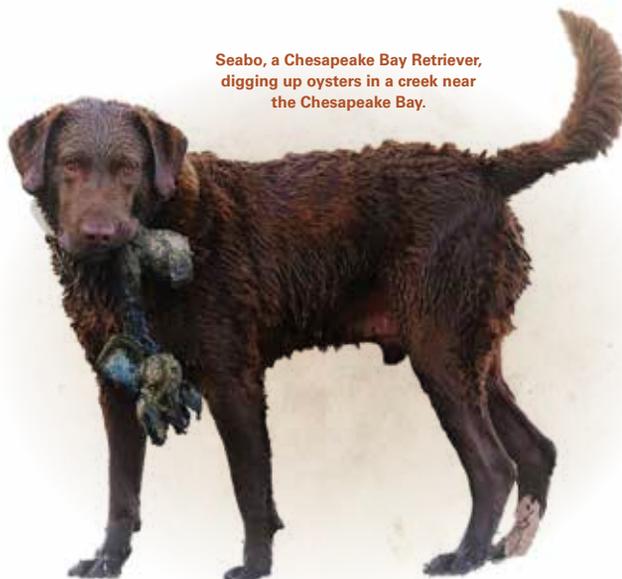
Aerial view of Ocean City, Maryland. Ocean City is one of the most popular beach resorts on the East Coast and is considered one of the cleanest in the country.

Residents of the Eastern Shore who chant “there is no life west of the Bay” have not always been content to be a part of the State of Maryland. Three times, between 1833 and 1852, there were secession attempts, finally losing the effort in 1852 by one vote. Then in 1998, secession reared its ugly head again, when two senators from the Shore proposed the area become a separate state.

Imagine a Maryland without its beach resort of Ocean City...nine miles of play along the Atlantic Ocean and the White Marlin Capital of the World. The town of 8,000 souls enlarges to 350,000 on weekends and hosts the largest white marlin ocean fishing tournament on earth. The hurricane of 1933 cut an inlet from the ocean to Sinapuxent Bay creating this fishing mecca. Before the storm, Ocean City was the vacationing center

for women and families traveling by stagecoach and ferry to the barrier island that opened up in 1875 with the building of the 400-room Atlantic Hotel, with its dancing and billiard parlors.

The newly created inlet separated Ocean City from Assateague Island, home of wild pony shipwreck survivors made famous in *Misty of Chincoteague*. The area is now a National Sea Shore Park.



Seabo, a Chesapeake Bay Retriever, digging up oysters in a creek near the Chesapeake Bay.

Salisbury, the commercial hub of the Delmarva Peninsula, is situated within 100 miles of Richmond, Dover, Philadelphia, Baltimore, and Washington, D.C. Roads from the east, west, south, and north pass through this city, the Shore’s largest, leading visitors to the seaside resorts and horse races at Ocean Downs, or to lunch in the restored barn where Secretariat once lived. The Shore’s largest corporation, Frank Perdue’s Chickens, is

headquartered here. Situated on the Wicomico River, the city was once a port town second only to Baltimore in Maryland. Today, it's a university town and recognized as the home of the Ward Museum of Wildfowl Art. Mark Seidel, a meteorologist of Weather Channel fame since 1992, grew up here.

Without the Eastern Shore, Washington College in Chestertown—America's 10th oldest college, named for the first president who was a founding patron—would no longer be a part of Maryland. The college annually awards the Sophie Kerr grant of \$50,000 to a graduating student with the most promising literary potential. The Sultana Education Foundation also lives in Chestertown. After posting 150,000 volunteer hours, students in Kent County helped launch the *Schooner Sultana*, a replica of a British Naval Ship, in 2001, celebrating the heritage of this wealthy colonial city and port town on the Chester River. Each year, a weekend-long festival celebrates the Boston Tea Party, which never occurred on the Eastern Shore, but did in the State's capital, Annapolis.

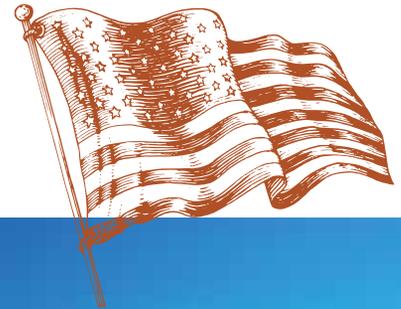
Central to the State

Somewhere in the Annapolis harbor, or in the dredge poured into the Naval Academy athletic fields, are the ashes and remains of the ship *Peggy Stewart*, burned by the citizens of Annapolis in protest of the English tea tax. Annapolis, chartered as a municipality in 1708 by Queen Anne, had wrested the capital designation away from St. Mary's City in 1694. Settled in 1634, by the Catholic Calverts, early colonists were guaranteed freedom of religion under the most progressive charter for any colony at the time. In 1649, the Act of Toleration reaffirmed this freedom in law. Seeking protection for themselves, Puritans fled into Maryland and revolted against the Catholics, burning churches in Southern Maryland and abandoning the Acts of Toleration for decades.

Charles Carroll, the capital city's resident Catholic, became not only the wealthiest American in

the colonies, but a noteworthy activist for the Revolution and framer of America's Constitution. For a brief time, Annapolis, the colonial cultural center and "Athens of America" was capital of the new United States. Maryland deeded land from Montgomery and Prince George's counties to create Washington, D.C., which became the Nation's seat of government along the Potomac River, which doubles as the state's southern boundary.

After the Revolutionary War ended in 1776, industry gravitated to the deep-water port of Balti-



Baltimore's Inner Harbor is a vibrant port that hums with recreational and commercial activity.



Painting by Francis Blackwell Mayer, 1896, depicting the burning of Peggy Stewart.



more, Maryland's largest city and financial power center. It was here, at the first federally funded Fort McHenry, that Francis Scott Key witnessed the American flag still flying after heavy British bombardment in the War of 1812. The thrill and pride and recognition that all was not lost inspired him to pen a poem, "The Star-Spangled Banner," first published in 1814, that would be named the National Anthem in 1931.

Historically a working-class port town, Baltimore, with a population of 700,000, is the East Coast's most affordable city. At one time the second largest port that received immigrants, the city is distinguished by its 300 ethnic neighborhoods. Congresswoman Nancy Pelosi hails from Baltimore's Little Italy, famous for its Italian restaurants.

The city also has a dialect all its own. Natives speak of “Bawlmer” and “Merlin,” reflecting the city’s roots to West Country England. Even the State sport of jousting acknowledges our roots to the Knights of the Round Table. The State’s team sport, of course, is lacrosse, a favorite of the Algonquin tribes, with intense rivalries displayed each year between collegiate teams Navy, Johns Hopkins, Loyola, Towson, and Maryland.

After a flurry of industrial might in the manufacturing of Domino Sugar, McCormick Spices, and steel at Sparrows Point, the city of monuments became the Nation’s center for health and human services and life sciences. With Johns Hopkins University and Hospital leading the way, the area now houses 350 biotech research firms. It is a leader in human genome research. Exploration in the universe is guided by the nearby Goddard Space Flight Center and the National Aerospace Agency, top public-private industries in the high-tech world of today.

The counties of Central Maryland—with 84 percent of the state’s 5,699,478 population, 52 percent of whom are women—now lead the nation in median income with \$70,545. Ranked 42nd in size with an area of 12,407 square miles, this tiny state, at 249 miles long and 1.8 miles wide at its most narrow point in the town Hancock, ranks 19th in the nation for population, and 5th for population density at 541 people per square mile.

In Central Maryland counties, the density grows even higher, but the hills and mountains of Western Maryland offer an escape valve from the hustle and bustle of the D.C.-Baltimore

metro corridor. The four counties of Western Maryland cover 22.4 percent of the State’s land area, and hold 8.4 percent of its population. In places within the region, density can drop to 40 people per square mile.

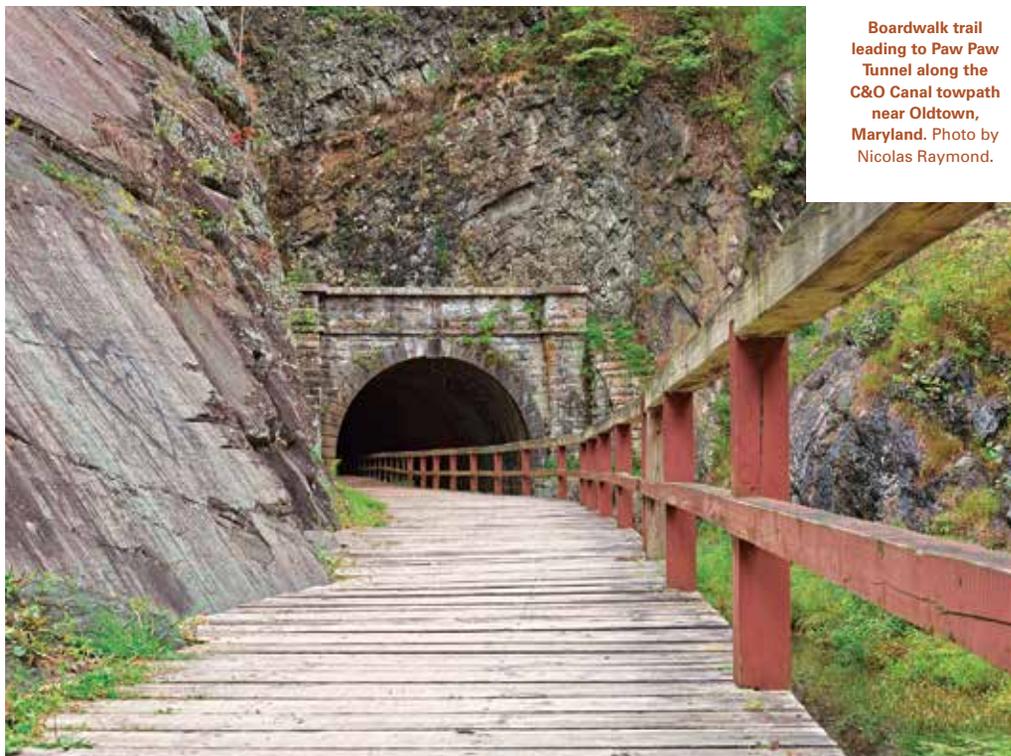
Western Pursuits

Western Maryland is the State’s center for history buffs exploring the Civil War in Frederick County, where the bloodiest of battles took place. It is also here, in Great Meadows, where General Braddock was defeated in the French-Indian War in the 1750s, accompanied by a 23-year old George Washington. It is a mecca for the stories of transportation, the land where the first federally-supported national road, U.S. Route 40, began carrying families with cattle and livestock in 1811 to new homesteads on a westward trek as far as Vidalia, Illinois. It is here, where the Chesapeake and Ohio Canal was built along the Potomac River, carrying, during the course of its 100-year history, tons of coal and timber to the port town of Washington, D.C. It is here, where a 3,300-foot tunnel, the Paw Paw, would be hacked from mountains by men with picks and shovels for the canal and its mule-drawn barges to pass through. It is here, where early settlers, ever restless for new lands, crossed the Potomac through the Shenandoah Valley, leaving orchards of apples in their path.

It is here, where the B&O Railroad, headquartered in Baltimore, began its trek westward, breaking ground on July 4, 1825, the same day President John Q. Adams cut the ribbon for the building of the Canal. The B&O, the first railroad to be chartered in the United States and the first train to attain a speed of 30 miles per hour, would finally outlive

the canal in its transport of goods ever westward. The Nation’s leaders would ride the B&O, the first with a dining car and air conditioning, to relax and camp in the mountains of Garret County, named for the railroad’s president.

And it is here where Meshack Browning, born in 1781, in a book titled *My 44 Years as a Hunter*, describes his life and livelihood in the mountains of Allegany County that teemed with bear and deer. It is here where Thomas Cresap, a frontiersman from the gateway city to the west, Cumberland, laid claim to land disputed between Maryland and Pennsylvania, leading to Cresap’s War, which finally



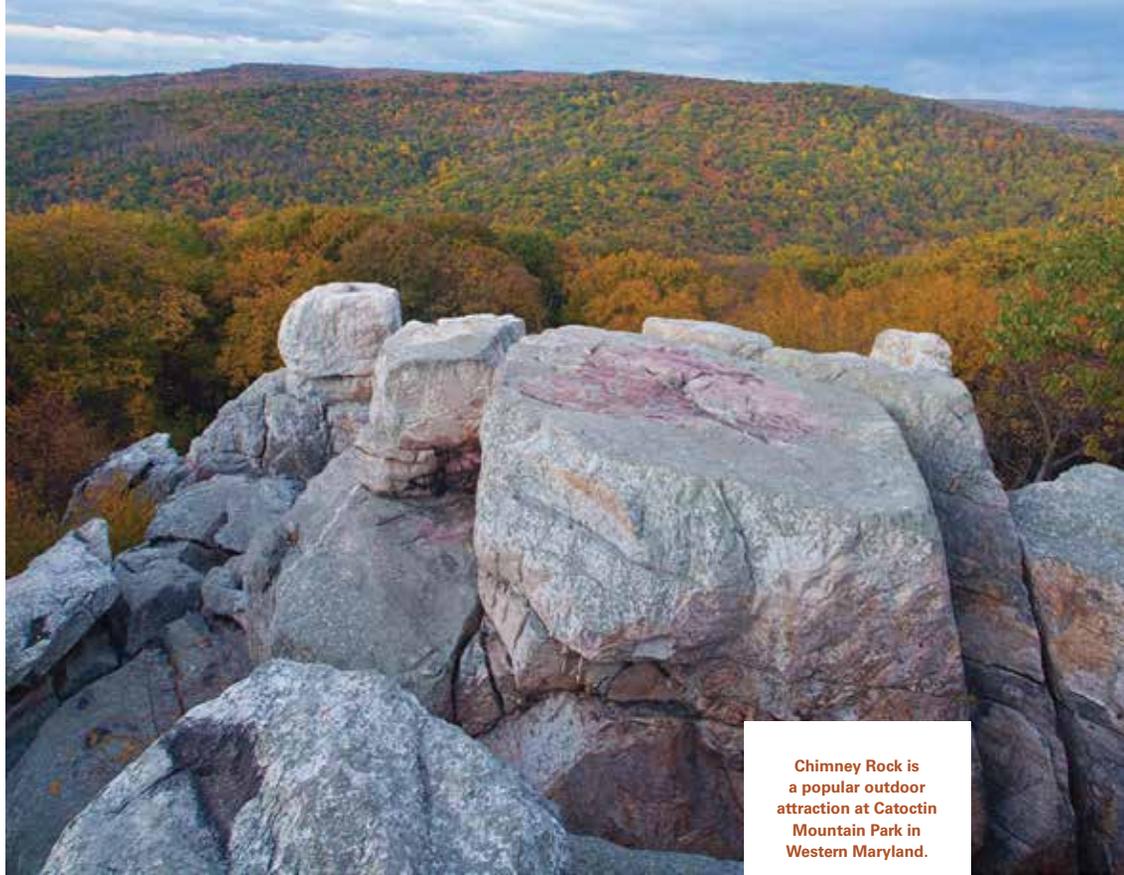
Boardwalk trail leading to Paw Paw Tunnel along the C&O Canal towpath near Oldtown, Maryland. Photo by Nicolas Raymond.

settled the dispute of the States' boundary that became the Mason Dixon line.

Today, the region of 100-inch snowfalls is Maryland's ski resort. The C&O trail is a National Park, a 180-mile hiking and biking trail, from D.C. to Cumberland. The Potomac and Savage rivers welcome canoes, kayakers, and rafters. Deep Creek Lake, the Savage, and Youghiogheny rivers are vacation spots for people young and old from Maryland, Pennsylvania, West Virginia, and beyond. The Adventure Sports Center International in McHenry is patterned after the Olympic Sports Arena in Greece and is a one-of-a-kind kayak center carved out of the top of Wisp mountain. It is a tough training ground for competitive kayak contenders. Much of Garrett County is parkland. Overall, Maryland has 40 state parks and seven state forests that cover about 225,000 acres.

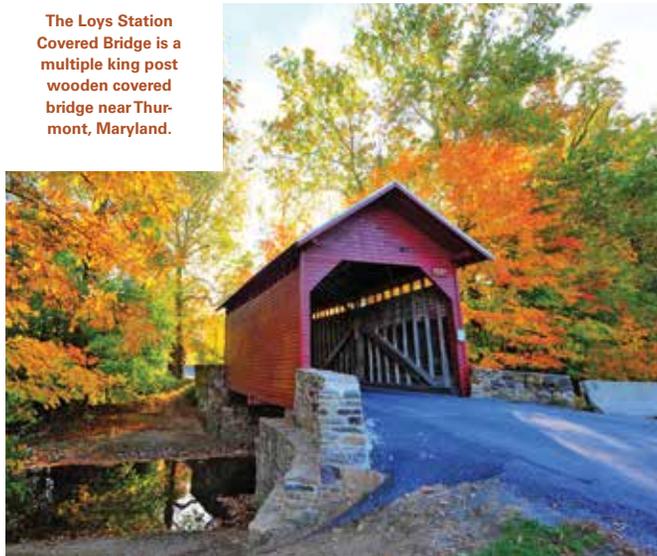
The State has several nicknames. Some refer the "Old Line State" to the Mason-Dixon Line. But there is historical reference to a declaration by George Washington about Maryland's crack army troops, the only state that had regular troops during the Revolutionary War, as the "Old Line." Evidently, these troops distinguished themselves not only in battle but with a special hat dubbed a cockade.

