

WHAT'S UP?

Plus: CAPS COVERAGE WITH COURTNEY LAUGHLIN PG. 42

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BREAKING THE GLASS CEILING
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PG. 23

BUILDING YOUR DREAM
KITCHEN

PG. 46

HAPPINESS IS A
GREAT BOOK IN A NOOK

PG. 40

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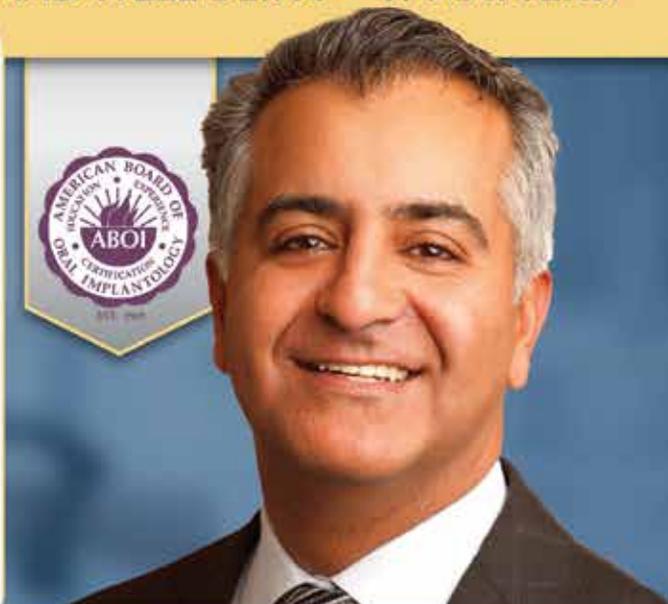


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On the Cover: On the Cover: We explore every day actions that can have a lasting, positive impact on the health of the Chesapeake Bay. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at WhatsUpMag.com
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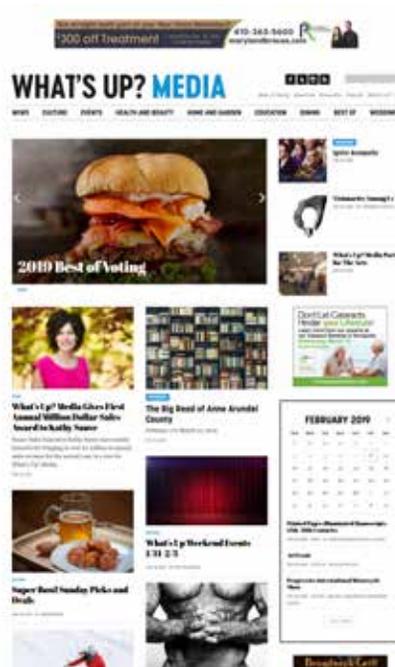
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CORRECTION
Within our March issue, the feature article "Cambridge Poised to Prosper" featured a number of photographs contributed by Dorchester County Office of Tourism that were uncredited in print. The issue's cover photograph was also contributed by the office and was taken by Jill Jasuta.

e-contents

What's Up? Online

Whatsupmag.com recently underwent some major changes. While we're still working out some kinks, we're excited to bring you a new and improved online experience. Digital Advertising space is now more valuable than ever. For more information, please visit whatsupmag.com/advertise and reserve your spot today!



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UPCOMING **APRIL** EVENTS ON

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Riva 5K Run & Walk 2019

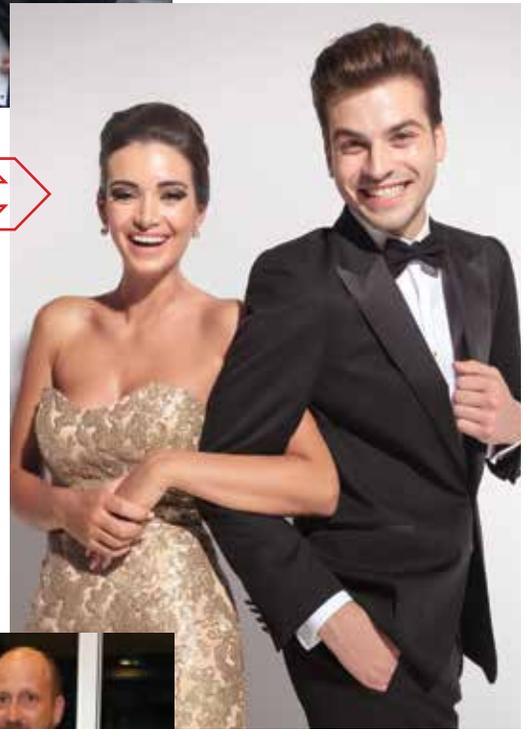
Riva 5K Run & Walk
Reichardt Park
9:00am - 10:30am | **\$7-35**



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Arts Council Gala 2019: Magic of the Arts

The Arts Council of Anne Arundel County
Live! Hotel & Casino
6:30pm - 11:00pm | **\$150**



6

A Night to Fight EA Round 3

The Burrows Hill Foundation
Navy Marine Corps Memorial Stadium
6:00pm - 10:00pm | **\$96**



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 editor

“The answers are in everyday action, and how we can, collectively, make a difference. Change one habit; create a legacy.”

50 Years of Triumph” is the answer. This article—coming on the heels of Women’s History Month in March—is a very personal, very real, in-depth examination of several local women who defied societal odds to become leaders and visionaries within their respective fields/industries. We examine their navigation through several decades of sexism, catalytic moments and movements in women’s lib, and how they realized their hopes and dreams. I feel it’s an inspirational read, and one that’s empowering the young generations following them. (Cue additional

articles, such as our Towne Athlete—meet Myia Jeter of Easton High School—and feature on female broadcaster/sports analyst Courtney Laughlin.)

Hope springs eternal...

This season, I’m reminded of this Alexander Pope quote, which has been ingrained in the English language since he wrote those very words in his 1734-published poem, *An Essay on Man*. Of course, the spring season, itself, lends well to conjuring feelings of hope and renewal. And when the last frost of winter melts away, the sun shines, and fresh buds appear on every tree limb...well, it’s nature’s reminder that there’s reason to hope for the best.

When we started putting together this issue of *What’s Up? Eastern Shore* we had spring in mind and with it, article ideas about environmental stewardship, sprucing up the garden, and outdoor recreation—enjoying the season, the region, and all that both afford us. Local festivals and sporting events (5Ks, marathons, golf tourneys, and the like) increasingly fill the calendar. Entertainment options abound. And we have plenty of this in our April issue. In other words, it’s easy to cover and a lot of fun to write about.

So, where are the meat and potatoes in this issue; the tough stuff that leads to questions, solutions, and the hope of improving....say...our communities, and not just our personal lifestyle? The article “Trailblazers: 5 Businesswomen and

Speaking of future generations and nodding back to environmental stewardship, I encourage you to read renowned economist Anirban Basu’s column about the economic implications of climate change on Maryland. It’s an intriguing—if not sobering—account of how very real environmental variances in, for example, temperature and sea level rise can impact local industries and our livelihood (did you know the overall number of communities affected by sea level rise on the Eastern Shore is second only to Louisiana?). Where’s the hope in that? The answers are in everyday action, and how we can, collectively, make a difference. Change one habit; create a legacy. For ideas about how to do that (16 in all, to be exact), flip to our feature article “Chesapeake Country Dos and Don’ts.”

After all, the Chesapeake watershed springs eternal. And our hope for a better bay, social awareness, improving communities, and overall goodwill does too.

May your hopes this spring blossom to fulfillment.

James Houck,
Editorial Director



letters to What’s Up?



A selection of readers’ responses and questions sent to editors and staff at large. To send your comment or question, email editor@whatsupmag.com or info@whatsupmag.com.

I want you to know that viewing your magazine for the 1st time has been a pleasure! Looking for Wilma was a lot of fun! I learned so much about the Eastern Shore that I did not know!

—Ann Crandell, *Shady Side*

Out on the **TownE**

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Winefest at St. Michaels ↓

Raise money for local charities while enjoying amazing wines from around the world during WineFest at St. Michaels on Saturday, April 6th and Sunday, April 7th, 12-5 p.m. Wine lovers can taste and purchase more than 400 domestic and international wines, enjoy delicious gourmet foods, and the small-town charm of historic St. Michaels. For serious wine connoisseurs, the VIP packages include a tasting cruise aboard The Patriot and exclusive tastings at The Old Brick Inn. Tickets range from \$40-175. For more information, visit Winefestatstmichaels.com.





Photo by Jameson Harrington

↑ Spring Fling

Spring has officially sprung at Cambridge Main Street's annual Spring Fling fundraiser Saturday, April 6th, 6-10 p.m. at the Dorchester Center for the Arts. Enjoy live music, dancing, food and drinks, and live and silent auctions.

Proceeds from the event will support the revitalization work of Cambridge Main Street. Tickets are \$70. For more information, visit Cambridgemainstreet.com.

OXFORD DAY →

Spend a day celebrating the history and community of the waterfront village of Oxford on Saturday, April 27th, 8 a.m. during the 25th Annual Oxford Day. Bring the family for a full day of events and activities including a dog walk and dog show, family hour in Town Park, a parade, skipjack rides, a flower show, and plenty of games and prizes for kids. Enjoy live music, bake sales, delicious food, and award-winning ice cream. This event will be held rain or shine. For more information, and a full schedule of events, visit Oxfordday.org.



DELMARVA SHOREBIRDS

Head to Arthur W. Perdue Stadium to cheer on the Delmarva Shorebirds as they throw the first pitch of the 2019 season! The Shorebirds will host the Lakewood BlueClaws for their home opener Thursday, April 11th through Sunday, April 14th. Other visiting opponents in April include the Kannapolis Intimidators, Asheville Tourists, and Augusta Green Jackets. For game times and tickets, visit Theshorebirds.com.



Bay Bridge Boat Show

Head to the Bay Bridge Marina in Stevensville Friday, April 12th through Saturday, April 13th, 10 a.m.-6 p.m. and Sunday, April 14th, 10 a.m.-5 p.m. for the 2019 Bay Bridge Boat Show. This event is the largest in-water spring boat show north of Florida. Explore fishing boats, center consoles, trawlers, express cruisers, pontoon boats, luxury cruisers, jet skis, jet boats, ski boats, bowriders, inflatables, kayaks, SUPs, and canoes. Prices are \$19 for a two-day adult ticket, \$12 for a one-day adult ticket, and free for children 12 and under. For more information call 410-268-8828 or visit Annapolisboatshows.com.



Riverarts Paint the Town

Fifty talented artists will gather together in Chestertown Thursday, April 25th through Sunday, April 28th to paint local scenes during RiverArts' 10th annual Paint the Town, a four-day plein air event. The artists will paint Chestertown and the surrounding waterways and countryside for three days while visitors watch them work. There will be an opportunity to purchase artwork at the RiverArts Gallery on Saturday, 5:30-8 p.m., and Sunday until 3 p.m. For more information, visit Chestertownriverarts.net.



Photo by Kellen McCluskey

ARBOR DAY 5K/10K RUN AND ONE-MILE FUN RUN/WALK

Join fellow runners and nature enthusiasts for the Arbor Day 5K/10K Run and One-Mile Fun Run/Walk Saturday, April 6th, 9 a.m. at Adkins Arboretum. Participants will pass by the Arboretum's goat herd as they traverse the easily navigable cross-country course plotted along the Arboretum's network of scenic forest and meadow paths. Post-race festivities include music, a "green" medal ceremony, and a native tree raffle. There will also be a Kids' Dash at 8:50 a.m. Registration prices vary. For more information, visit Adkinsarboretum.org.



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EASTERN SHORE SEA GLASS AND COASTAL ARTS FESTIVAL →

The eighth annual Eastern Shore Sea Glass and Coastal Arts Festival returns with a larger waterfront location at the Chesapeake Bay Maritime Museum on Saturday, April 6th, 10 a.m.–5 p.m. and Sunday, April 7th, 10 a.m.–4 p.m. This year’s festival will feature more than 70 artisans exhibiting and selling coastal-and-sea-glass-related jewelry, home decor, art, and more. Guests can also enjoy scenic river cruises, live music, food, and libations. Tickets are \$15 for adults, \$12 for seniors, \$6 for children ages 6–17, \$5 for CBMM members, and free for children 5-and-under. For more information, visit Cbmm.org/seaglassfestival.



KELSEA BALLERINI

Country-pop superstar Kelsea Ballerini is kicking off “The Miss Me More Tour” at Wicomico Youth & Civic Center Thursday, April 11th, 7 p.m. The Grammy and four-time Country Music Award nominee will be joined by ACM’s New Male Vocalist of the Year Brett Young, and special guest Brandon Ratcliff. Ticket prices vary. For more information, visit Wicomicociviccen.org.



↑ Family Day

Get hands-on at Chesapeake Bay Maritime Museum’s campus Saturday, April 13th, 1–4 p.m. during Family Day. Your family will have a chance to explore the museum through interactive activities and family-friendly exhibits. Examine the marine life that live in an oyster reef, match ducks to decoys in the waterfowling exhibitions, and climb to the top of the Hooper Strait Lighthouse. All activities are included with general museum admission: \$15 for adults (ages 18–61); \$12 for seniors (62-plus), students (age 17-plus with college ID), and retired military (with ID); \$6 for children (ages 6–17); and free for active military, children 5-and-under, and CBMM members. For more information, visit Cbmm.org.