Maryland is also called the Free State, some say because of its original, short-lived religious freedom; others point to the 49.1 percent of Maryland's African American population that were free in 1860. History also records that the editor of the



Chimney Rock is a popular outdoor attraction at Catoclin Mountain Park in Western Maryland.

The Loys Station Covered Bridge is a multiple king post wooden covered bridge near Thurmont, Maryland.



Sun papers, Hamilton Owens, often referred to it as the Free State in 1923 when he mocked a Georgia Congressman for accusing Maryland of being a traitor to the Union because it never passed a state enforcement act supporting prohibition. "Perhaps," Owens wrote, "Maryland the Free State should secede from the Union before acting to prohibit the sale of liquor."

But it is "America in Miniature" that best defines Maryland. Crossing diverse terrain, from the Atlantic to the ancient Appalachian Mountains and encompassing three distinct lifestyles, the state hangs together on the character of its people fostered by the overarching Chesapeake Bay in tune with the motto of the state "Manly Deeds and Womanly Words."



WHAT'S UP?'S 2019 SUMMER CAMPS YOU SHOULD KNOW

ACADEMY ART MUSEUM SUMMER CAMPS

Location: 106 South Street, Easton. Contact: 410-822-2787; academyartmuseum.org. Constance Del Nero, Director of Children's Education & Community Programs. Dates/Times: Weekly from last week of June through third week of August. Most camps run 2-3 hours. Ages: PreK-12th grade. Cost: Varies by program; most camps are \$100-150. Academy Art Museum offers interesting and creative camps for every age range. From pre-school summer-themed offerings to tween and teen paper-making and plastic sculpture, there is some-

thing for everyone. The Museum's signature Kaleidoscope Camp—a perennial favorite—consists of multi-media projects, while other camps focus on building basic art skills, such as drawing and painting. New 2019 camps offer high school students advanced drawing, batik, and digital media expertise.

ANNAPOLIS AREA CHRISTIAN SCHOOL SUMMER PROGRAMS

Location: 109 Burns Crossing Road, Severn. Contact: 410-519-5300, x3150; Aacsonline.org/summerprograms. Cedrick Dickens, Summer Programs Director, summer@

aacsonline.org. Dates/Times: June 10th-August 2nd, 9 a.m.-4 p.m.; half day and extended day options available. Ages: 3½ to 18. Cost: \$190-300/week. With 40+ programs to choose from, Annapolis Area Christian School Summer Programs encourage you to find out more and see how they can meet your family's needs. Traditional day program, academic camps, creative arts, and sports camps such as basketball, soccer, volleyball, field hockey, football, tennis, dance cheer, sports training, teen leadership development, science, coding, drones, and STEM are offered.

Tours are available by appointment.

CITY OF ANNAPOLIS RECREATION AND PARKS SUMMER CAMPS

Location: Varies based on camp. Contact: 410-263-7958; Annapolis.gov/recreation. Kathryn Owings, Sports Supervisor, KAOwings@annapolis.gov. Dates/Times: June 24th-August 30th. Ages: 4-15. Cost: Varies based on camp. Annapolis Recreation and Parks is excited to introduce new camps for summer 2019! Activities will include traditional day camps with field trips while special interest camps will include sports, STEAM, stand up paddle boarding, and much more! Please visit annapolis.gov/recreation for more information. Follow us on Facebook and Twitter to stay up-to-date on camp announcements!

ANNE ARUNDEL COMMUNITY COLLEGE'S KIDS IN COLLEGE SUMMER CAMPS

Location: 101 College Parkway, Arnold. Contact: 410-777-1182; Aacc.edu/kic. Dates/Times:

June-August; half and full day options available; before and after care available. Ages: K-12th grade. Cost: Varies by program. Programs offered include but are not limited to: traditional day camps, academic classes, sports, performance, general interest, art, culinary, dance, engineering, magic, math, robotics, science, technology, and theater. Please see website or call Kids in College at number listed for more information.

ARCHBISHOP SPALDING SUMMER CAMPS

Location: 8080 New Cut Road, Severn. Contact: 410-969-9105; Archbishop-spalding.org/camps. Spalding offers a wide variety of summer programs, including academic and athletic camps. For more information, including dates, times, ages, and pricing for each camp, please visit the website or call the number above.

ECO ADVENTURES

Location: 216 Najoles Road, Suite 600, Millersville. Contact: 410-987-1300;

Ecoadventures.org. Tina Hayden, Programs Coordinator. Dates/Times: Eco Sampler: June 17th-21st. Walk on the Wildside: June 24th-28th. Harry Potter Wizarding World: July 8th-13th. Art on the Wildside: July 15th-19th. Animal Training & Career: July 22nd-26th. Wilderness Survival: July 29th-August 2nd. Harry Potter Hogwarts Camp: Aug 12th-17th. Marine Biology Sea Camp: August 19th-23rd. Summer Fun Kindergarten Camp: September 3rd-6th. One-day camps are also available during the week of July 4th. Ages: Varies by camp. Please see website. Cost: One-day camp: \$85-95; Full day (9 a.m.-4 p.m.): \$340-375; Mini camps (9 a.m.-1:30 p.m.): \$205. "Experience the Extraordinary." That is exactly what our summer camps embody! Our 2019 summer camp lineup offers a variety of camps, from animal training to Harry Potter, to Art on the Wildside to marine biology. You'll quickly see we have



something for everyone. Each camp is highly personalized and designed to get kids excited about our natural world with daily activities such as animal interactions, games, experiments, crafts, guest speakers, fossil digs, field trips, creative snacks, and more! When we get through with them, they may never WANT to come home!

IDEAS SUMMER CAMP

Location: 3112 Arundel on the Bay Road, Annapolis (St. Anne's School of Annapolis). Contact: 844-516-2267; Ideassummercamps.com. Dates/Times: June 17th–August 9th; free extended care available 7:30 a.m.–5:30pm. Ages: 3–12. Cost: Starting at \$335/week. IDEAS Summer Camp Programs are the finest in the Annapolis area. Safety, fun, creativity, friendships, and learning are the overall goals of the summer. At IDEAS, we offer unique programming for the entire family. From basic arts and crafts to multi-sport camps or from Minecraft™ and to our Ravin' Rockets Camp, our summer camp programs continue to grow each and every year as we introduce new programming, weekly themes, and a variety of technology, sports, arts, innovation, and FUN! Our approach and philosophy is based on child enrichment

with a primary focus on enjoyment and character building. Our goal is to ensure each camper is constantly exposed to an incredible team of camp counselors through positive energy, self-confidence, and a lead-by-example approach.

INDIAN CREEK SCHOOL SUMMER CAMP PROGRAM

Location: 680 Evergreen Road, Crownsville; 1180 Anne Chambers Way, Crownsville. Contact: 410-923-3660; Indiancreekschool.org. Kelly Bryant, Summer Camp Director, kbryant@indiancreekschool.org. Dates/Times: June–July. Ages: 3–18. Cost: Varies. Traditional day camps, performing arts camps, blended learning camps, athletic camps on two beautiful Crownsville campuses.

KIDSHIP SAILING

Location: 7001 Bembe Beach Road, Annapolis. Contact: 410-267-7205; Annapolissailing.com/youth-sailing. info@annapolissailing.com. Dates/Times: Week-long camps starting June 10th; full- and half-day options available. Ages: 5–15, all skill levels. Cost: \$295/week for half-day; \$495–645/week for full day. With the lowest student to instructor ratio around, KidShip provides a fun and non-competitive environment for kids to grow as

sailors and have a summer they'll never forget! Campers come away with sailing skills, confidence, and a smile. Call or email with any questions.

MACC SPORTS CAMPS

Location: 2485 Davidsonville Road, Gambrills. Contact: 410-451-5110; Themacc.org/sports-camps. Rob Wagler, sports@themacc.org. Dates/Times: Basketball: July 8th–11th (ages 7–14). Golf and Volleyball: July 15th–18th (ages 7–14). Tennis: July 22nd–25th (ages 7–14). Ambassadors Soccer: July 30th–August 3rd (ages 6–14). Multi-sport: August 5th–8th (ages 5–7). Ages: Varies by camp. Cost: \$50 per camp (Soccer all-day camp is \$150); \$30 for each additional camp. MACC sports camps are designed to give young players an opportunity to learn basic skills in a fun, positive, and encouraging environment. In addition to excellent coaching, we provide a daily life-related "Team Talk" geared toward communicating the truths of God's Word. Each day includes technical and tactical instruction for campers, focusing on the necessary skills to advance in their given sport. Match play and special competitions bring promise and excitement to the program.



MYLAW SUMMER LAW ACADEMY

Location: University of Maryland Francis King Carey School of Law, Baltimore. Contact: 667-210-2517 Mylaw.org. Dates/Times: June 24th–27th, 8:30 a.m.–4:30 p.m. Ages: 10th–12th grade. Cost: \$300. The 4th Amendment and Forensic Evidence is week-long camp filled with presentations, tours, and field trips that connect the youth with constitutional law professors, criminal trial lawyers, public defenders, the Baltimore City Police Department Fo-

rensic Science and Evidence Division, the Maryland Forensic Medical Center at the University of Maryland BioPark's chief medical examiner, and other guest speakers and tours. It's a great opportunity for students who are considering a career in forensics or the law, or who enjoy the thrill of crime scene investigation! Cost includes lunch, materials, and a T-shirt. Please visit the website listed above for this summer's application.

NAVY ATHLETICS SUMMER CAMPS

Location: U.S.

Naval Academy, Annapolis. Contact: 410-293-5845; Navysports.com (click on "Camps" tab). Dates/Times: June–August. Ages: Varies by camp and program. Cost: Varies by camp and program

2019 NAVY BASEBALL CAMPS

Location: U.S. Naval Academy, Annapolis. Contact: 410-293-2831; Navysports.com. Paula Roche, proche@usna.edu. Dates/Times: Summer Elite Showcase: June 18th–19th (current high school players). Little League Day Camp: July 15th–18th (ages



Please visit website for details.

ST. MARGARET'S DAY SCHOOL CAMP

Location: 1605 Pleasant Plains Road, Annapolis. Contact: 410-757-2333; Stmargarets-dayschool.org. Tricia Hallberg McVeigh, St. Margaret's Day School Director. Dates/Times: June 10th–21st; July 8th–19th; July 22nd–26th; July 29th–August 9th. Ages: 2–10 years old. Cost: \$55–175/week. Join us from June to August at our fun-filled day camp! Every two weeks we will have a new, exciting camp theme with crafts, projects, games, science explorations, and more. Culminating activities and field trips for ages 4 and up at the end of each theme. Summer 2019 themes: Animal Planet, The Magic of Science, Build It Design It Lego, and Ahoy St. Margaret's Pirates!

SUMMER AT KEY

Location: 534 Hillsmere Drive, Annapolis. Contact: 443-321-2575; Keyschool.org/summer. Jane Flanagan, Director of Summer Programs, jflanagan@keyschool.org. Dates/Times: June 17th–August 9, 9 a.m.–3:30 p.m. with before and after care available; half and full day options available. Ages: 3 ½ years–12th grade. Cost: Varies by program. Summer at KEY has many

options for exciting activities and new adventures. From traditional camps to nearly 150 specialty camps to choose from, there is something for everyone.

SUMMER CAMPS AT THE CHESAPEAKE BAY MARITIME MUSEUM

Location: 213 N. Talbot Street, St. Michaels. Contact: 410-745-4947; Cbmm.org/summercamps. Laurel Seeman, Programs Administrative Assistant, lseeman@cbmm.org. Dates/Times: Varies by program. Ages: 4–15. Cost: Varies by program. Explore the magic of the Chesapeake Bay's people, animals, traditions, and environment! Weekly camp offerings rotate between age groups, with an emphasis on a fun, hands-on learning environment that includes on-the-water and environmental activities, stories, games, crafts, and other creative projects. Scholarships available. For more information and to register, please visit the website.

SUMMER-IN-THE-FIELD AT ST. MARTIN'S

Location: 375-A Benfield Road, Severna Park. Contact: 410-647-7055; Stmartinsmd.org. Dates/Times: June 17–21; June 24–28; July 8–12; July 15–19; July 22–26; half and full day options available, as well as before and after care. Ages: 3–13. Cost: \$199–369/

8–12). National Leadership Futures Overnight Camp (Day option available): July 20th–24th (rising 8th, 9th, and 10th graders). Overnight Leadership Training Camp: July 27th–31st (rising 11th and 12th graders). Visit website for full details. Ages: Varies by program. Cost: Varies by program

NAVY VOLLEYBALL CAMPS

Location: U.S. Naval Academy, Annapolis. Contact: 410-293-5845; Navysports.com. navyvball-camp@hotmail.com. Dates/Times: Girls' Performance Camp #1: July 6th–9th, \$625 (ages 12–18). Girls' Mini Camp: July 9th–11th, \$240 (ages 12–18). Girls' Position Training Camp #2: July

11th–14th, \$625 (ages 12–18). Boys' Training Camp: July 11th–14th, \$625 (ages 10–18). Girls' Team Camp: July 25th–27th (high school). Visit website for full details. Ages: Varies by program. Cost: Varies by program

PONGOS LEARNING LAB

Location: 2141 Priest Bridge Drive, Suite 8, Crofton. Contact: 301-789-1815 ext. 4; Pongoslearninglab.com. Chrissy Rey, President and Founder. Dates/Times: Camps begin week of June 17th and run through August. Ages: K–8th grade; however, some camps are open to students up to 12th grade. Cost: \$280–315, plus lab fees. We will cover

a wide range of STEAM topics this summer, including video production, animation, game design, robotics, and coding. The first and last week of camp is Gamer Club, which gives kids a chance to have some fun while working on their teamwork and sportsmanship skills. For the rest of the summer, kids will spend most of their days at camp learning the subject for the week, or working on related projects or challenges.

SEVERN SCHOOL SUMMER PROGRAMS

Location: Varies. Contact: 410-647-7701 x 2344; Severnschool.com/summerprograms. Laurie Wachs, Summer Program

Director, l.wachs@severnschool.com. Dates/Times: June 24th–August 2nd, 9 a.m.–3 p.m.; Extended Care Program is available before and after camp on the Chesapeake Campus only. Ages: 3 ½ years old–5th grade (day camp); 5th–10th grade (specialty camps on Teel Campus). Cost: \$250/week (day camp); \$300/week (specialty camps on Teel Campus). Day Camp and Specialty camps are available for campers entering grades 1–5 at our Chesapeake Campus. Specialty camps at the Teel Campus, including our Community Enrichment Program, are offered at the Teel Campus. Various sports camps are also available.

week. Led by Club SciKidz, a variety of one-week enrichment camp offerings including courses in technology, cooking, science, and art. Come explore and have fun!

CAMP SUMMIT

Location: 664 East Central Avenue, Edgewater. Contact: 410-798-0005; Thesummitschool.org. Dates/Times: July 1st–26th, 8:30 a.m.–3 p.m. (closed July 4th); extended care available. Ages: Students entering grades 1st–8th. Cost: \$2,230/student; discount available for Summit students. Camp Summit offers a nurturing environment

where students build self-confidence and get the academic boost they need for back-to-school success. Campers avoid summer learning loss while having fun and making new friends. Morning academics followed by afternoon fun! Details and applications available online.

THE SUMMIT SCHOOL SPECIALTY CAMPS

Location: 664 East Central Avenue, Edgewater. Contact: 410-798-0005; Thesummitschool.org. Dates/Times: Executive Function: August 5th–9th, 9 a.m.–12 p.m. (rising 8th, 9th, and 10th graders); August 12th–16th, 9 a.m.–

12 p.m. (rising 5th, 6th, and 7th graders). EmPOWER™: August 5th–9th, 1–4 p.m. (rising 8th, 9th, and 10th graders); August 12th–16th, 1–4 p.m. (rising 5th, 6th, and 7th graders). Ages: Students entering grades 5th–10th. Cost: \$480/student. Make sure your child is ready for back to school success! In addition to Camp Summit, a month-long academic and recreation camp in July, The Summit School offers specialty academic camps including Executive Function and EmPOWER Writing. Executive Function tackles organization, time

management, and study skills. Take home resources that can be used in every class. Benefit from follow-up sessions to check in on progress and help set up a successful school year. EmPOWER™ helps students learn strategies to meet academic writing demands. Develop the skills necessary for effective writing from strong essays to research reports. Details and applications available online.

WEST RIVER SAILING CLUB SAILING SCHOOL

Location: 4800 Riverside Drive, Galesville. Contact: Learn2sailwrsc.com. Heidi Bay, Direc-

tor of Education, wrscjuniorfleet@gmail.com. Dates/Times: For ages 5–7: Session II: July 8th–12th, 12:30–3 p.m.; Session III: July 22nd–26th, 12:30–3 p.m. For ages 8 and up: Session I: June 17th–28th, 8:30 a.m.–3 p.m.; Session II: July 1st–12th (no sailing school on July 4th or 5th), 8:30 a.m.–3 p.m.; Session III: July 15th–26th, 8:30 a.m.–3 p.m.; Session IV: July 29th–August 19th (no sailing school on July 30th). Ages: 5–18; adult classes also offered (please see website). Cost: \$193 and up; Prices vary by session (please see web-

site). We've been teaching sailing since 1953. Learn not only through drills but creative activities, like an adventure sail, treasure hunt, or a game of Jeopardy. Our instructors instill a respect for the water while teaching the techniques and skills to sustain a lifelong passion of sailing. Each session culminates with a special activity of lunch at High Island or watch the horseshoe crabs hatch their young at Round Bay while never forgetting the most important part: FUN!