SEVENTH ANNUAL TALBOT SPECIAL RIDERS CLASSIC

On Saturday, April 13th, 8 a.m., Talbot Special Riders (TSR) will hold its annual TSR Spring Classic Bike Tour, the primary fundraiser for its equine therapy program for children and adults with special needs. The fully-supported Spring Classic starts and finishes at Easton Middle School on Peach Blossom Road. It travels along some of the most scenic routes in Talbot County and includes a 62-mile metric century, a 50-mile half-century, and a 25-mile ride. Registration prices vary. For more information, and to register, visit TSRSpringclassic.homestead.com.

TALBOT COUNTY RESTAURANT WEEK

Taste your way through Talbot County during the Talbot County Restaurant Week, held Sunday, April 7th through Saturday, April 13th. Restaurant week is an opportunity to showcase the area’s many talented chefs and restaurateurs. Participating restaurants will have prix fixe lunches and dinners, many offering special menus designed to showcase their finest dishes. For more information, including a list of participating restaurants, visit Talbotrestaurantweek.com.



FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 73 OR GO TO WHATSUPMAG.COM

WHAT'S UP? MEDIA

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TOWNE SOCIAL

Cover Your Chin for Charity

Celebrate the beards. About \$34,000 was raised for local causes during the sixth annual Cover Your Chin for Charity closing ceremony on January 19th at the Waterfowl Festival Building in Easton. The event began in October when men shaved their facial hair. Winning categories included mustache (Shawn Carter), partial beard (Jon Grow and Matt Blue), full beard (Landy Cook, Jon Southworth's group), and existing beard (Brian Tyler). Ron Vener, who raised \$4,500, was crowned 'King of the World' for being the top individual fundraiser. Proceeds went to Talbot Humane, Care Packs of Talbot County, Bay Water Animal Shelter, Tomcat Solutions, and the MidShore Recovering Veterans Group.

Photography by Ted Mueller **1.** Brian Price and Will Chapman **2.** Ron Vener and Adam Theeke **3.** Cortney Wheeler, Branden Wheeler and Morgan Blue **4.** Jeremy Hillyard and Kirk Howie **5.** Susie Hayward, Ron Engle and Suzy Moore

The LOOK

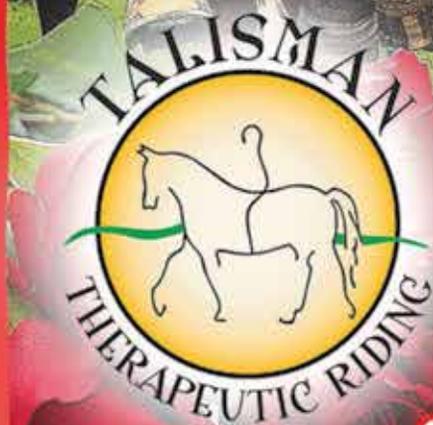
Women indulged in a night that was all about them during What's Up? Media's sixth annual beauty and wellness event, The LOOK on March 1st at the Westin Annapolis. About 350 attendees enjoyed manicures from Bliss Nails & Spa and Face It! Spa and Wellness, Botox injections from ProMD Health, makeup touchups, hand facials, hair braiding, eye and lip demos, and more. The event also featured a DJ, dancing, drinks from The Brass Tap, champagne, angel card readings from Christalene Karaiskakis, and a talk from AliceAnne Loftus of Leading Lady Coaching.



Photos by Stephen Buchanan and Amanda Dorval **1.** Sharon and Mattie Fenton **2.** Mary Summers get a makeover **3.** Jackie Nune and Cierra Wilkins **4.** A guest gets her nails done **5.** Megan Roberts-Satinsky, Nadia Kahler, Larra Roden, Ashley Raymond, Kelly Whitmore, Donna Mitchell, Chelsea Haverly



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Purchase seats at What'sUpTiX!



Hope to see you there!



Left to right: Susan duPont and Naomi Hyman

TOWNE SALUTE

Naomi Hyman & Susan duPont

Talbot County Empty Bowls

By Cate Reynolds

Easton-native Naomi Hyman was working as a director at Evergreen Cove, a local non-profit, when a colleague gifted her a beautiful, hand-painted bowl. When Hyman inquired about where the bowl came from, she learned that it was purchased from Talbot County Empty Bowls, a 501(c)(3) organization which raises money to support organizations that address hunger in the community.

In 2009, Hyman started volunteering with Talbot County Empty Bowls and met Susan duPont, who joined the organization the year before. duPont, also an Easton resident, became involved with Talbot County Empty Bowls through her longtime friend Anna Harding, the founder of the orga-

nization. Both Hyman and duPont felt compelled to join the cause after learning the severity of food insecurity in their community.

“Hunger is a universal issue,” says duPont. “If you can’t eat, you can’t do much else. It was startling to learn how serious of an issue it is around here.”

Though Talbot County is one of the wealthiest counties in the nation, one in five children and one in 10 residents are food insecure. Over 40 percent of Talbot County Public School students receive free or reduced meals.

“I come from a very long line of Jewish mothers, and we love feeding people,” Hyman says. “The cause itself, the idea of feeding people, is very important to me.”

Hyman and duPont serve on Talbot County Empty Bowls’ planning committee,

a small group of about 10 women. duPont co-chaired the committee for 10 years, before passing the torch to Hyman in late 2018. Prior to becoming chair, Hyman assisted with marketing communications, and helped with the construction and maintenance of the organization’s website and email communication system.

“Susan’s financial acumen as a certified financial planner has been invaluable in our efforts to increase ticket sales, contributions, donations, and sponsorships,” Anna Harding says. “And Naomi has used her tech-savvy innovation and energy to enhance our PR and outreach, which is the core of creating awareness about who we are and what we do.”

The planning committee’s primary task is organizing the annual Empty Bowls Community Dinner, which takes place every February. Local schools and businesses create, paint, and donate bowls to the event, and each attendee is served soup in a unique bowl that is theirs to keep. Kiln Born Creations, an Easton-based paint-your-own pottery shop, is responsible for over half of the donated bowls. The proceeds from the dinner are given to several local food pantries.

“The hope is that every time someone uses their empty bowl, they think of people that don’t know when their next meal is coming,” says duPont.

The dinner has two seatings, each accommodating 175 people. However, the organization usually receives upwards of 500 bowls. The

leftover bowls are sold at local farmers' markets. Local food pantries receive all the proceeds from the dinner and the sold bowls. Over the last decade, Talbot County Empty Bowls has distributed over \$163,000.

"The fact that Susan and Naomi have been a part of Empty Bowls for a decade shows their commitment to the cause," says Linda Mastro, a member of the planning committee. "They exemplify how to be good leaders and able community servants, which requires staying personally engaged and ensuring that no volunteer gets overextended."

Both Hyman and duPont credit the community and their fellow planning committee members for the overall success of the dinner. Roughly 1,000 people contribute to the event in some capacity.