Summer Fun at the Academy Art Museum

Pre-School–High School Programs

Drawing
Painting
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This waterfront haven offers visitors year-round experiences and plenty of fun events. The County of Kent provides a plethora of things to do, whether your interests incline toward the athletic or artistic, the land or water. Walk the tree-lined brick sidewalks of one of the oldest Mid-Atlantic ports of entry, or hike amid towering trees or along wide-open beaches at one of the county's nature preserves. Take in dynamic art exhibits, watch artists at work, or participate in an artist's workshop. Connect with nature from a kayak or on a chartered cruise or fishing excursion. If you're the captain of your own vessel, you'll be glad to know that Kent County offers more than 20 marinas, for that seasonal slip or transient getaway, and more than 30 public launch sites.

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Known for its amazingly fun events, you'll want to coordinate your trip accordingly. Although too many to list here, below is a sample of what's coming up. Visit kentcounty.com/events for more listings and updated information.

March 17 - The Hedgelawn Series continues at the Mainstay; Rock Hall

March 23 - RiverArts Reclaimed Runway, Fashion Extravaganza; Rock Hall

April 20 - Bluegrass Block Party, Chestertown

April 25-28 - RiverArts Paint The Town Plein Air; throughout Kent County

1st Fridays in Downtown Chestertown

Chestertown 2nd Saturdays Begins at Bad Alfred's

No matter what time of year you choose to visit, Kent County is sure to provide you with experiences that exceed your expectations. For more information on lodging, dining, events, and attractions please visit www.kentcounty.com or follow them on Facebook, Twitter and Instagram @visitkentcounty.

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P R O S P E R I D G E BY BOB ALLEN

AFTER A 30-YEAR STRUGGLE, CAMBRIDGE'S INITIATIVE TO RENEW ITS HISTORIC WATERFRONT REACHES CRITICAL MASS

Cambridge's collective efforts to revive its picturesque stretch of the Choptank River as a vibrant commercial and recreational center reach back to William Donald Schaefer's second term as Maryland governor. Since the early '90s, incremental progress has been made, but there have also been false starts and discouraging setbacks due to ebbs and flows in the economy, shifting political winds, and other forces largely beyond the scope of local leaders.

But finally, after nearly three decades, the path seems clear to redeveloping more than 25 acres of prime riverfront property in a manner that provides public access and creates a much-needed mixed use economic engine for both the city and Dorchester County.

"It is going to be an outstanding program that will deliver that 'wow factor' [to the Cambridge waterfront] I have often talked about," says Cambridge Mayor Victoria Jackson-Stanley, who is in her 11th year in office. "When it is done, it will make the majority of the six million people who cross the bridge [the Senator Fredrick C. Malkus, Jr. Memorial Bridge] every year and drive past Cambridge want to come and be part of our city's fabric and history."

PLANS CRYSTALLIZE

Robert Hanson is president of the Cambridge City Council and his Fifth Ward includes the targeted waterfront. He lives little more than a stone's throw from the property slated for redevelopment.

"We're really excited about the mixed-use possibility," Hanson says. "We need some stores that we don't have downtown."

Though the specifics of this future landscape have not yet been ironed out, likely amenities include a hotel, restaurants, coffee bars, pubs, and specialty retail shops.

The overall revitalization will be complemented by Cambridge's existing waterfront landmarks such as Long Wharf, the Dorchester County Visitor Center, the Choptank River Lighthouse, a city marina, and a maritime museum, which is set to open near the riverfront in the future.

The project will not be shovel-ready for several more years, but it finally appears to have attained long-elusive critical mass. Just in the past year or so, several key obstacles have been surmounted, creating a clear path forward.

As anyone who's driven eastward on U.S. Route 50 across the Choptank River can attest, Cambridge has a stunning waterfront, highlighted by the imposing 100-foot-tall sail of the Dorchester County Visitor Center, the Choptank River Lighthouse, the recently refurbished Long Wharf, several boatyards and marinas, and intermittent stretches of open space.

The big challenge until recently has been finding a way to unify these existing assets, which are not contiguous, and link them with both Cambridge's nearby central business district and the long-envisioned waterside commercial center.

A significant hurdle was cleared last summer with a \$6 million overhaul of Cambridge's historic Long Wharf, which, for more than two hundred years was a hub of the region's thriving agricultural and seafood processing industries. The renovation was jointly funded by the city, Maryland Department of Commerce, and a governor's bond bill.

The wharf now serves a variety of recreational and commercial uses, ranging from concerts and festivals to a docking place for cruise ships and other seagoing vessels. The World War II Liberty Ship *SS John W. Brown* made a week-long visit to the wharf last summer and drew 7,000 visitors. At the August ribbon cutting, Gov. Larry Hogan lauded the project as "the beginning of a really great transformation in Cambridge."

Long Wharf is part of the former Maryland Port Administration property that was declared surplus by the state in 2013 and transferred to the city of Cambridge the following year with strict stipulations as to how it can be used.

"The agreement with the state is very clear," says Frank Narr, a Cambridge CPA and insurance broker who serves on Cambridge Waterfront Development, Inc.'s seven-member board. Cambridge Waterfront Development, Inc. is a nonprofit comprised of development professionals appointed by the city, county, and state that was created last year to facilitate the complex waterfront transformation. As a board



Aerial view of the Cambridge Marine Terminal circa 1962.

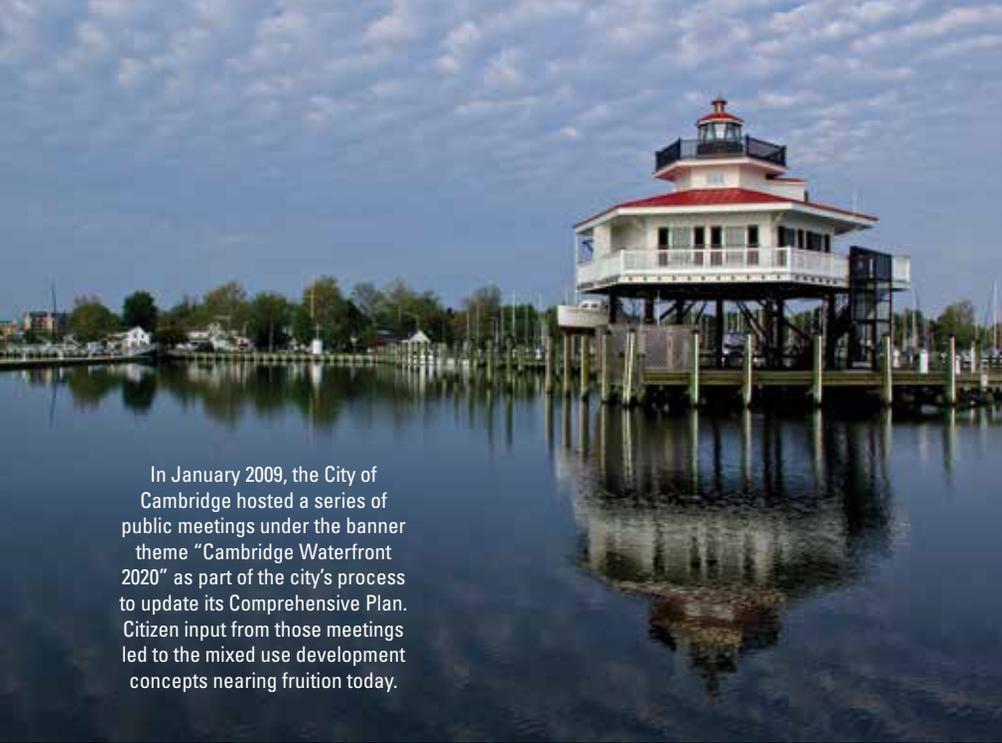


The Maryland Port Authority property (outlined in red) will eventually merge with the hospital property (in blue) to create a 25 acre site ripe for mixed use development.

member, Narr represents Sailwinds, Inc., another nonprofit that has been advocating for waterfront renewal since the Schaefer era.

“Any redevelopment has to be accessible to the public and has to contribute to the economic base of this community,” adds Narr, a former president of the Dorchester County Chamber of Commerce.

Another milestone was cleared last summer when the University of Maryland Medical System announced plans to relocate its Shore Medical Center at Dorchester (formerly Dorchester General Hospital) to a new and more modern location on nearby Route 50. After the projected 2021 move, ownership of the hospital’s 14-acre footprint will be bundled with the adjacent 11.5-acre riverside tract that the city acquired from the Maryland Port Administration. “That [agreement] was the 50-yard line,” Narr says. “When the hospital property became available, that was a real game changer.”



In January 2009, the City of Cambridge hosted a series of public meetings under the banner theme “Cambridge Waterfront 2020” as part of the city’s process to update its Comprehensive Plan. Citizen input from those meetings led to the mixed use development concepts nearing fruition today.



Richard Ziedman, a part-time Cambridge resident and Montgomery County attorney specializing in public/private sector projects like this one, is one of the city’s two appointees to Cambridge Waterfront Development, Inc. He points out another advantage of the waterfront initiative. Both the hospital property and the adjacent former state property fall within a designated federal Opportunity Zone.

Opportunity Zones are part of a community development program established by Congress in the Tax Cuts and Jobs Act of 2017. They provide tax incentives to spur long-term investments in low-income urban and rural communities nationwide.

“People are raising hundreds of millions of dollars to invest in these Opportunity Zones,” Ziedman explains. “The combination of the potential size of our project could very well attract significant Opportunity Zone-designated investment, which can only be a good thing for us.”

Ziedman says the Cambridge initiative has another leg up that’s so obvious, it’s often overlooked. It goes back to what the mayor likes to call the “Wow Factor.” “You’ve got six million people a year driving down Route 50 and it’s pretty hard to miss our waterfront,” Narr says. “And frankly, I think a lot of the people who are going to Ocean City are the kind of people who would

be interested in a place like Cambridge. It’s part of the complement of things that make us very attractive—a very spectacular waterfront with tremendous accessibility and visibility.”

HISTORICAL CONTEXT

Founded in 1684, some of Cambridge’s earliest settlers raised tobacco and used slaves on their plantations. Slave auctions were held on the grounds of the county courthouse and Long Wharf was a regional hub for human trafficking. Harriet Tubman was born just a few miles from Cambridge. By the close of the 19th century, Cambridge was well on its way to becoming Maryland’s second largest and second



Cambridge Mayor Victoria Jackson Stanley was joined by Maryland Governor Larry Hogan and local dignitaries for the grand reopening and dedication of the redeveloped Cambridge Marine Terminal Wharf last July.

busiest port and a booming center of produce and seafood processing—everything from oysters and tuna fish to tomatoes and sweet potatoes.

Phillips Packing Company in particular grew to be one of the largest such operations on the Eastern Seaboard, employing upwards of 10,000 during the World War II years, when it and other local companies were awarded fat Department of Defense contracts to produce K-Rations and other goods for the fighting troops. Bumble Bee Tuna also had a large facility in Cambridge for years.

But by the 1960s, nearly all of that industry was gone, along with the thousands of jobs it had provided. In the years since, Cambridge has never fully recovered. As far back as 1992, a cadre of forward-looking citizens formed an advocacy group called the Committee of 100. Out of that emerged the nonprofit Sailwinds Park, Inc. “There was a realization that manufacturing was not going to come back and that we needed to look at new industries with a focus on tourism,” Narr recalls.

Finally, after all these years later, that incipient effort seems to be about to take form.

TIDES TURNING

Located adjacent to the target area is a tract owned by the Richardson Maritime Museum and its Ruark Boat Works, named after Harold Ruark, a revered Dorchester County boat builder. The museum, which currently has its

headquarters on nearby High Street, plans to consolidate its operations at the corner of Maryland and Hayward streets, and eventually open a maritime training school on the site.

Jane Devlin is executive director of the museum, which was founded in 1992. She says her organization has been part of the waterfront development effort since the early 1990s with its participation in the Committee of 100. Now that the revitalization finally seems imminent, Devlin welcomes it. She sees part of Richardson’s mission as enhancing the effort by helping preserve a portion of Cambridge’s “working waterfront.”

“The Richardson Museum promotes the past and the future, specifically with our [planned] trade school,” Devlin explains. “And what we, as neighboring sites [to the redevelopment] are doing will naturally enhance, and in turn, be enhanced by whatever goes on there.”

In retrospect, Devlin is glad that the earlier stand-alone efforts to revitalize the 11.5-acre former port site didn’t come to fruition. “They could have pulled the trigger on that 11 acres, but now to have a pad with 30 acres rather than just 11 really opens up the possibilities. We’re probably positioned for the best opportunity right now. It makes it a very interesting and exciting time in Cambridge.”

Ziedman says Cambridge Waterfront Development, Inc.’s task between now and the hospital’s eventual relocation



is to “certify the outline of the property and analyze the effect on the tax base the redevelopment will have.”

Ziedman also notes the nonprofit will “facilitate the state, county, and city coming together to secure the necessary resources to get the [hospital] property into the kind of condition that a developer will be willing to finance and develop.”

Narr’s enthusiasm is tangible as he looks back over his more than 25 years as a redevelopment booster. “This an exciting opportunity and we only get one chance to do it right,” he says. “And there’s no question in my mind that if we do get it right, it will be looked back upon as the single most important initiative this community has ever done.”

Jackson-Stanley shares Narr’s sense of destiny. “Even if I’m not in office after this term or the next term, I will come to the ribbon cutting,” she says. “This is an outstanding opportunity for us to show that we are forward-thinking in the 21st century and beyond.”

FROM HIGH POINT TO YOUR HOME

A review of interior design and décor trends that swept the home industry's most prestigious biannual exposition, High Point Market

By Diana Love

GLOBAL GLAM →

More and more, people are aspiring to make their homes into elegant sanctuaries that periodically take them away from the chaotic world outside. This sanctuary includes the sense and the memory of their most exquisite lifestyle moments through texture, manufacturing, and artistry. Decorators are finding inspiration in their client's international travels or simply in their dreams of travel. Global glam trends reflect the creation of a personal narrative; a context in which memories will be showcased and new meaningful memories will be made. Global glam is heavily inspired by a spirit of wanderlust and the dream of an interesting escape, but without the jet lag.

NATURAL ELEMENTS →

This trend highlights pieces that incorporate natural materials, organic shapes, and earthy motifs. It plays with shapes and patterns found in nature, and relies on the use of organic items as the medium for wall art and design accessories. Adding natural elements like natural stone, raw wood and muted grey, warm beige and brown colors soften a room, and adds a touch of playfulness, tactility, warmth and individuality to a design. Prevailing elements in this organic trend include stone forms, tree trunks and knotted roots.

Wicker and rattan are around every corner of Spring style. Wicker can be defined as any pliable twigs, plaited or woven to make items such as furniture and baskets. Although typically made of willow, nouveau wicker comes in many forms, some relying on sustainable materials and international artisanry. Nostalgic styles like peacock chairs give a nod to the past but are updated for both interior and exterior spaces.

Inspired by the indoor/outdoor beach, boating or waterfront lifestyle, raw and bleached natural materials, simple organic forms, and '70s inspired earthenware lighting and accessories are used to create a casual mix that is almost effortless in placement and coordination with other decor, yet still refined.







Balanced combination of color and material allows geometric elements to pop, transforming wall decor, accessories, chandeliers and furniture into striking works of art. The advantage and benefit of working angles, arcs and strong shapes into decor is the element of energy and dynamism that can invigorate living and working spaces.

GEOMETRICS & ANGLES ↑

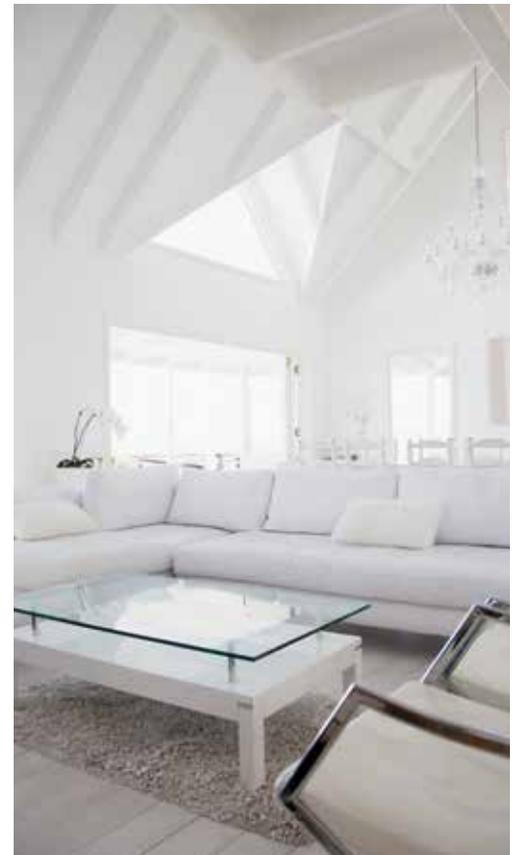
Playing with shapes, angles, and arcs has always offered designers an effortless way to add a creative edge to design projects. Technology begs decorators to use these shapes in 3D illusion wallcovering, resin and brass hardware, sculptural lighting, and statement furniture pieces. Use of geometric shapes is an entree to clever artistry that makes the most of pattern and texture, lines and forms. That energy can flow from your decor into your life. Additionally, while these forms technically have no artistic boundaries, they still lie well within the comfort zone. Trends create buzz by marrying the latest to the greatest and that is exactly what this particular trend will do.





← CURATED CURVES

Whether inspired by an archival piece of furniture, a classic architectural form, or an Art Deco piece of jewelry, curvilinear design reflects the marriage of a strong Continental European influence and a universal passion for reviving bygone eras. Curves will reign supreme in furnishings, lighting, art, and interiors.



WHITE ↑

Reflecting light off water, shades of brightness, and the clouds, white incorporates easily into interior or exterior spaces. As new, high-tech fabrics minimize the maintenance so long associated with white, decorators can use it with confidence. White furnishings give the artist freedom to paint the walls in trendy dark hues or muted natural tones. White plaster and textural gesso finishes are abundant in this season's decor. These finishes reflect an attention to detail and artisanal crafting that can only be achieved by hand. Plaster provides a depth and luminosity that shifts with the light, quietly transforming the look and feel of room or even an item in it. White is a classic and clean look that is so much more interesting than shades of neutral beige, and it is here to stay.

PATTERN PARTY →

Much like we are seeing in fashion right now, pattern play is going strong for home interiors in 2019. Expect to see textiles where geometric meets organic, earthy palettes pop with bright electric accents, and bold patterns that are embracing a mismatched style. This look may seem peculiar on its own, but paired together in a composition, it becomes a visual feast for the eyes. Assortments will have an explosion of pastel, such as over-scaled furniture with light wood finishes and pastel upholstery. Avoid badly printed patterns reminiscent of kitchen drapes circa 1973.



← INDIVIDUALISM

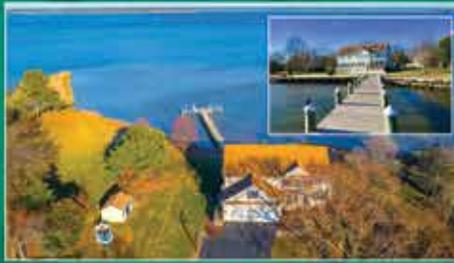
Wall art, carpeting, case goods, and decor can all tell a very personal story that reflects the life and times of the homeowner, not necessarily the interior decorator. This trend celebrates the individual who is living a full and creative life and wants to showcase that daily and expressively. Furniture and art collections are inspired by family heritage, travel, and personal perspective.

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5 Pro Tips for Managing Your Next Home Improvement Project

Whether you're remodeling a bathroom or kitchen, adding an addition or completely renovating your older home, there's a lot that goes into a home improvement project. If you're taking charge of your home improvement endeavor, here are a few tips for managing your project like a pro.

1. MAKE A LIST

Communicating your ideas, selections and expectations require detailed information to be passed along to everyone involved in your project. Start by writing down key details even during the planning stage. What type of flooring will be installed? I want this type of backsplash. Does the plumbing need to be re-located? Jot down any and all specifics, keeping your list updated as you go, then share it with your contractors and material suppliers. Keeping a comprehensive list will help keep everyone on the same page.

2. SET ASIDE A CONTINGENCY BUDGET

You never know what may be hiding behind a wall or any number of other factors that can cause cost overruns. That's why it is always important to have a contingency budget. Almost every project will have unexpected costs come up. Set aside a 15-20% reserve fund to handle these expenses. It is best to expect and plan for the worst. And, if nothing goes wrong you can use that money for upgrades towards the end of the project or other improvements around your home.

3. CONSIDER DELIVERY TIMES

Sure that feature Andersen window will look amazing in your new great room. But did you take into account that it won't arrive on your jobsite for 8-10 weeks? As you pick out and get pricing on items, make sure you also note standard lead times for all special order materials. If your contractor has to wait for that custom cabinet or custom window group, that will delay your completion and cost you money.

4. TAKE THE NECESSARY TIME TO COMPLETE PLANS BEFORE STARTING THE PROJECT.

To manage any home improvement project successfully, you need a plan of attack. Before the first wall comes down or the first nail is driven, finalize your design. Take care to draw up plans and make all of your design decisions and selections. It is much faster and cheaper to make changes on paper than to rip out and rebuild on the jobsite. Taking the time to create finished, well thought out plans will pay huge dividends across your entire project.

5. SELECTING YOUR CONTRACTORS AND SUPPLIERS.

Perhaps the most important decision you will make after you have decided to move forward with your project... who do I hire to do the work? You may be hiring a single builder to run your project or if you are coordinating the entire project yourself, many sub-contractors. There are many online resources available these days. Don't forget to talk to your local suppliers not only for product selections but also about the contractors you are considering. In most cases they will be familiar with and be a good source for reputable contractors.

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Q: What are some general rules of thumb for home sellers preparing a property's interior for sale?

A: Both preparing the home to be 'show ready', and also, carefully pricing to lead the market - as opposed to chasing it are critical to any lucrative sale. There is no second chance for a first impression. Sellers who view their home through their buyer's eyes tend to sell stronger. If a project is to be done - 'negate the objection before it happens! Tackle known issues and lean out personal

belongings... then the fun begins! It all starts with the home being professionally staged & taking superb pictures to capture the best attributes of the property, both of which entice buyers to come see the home. Buyers are discerning - staging becomes critical to beat the competition with a faster, stronger sale. Pricing right and showing superior - it really does become the 'magical' formula for a successful sale!

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Neo Eco in 2019

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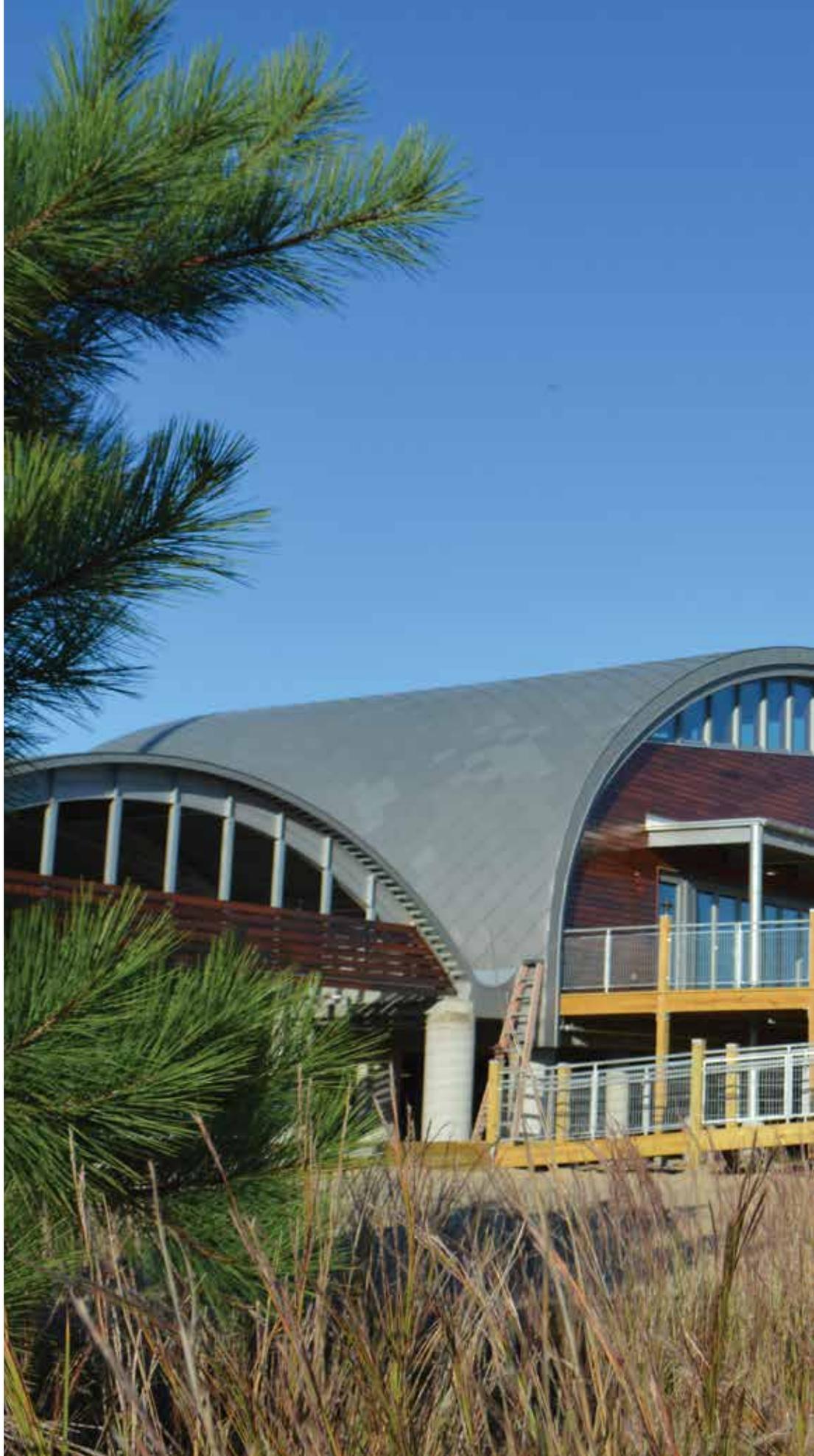
By Diana Love

Over-consumption, rampant development, and climate change are changing our world

in the space of just three generations. You can do your part to Save the Earth one decision at a time, both inside your home, and out. Eco-friendly design offers long-term environmental, social, and economic value to your property. Here are a few structural, interior design, and landscaping trends for 2019.

Biophilic Design

Biophilia means love for nature. Biophilic design centers on the notion that can bring occupants closer to nature while also tangibly increasing health and wellness through structural design. Studies show that incorporating direct or indirect elements of nature into the built environment can reduce stress, blood pressure levels, and heart rates, while increasing productivity, creativity, and well-being. A biophilic design could include the use of reclaimed or raw woods, stairs to encourage moving, rooms set aside for





recuperating or even napping, excellent air quality and airtight ventilation, low VOC paints and stains, and maximization of natural light over artificial light. Some of the best and most progressive buildings in the world combine the theories of sustainability and biophilic design. The results are inspiring and can be applied to home design, sometimes more inexpensively than you might think.

◀ **Example:** The Chesapeake Bay Foundation's Brock Center in Virginia is an excellent example of biophilic design. The building exists in concert with its natural surroundings, with minimal impact on the surrounding land, air, creeks, river, and the Chesapeake Bay. Every aspect of the center—its location, materials, construction, utilities, operation, and use—meets the strictest environmental standards, resulting in the least impact possible.

Multi-Use Space

Buildings and even homes designed with multiple use rooms in mind reduce the need for new or more substantial construction. Many offices are also considering different types of work and collaboration when building, resulting in multi-functional lobbies and adaptable workspaces. At LinkedIn World Headquarters in San Francisco, the lobby plays triple duty as a Privately Owned Public Open Space (POPOS), a coffee cafe, and a meeting space, as well as the entry to corporate offices.

Resilient Structures

Climate change is at the forefront of designers' minds as coastal cities increasingly face the challenges of rising water tables and hard-hitting storms. Annapolis and Anne Arundel County are ground zero for these concerns. Durable materials and the use of non-toxic materials that won't pollute water, air and soil are critical considerations for builders. Prefab homes built to withstand strong winds, with fire resistant cladding materials, and battery systems that preserve electricity in case of power outages can help mitigate the severe financial damage that natural disasters can wreak on property owners. A notable example would be the home on the Florida coast that withstood Hurricane Michael when all surrounding properties were leveled.

Reduce, Reuse, Recycle

Innovation is the name of the game in architecture and design. The best approach to addressing environmentally friendly building starts with innovation and creativity. We need more resilient and more sustainable buildings and homes, highly-adaptable designs and to use technological advancements. All-electric homes home, replace with electricity: induction range cooktops replace gas stoves, heat pump water heaters replace gas ones, and radiant heating and cooling create moist warmth while replacing gas furnaces. These innovations can lead to significant improvements in energy use,

since there are various ways of recycling and preserving electric power through solar and water mechanisms.

The wide application of recycled materials will continue in 2019, with a focus on the repurposing of used materials, re-fabricated textiles, and salvaged wood. From window coverings and carpets to paneling and tiling, repurposed materials are being made into products that tell a story, are authentically interesting, and also live up to the goal of all three R's. Common examples include shiplap paneling or home bars made from old barn wood.

Eco-Friendly Landscape Design

Today, going green and being sustainable is not limited to the inside only. A perfect and intensely green grass lawn is so passé, while native and low-maintenance plants are haute current. With drought-tolerant plants, shrubs and trees that naturally thrive in your home's climate zone, you can save water, avoid using pesticides and fertilizers, and support local wildlife. Chesapeake friendly landscape designs include rain gardens and xeriscapes.

An Abundance of Greenery

From gardens and potted plants to walls and roofs, there's no part of a home that can't be made green. While houseplants add a splash of energizing green to the home interior, green roofs, and walls bring these traits plus a bit of insulation and stormwater mitigation to the exterior of homes. Plants make a home or workspace feel warm and healthy, can improve thermal performance, and increase air quality. Homeowners can create an abundance of green in every possible way, from private gardens to small oasis on patios and balconies. Vertical gardens and interesting topiaries are quite popular and can bring stunning visual appeal.

Nature Inspired Interior Design

In 2019, the eco-friendliness of a home will be measured by its nature-oriented design. Architects will maximize the home's orientation to the natural landscape, design elements will consider the angle and direction of the sun, grading that impacts how water moves around the primary structures, and roofing materials and insulation that retain or expel heat.

Home décor will embrace earthy tones, natural wood in every hue, and organic textiles, and will introduce a sense of natural



tranquility to living spaces. Natural wood finishes, raw wood, reclaimed wood, and even tree roots will be used for furniture and decorations, while porcelain tile, another eco-friendly option, will embrace a wood-like design. Mixed organic materials create a deep, layered look; combined with recycled, artisanal, and handcrafted decorations, the sense that the outside has been preserved and praised inside, the home can translate into more eco-friendly lifestyle decisions.

Water Efficiency

Water efficiency has always been the siren call for environmentalists, who continuously look for innovative investments and inventions that optimize water consumption in buildings and houses. With the growing scarcity of natural resources and fresh drinking water around the world, it's imperative that every homeowner equips their home with water conservation features. From water-saving toilets, faucets, and showerheads to efficient appliances, to geothermal wells, rain cisterns for drinking water, waterless toilets, and irrigation-free land-





scaping, architectural design in 2019 will continue to hyper-focus on water and how we use it. The goal is to bring down water and sewer bills, reduce stormwater runoff, and to improve water quality in our streams, rivers and the Bay.

↓ **Example:** At Chesapeake Bay Foundation's Phillip Merrill Center in Annapolis, cisterns capture rainwater for use in irrigation, fire suppression, hand-washing, mop sinks, gear washing, and laundry. Re-using rainwater reduces the need to draw from groundwater wells or municipal water systems, and decreases runoff to the adjacent Bay and Black Walnut Creek. Water consumption at the Merrill Center is 90 percent less than a conventional building.

Heating and Cooling

Summers are hotter, and according to scientists, so are the winters. One area that designers will especially focus on is how to efficiently heat and cool homes and offices. Insulation materials and methods will be increasingly innovative. Focus will be on creating airtight spaces decorated with furniture and accessories that contribute to comfortable interior temperatures. Ventilation systems will boast the cleanest air possible. Bamboo floors over radiant heat systems covered with eco-friendly carpets are a great example. According to the Department of Energy, heat gain and loss through windows are responsible for 25–30 percent of residential heating and cooling energy use. Reclaimed wood or sustainably manufactured wooden plantation shutters covering air-tight, energy efficient windows that maximize natural light, warm the home on cold days, and keep out the heat of summer will feature prominently in 2019. Windows will be large and airy, the perfect focal point for interior design, but highly efficient.



Sunlight

Telecommuting and increasing workloads mean that we are all increasingly confined to our homes and desks. We're spending more time on screens than ever before, and that measurement is not going down despite all reports that advocate for a reduction. 2019 design trends aim to make our work spaces airier, healthier, and more open to natural sunlight than ever before. Designs will feature thoughtfully placed large or even floor length windows and doors, skylights and automated, programmed blinds. Windows may be covered in energy efficient coatings that forego decorative treatments. Alternatively, windows without these coatings will make the use of innovative interior designs relying on UV blocking shades. Example: mechanized rolling shades with UV blocking that can be set on timers—many companies make this.

No Kidding?

GARDENING WITH KIDS CAN
BE FUN FOR EVERYONE

By Janice F. Booth

Spring is just around the corner, or at least most of us hope so. With the wild winds of March upon us and April's rain close behind, it's time to review our plans for our gardens—and our gardeners.

Perhaps you're a gardening mom, dad, granddad, or grandmother. Maybe you have young children or even pre-adolescents in your neighborhood. Investing time in the garden with the children in your life may prove fun, and a lifelong gift for the children and for you. Let me offer some suggestions for gardening with children.

Before we get to specific ideas for garden projects with children of different ages and with different interests, let me list some basic pointers that will be useful if you undertake sharing your interest in gardens with children:

"A picture is worth a thousand words," says the old adage. In this age of Google, when you can get a picture of anything within 30 seconds, introducing children to gardens is much easier if you show rather than tell children about the garden—what a seed looks like when it sprouts, how much soil a seedling needs around it, what a weed looks like. Show, don't tell, applies to activities too. On your knees among the children or elbow to elbow with your young gardener is the best place to really teach children about plants and planting.

Let's all get dirty! Relax, enjoy the mess of soil, water, and curious children.

You'll need the real deal—tools that is. Avoid the plastic tool set from the local Dollar Store. Provide a trowel, a watering can, and a pair of gloves that will fit the size and strength of your young gardener. (Be sure to have enough tools for all the children to avoid conflict. They can use Sharpies to decorate the handles of their own trowels.)