"There are restaurants that make the soup and donate bread, and people who make cookies, and serve soup, and set up the room, and paint the bowls," Hyman says. "[The community] is not only making this event happen, but they're raising their own awareness, and helping to raise awareness with other people."

"I cherish the camaraderie of all the different people and organizations involved," says duPont. "Our retaining of people is extraordinary because they believe in the cause, as well. I just find it extremely fulfilling."

To learn more about Talbot County Empty Bowls, visit Talbotcountyemptybowls.org.

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

It's Time for a Spring Cleaning!



KENT ISLAND PEDIATRIC DENTISTRY

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Photo by Bethany Ziegler

ESTATE TREASURES RAISES MORE THAN \$22,000 FOR COMPASS REGIONAL HOSPICE

More than 260 people attended Compass Regional Hospice's 2018 fall Estate Treasure Fashion Show in October at Prospect Bay Country Club in Grasonville. The event raised nearly \$22,000, which benefits the organization's hospice care and grief support in Queen Anne's, Kent, and Caroline counties. Estate Treasures is an upscale resale shop located in Chester. The store operates under Compass Regional Hospice, and proceeds support unfunded hospice care and grief support. The 2019 Estate Treasures Fashion Show is scheduled for October 14th.



Estate Treasures volunteer and model Suzanne Sheahan. Photo courtesy of Compass Regional Hospice

Compass Regional Hospice Recognized for Involvement in Veterans Program

Compass Regional Hospice was awarded a Level Four Partner Certificate of Recognition for its involvement with the We Honor Veterans program in January. We Honor Veterans is a campaign developed by the National Hospice and Palliative Care Organization (NHPCO) in association with the Department of Veterans Affairs. NHPCO's mission is to honor veterans and provide them a peaceful, respectful end-of-life journey. In addition to this honor, longtime hospice center volunteer Tom Brent was honored with the Hospice Champion award for his service.



Left to right: Compass Regional Hospice Executive Director Heather Guerieri; Department of Veterans Affairs' We Honor Veterans Community Hospice Coordinator Cindy Dresser; and hospice center volunteer Tom Brent. Photo courtesy of Compass Regional Hospice

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

↑ CBMM Selected to Build New Maryland Dove

The Chesapeake Bay Maritime Museum (CBMM) was chosen to build a new *Maryland Dove*. The ship is a replica of the 17th-century English trading ship, *Dove*, which was one of two vessels that made a trip from England to what is now Maryland. *Maryland Dove* is owned by the state of Maryland, and is operated and maintained by the Historic St. Mary's City Commission. Naval architect Iver Franzen of the Annapolis-based firm Iver C. Franzen Maritime, LLC has been commissioned to design the reproduction of *Maryland Dove*. Design work began in January, and construction will begin sometime this year. The target launch for the ship is 2021.



Front row (left to right): Karen Footner, Liza Ledford, and Wendy Jo Avey. Back row (left to right): Jennifer Schultz, Margaret Iovino, and Julie Patterson

CHESAPEAKE FILM FESTIVAL ANNOUNCES SIX NEW BOARD MEMBERS AND NEW EXECUTIVE DIRECTOR

The Chesapeake Film Festival (CFF) announced six new board members in January. Wendy Jo Avey, Karen Footner, Margaret Iovino, Liza Ledford, Philip Morrison, and Julie Patterson, all Talbot County residents, will serve on CFF's board for the 2019 festival. The goal for the new board members is to increase local and national outreach with new ideas. CFF also announced that current board member Jennifer Schultz will become the new executive director, and will oversee operations, communications, and development for the organization.



TOWNE ATHLETE

Myia Jeter

Easton High School
Basketball, Volleyball

By Cate Reynolds

Mya Jeter comes from a family that loves basketball. Both she and her brother, Gordon, who played for Salisbury University, began playing the sport at a young age. But when Jeter started high school, she fell in love with another sport: volleyball.

“Volleyball was just one of those sports I felt I should try because of my height,” says Jeter, who is 5-foot-9. “I ended up really liking it.”

At the beginning of her freshman year at Easton High, Jeter decided to try out for the volleyball team. Not only did she end up liking volleyball, but she ended up being pretty good, too. The 16-year-old earned a spot on the varsity roster.

“Myia is an exceptional athlete,” Easton Volleyball Team Head Coach Jennifer Powell says. “She has been a varsity starter for three years, earned team MVP, achieved first-team All-North

Conference twice, and was the 2018 Player of the Year. She’s an asset to any team.”

Now in her junior year, Jeter keeps herself busy with sports. She continues to play volleyball and basketball, and also lacrosse in the spring in summer, which she picked up in middle school. Though Jeter admits that volleyball has become her favorite sport, she also excels in the other two.

On the basketball court, she’s been an offensive and defensive standout for three years, earning defensive MVP and first team All-Conference her sophomore year. She averaged 15 points and 10 rebounds per game during the 2019 season. She’s also played varsity lacrosse all three years, and competes for the Lady Blue Crabs club team in the summer. She was named the defensive MVP and was first team All-Bayside North her sophomore year.

According to Robert Smith, head coach of both the Easton High School girls’ varsity team and the Lady Blue Crabs club team, Jeter is the most dominant, lockdown defender in the Bayside Conference. “Myia is an elite-level defender who has led the team’s defense since she was a freshman,” he says. “She’s not only a great player, but a truly great person and teammate, and a role model on and off the field.”

Jeter is also an exceptional student. She carries a 4.0 unweighted grade-point average and has taken several advanced placement courses, including biology, language and composition, and government. Jeter admits it isn’t

easy balancing athletic and academic responsibilities.

“I have teammates who are going through the same thing, and teachers who will stay late and help me,” Jeter says. “So that really makes it a lot easier than doing it by myself.”

“Myia is an amazing young lady who excels in both the classroom and on the court,” says Matt Griffith, head coach of the girls’ varsity basketball team. “She leads by example, and she has a tremendous work ethic.”

With college right around the corner, Jeter is beginning to think about her next steps, both as a student and an athlete. Topping her list is the University of Florida, which has been her dream school since she was a little kid. If she pursues a sport in college, Jeter says she’ll likely play volleyball; however, she’s still unsure whether or not she wants to be a college athlete. But if she isn’t on the field or the court, she’ll likely be close by. Jeter is planning on studying sports psychology and hopes to help athletes work through mental barriers.

“It’s hard to put into words just what Myia means to our school, teams, and coaches,” Powell says. “She’s a wonderful young lady with a bright future ahead of her, and I am excited to see where it leads her.”

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



ECONOMICS & FINANCE

The Economic Implications of Climate and other Changes

Maryland: Global Ecology in Miniature

By **Anirban Basu**

Scientists concluded about three decades ago that Atlantic sturgeon had all but disappeared from Maryland's polluted water. As indicated by *The Baltimore Sun*, the population of these massive fish—often as long as 14 feet—dwindled during the 1900s amid rising demand for their eggs, also known as caviar. Caviar's immense value led predictably to overfishing. Overfishing working in conjunction with industrialization essentially depleted Maryland's population of Atlantic sturgeon.

Or did it? Biologists have been pleasantly surprised recently with watermen and recreational fishermen spotting sturgeon splashing and flopping around the Nanticoke River on the Eastern Shore. The unanticipated bounce back of Atlantic sturgeon in Maryland represents further indication that efforts to restore the health of the Chesapeake Bay are working.

Maryland, of course, has much more to consider than the bay. The state is geographically small. At 12.4 million square miles, it ranks a lowly 42nd nationally concerning land mass. But it still manages to maintain a diversity of ecology that many states lack. To the west, it is home to snow-capped mountains. To the east, it is home to beaches. In the center of the state



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.

are densely populated communities that, like all communities, depend on breathable air and drinkable water. And at its heart is the Chesapeake Bay, which forms the largest watershed on the east coast at more than 4.5 million square miles. There are more than 3,000 miles of coastline around the bay. There are also numerous tributaries, of which the Nanticoke River is one.

But being home to so many ecosystems is associated with innumerable risks to economic activity. Warm winters can truncate ski seasons in the west. Waste and runoff produced by populous communities can threaten the livelihood of businesses and create risks to public health. Increasingly violent weather produces more damage to property and higher rates of insurance. In short, climate and other forms of change collectively represent massive sources of risk to Maryland's future.

In 2007, the Center for Integrative Environmental Research (CIER) at the University of Maryland attempted to measure the economic impact of climate change in the state. There were many findings, including one indicating that higher temperatures would result in a 15–40 percent decrease in the Northeast's maple syrup industry.

While the effects of rising temperatures will be felt throughout the state, the Eastern Shore is especially vulnerable. A 2017 article published in *Washingtonian* magazine featured a report released by the Union of Concerned Scientists regarding the long-term impacts of climate change. Because of the state's abundance of coastline, the number of communities that would be affected by rising sea level ranks second only to Louisiana. Flooding is already a constant problem for many communities, especially those in and around

Ocean City. The report states that if water levels rose four feet by 2100, the resulting inundation would make a quarter of the land in Ocean City uninhabitable. The resulting loss of property value and business activity would have a profound impact across the state, including in terms of decimated quality of life. Moreover, the four-foot scenario is considered conservative by some.

In recognition of the threats to Maryland's future and the need for all communities to contribute to environmental sustainability, some policymakers continue to commit to renewable energy, including in the form of offshore wind power. The Clean Energy Jobs Act would double the state's commitment to renewable energy by increasing the statewide Renewable Portfolio Standard to 50 percent by 2030. The state hopes to reach its current standard of 25 percent by 2020.

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TR I B U T E S 50 YE ARS

5 BUSINESS- WOMEN AND 50 YEARS OF TRIUMPH

BY LISA HILLMAN

PHOTOGRAPHY BY
STEPHEN BUCHANAN





or women born after 1980, it may be hard to fathom a time when these rights and opportunities were unattainable. Yet this was America—just 50 years ago.

This year, flush with a dramatic increase in the number of women in elected offices locally and nationally, it is easy to forget the strides of decades

past. It was 170 years ago in Seneca Falls, New York that Elizabeth Cady Stanton, mother of four, and Lucretia Mott, Quaker abolitionist, held the very first gathering of women’s rights and started a wave that continues today.

Successive waves ushered in the 1960s “Women’s Liberation Movement.” A Western World groundswell, it produced many of the equalities and freedoms women now enjoy. And the movement has never stopped. What’s known as the “Fourth Wave”—which includes the #MeToo and Time’s Up movements—has toppled more than 200 powerful men in positions across nearly every industry. On January 21st, 2017, fueled by anger and resentment, the Women’s March heralded a new era of female leadership. More than 100 women now serve in Congress, the largest number in history. In Maryland, some 71 women serve in the General Assembly, including 30 newly-elected representatives. And in Anne Arundel County, the county council has the first female majority ever.

In wide-ranging interviews, What’s Up? Media set out to discover the impact of these sweeping movements through the stories of five leading area women. Each is known for her success in business or industry. Each is a daughter of decades of struggle and triumph. Although most shun the term “trailblazer,” they have made a mark



Betty Buck

“Success doesn’t count, unless you earn it fair and square.”

—Michelle Obama

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LIVE WITH A BOYFRIEND

SERVE ON A JURY

ATTEND MOST IVY LEAGUE SCHOOLS

ATTEND MOST MEDICAL AND LAW SCHOOLS

ATTEND A MILITARY ACADEMY OR FIGHT IN COMBAT

RUN THE BOSTON MARATHON

BUY WOMEN’S ATHLETIC SHOES

in their fields, often against hostility, subtle or overt. How did they do it? What obstacles did they encounter? What can they teach others from their accomplishments? And what’s next for them?

What Dad Said

Betty Buck tells a classic, feminist tale. President of Buck Distributing Company based in Upper Marlboro, she runs one of the largest Miller Brewing Company distributors in the mid-Atlantic states with more than 125 employees and annual sales over \$50 million. Buck grew up knowing she wanted to follow her father, who founded the company in 1946 with one beer truck.

“I was my daddy’s shadow,” Buck says. “Instead of Barbies, I played warehouse. It meant I got to be with my dad.”

In 1985, he surprised his 28-year-old daughter by saying, “You’re hungry. I’m not anymore” and offered her the company. But there was a hitch: transfer of power required approval from the parent company, Miller, based in Milwaukee. A man named Leonard Goldstein was president of Miller. Buck knew him as “Uncle Lenny.” She flew to Milwaukee and was told to go to lunch and return at 2 p.m. When she returned, the conference room was lined with 20 vice presidents, all men. They



Debbie Gosselin

presented her with a list of 12 classes she needed to complete, given only in Milwaukee. Over the next six months, she flew back and forth from Maryland to Wisconsin and completed the classes with 20 other students, all male. During this time her father suffered a heart attack, her marriage ended, and, as a single mom, her three children contracted chicken pox.

The upshot? When she returned to Milwaukee, she was given “another batch of classes.”

“That’s when I balked,” she says. “I let ’em have it. I told them I’d done everything you asked me while raising three children, my dad having a heart attack, and I’m the only company on the East Coast where the numbers are up.”

With that, Goldstein turned to his assembled group of male colleagues and asked “Any other questions?” Buck got her contract.

That pluck, that air of self-confidence, is a trait all five women share. Most attribute it to the influence of their fathers.