Most children have short attention spans. Be flexible; have lots of little things to look at or do for those first few garden adventures. Instead of asking a 10-year-old to plant eight seedlings in a row, you might suggest she plant a seedling, dig a few holes for future planting, look for some slender twigs to hold identification signs, and design a sign with an index card and a few crayons or colored pencils.

Young children need instant gratification—sometimes we all do. Try a quick-growing vegetable such as radishes, which are ready to eat in three or four days. Or, plant seeds with the little gardener, but pick-up some seedlings, a couple of inches tall, to plant alongside the seeds. Maybe you can even find an almost-mature plant of the same variety for immediate satisfaction for your young tomato farmer.

"Farm to table" can work with kids too. You might plan a meal or a dish with your little gardeners. If one child plants lettuce, another raises a tomato plant, and a third harvests cucumbers, you've got a salad for lunch to which everyone has contributed.



NOW THAT WE HAVE A FEW BASIC PRECEPTS, LET ME DIVIDE MY SUGGESTIONS INTO THREE GROUPS →

- 1 Ideas for gardening with pre-adolescents
- 2 Ideas for gardening with little people
- 3 Ideas for gardening with children who have special needs

1 Those high-energy **8 to 12-year olds** may be a challenge, but a garden is a great place for these youngsters to hang out, when the house is too small, and the world is too large. Taking out some frustration by pulling weeds, or getting some gratification from harvesting your own, tender carrots, or satisfying your romantic nature by creating a fairy garden where only you are in charge may be a real lifesaver.

FOR OUR GROWNUP SENSIBILITIES, LET'S REVIEW SOME OF THE USEFUL KNOWLEDGE PRE-TEENS CAN LEARN IN THE GARDEN:

Number one, **self-reliance**. Once you've introduced the basics and given over a portion of the flower beds or a plot of soil, step away from the project—unless, of course, you have the good fortune to be invited by your 10-year-old to help her set up the fairy castle under the Japanese maple. Or, you may find your 12-year-old complaining at lunch that slimy slugs are crawling around his tomato plant. "What do you think I should do to get rid of them, Grandpa?"

Number two, **basic biology and horticulture**. (Great preparation for high school.) While making those identification signs, they'll learn the common plants' names and information such as edible vs. inedible, sun vs. shade loving, moist vs. dry. They'll learn about food production and preservation, germination, erosion, and insect infestations and treatments.

Number three, the value of **patience and observation**. Children develop these qualities over time, with practice. Gardening provides a perfect activity for developing these skills.



HERE ARE A FEW PROJECTS YOU MIGHT INTRODUCE TO YOUR YOUNG GARDENER:

A Butterfly Garden: Offer a portion of the garden where some wildness can be tolerated. Your young gardener can research types of butterflies common to our region. Then, determine what kinds of plants will entice those butterflies to stop by and deposit cocoons. Among favorites for butterflies are asters, lavender, milkweed, clover, and violets. My neighbor has had success luring swallowtails to her yard with fennel plants. We've had fun watching the cocoons and emerging butterflies.

Art Projects: If fussing about in the dirt doesn't seem to interest your youngsters, suggest she or he decorate the garden. Some easy

creations might be preparing staked signs for the plants and trees in the garden. Building a birdbath or feeder could be fun. (Remind your young builder to research the depth of birdbath water; you don't want to drown the thirsty birds. And, be sure the birdbath is designed to be reasonably safe from marauding squirrels and cats. Gathering interesting flatware, old jewelry or metal scraps to create a wind chime, then figuring out where and how to hang the wind chime will intrigue some pre-teens. Or, build a scarecrow. Halloween is always in season for this age group. The old clothes box and wood scrap pile have just the makings of a fine, scary guard for those flower or vegetable plots.

2 Young children, **2 to 7-year olds**, are usually more enthusiastic about mucking about in the dirt. The trick is to corral their energy and curiosity, so they begin to acquire some appreciation for gardens. The useful skills and knowledge you'll be imparting might include: developing the child's attention span, gross and fine motor skills, simple problem solving, and outcome predictions. The projects for this age group are short-term and straightforward.



FLOWER POOL OR FLOWER BOX:

Depending on your available space, use a kiddie pool or a wooden or plastic storage box as the container for vegetables and flowers.

Decide on a location which has some sunlight every day and where it will be easy to water the plants. Punch a few drain holes (not too large) in the container's bottom.

In the bottom, layer pebbles and sand; then cover that layer with garden soil. (Avoid putting soil too deep. The container will be very heavy, and in a rainstorm, the plants could wash out, over the sides.) Dampen the soil.

Encourage your gardeners to "plan" what they want to plant and where they will plant. Draw a simple diagram marking where holes should be dug. If your little gardener is interested, he or she could draw pictures of the anticipated plants.

Together, choose seed packets at the hardware store. Check to see if the seeds need to be soaked before planting. (Perhaps you can buy seedlings of the same plants. It's fun to have the immediate gratification of seeing the growing plant.)

From this point, it's a matter of watering, observing, talking about what is growing, pulling out any little weeds that might find their way into the garden box.

Take time for daily observations with the little gardeners. You can encourage them to illustrate the growth and measure the sizes. Eventually, there may be flowers to pick or vegetables to harvest.

POTATO SPROUTS & ROOT CUTTINGS:

This is a great precursor to the ubiquitous science projects you'll soon be undertaking with your little gardener.

Choose a wide, low jar or glass, one for each rooting or sprout. Fill the jar with water.

Select a chubby potato, some branches of herbs such as rosemary or mint, or forsythia or willow twigs.

If you're doing the potato, cut the spud in half. Poke toothpicks around the diameter, about 1/2 inch below the cut surface. The toothpicks will serve as scaffolding to hold the potato just immersed part way into the water. (Don't let the potato fall into the water. It won't sprout if it's underwater.)

If you're doing the twigs, simply put the bunch of twigs in the jar. They can be a variety, which makes it fun to identify which is the mint and which the willow.

Put the jar in a sunny window or shelf. Watch that enough water remains in the jar.

Within a week or so, you'll begin to see green shoots pop up from the eyes of the potato, or small hair roots grow out from the immersed branches.

Over the next week, watch as the new growth transforms potato sprouts or branches. Drawing and talking about what is occurring makes a fun project even better.

Finally, you can plant the potato and the branches in pots or in flowerbeds. They'll grow into handsome, mature plants, no doubt.

Of course, there are lots of other activities to do with small children. You'll find ones that are interesting to you as well as to your little gardeners.



3 Finally, a few thoughts on gardening with **special needs children**. Gardening helps improve everyone's motor skills, creativity, and self-confidence. And that's particularly important for people with special needs. When you're gardening, stress and anxiety seem to melt away, and if there are other gardeners about, it's easy to talk about the weather or the sprouting potatoes. These benefits are particularly important for those with developmental and learning disabilities.



ANY GARDEN PROJECT WILL WORK; ONLY A FEW SAFETY PRECAUTIONS AND ADJUSTMENTS MIGHT BE NECESSARY.

Use tables to hold pots and flower boxes so gardeners in wheelchairs can work in the soil.

Work as a team; keep the ratio high; one helper to one gardener is best.

Avoid tight schedules and time constraints. Easy, repetitive tasks are perfect.

Use pictures to explain processes, and take lots of pictures of the projects.

Choose sturdy equipment and materials.

Avoid crowding the gardeners. Leave lots of space between each gardener's plot.

When all the seeds are sown, and all the flowers planted, you and the children will have lots of shared laughs and solved problems to reflect upon—together.

For additional projects and plans, visit whatsupmag.com. There you'll find step-by-step instructions for how to build a wormery, birdhouse, or toad house.

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HOME REAL ESTATE

Historic St. Michaels

Talbot County

By Diana Love

This historic home, built in 1878, is ideally located just one block off the harbor in St. Michaels, Maryland. In 2017, the previous owner undertook a complete renovation that included refinishing the original floors and replacing the kitchen, bedrooms, and bath. The home is now characterized by stylish decor that includes elements of modern design in unique and delightful ways.

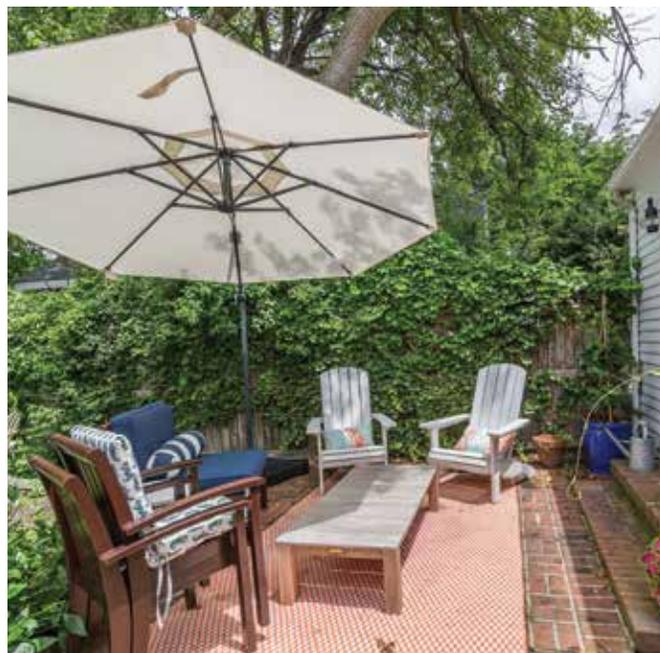
Situated alongside other historic homes, this one stands out because of its clean appearance of white exterior paint, royal blue shutters, and six picture windows, which define the façade. The front door is accessible via a small covered porch on the left side of the home. A small but gracious five-foot square foyer opens to the living room, kitchen, and dining room. A staircase with a gorgeously polished curved handrail leads to the upper floor.



Located directly to the right of the entry is a comfortable living room that extends the entire width of the home. Rough-hewn, wide plank wood floors are stained a deep shade of natural brown; they contrast perfectly with the navy-blue linen wall-coverings and bright white trim. A brick fireplace with a simple white mantel anchors the room. From here, guests

can look out into the peaceful neighborhood through four large paned windows that face Mulberry Street. Custom white blinds are the only window coverings, again reflecting the simple and tidy elements of this shipshape house.

The galley kitchen is the picture of organization and calm. Custom floor to ceiling



completely clean. An island painted the same shade of blue as the shutters, door and living room wall coverings is topped with a solid wood block. It bisects the kitchen and offers a place for cookbooks, collections of service ware and seating for three.

Just off the kitchen is a long and narrow mud room that leads to the backyard. The walls feature rough-hewn shiplap, a modern design element that perfectly suits the historic nature of the home. It leads to the postage stamp-sized yard. Although small, this urban oasis manages to accommodate a full brick patio, Adirondack seating for four around a firepit, an ancient magnolia and several mature trees that anchor a grassy knoll and custom shed. The fully fenced garden has a gate that leads to a public greenway accessible via the rear of the property.

Upstairs are two cozy bedrooms. These share a uber-stylish bathroom decorated with deep blue walls, white subway tiles, marble countertops, and bright white trim.

“I listed this home previously and was thrilled to do so again,” agent Cornelia Heckenbach says. “The seller redid the entire house from top to bottom and even added central AC. It’s a bright and beautiful home with a private garden and easy access to boating, shopping, and dining in St. Michaels, so it truly unique in its class.”

Listing Agent: Cornelia Heckenbach, Direct 410-310-1229, Email: info@corneliaheckenbach.com

Buyer’s Agent: Denis Gaspar Benson & Mangold, LLC, Phone: 410-310-8437, Email: denisgasperrealtor@gmail.com

cabinets on either side of the refrigerator, combined with additional over-the-counter cabinetry offers an exceptional amount of storage. White marble countertops contrast with dark floors and light grey cabinetry. The six-burner stainless steel range is exquisite: the stovetop features a full cover so that even in the worst culinary crisis, the kitchen appears to be



Year Built: 1972
Sold For: \$1,575,000.00
List Price: \$1,795,000.00
Last Sold/Price: N/A
Bedrooms: 3
Bathrooms: 3
Living Space: 4,535 square feet
Lot Size: 3.58 acres
Days on Market: 166 days

The five-foot-wide dock has water and electric; notably, it is perfect for every sort of watercraft with a five-foot Mean Low Water (MLW) line.

“This property is amazing for a variety of reasons,” selling agent Deborah Meredith says. “Firstly, although the neighborhood is within walking distance to town, it’s so private even many locals don’t even realize it’s there. Secondly, it’s just so beautiful with the mature trees and super private waterfront lots. You really don’t even see your neighbors.”

The new owners are looking forward to making the property their own and look forward to enjoying the unique waterfront situation their new home affords.

Listing Agent: Robert Lacaze, Long & Foster Real Estate, Inc., lacaze-rob@gmail.com, 410-310-7835

Buyer’s Agent: Deborah Meredith, Benson & Mangold, debbie.meredith@gmail.com, Direct: (410) 310-8922, Office: (410) 745-0415 ext. 310

HOME REAL ESTATE

Tricefields

St. Michaels

By Diana Love

The neighborhood of Tricefields, near St. Michaels, is close enough to town by cycling or even walking, making it an ideal setting for anyone who wants the peace of rural living with an easy commute to city life. It’s a world away from the bustling hotels, shops, and restaurants that make St. Michaels a favorite retreat for locals and visitors. Accessible from town via Boundary Lane and Tricefield Road, the small handful of properties are all located along the waterfront of a quiet peninsula that juts into San Domingo Creek. Defining characteristics of the community are long driveways, private lots with mature trees, and significant waterfront footage.

This Tricefields house is a cedar-sided, contemporary three-bedroom, three-bath residence with a separate two-bedroom, one and one-half bath guest house on just over 3.5 acres. The front entry features a long driveway lined with trees that leads to a circular parking pad and two car-garage. Crepe myrtles, a variety of flowering shrubs, and a view to the water beyond almost begging visitors to slow down for a rest under the shade. Inside, hardwood floors lead from one space to the next. Remarkably, every room in the house features windows with waterfront views; in fact, most of the windows are floor-to-ceiling or large and arched, evoking the sense that the outside is simply another living space. Even the kitchen features large windows and an exceptional view. Here, appliances like

the side-by-side refrigerator, double ovens, and six-burner stovetop are stainless steel. A tiled floor contrasts with solid wood cabinetry. There is eat-in space for four and easy entry to the formal dining room and spacious sunroom. The library has an entire wall of built-in bookcases that call to any lover of quiet afternoons and cozy evenings.

The master suite is conveniently on the main level. It features an en suite bath with double sinks, and a separate shower and tub.

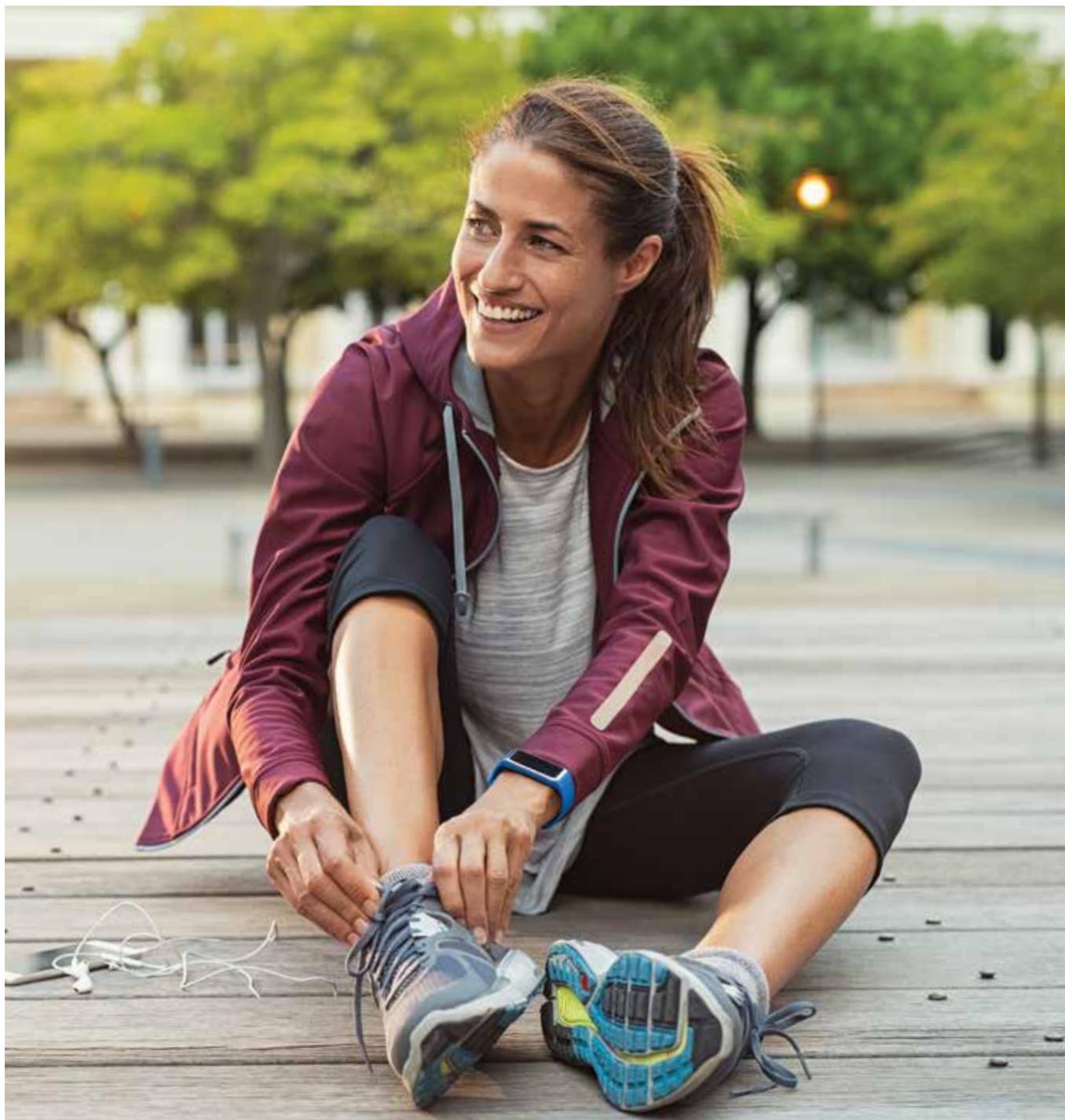
A bedroom, office, and storage space are all located on the loft-like second floor.

The backyard features a waterside pool and cabana, as well as an outdoor kitchen.



Health & Beauty

76 ON THE RUN | 77 SLEEP PARALYSIS
80 FRESH LOOK | 83 PRODUCTS WE LOVE *plus more!*



On the Run: Fueling Up

By Kelsey Casselbury

Maintaining a healthy diet for everyday life is one thing. Eating for fuel during half-marathon training is quite another. If you haven't noticed yet, training for a road race—particularly one as long as 13.1 miles—can take over a good portion of your life, and that includes planning your snacks and meals for optimal performance.

SAY NO WAY TO NO-CARB

While limiting carbohydrate intake might be an ideal way to eat on a regular basis, runners *need* carbohydrates. This particular macronutrient turns into glycogen, which your muscles stores for fuel during those long runs. However, you want to make sure you're eating good carbohydrates, not just empty calories—that includes sweet potatoes, whole grains, and plenty of fruit.

During a long run (say, 8 to 10 miles or longer), you want to bring a source of easy carbs along for the ride. There are products for this, such as sports gels or beans. You can also tuck a baggie of raisins, dried fruit, gummy bears, or mini-marshmallows into your pocket (no need to feel guilty about sugar this one time).

TIME IT RIGHT

When you eat matters nearly as much as *what* you eat, both before and after a long run. About two to three hours beforehand, eat a full meal that has carbs, protein, and a little fat—say, a turkey sandwich on whole-grain bread with a slice or two of cheese. After the run, you want to get some carbs in within the hour, such as an orange or, the runner's best-kept secret, a glass of chocolate milk.

ABOVE ALL, HYDRATE

Forgetting to fuel up properly might make you tire out in the middle of your long run, but not hydrating properly is downright dangerous. Here's what you need to know:

1. Drink at least 16 ounces of water two hours before you start a long run.
2. Every 20 or so minutes, drink six-to-eight more ounces of fluid.
3. If you're running for an hour or less, water is a great choice. In fact, it's a better option than sports drinks.
4. After an hour, start incorporating sports drinks to replenish electrolytes, including the sodium that's dripped out in your sweat. Dilute the drink with water or test out different options to see how the formulas affect your stomach.



MARCH'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 9	WEEK 10	WEEK 11	WEEK 12
MON	Strength	Strength	Strength	Strength
TUES	4 miles	4.5 miles	4.5 miles	5 miles
WEDS	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
THURS	2 miles	2.5 miles	2 miles	2.5 miles
FRI	Rest	Rest	Rest	Rest
SAT	8.5 miles	9 miles	9.5 miles	10K Race
SUN	Stretch	Stretch	Stretch	Stretch

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



HEALTH & BEAUTY HEALTH

The Nightmare of Sleep Paralysis

By Kelsey Casselbury

Imagine the terror: You wake up, but you can't move. There seems to be something (or *someone*) sitting on your chest. You try to open your mouth to make a noise, but nothing comes out—mostly because your mouth hasn't moved a muscle.

Such is the waking nightmare of awareness during Sleep Paralysis (SP). Typically, when you slip into REM sleep, your brain uses a bunch of neurotransmitters to keep your body from moving, so you don't act out your dreams. When there's a glitch in that neuro-matrix, though, your brain wakes up but your body doesn't switch back on—and you can't move a muscle.

That would be scary enough, but on a cognitive level, the effects of sleep paralysis go deeper. The amygdala, which is the part of your brain that controls fear, goes into fight-or-flight mode, and because you're still kind of asleep, you might experience dream-like hallucinations (and they tend to be scary ones, like black shadowy figures lurking at the end of the bed). Although the experience is usually over in just a few seconds or a few minutes, the fright can feel like an eternity.

A DARK HISTORY OF SLEEP PARALYSIS

Accounts of sleep paralysis go all the way back to the 17th century, when Dutch physician Isbrand Van Diembroeck recounted an experience. There's even a famous 1782 painting, Henry Fuseli's "The Nightmare," which features an ogre sitting on a woman's chest that is said to depict the condition. Likely, though, humans endured sleep paralysis for centuries before that without any real awareness of what was going on. Experts say that about 40 percent of people have experienced sleep paralysis at least once, but some suffer from regular occurrences. Sleep paralysis isn't dangerous—but it is extremely distressing.

WHO'S AT RISK?

There might be a genetic component, but researchers aren't entirely sure about that. If your parents deal with SP, though, there's a chance you're going to, as well. Experts do know, however, that if you've been skimping on sleep or feeling ultra-stressed, you're at a higher risk of sleep paralysis. The condition could also link to narcolepsy, a sleep disorder that affects your brain's sleep-wake cycle.

BANISHING THE NIGHTMARE

There's little to be done, medically speaking, to stop sleep paralysis from happening. So it's up to the person experiencing the nightmare to make small habit changes that can decrease the likelihood at night. This might mean taking more time to relax before bed, minimizing sleep interruptions, and above all, remember that it's fear ruling your mind during a bout of sleep paralysis—the more you understand what's going on, the less scary the experience is in the end.

POTS

THE LIFE-ALTERING YET
UNDER-DIAGNOSED DISEASE

By Kelsey Casselbury



Have you ever gotten a little light-headed when you stand or sit up too quickly? Imagine if that occurred all the time—but to the point where you faint when you move from lying down to standing too fast. Such is the life of people who suffer from Postural Orthostatic Tachycardia Syndrome (POTS), a rare and under-diagnosed dis-

ease that affects a person's blood flow and nervous system. About 500,000 people in the U.S. suffer from POTS, according to the Rare Clinical Diseases Research Network, the majority of whom are women between the ages of 13 and 50.

When POTS symptoms—a racing heart rate, chest pain, dizziness, fainting, and either high or low blood pressure—appear for the first time, the experience can be terrifying. The condition makes itself most known when a person quickly changes body position and their heart rate skyrockets. In many cases, they will faint if they don't return to sitting and lying down immediately. For most people, the autonomic nervous system keeps blood pressure on an even keel in all body positions. For those with POTS, the nervous system fails to tell the blood vessels in the lower half of the body to tighten when they stand, and the blood flow to the brain doesn't happen as it should. This leads to a feeling of lightheadedness, at a minimum, or passing out.

However, there are other indicators lurking in the background that a person (or even a doctor) might not realize are related to the disease. These include feeling incredibly tired, suffering “brain fog,” or experiencing flu-like symptoms. These can show up when you're feeling stressed or, unexpectedly, after you've had a big meal because your intestines need more blood flow for digestion, diverting it away from other parts of your body that need it, too.

For people with severe cases of POTS, the disease can be life-altering. What's more, not much is known about the condition, given its rarity, so doctors might not recognize it well enough to give a diagnosis—and those who suffer are told that it's a severe bout of anxiety and the symptoms are all in their head. Those who are properly diagnosed can improve over time with a tailored treatment plan that usually includes daily exercise—the lightest of which can be grueling at first—a high-salt diet, and at least 60 to 80 ounces of water per day.

Health Report



Peanut Allergies at Birth More Than Doubled Since 2001

Infants born with a peanut allergy have more than doubled since 2001, say researchers with the American College of Allergy, Asthma, and Immunology (ACAAI). In the early part of the millennium, data from the Centers for Disease Control and Prevention (CDC) show that 1.7 percent of babies were born with a peanut allergy; in 2017, 5.2 percent were born with the same allergy.

Researchers also revised the total number of children with a peanut allergy upward, noting that around 2.2 percent of children and adolescents in the U.S.—to the tune of 1.25 million—suffer from the allergy. In previous decades, the number of kids with peanut allergies hovered around one percent.

Milk allergies are also on the rise, affecting 1.9 percent of kids in the U.S. Although milk is the most common food allergy for children under age five, they're likely to outgrow it by the time they reach age 18.

Smoking Rates Hit Record Lows

When it comes to cigarette smoking, the rates continue to improve, falling to 14 percent of Americans in 2017—a whopping 67 percent lower than it was in 1965. “This new all-time low in cigarette smoking among U.S. adults is a tremendous public health accomplishment—and it demonstrates the importance of continued proven strategies to reduce smoking,” Robert Redfield, CDC director, says in an agency news release.

However, one in five adults in the U.S. still use a tobacco product, killing more than 480,000 people annually, while 16 million have a tobacco-related illness. In addition to cigarettes, the most common tobacco product, 3.8 percent smoke cigars or cigarillos, 2.8 percent use e-cigarettes, 2.1 percent use smokeless tobacco, and one percent use a pipe, water pipe, or hookah.

Cigarette smoking has been the leading cause of death from cancer in the U.S. for more than 50 years, notes Norman Sharpless, MD, director of the U.S. National Cancer Institute. Entirely eliminating smoking would decrease cancer deaths over time by one-third, he says.



The Parisian Art of Cleansing

COMMONPLACE IN FRANCE,
MICELLAR WATERS HAVE
CROSSED THE POND TO
MAKE A SPLASH HERE

By Kelsey Casselbury

It looks like regular water, and it feels like regular water—so what’s all the fuss about micellar water, a type of facial cleanser that’s now showing up in shampoos?

First, let’s get the pronunciation issues out of the way: it’s my-*sell*-er water, named after the microscopic spheres, micelles, that form when all the molecules come together. (Did you know that beauty could become such a lesson in high school chemistry?) These molecules are called surfactants, and they draw dirt and oil away from your skin like a magnet while still being gentle to the sensitive epidermis of your face. In fact, micellar water is so light and gentle that you don’t even have to wash it off afterward, eliminating an entire step from your nightly skincare routine.

Here’s the key, though: Micellar water doesn’t take the place of your regular facial cleanser. It gets rid of makeup and dirt, but you should still use a gentle non-soap facial cleanser to get the grime that’s tucked deeper into your



pores. Plus, don’t fall for the scam that is micellar water cleansing wipes—they won’t do as well as regular micellar water applied with a cotton pad. They can be more irritating to sensitive skin.

That’s all great news for your face—but now micellar water is showing up in shampoo. Can it have the same effect on your hair? Reportedly, the answer is yes! When in shampoos, micellar water performs the same duties of pulling out the excess oil while still leaving the strands soft and full of moisture. Because it’s shampoo, though, you still have to rinse the micellar water out of your hair.

French women reportedly use micellar water because their tap water is so harsh on the skin. Luckily, Marylanders don’t necessarily have that same problem—but those Parisians just might be onto something here.



HEALTH & BEAUTY HEALTH

Fresh Look

RHUBARB

By Kelsey Casselbury

Strawberry Rhubarb Lemonade

Serves 6

4 cups water

2 1/2 cups fresh rhubarb, trimmed, chopped

1 cup strawberries, stems removed, halved

1 cup sugar

5 lemons, juiced

2 limes, juiced

4 cups ice



Directions: Combine the water, rhubarb, strawberries, and sugar in a medium saucepot over high heat. Bring the mixture to a boil and cook for five minutes. Remove the mixture from the heat and use the back of a spoon to crush the fruit in the pot. Set aside for 10 minutes to let it rest. Strain the mixture through a sieve, using the spoon to press firmly against the strainer to get as much liquid out as possible. Discard the solids and cool the mixture in the fridge. In a pitcher, combine the strawberry-rhubarb mixture, lemon juice, and lime juice and stir to combine. Add the ice, and garnish with fresh rhubarb, strawberries, and slices of lemon and lime. Serve immediately.

You might know rhubarb best for its regular inclusion in a sugary-sweet pie, but this spring *vegetable* has a lot more applications (and more nutritious ones at that) than just dessert. Yes, you read that right—the U.S. Department of Agriculture classifies rhubarb as a fruit, but it's botanically a vegetable (how confusing!) You can eat the stalks, which have a strong, tart flavor (and why it's often cooked as a dessert with lots of sugar), but not the acidic, toxic leaves at the top.

Admittedly, for produce, rhubarb isn't that rich in nutrients. It's a decent source of vitamin K, giving you about 30 percent of the total recommended daily amount in each serving, and it's high in fiber, with two grams per serving. While the vitamin C content in rhubarb won't compete with some other types of fruit, such as strawberries or citrus, it does have a moderate amount.

However, what rhubarb *does* offer is antioxidants, which are those compounds that protect you against the damaging effects of free radicals. This includes polyphenols and anthocyanins, the antioxidant that gives rhubarb its pinkish-red hue, as well as proanthocyanidins. What does all this scientific jargon mean? In short, rhubarb has plenty of nutritional benefits, despite its lack of micronutrients.

Experiment with rhubarb beyond dessert with the lemonade recipe shared here, or by cooking it into a topping for chicken or fish. Simmer bite-sized pieces of the stalks in a saucepot with around 1/3 cup of orange juice, a little honey, and some dried rosemary until the rhubarb is soft. Drain it, and then mix the fruit with softened butter and spread it on a cooked chicken breast.



Right As Rain

WHEN IT'S RAINING, EVEN POURING, YOUR OUTERWEAR DOESN'T HAVE TO BE TOTALLY BORING

By Kelsey Casselbury

When rain is in the forecast, there's no need to resort to an unflattering windbreaker or bulky poncho—a stylish rain jacket is all you need to stay both dry and fashion-forward until the sun comes out again.

In the Trenches

Don't discount the classic trench coat, first made popular by iconic brand Burberry in the 1920s after World War I officers wore them in the trenches (hence the name). It's still made of gabardine, a water-resistant, breathable fabric invented by founder Thomas Burberry. Fun fact: Explorer George Mallory wore a Burberry gabardine jacket on his first attempt climbing Mount Everest in 1924. For an updated look on your classic trench, ditch the belt it came with and tie a colorful belt around your waist to cinch it in.

Seeing Clearly

When designers showed their spring collections, clear or somewhat-transparent rain jackets were all over the runway. See-through raincoats have a bonus that you might not have even considered—after all that thought you put into your daily outfit, transparent outerwear lets the world see your fashion choices in spite of the outdoor showers.

Bold and Beautiful

While classic, neutral pieces are a safe and always stylish choice, rain jackets also offer an opportunity to have a little fun. Channel your inner child with a bright yellow coat, a surprisingly popular color year in and year out, according to the folks at Joules, a British clothing company known for its outerwear. Bold, bright patterns are always on the table, too, whether it's a fun floral or nautical-inspired stripes, a Maryland favorite.



Coast Waterproof Jacket in Navy/Boutique, Joules USA, \$139.95, Joulesusa.com



Reap the Heart Healthy Benefits of What You Sow

Did you know that 610,000 people in the United States die of heart disease every year? That's one in every four deaths, according to the Centers for Disease Control and Prevention (CDC). And did you know that every year about 735,000 Americans have a heart attack?

Many factors contribute to these statistics. High blood pressure, high cholesterol, and smoking are all key risk factors for heart disease. But there are other factors like diabetes, excessive alcohol use, obesity, physical inactivity, and poor diet that also take a toll.

Regarding the last three—obesity, exercise, and diet—gardening could help you tackle these risk factors at the same time while engaging in an activity that just requires a little bit of patience in exchange for a healthier life.

“The trend in our society has been towards what is expedient, what is convenient and what is fast,” says Salvatore Lauria, MD, cardiologist at Anne Arundel Medical Group (AAMG) Cardiology Specialists. “Gardening provides somewhat of a counter-balance by slowing things down and getting back to what’s more natural, more organic, and ultimately, healthier.”

Lauria practices the healthy lifestyle changes he preaches to his patients. He himself lives in a rural neighborhood where he grows his own produce and raises chickens. And although Lauria also leads a busy lifestyle, he enjoys using this time to slow down and harvest healthier, fresher food.

610,000

PEOPLE IN THE UNITED STATES DIE OF HEART DISEASE EVERY YEAR

Clean Eating

When you buy frozen food or eat at restaurants regularly—especially fast-food restaurants—you end up consuming more processed foods. Yes, it's convenient to have someone cook for us because of our busy schedules. But in doing what's easy, you pay the price of eating a lot of things that you don't know about.

“That speaks to the benefit of growing it yourself,” Lauria says. “When you plant your own produce—such as green peppers, carrots, kale, beets, and spinach—you know what you're eating. Plus, there's a sense of satisfaction that comes in knowing that you put all the effort into growing it yourself.”

You also get to choose the fertilizers you want to use, whether they are organic or not. When you garden, you're in control of when to harvest your own food. Vegetables that ripen in your garden tend to have more nutrients and antioxidants compared to the ones you buy in a store.



No Gym? No Problem

It can be physically demanding. But between weeding, planting, and harvesting, you're getting a full-body workout and possibly getting more squatting done than at the gym, Lauria says. “Be mindful of staying well hydrated,” he adds. “But also know that just the act of gardening itself is a healthy habit to develop.”