Like Buck, Debbie Gosselin grew up into her father’s business. A lawyer and businessman who established a thriving marina and tour boat operation, Ed Hartman taught his daughter that one of her most important roles was to be a mother. After her own daughters were born and her first marriage ended, Gosselin knew she needed to take her career seriously. Frustrated with too many part-time jobs, she wanted to be her own boss. In the 1980s, she acquired Chesapeake Marine Tours from her dad and after that rebranded the company “Watermark.” But first, she had to earn it.

“It was an arm’s length transaction,” Gosselin says. “He did it out of his sense of fairness to my siblings and his wife, and because of his belief that people should earn what they have and not be given it.”

Dad also was a tremendous influence for Florence “Becki” Kurdle. Kurdle grew up “programmed to be a doctor.” A child of the 1960s, she attended Goucher College, where she discovered she hated chemistry, and Baltimore, too. But her dad urged her to explore. He had “tremendous influence” over her, someone who was “always behind” her. As she remembers him, she motions behind her shoulder, as though he’s still there.

Apparently, he was right. After she explored Baltimore, Kurdle found her calling in urban planning. Her first job for Anne Arundel County in 1966 was to identify countywide locations for air raid shelters. At that time, “you had to ask your commissioner” if you wanted a raise, and it was either \$60 or \$120. Kurdle received \$60. Her male counterparts received \$120. Why? She was told, “Because you are married.”

By any measure, Maria Scott, M.D, is one of the most successful physicians in the Chesapeake region. Born to traditional Italian, hardworking parents, she and her siblings were told they “could accomplish anything.” Moving to the United States when he was three, her father was a firefighter who presided over family pasta dinners every Sunday in their modest Philadelphia home. All three children excelled. Her brother became an engineer, her sister a venture capitalist, and Scott earned her medical degree and specialized in ophthalmology. Today, she presides over one of the largest, comprehensive eye-care practices in the mid-Atlantic area.

For Veronica Tovey it was her mother who influenced her most. Growing up in New Hampshire in the 1950s, Tovey recalls her mother was forced to quit her job as a nurse when she became pregnant. The family needed money. So, her mother sought work at the local radio station “where no one could see her.” Challenged by the station director—“How can anyone let a woman say whatever she wants on the airwaves?”—her mother bought 15 minutes of air time. She then walked the streets selling spots to underwrite her program. It’s ironic that Tovey, as publisher of What’s Up? Media, finds herself “in the same media world as my mother.”

Doing It Her Way

Beyond parental influence, what propels these women to achieve is their own drive and spunk. Buck is up at 5:30 a.m. every morning to make sure beer trucks roll. Gosselin oversees water and land tours seven days a week. Scott personally performs an average of 60 surgeries per week and Tovey produces three full-scale monthly magazines. There’s a steady



TR IB IA Z RS

churning, a heady thrum, that emanates from and around these women. These women produce, and their energy is palpable.

Kurdle is quick to underscore that she actually had three careers: urban planning for 23 years, which included serving as Anne Arundel County's Director of Planning and Zoning, a lead lobbyist for BGE subsidiary Constellation Properties, and consulting.

"It was easy to burn out," Kurdle recalls. "The pressures of day-to-day decision making, seeing your name in the paper every day, late night community meetings, and everyone had a zoning problem. I learned early on to say 'yes' if you can; 'no' if you must."

When asked how she fared in a largely male-dominated county government in the 1960s and 1970s, she mentions "style." Unlike her predecessor in the planning office, Kurdle didn't see herself as "one of the guys."

"That wasn't a fit for me," she says. "I felt I needed to be more of a role model for the women in the office, how I dressed, how I dealt with staff. I wanted to be someone they felt good about having for a boss."

For Scott, ophthalmology provided instant gratification. Diagnosed with scoliosis at age 12, she spent a year at Shriners Children's Hospital, where she met other children whose dis-



**Becki
Kurdle**



Betty Buck, Debbie Gosselin, and Veronica Tovey

abilities would define them for life. She decided to become a pediatrician. During her third-year rotation in medical school, she saw an older man with his Italian family. He'd just had cataract surgery and could suddenly see, his vision restored to 20-20.

"Suddenly, the doctor was a rock star," Scott says. "The whole family was elated."

Even though pediatrics was a specialty that was more welcoming to women in the '80s, she chose ophthalmology.

"Several people told me, 'You deserve to be chief resident, but they're probably not going to pick you because you're not a guy,'" she says. "I think I was picked because I worked so hard. I tried to see the most patients I could. I embraced the work and attended every emergency."

When Scott began practicing in Annapolis, there were only nine ophthalmologists, all male. She credits fellow physician Bill Aherne with offering her office space and getting her started. But it was her smarts that got her moving. Taking the medical staff directory, she made face-to-face visits to introduce herself. She accepted all patients, especially children. After all, their moms had parents who needed eye care, too. And soon her practice blossomed.

The path to What's Up? Media was hardly direct for Tovey. When her first husband was under consideration for a high-level job with United Press International, his future boss

Veronica Tovey



insisted first on interviewing “the wife” before deciding to promote him. Later, she decided to become the first female stockbroker in Hawaii: “I didn’t realize then that there weren’t women stockbrokers,” Tovey says. After studying and passing an exam, she was told by a prestigious Honolulu firm that “females can’t work for us unless they are much older and they are there to service their husbands’ friends.”

“I was mortified,” she recalls vividly. Since Hawaii had recently passed an age-discrimination law, Tovey sued and won.

Ironically, when her husband was relocated to Paris, Tovey secured a job with a brokerage firm but never reported to work. She’d just learned she was pregnant. Several jobs later, including child care and starting a Manhattan plant business, she landed in Washington, D.C. with a new husband and a new job in the Jimmy Carter White House.

“Yes, it was exciting,” Tovey says. “I was in the West Wing two-and-a-half years. I could walk into the Oval Office. All my friends wanted to visit.”

But she concedes, “It was awful, too.” She endured long hours and little pay. Even worse, Ronald Reagan’s election in 1980 meant she was out of a job. “No one wanted me,” she says. In typical Tovey fashion, she eventually found her niche through a friend and formed an investment company that raised venture capital money for oil and gas drilling or commercial real estate development. She began

earning money and proudly states “a lot of money.” She acknowledges this is what allowed her to start What’s Up? Media and expand it into a multi-media business.

Gosselin, too, is on the move. Since acquiring her business from her father, who at age 92 remains a huge influence in her life, Gosselin has doubled it in size. She’s added land tours and expanded boating operations to Baltimore. With 20 fulltime and 200 seasonal employees, she recalls what her mother told her often as the first child of four—that she was bossy. Says Gosselin today, “I’m not bossy. I’m the boss.”

Finding Help and Seeking Balance

Even though these women stand out as singular achievers, they admit they had help along the way, first from spouses and then others. Many also changed spouses.

According to information from the U.S. Census Bureau, divorce rates in the U.S. have fluctuated over the last 50 years. From a low of 24 percent in the early 1960s to a high of 53 percent in the late 1970s, the figure has hovered around 50 percent since the ’80s.

Second and third marriages are common among our interviewees. Tovey credits her three marriages for encouraging her to do better. She asserts that each created in her a strong drive for achievement.

Only Scott remains wed to her first husband, an anes-

thesiologist at Anne Arundel Medical Center. Scott praises him for being so supportive of her career and sharing home duties for their two children, along with “Miss Bunny,” a nanny who has been like a grandmother to her two children.

Having raised four children herself, Buck now helps to raise the next generation. Buck starts each morning with breakfast at home with several of her six grandchildren. Balancing time with family, work, and community service is a constant challenge.

Involved in more than a dozen charities and business organizations, Buck is the first female chair of the Maryland Chamber of Commerce and the National Beer Wholesalers Association.

“I wish I had a nickel for every political or charity dinner I took my kids to, so that we could be together,” Buck says. “But my dad taught me, you make your living from the community. You gotta give back.”

For Kurdle, life seems defined by the nonprofit organizations she’s chaired: the Community Foundation of Anne Arundel County, Anne Arundel Medical Center, the YWCA, and, most recently, Goucher College. Reflecting on her multi-careers, she says, “In the ’50s and ’60s, we thought we could have it all. We really can’t. We always need to make choices. We need balance.”

As these women demonstrate, one way to ensure more family time is to include their children in their work. Buck is grooming her daughter Erin to help lead the business, an industry where only 22 of some 2,500 are women. Gosselin’s younger daughter, Ginny, now works fulltime for Watermark in operations management.

TRAILBLAZERS

Learn as Much as You Can

Each of these achievers express a strong obligation to coach, mentor, and help mature those who will follow—both women and men.

What Tovey enjoys most about the magazine is “all the people I work with. They’re all young. Some have been here for 17 years. I’ve watched them grow and helped them to have good lives.” She sees herself as an entrepreneur and enjoys carrying out new ideas. Important to her is fun, but she also enjoys hard work. She tells young people in her office, ‘You can do it. I know you can do it.’

For Buck too, most of her employees have been with her for 20 years. “This is my family,” she says. Her biggest challenge is funding their health care and retirement. As for advice to younger women, she recounts meeting the Chair of the Maryland Chamber of Commerce when she first became CEO. He gave her his number and said to call if she ever needed help. So, she called him just to see if he would answer. And he did.

She addresses women’s groups often and always offers her number. She tells young women: “Don’t be afraid to ask. Don’t quit. Just keep going.”

Scott is busy building her business. It took a big leap last year, growing from 120 to 250 employees with the goal of becoming “the eye care leader in the mid-Atlantic.” Still, finds time to mentor younger women.

“It’s a great feeling to be good at what you do. Get really good at something. Learn as much as you can. Always say ‘yes’—every opportunity can teach you something.”

Even though Gosselin just completed a two-year stint as the first woman commodore of the Annapolis Yacht Club, she downplays her feminist role. Her advice to younger women? “Forget about being a woman,” she says. “Focus on doing the job well. But you need to do it better because you are a woman.”

Kurdle forges her advice to younger women from her many years in management.

“I wasn’t afraid to be a leader,” she says. “I had enough self-confidence even if I didn’t know the whole job, I knew I could learn it. You need to understand that leading people is first understanding them. Believe you can do it. Know who you are and be the best you can be. Even if you’re not quite sure you are good enough yet, go for it.”



Maria Scott

The next Chapter

Given that women are living longer and healthier than 50 years ago, it is tantalizing to ask what any successful woman envisions for her next phase.

For those still growing their businesses, like Scott and Gosselin, major changes may be several years away. For Tovey, the next phase means more freedom and the opportunity to “do what I want, which I haven’t figured out yet. But I am happiest creating things that, I think, improve those around me, so I know I’ll find something.”

Usually a highly reflective woman, Kurdle pauses over “what’s next.” She admits to narrowing her interests. In her 80th year, she wants to “touch base” with people she most cares about. Having twin grandsons, age 20, and twin granddaughters, age 17, and another granddaughter, age 17, she wants to see them through college.

And then there’s Buck. Having conquered cancer more

than once and managing a heart condition, she has no intention of slowing down. She’s completed 19 Windstar Cruises, most recently to Japan and Alaska. Her Kindle carries 500 books of romance, mystery, and history. She intends to stay in business and involved with the community. The only one of the five interviewees who doesn’t shy from the term “trailblazer,” Buck thinks of herself as one of a kind.

“It would be a lot easier if there were someone ahead of me, but it also makes it easier, too,” she says. “I can do it my way and ask for permission later.”

If there’s any doubt that this woman has an eye to the future, her front office says it all. Not one, but two Harleys greet visitors to the sprawling one-story campus that she has built. “I love Harleys,” she says. “They’re very freeing.”

And, of course, emblematic of all our trailblazers, Buck never hesitates to ride alone. In fact, she prefers it.



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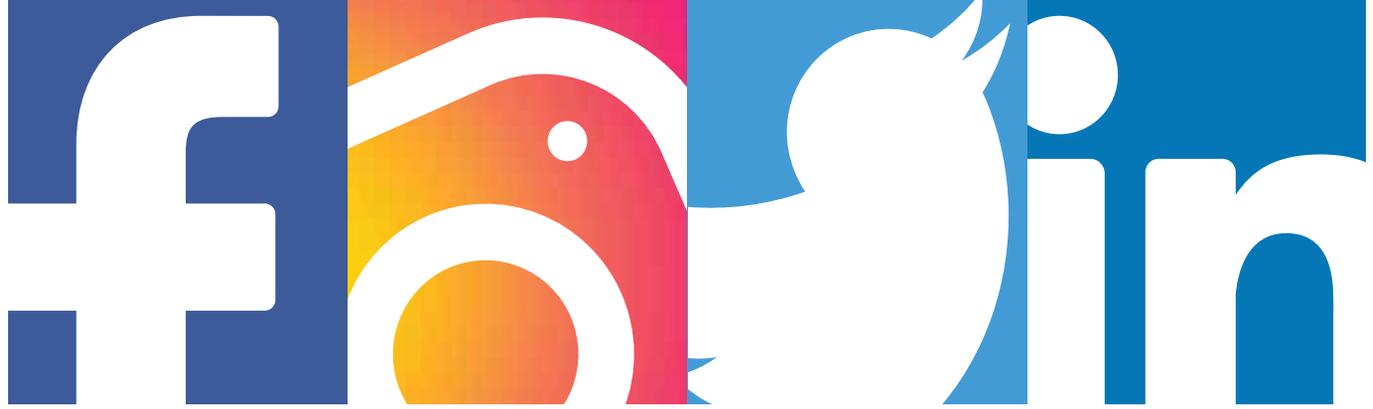
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Leading people to a better life.