Besides, backyard gardening can inspire you to learn more about the food you eat and help you make better choices about what you put on your plate. By being more aware of your choices, you'll likely be eating more vegetables and fruits in general.

You'll Become Your Family's Snack Connoisseur

This is just an added bonus, really. Instead of buying snack bags at the grocery store, full of trans fat, sodium, and sugar, you can turn to your very own veggies. You can dry your carrots, beets, or kale and divide portions into small bags as snacks for the week.

This, in turn, can help you save money. Snacks labeled as organic or as containing less sodium

tend to be more expensive. “Grab a few veggies from your backyard, dry them or bake them, bag them, and you're done,” Lauria says. “No need to keep spending money on snacks that you can make yourself at home, and you control the ingredients used.”

It sounds laborious, but in reality, it's really simple. Anyone can grow his or her own tomatoes, peppers, cucumbers, and other basic kitchen crops in their backyard. Growing your own food, with no additives, and using organic practices is a healthier way to go for you and your heart, according to Lauria. In addition, it provides a healthy balance to the hectic-paced lifestyle you may sometimes lead, and it gives you the satisfaction of knowing that you put the effort into creating our own produce.

Year-Round Crops

Planting crops can be done at any time, but there are fruits and vegetables that taste better when they're in season. Here's a list of the best crops to plant year-round, according to Maryland's Best, a program managed by the Maryland Department of Agriculture:

**Cucumbers • Herbs • Lettuces
Mushrooms • Tomatoes
Spinach • Onions • Radishes**

“Reap the Heart Healthy Benefits of What You Sow” is provided by Anne Arundel Medical Center.

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!)



1.

"This is the most lightweight tinted moisturizer that I have ever tried. It feels like you don't have anything on your face. I love a tinted moisturizer that is light, paraben-free, and affordable. This fits all of my requirements."

—Beauty Buzz Member Mandy Owens, 40, Annapolis



2.

"This 3-in-1 eye treatment is giving me visible results with puffiness under my eyes. My skin just drinks it up. It wakes you up in the morning, and you can see results and less puffiness around the eyes."

—Beauty Buzz Member Terrie Boucher, 60, Crownsville



3.

"Not only is the scent FANTASTIC, but it goes on very smooth, no residue, no clumps, and feels really great on the skin. It also lasts ALL day. Everybody should buy this...the whole world should smell like this."

—Beauty Buzz Member Jillian Amodio, 28, Annapolis



4.

"This product has very good coverage and holds your eyebrows in place while giving them a fuller look, thanks to the microfibers, and it doesn't flake during the day. If you are looking for a formula that doesn't contain parabens, this is a great option."

—Beauty Buzz Member Carolina Rauch, 28, Annapolis



2

REVITALITE EYELID & DARK CIRCLE CORRECTOR BY DERMELECT

\$49/0.5 fl. oz., dermelect.com

Correct and conceal those pesky undereye bags and puffiness with this 3-in-1 treatment, formulated with multi-peptides and soy protein. This lightweight cream moisturizes and tightens the skin around the eyes for a brighter, more well-rested look. To use, massage product onto clean, dry skin around the undereye, brow bone, and eyelid.



1

ENERGIZE UNIVERSAL SKIN TINT BY ARROW

\$22/1 fl. oz., birchbox.com

Give your complexion a radiant boost on those no-makeup makeup days. This oil-free, tinted serum offers sheer, lightweight coverage and evens out discoloration. With nourishing ingredients like ginseng and green tea extract, this vegan, gluten-free formula will leave your skin feeling hydrated and energized. To use, gently blend a small amount to your face after moisturizing.



4

BROWFOOD TINTED BROW ENHANCING GELFIX BY LASHFOOD

\$24/0.27 fl. oz., lashfood.com

Condition, tint, and sculpt your brows to perfection with this buildable gel formula and dual-sided brush. Short bristles control preciseness for thin brows, while long bristles provide easy application for thicker brows. Formulated with Nano-Peptide Complex, this gel rejuvenates brows while providing lightweight, all-day wear. Use alone or over a brow pencil or powder.



3

COCONUT OIL DEODORANT BY KOPARI

\$14/2 oz., koparibeauty.com

Your armpits will receive the pampering they deserve when you use this aluminum-free deodorant, infused with coconut oil, coconut water, and sage oil. And don't sweat it! The non-toxic formula glides on smoothly, and hydrates and soothes underarms, while offering a refreshing sweet coconut milk scent. The best part? No sticky white residue leftover on your pits.



WHAT'S UP? READERS'



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Your Review _____

Name _____

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86 GUIDE

Crab Spring
Roll at Robert
Morris Inn

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👨‍👩‍👧 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐕 Dog Friendly

👑 Best of 2018 Winner

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; Harris-crab-house.com; Seafood, crabs; lunch, dinner \$\$ ☎ 🍴 🌊 ☀ 🎵 🍷

Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbay-bridge.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; Ramsheadshore-house.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; Smoker-atleandroll.com; BBQ; lunch, dinner \$ 🍴 🌊

208 TALBOT

"We received impeccable service all evening. Can't wait to go back!"

—Comber McHugh

Talbot County

208 Talbot

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

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 🍷 🍴 🌿

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; TheGalleySaintMichaels.com; Breakfast, lunch \$ 🍷 🍴 🌿 🍷

Gina's Cafe

601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascafemikes; 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 Restaurant

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, Sherwood; 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; Outofthefire.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; Robertmorrisonn.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; Theosteakhouse.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 \$ 🍷

JIMMIE & SOOK'S RAW BAR & GRILL

**"No wait for a table and the food was fantastic!" –Sandra Russum
WINNER!**

Figg's Ordinary

207 S. Cross Street
#102, Chestertown;
443-282-0061; Figg-
sordinary.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; break-
fast, 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 \$-\$\$\$ 🍷
🍷 * 🍷

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 Ches-
tertown, MD. 21630;
410-778-5000; Impe-
rialchestertown.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,
Berterton; 410-348-
5555; Italian, Ameri-
can; lunch, dinner \$
☎ ☎

New Yarmouth Café

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

**O'Connor's Pub &
Restaurant**

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

Osprey Point

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

Pasta Plus

21356 Rock Hall Ave,
Rock Hall; 410-639-
7916; Rockhallpasta-
plus.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, Mil-
lington; 410-928-5887;
Twotreerestaurant.
com; Farm-to-table;
lunch, dinner \$\$ ☎ 🍷

Uncle Charlie's Bistro

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

Waterman's Crab House

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

Wheelhouse Restaurant

20658 Wilkens Ave.,
Rock Hall; 410-639-
4235; American; din-
ner, 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
\$\$\$ ☎ 🍷 🍷

**Black Water Bakery
and Coffee House**

429 Race Street, Cam-
bridge; 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, Cam-
bridge; 410-221-7888;
Irish, European; lunch,
dinner \$\$ ☎ 🍷 🍷 🍷

Carmela's Cucina

400 Academy Street,
Cambridge; 410-221-
8082; Carmelascuci-
na1.com; Italian; lunch,
dinner \$ ☎ 🍷

High Spot Gastropub

305 High Street, Cam-
bridge; 410-228-7420;
Thehighspotgastropub.
com; Modern Ameri-
can; breakfast, lunch,
dinner \$ ☎ 🍷 🍷 🍷

**Jimmie & Sook's Raw
Bar & Grill**

527 Poplar Street, Cam-
bridge; 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; Portsidemary-
land.com; Seafood;
lunch, dinner \$ 🍷 🍷
🍷 *

RAR Brewing

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

Rock Lobstah

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

**Snapper's Waterfront
Café**

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

**Stoked Wood Fired
Eatery**

413 Muir St., Cam-
bridge; 443-477-6040;
Stokedwoodfireeatery.
com; Italian; lunch,
dinner \$ ☎ 🍷 🍷 🍷

**Suicide Bridge
Restaurant**

6304 Suicide Bridge
Road, Hurlock;
410-943-4689; Sui-
cide-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 \$ 🍷 🍷

March Calendar

(F) FAMILY EVENTS (C) CHARITY EVENTS (TIX) AVAILABLE AT WHATSUPTIX.COM

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



↑ Celebrate St. Patrick's Day on the Eastern Shore. On Sunday, March 17th, head to Easton for a full day of celebrations and activities, featuring a parade, potato races, and an afternoon tea. In St. Michaels, enjoy a day of special events including the annual shopping cart races. On Saturday, March 16th, start your morning at the St. Patrick's Day 5K on the Ocean City Boardwalk. Then, grab your green garb and enjoy the Annual St. Patrick's Day Parade & Festival, kicking off at 12 p.m. on Coastal Highway. For more information, visit Discovereaston.com, Stmichaelsmd.org, and Ococean.com.

Friday

1

SPECIAL EVENTS

The Look at The Westing Annapolis Hotel, Annapolis. 6-9 p.m. \$18. 410-266-6287. Whatsuptix.com (TIX)

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

Monster Jam at Royal Farms Arena, Baltimore. 7 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com (F)

WWE Live Road to Wrestlemania at Wicomico Youth & Civic Center, Salisbury. 7:30 p.m. \$15. 410-548-4900. Wicomicociviccenter.org

Matthew Moore: Post-Socialist Landscapes at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). \$3 for non-members, free for children under 12. Now through April 7th, 2019. 410-822-2787. Academyartmuseum.org

Recent Acquisitions at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). \$3 for non-members, free for children under 12. Now through April 7th, 2019. 410-822-2787. Academyartmuseum.org

Drawing 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 March 31st, 2019. Free. 410-778-6300. Chestertownriverarts.net

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 31st, 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 17th, 2019. 410-745-2916. Cbmm.org

Cindy Fletcher Holden at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through March 31st, 2019. \$6. 410-222-1777. Fqwp.org

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

Wil Scott: Monochrome at Maryland Theatre for the Performing Arts, Annapolis. Free. Now through March 31st, 2019. 410-626-6055. Mtpa-annapolis.org

Visual Harmony: Visual Art Interprets Performing Art at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through March 2nd, 2019. Free. 410-263-5544. Marylandhall.org

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

St. Michaels Chocolate Fest at Town of St. Michaels. 11 a.m. Prices Vary. 800-808-7622. Stmichaelsmd.org

MUSIC

Jon Cleary Trio at Rams Head On Stage, Annapolis. 8 p.m. \$25. 410-268-4545. Ramshendonstage.com

Annapolis Symphony Orchestra: Moonlight & Movie Music at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

Aztec Two-Step at Avalon Theatre, Easton. 8 p.m. \$40. 410-822-7299. Avalonfoundation.org

PERFORMING ARTS

Man of La Mancha at Compass Rose Theater, Annapolis. 8 p.m. \$25-41. 410-980-6662. Compassrosetheater.org

The Merry Wives of Windsor at The Colonial Players, Annapolis. 8 p.m. \$23. 410-268-7373. Thecolonialplayers.org

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

Chester Gras 2019 at Chester Gras, Chestertown. 12-4 p.m. TBA. Townofchestertown.com

St. Michaels Chocolate Fest at Town of St. Michaels. 11 a.m. \$5. 800-808-7622. Stmichaelsmd.org

Saturday

2

SPECIAL EVENTS

Annapolis Rotary Annual Black Tie & Diamond Gala at Loews Annapolis Hotel, Annapolis. 6-11 p.m. 150. 410-507-6020. Annapolisrotary.org (C)

MUSIC

Charlie Mars at Avalon Theatre, Easton. 7 p.m. & 9 p.m. \$25. 410-822-7299. Avalonfoundation.org

Mardi Gras Dance Party w/ Dixie Power Trio at The Mainstay, Rock Hall. 7:30 p.m. \$20. 410-639-9133. Mainstayrockhall.org

Kasim Sultan's Utopia at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramshendonstage.com



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On Stage

A Flea in Her Ear

Church Hill Theatre; March 29th through April 14th; \$10-20; Churchhilltheatre.org; 410-556-6003 The premise is simple, Madame Chandebise suspects her husband of cheating, and, with the help of her best friend, sets out to entrap and catch him. Of course, the plan goes awry, with a host of characters running around and confusing everything and everyone.

Love, Loss and What I Wore

Community Players of Salisbury; March 8th through April 27th, 2019; \$10; Communityplayersofsalisbury.org A one act, 90-minute play of monologues and ensemble pieces about women, clothes, and memory covering all the important subjects. Based on the bestselling book by Ilene Beckerman.

KIYC Annual Bull and Oyster Roast at Kent Island Yacht Club, Chester. 5-10 p.m. \$45. 410-643-4101. kiyc.org

MUSIC

Sophie Buskin at The Mainstay, Rock Hall. 8 p.m. \$18. 410-639-9133. mainstayrockhall.org

Heart & Music at Oxford Community Center, Oxford. 8 p.m. \$25 for adults, \$10 for students. forallseasonsinc.org (C)

High Voltage at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. avalonfoundation.org

Music 4 Maryland featuring Noah Guthrie & Priddy Music Academy at Metropolitan Kitchen & Lounge, Annapolis. 7 p.m. \$30. 443-257-2582. whatsuptix.com (C) (TIX)

PERFORMING ARTS

Comedian Jeff Richards of SNL at Rams Head On Stage, Annapolis. 7 p.m. \$25. 410-268-4545. ramsheadonstage.com

The Classic Rock Experience: Dinner and a Show at Wicomico Youth & Civic Center, Salisbury. 5 p.m. \$35 in advance, \$40 at the door. 410-548-4900. wicomicociviccenter.org

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/2).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

Mid-Atlantic Symphony Orchestra Spring Concert at Easton Church of God, Easton. 7:30 p.m. \$45. 410-289-3440. midatlanticsymphony.org

PERFORMING ARTS

Man of La Mancha at Compass Rose Theater, Annapolis. 7 p.m. \$25-41. 410-980-6662. compassrosetheater.org

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

Friday

8

SPECIAL EVENTS

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. downtownannapolispartnership.org

Workforce Inclusion Talks - Lunch & Learn at The Talbot County Chamber of Commerce, Easton. 12 p.m. Free for Chamber members. 410-269-1883. thearccor.org

MUSIC

Broken Arrow: A Tribute to Neil Young at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. ramsheadonstage.com

Heart & Music at Oxford Community Center, Oxford. 8 p.m. \$25 for adults, \$10 for students. forallseasonsinc.org (C)

PERFORMING ARTS

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/1).

Love, Loss and What I Wore at St. Peter's Fellowship Hall, Salisbury. 7 p.m. \$10. communityplayersofsalisbury.org

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

SPORTS

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

Ronnie Hastings, Composition: Rock n' Roll - Senor Recital at Gibson Center for the Arts, Chestertown. 7:30 p.m. Free. 410-778-7839. washcoll.edu

SPORTS

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

Thursday

7

SPECIAL EVENTS

Winter Speaker Series: Towns in the Colonial Chesapeake at Chesapeake Bay Maritime Museum, St. Michaels. 2-4 p.m. \$7.50. 410-745-2916. cbmm.org

Ladies Night Out at Downtown Cambridge, Cambridge. 4-7 p.m. Free. downtown-cambridge.org

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m.- Prices vary. downtownannapolispartnership.org

BIG INK at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 26th, 2019. Free. 410-263-5544. marylandhall.org

Making Our Mark: Washington Print Club at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 21st, 2019. Free. 410-263-5544. marylandhall.org

Artwork by Joanne S. Scott: 60 Year Retrospective at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 26th, 2019. Free. 410-263-5544. marylandhall.org

MUSIC

Max Weinberg's Jukebox at Rams Head On Stage, Annapolis. 8:30 p.m. \$55. 410-268-4545. ramsheadonstage.com

Heart & Music at Oxford Community Center, Oxford. 6 p.m. \$25 for adults, \$10 for students. forallseasonsinc.org (C)

The Honey Dewdrops at Avalon Theatre, Easton. 7 p.m. \$25. 410-822-0345. avalonfoundation.org

SPORTS

Washington Wizards vs. Minnesota Timberwolves at Capital One Arena, Washington. 6 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Monday

4

SPECIAL EVENTS

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. downtownannapolispartnership.org

Tuesday

5

SPECIAL EVENTS

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. downtownannapolispartnership.org

MUSIC

An Evening With Fleetwood Mac at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. capitalonearena.com

Wednesday

6

SPECIAL EVENTS

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. downtownannapolispartnership.org

MUSIC

Christopher Cross: "Take Me As I Am" Tour 2019 at Rams Head On Stage, Annapolis. 8 p.m. \$59.50. 410-268-4545. ramsheadonstage.com

Bob Sima at Rams Head On Stage, Annapolis. 12 p.m. \$22.50. 410-268-4545. ramsheadonstage.com

Annapolis Symphony Orchestra: Moonlight & Movie Music at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. annapolis-symphony.org

PERFORMING ARTS

Gaetano Donizetti La Fille du Régiment at Avalon Theatre, Easton. 1 p.m. \$21. 410-822-0345. avalonfoundation.org

Man of La Mancha at Compass Rose Theater, Annapolis. 2 p.m. & 8 p.m. \$25-41. 410-980-6662. compassrosetheater.org

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

Sunday

3

SPECIAL EVENTS

Dan Benarick: Design Principles of the Pros at Chesapeake Bay Foundation, Annapolis. 3 p.m. \$60 in advance, \$65 at the door. cbf.org

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. downtownannapolispartnership.org

A Hawk's Tail: Falcon Demonstration at Conquest Beach Park, Centreville. 10 a.m.-12 p.m. \$15. qac.org

St. Michaels Chocolate Fest at Town of St. Michaels. 11 a.m. Prices Vary. 800-808-7622. stmichaelsmd.org

MUSIC

Gaby Moreno at Rams Head On Stage, Annapolis. 8 p.m. \$21.50. 410-268-4545. ramsheadonstage.com

PERFORMING ARTS

Man of La Mancha at Compass Rose Theater, Annapolis. 2 p.m. \$25-41. 410-980-6662. compassrosetheater.org

The Merry Wives of Windsor at The Colonial Players, Annapolis. 2 p.m. \$23. 410-268-7373. thecolonialplayers.org

Exhibitions

Matthew Moore; Stalin, Prague, Czech Republic, 2014; Pigment print



Drawing

Chestertown RiverArts; Now through March 31st, 2019; Opening reception: March 1st; Free; Chestertownriverarts.org; 410-778-6300 The term “drawing” is applied to works that vary greatly in technique. It has been understood in different ways at different times and is difficult to define. During the Renaissance, the term “disegno” implied drawing both as a technique to be distinguished from coloring and also as the creative idea made visible in the preliminary sketch. This exhibition is open to all media that represent drawing.

How We Live with Nature: The Student Art Show

Ward Museum, Salisbury University; Now 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.

Recent Acquisitions: Photography @ AAM

Academy Art Museum; Now through April 7th, 2019; Opening reception: March 1st, 5:30-7 p.m.; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787 *Recent Acquisitions: Photography @ AAM* presents recently acquired works of photography. The exhibition focuses on works acquired through gifts from generous donors, as well as the Museum’s Acquisitions Fund, which is supported by generous individual contributions and through Collection Society dues.



Ansel Adams, (1902-1984); *Cedar Tree and Maple Leaves*, c. 1974; Silver gelatin print; 2017.13, Gift of Geoffrey Biddle

Matthew Moore: Post-Socialist Landscapes

Academy Art Museum; Now through April 7th, 2019; Opening reception: March 1st, 5:30-7 p.m.; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787 Matthew Moore’s current project was born as an investigation of the rural and urban landscapes of countries that were once occupied by the Soviet Union. The photographic images tell the story of the various ways societies and local governments seek to control their history and influence the future through manipulation of the land and urban space.

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

Tubman Trail and Swamps Haunted Tour at Long Wharf Dock, Cambridge. 1:30 p.m. \$35. Chesapeakeghosts.com

Annapolis Restaurant Week at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

MUSIC

Heart & Music at Oxford Community Center, Oxford. 2 p.m. \$25 for adults, \$10 for students. Forallseasonsinc.org (C)

An Intimate Evening of Songs with Graham Nash at Avalon Theatre, Easton. 7 p.m. \$60-125. 410-822-0345. Avalonfoundation.org

Mid-Atlantic Symphony Orchestra Spring Concert at Community Church, Ocean Pines. 3 p.m. \$45. 410-289-3440. Midatlanticsymphony.org

PERFORMING ARTS

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/3).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/3).

SPORTS

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

Monday

11

SPECIAL EVENTS

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

MUSIC

Robert Cray Band at Rams Head On Stage, Annapolis. 8 p.m. \$72.50. 410-268-4545. Ramshedonstage.com

Jethro Tull at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

SPORTS

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

Tuesday
12

MUSIC

Robert Cray Band at Rams Head On Stage, Annapolis. 8 p.m. \$24.50. 410-268-4545. Ramsheadonstage.com

Josh Dukas and Dylan Foley at Talbot County Senior Center, Easton. 12 p.m. Free. 410-822-2869. Talbotcountymd.gov

Travis Scott: Astroworld - Wish You Were Here Tour 2 at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.com

Wednesday
13

MUSIC

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

Hozier: Wasteland, Baby! Tour at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

SPORTS

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

Thursday
14

MUSIC

TUSK: The Ultimate Fleetwood Mac Tribute at Rams Head On Stage, Annapolis. 8 p.m. \$38. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/7).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

SPORTS

The Original Harlem Globetrotters Fan Powered World Tour at Wicomico Youth & Civic Center, Salisbury. 7 p.m. \$19. 410-548-4900. Wicomicociviccenter.org (F)

Friday
15

SPECIAL EVENTS

Irish Bingo at Chesapeake Bay Environmental Center, Grasonville. 5:30-9:30 p.m. \$35 in advance, \$40 at the door. Bayrestoration.org (C)

MUSIC

Van Hunt at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. Avalonfoundation.org

Widespread Panic at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

PERFORMING ARTS

Chris D'Elia: Follow The Leader Tour at Live! Casino & Hotel, Hanover. 8 p.m. Prices vary. 443-842-7000. Livecasinohotel.com

Opera Insight Series: Pre-Performance Talk: Carmen Conversations at Maryland Hall for the Creative Arts, Annapolis. 6:30 p.m. Prices vary. 410-280-5640. Annapolisopera.org

Annapolis Opera: Carmen at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. Prices vary. 410-280-5640. Annapolisopera.org

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/1).

Love, Loss and What I Love at Salisbury Wicomico Art Council, Salisbury. 7 p.m. \$10. Communityplayersofsalisbury.org

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

SPORTS

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

Saturday
16

SPECIAL EVENTS

WHCP Radio 5th Anniversary Celebration at 447 Race Street, Cambridge. 6:30 p.m. \$55 for members, \$60 for non-members, \$70 at the door. Visitdorchester.org

St. Patrick's Day 5K at Boardwalk, Ocean City. 9 a.m. \$25 in advance, \$30 day of race. Octirunning.org

18th Annual Eagle Festival at Blackwater National Wildlife Refuge, Cambridge. 9 a.m.-4 p.m. \$3-25 per vehicle. Friendsblackwater.org (F)

Farm to Table Pizza Night at Crow Vineyard & Winery, Kennedyville. 5-8 p.m. \$25. 302-304-0551. Crowvineyardandwinery.com

White Marsh Park Fishing Derby at White Marsh Park, Centreville. 8:30-11 a.m. \$5. Qac.org

St. Patrick's Day Parade & Festival at Coastal Highway, Ocean City. 12 p.m. Free. Delmarvaairish.org

MUSIC

Bach's St. John Passion at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. \$18-51. 410-263-1906. Marylandhall.org

Widespread Panic at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

PERFORMING ARTS

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/2).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

SPORTS

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

Sunday
17

SPECIAL EVENTS

St. Patrick's Day in St. Michaels at Town of St. Michaels. 12 p.m. TBA. Strmichaelsmd.gov (F)

Easton St. Patrick's Day Parade at Downtown Easton. 5:30 p.m. Free. Discover-easton.com (F)

MUSIC

Blue Miracle's St. Paddy's Day Bash! at Rams Head On Stage, Annapolis. 7 p.m. \$20. 410-268-4545. Ramsheadonstage.com

Widespread Panic at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

The Hedgelawn Series presents Saxophonist Tae Ho Hwang at The Mainstay, Rock Hall. 4 p.m. \$15. 410-639-9133. Mainstayrockhall.org

PERFORMING ARTS

Opera Insight Series: Pre-Performance Talk: Carmen Conversations at Maryland Hall for the Creative Arts, Annapolis. 1:30 p.m. Prices vary. 410-280-5640. Annapolisopera.org

Annapolis Opera: Carmen at Maryland Hall for the Creative Arts, Annapolis. 3 p.m. Prices vary. 410-280-5640. Annapolisopera.org

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/3).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/3).

Monday
18

MUSIC

In The Vane of Crosby, Stills & Nash at Rams Head On Stage, Annapolis. 7 p.m. \$100. 410-268-4545. Ramsheadonstage.com

SPORTS

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

Mark your calendar!
2019 Festivals & Special Events at CBMM

APR	Eastern Shore Sea Glass and Coastal Arts Festival Saturday and Sunday, April 6 and 7
MAY	Community Day & Maritime Model Expo Sunday, May 19
JUN	Antique & Classic Boat Festival and Arts at Navy Point Friday and Saturday, June 14 and 15
JUL	Big Band Night Saturday, July 6 (Rain Date: Sunday, July 7)
AUG	Watermen's Appreciation Day Sunday, August 11
	Charity Boat Auction Saturday, August 31 (Rain or Shine)
SEP	Boating Party Fundraising Gala Saturday, September 7
OCT	Mid-Atlantic Small Craft Festival Friday and Saturday, October 4 and 5
	OysterFest 2019 Saturday, October 26

For event details, visit cbmm.org/festivals.
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MARCH EVENTS

Tuesday

19

PERFORMING ARTS

Literary House & Sophie Kerr Series: Living Writers - A Reading by Lidia Yuknavitch at Rose O'neill Literary House, Chestertown. 4:30 p.m. Free. Kentcounty.com
Finding Neverland at Wicomico Youth & Civic Center, Salisbury. 7:30 p.m. Prices vary. 410-548-4900. Wicomicociviccenter.org

Wednesday

20

MUSIC

Reckless Kelly at Rams Head On Stage, Annapolis. 8 p.m. \$29.50. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Capitals vs. Tampa Bay Lightning at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday

21

SPECIAL EVENTS

Annapolis Film Festival at Maryland Hall for the Creative Arts, Annapolis. 12-10 p.m. \$145. Annapolisfilmfestival.com

MUSIC

Ball in the House at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. Avalonfoundation.org

PERFORMING ARTS

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/7).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

SPORTS

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

Friday

22

SPECIAL EVENTS

Annapolis Film Festival at Maryland Hall for the Creative Arts, Annapolis. 12-10 p.m. \$145. Annapolisfilmfestival.com

Compass Regional Hospice's Annual Gala at Annie's Steakhouse, Grasonville. 6:30 p.m. TBA. 443-262-4106. Compassregionalhospice.org (C)

Potomac Youth Conference at Wicomico Youth & Civic Center, Salisbury. 9 a.m. TBA. 410-548-4900. Wicomicociviccenter.org

Caroline County Chamber of Commerce 2019 Senior Expo at Chesapeake College, Wye Mills. 10 a.m.-2 p.m. Free. 443-239-0307. Carolinechamber.org

MUSIC

Foreigner: The Hits on Tour at Live! Casino & Hotel, Hanover. 8 p.m. Prices vary. 443-842-7000. Livecasinohotel.com

Rubix Kube 80s Tribute at Rams Head On Stage, Annapolis. 8:30 p.m. \$29.50. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 3/15).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

SPORTS

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

Saturday

23

SPECIAL EVENTS

RiverArts Reclaimed Runway at Rock Hall Volunteer Fire Department, Rock Hall. 5 p.m. \$50-100. Chestertownriverarts.net (C)

Farm to Table Pizza Night at Crow Vineyard & Winery, Kennedysville. 5-8 p.m. \$25. 302-304-0551. Crowvineyardandwinery.com

Annapolis Film Festival at Maryland Hall for the Creative Arts, Annapolis. 12 p.m.-10 p.m. \$145. Annapolisfilmfestival.com

Annapolis Oyster Roast and Sock Burning at Annapolis Maritime Museum, Annapolis. 12-4 p.m. \$25 for general admission, \$85 for people's choice. 410-295-0104. Whatsuptix.com (TIX)

Potomac Youth Conference at Wicomico Youth & Civic Center, Salisbury. 9 a.m. TBA. 410-548-4900. Wicomicociviccenter.org

Blue Jeans and Bling at Anne Arundel County Fairgrounds, Crownsville. 6 p.m. \$20-280. Whatsuptix.com (C) (TIX)

MUSIC

Gladys Knight at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

Delbert McClinton at Rams Head On Stage, Annapolis. 8:30 p.m. \$69.50. 410-268-4545. Ramsheadonstage.com

A Tribute to Charlie Byrd Featuring Chuck Redd at The Mainstay, Rock Hall. 8 p.m. \$25. 410-639-9133. Mainstayrockhall.org

PERFORMING ARTS

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 3/16).

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/2).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 3/1).

SPORTS

Washington Wizards vs. Miami Heat at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Sunday

24

SPECIAL EVENTS

Annapolis Film Festival at Maryland Hall for the Creative Arts, Annapolis. 12-10 p.m. \$145. Annapolisfilmfestival.com

MUSIC

An Evening With Fleetwood Mac at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. 410-347-2020. Royalfarm-sarena.com

The Rippingtons at Rams Head On Stage, Annapolis. 5:30 p.m. & 8:30 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 3/17).

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/3).

SPORTS

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

Monday

25

MUSIC

Maggie Rogers at 9:30 Club, Washington. 7 p.m. TBD. 202-265-0930. 930.com

Ariana Grande: Sweetener World Tour at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.com

Tuesday
26

MUSIC

Maggie Rogers at 9:30 Club, Washington. 7 p.m. TBD. 202-265-0930. 930.com

PERFORMING ARTS

A Bronx Tale at The National Theatre, Washington. 7:30 p.m. \$54-114. 202-628-6161. thenationaldc.org

Queen of Basel at Studio Theatre, Washington. (See 3/6).

SPORTS

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

Wednesday
27

MUSIC

Jake E. Lee's Red Dragon Cartel at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. Rams-headonstage.com

Thursday
28

PERFORMING ARTS

Jersey Boys at Wicomico Youth & Civic Center, Salisbury. 7:30 p.m. Prices vary. 410-548-4900. Wicomicociviccenter.org

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/7).

SPORTS

Washington Nationals Home Opener vs. New York Mets at Nationals Park, Washington. 1:05 p.m. 202-675-6287. Nationals.com (F)

Friday
29

SPECIAL EVENTS

Maryland Day Weekend at Downtown Annapolis. 10 a.m. Prices vary. Marylandday.org (F)

MUSIC

Big Bad VooDoo Daddy at Rams Head On Stage, Annapolis. 8 p.m. \$57.50. 410-268-4545. Ramsheadonstage.com

Caitlin Patton and Sammy Marshall in a benefit for NMF and CRC at The Mainstay, Rock Hall. 7:30 p.m. \$30. 410-639-9133. Mainstayrockhall.org

Annapolis Symphony Orchestra: Cosmic Depth at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

PERFORMING ARTS

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 3/15).

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/1).

A Flea in Her Ear at Church Hill Theatre, Church Hill. 8 p.m. 410-556-6003. Churchhill-theatre.org

Saturday
30

SPECIAL EVENTS

Daffodil Festival at Town of St. Michaels. 10 a.m. TBA. Stmichaelsinbloom.org (F)

Maryland Day Flag-Raising Ceremony at Susan Campbell Park, Annapolis. 10 a.m. Free. Marylandday.org (F)

Faith Filled Women Conference at Wicomico Youth & Civic Center, Salisbury. 10 a.m. \$60. 410-548-4900. Wicomicociviccenter.org

Maryland Day Weekend at Downtown Annapolis. 10 a.m. Prices vary. Marylandday.org (F)

MUSIC

Big Bad VooDoo Daddy at Rams Head On Stage, Annapolis. 8 p.m. \$23.50. 410-268-4545. Rams-headonstage.com

Pete Kilpatrick Band at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. Avalonfoundation.org

Annapolis Symphony Orchestra: Cosmic Depth at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

Phil Wiggins and House Party at The Mainstay, Rock Hall. 8 p.m. \$22. 410-639-9133. Mainstayrockhall.org

PERFORMING ARTS

Richard Wagner Die Walküre at Avalon Theatre, Easton. 12 p.m. \$21. 410-822-0345. Avalonfoundation.org

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 3/16).

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/2).

Love, Loss and What I Wore at Salisbury Wicomico Art Council, Salisbury. 7 p.m. \$10. Communityplayersofsalisbury.org

A Flea in Her Ear at Church Hill Theatre, Church Hill. (See 3/29).

SPORTS

Washington Nationals vs. New York Mets at Nationals Park, Washington. 1:05 p.m. 202-675-6287. Nationals.com (F)

Sunday
31

SPECIAL EVENTS

Daffodil Festival at Town of St. Michaels. 10 a.m. TBA. Stmichaelsinbloom.org (F)

Get Pumped for Pets Run and Fun Walk at Terrapin Park, Stevensville. 9 a.m. \$25-45. Getpumpedforpets.org (F) (C)

Maryland Day Weekend at Downtown Annapolis. 10 a.m. Prices vary. Marylandday.org (F)

MUSIC

Chris Tomlin at Royal Farms Arena, Baltimore. 6 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com

Mariah Carey at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

for KING & COUNTRY burn the ships at Wicomico Youth & Civic Center, Salisbury. 6 p.m. Prices vary. 410-548-4900. Wicomicociviccenter.org

PERFORMING ARTS

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 3/17).

Man of La Mancha at Compass Rose Theater, Annapolis. (See 3/3).

A Flea in Her Ear at Church Hill Theatre, Church Hill. 2 p.m. 410-556-6003. Churchhill-theatre.org

SPORTS

Washington Nationals vs. New York Mets at Nationals Park, Washington. 1:35 p.m. 202-675-6287. Nationals.com (F)

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Where's Wilma?

FIND WILMA AND WIN!

Spring is just around the corner, which means warmer weather and longer days are upon us! Start thinking about summer plans for the kids, and follow Wilma as she takes you on a tour of the 2019 Summer Camp Guide, where you can find some awesome camps for all ages and interests. Thinking about some home renovations while the kids are away? Check out the Home Resource Guide to find some of the best professionals in the area to help you with your home projects. Then, read up on the latest trends in "From High Point to Your Home" for some decorating inspo. As your springtime creativity blossoms, and new projects and ideas begin to bloom, don't forget to stop and smell the flowers every once in a while!

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: Pam Wingate of Cambridge, 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



I FOUND WILMA ON PG.

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E-mail address _____

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 March 31st, 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.

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