Sandi Wiscott, the director of operations and case management at Haven Ministries, knew poverty as a young child. As the oldest of four children, she knew what it meant to take care of others. She comments, "Having nowhere else to turn, I got through my childhood having faith in God. God has done a lot of things through me for others and the Haven Ministries Shelter is an example of that."

Wiscott, who has been with Haven Ministries since its inception, is known for never saying no to the requests she gets. She credits God with making all things possible in her own life and the lives of her clients. She adds, "How can you say no to people in need? I can't turn them away. I have been through similar things."

Two years ago, found without a Thanksgiving dinner for Shelter guests, Wiscott, her husband, and a friend cooked a meal. While delivering the meal, the box carrying the dinner's sides broke. Wiscott, with the help of shelter guests, remade all the side dishes. Later, a Shelter guest told Sandi that her actions reflected words she often says to guests – not to give up hope.

To support or learn more about Haven Ministries, visit haven-ministries.org or call 410-739-4363.

Love shapes the ministry, love transforms people, and hope prevails at Haven Ministries. Haven Ministries operates a Shelter, a Resource Center, the Haven Ministries Food Pantries, and Our Daily Thread Thrift Store.



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ENVIRONMENTAL CONCERN SPRINGS FORWARD:

From Seed to Living Shoreline



Environmental Concern (EC) is a 501(c)(3) non-profit corporation working to improve water quality and increase habitat in the Chesapeake Bay Watershed. As practitioners and stewards of wetlands, EC has created hundreds of living shorelines and thousands of acres of natural habitat. The nursery crew has propagated and grown hundreds of thousands of native plants. EC's educators have traveled to dozens of schools to facilitate the construction of schoolyard wetland habitats.

EC developed the protocol for living shorelines in the early 70's. Over the last 30 years, EC's scientists and engineers have refined the design to accommodate more erosive conditions. The living shoreline improves water quality by trapping silt and pollutants contained in groundwater and stormwater runoff. The creation of a living shoreline starts with native plants. EC has been propagating wetland plants from seed since 1972.

EC's operations follow the seasons. In the fall, the annual seed collection process begins. EC staff collect seeds on EC's campus and previous project sites. The seeds are cleaned and processed during the winter months, then stored until early spring, when they are sown in plug trays and propagated in EC's greenhouses.

The living shoreline provides essential habitat for birds, bees and butterflies. The "Near Threatened" Monarch butterfly only lays its eggs on milkweed plants, and the Monarch caterpillar eats only milkweed leaves. As the milkweed habitat disappears, the Monarch population continues to decline.

“As the milkweed pods mature, and the seeds are ready to collect, Seed Steward volunteers share their seeds with Environmental Concern.”

EC formed the **Mid-Atlantic Monarch Initiative (MAMI)** and **Seed Stewards for Monarchs** program to fill the need for an East Coast action plan to increase milkweed habitat. The primary goal is to propagate and increase the availability of milkweed species and pollinator species for local restoration and conservation efforts. *Seed Steward* volunteers receive swamp milkweed or butterfly milkweed plants to start a Monarch habitat garden. *Seed Stewards* learn from each other and EC by sharing helpful hints about pest control, ideal conditions for healthy plants, and the protocol for seed collection. As the milkweed pods mature, and the seeds are ready to collect, *Seed Steward* volunteers share their seeds with Environmental Concern. Consider increasing habitat in your backyard so that future generations have the opportunity to observe the majestic Monarch butterfly.

Milkweed plants will be available for purchase at Environmental Concern's **Annual Spring Native Plant Sale** coming up on May 10th and 11th from 9:00 am - 4:00 pm. Join us to learn more about the Monarch butterfly programs, and how you can make a difference by increasing milkweed habitat and creating living shorelines. For details, email nursery-sales@wetland.org.



EC's herbaceous plants are grown in "water boxes" to mimic natural conditions.



The Monarch Butterfly (*Danaus plexipus*) is drinking nectar from the swamp milkweed (*Asclepias incarnata*) plant located in one of the pollinator gardens on EC's campus.



Milkweed seeds from one seed pod, with fluff (also called coma or silk) attached.

Visit www.wetland.org or email monarchs@wetland.org for more information about Environmental Concern's services and programs.





Do's

Chesapeake Country Do's and Don'ts

HERE ARE TEN BAY CONSCIOUS TO-DOS AND SIX DON'TS TO HELP YOU CONSERVE AND PRESERVE OUR BEAUTIFUL CHESAPEAKE BAY

By Diana Love

The Chesapeake Bay is immense. Stretching 200 miles from Havre de Grace, Maryland to Norfolk, Virginia, it is the largest estuary in the United States.

- * Long and narrow, the Bay can be imagined as a pipe that drains more than 100,000 streams, creeks, and rivers into the Atlantic. If the Bay itself is a drain, then the six states that form its watershed are a large sink.
- * The Bay boasts 11,684 miles of shoreline, more than the entire West Coast of the United States. * The Bay holds more than 15 trillion gallons of water. It boasts a harvest of more than 500 million pounds of seafood every year.
- * Seventeen million people live and play in Chesapeake Country. About 10 million live close to the shoreline of the Bay and its tributaries. Estimates show that 150,000 families move into the Chesapeake watershed every year.

With these kinds of numbers in mind, it can be hard to imagine the sheer size of Chesapeake country, much less the impact that just one person can have on it. The truth is that the Bay is a great treasure; one that we sometimes take for granted. Whether we talk about the value of the Bay in terms of waterfront residential property, tourism, development, community space, recreation, environment or economic potential, it is only worth what we—the users who stamp it most significantly and who ultimately determine its fate—invest in its future. There are things you can do every day to save the Bay, and there are things you should never do if you want to save the Bay.

No

1

RE-THINK HOW TO CARE FOR YOUR LAWN

If you admire a sprawling, perfectly green lawn, consider the impact that maintaining that yard can have on the Bay. Across the watershed basin, more land is dedicated to lawns than to farms. Your lawn wants phosphate and nitrogen—the chemicals in lawn fertilizers. But what your grass can't use flows into the Bay and is the direct cause of the massive algae blooms that appear in summer months. When the blooms die, they suck up all the oxygen in the water. "If you are anchored, like an oyster, you can't escape the bloom or the lack of oxygen. Fish swarm together in small pockets, gasping for the last bits of oxygen in the water," Tom Zolper of the Chesapeake Bay Foundation says. "It's like feeding a kid candy bar after candy bar. A little bit is delicious, but too much is deadly."



Action:

Read up to learn how to purchase and use earth friendly fertilizers, herbicides, and pesticides so that the inevitable runoff from your lawn is Bay safe. Consider an all-natural or organic lawn. Importantly, require your landscape companies do the same. Contact the Chesapeake Conservation Landscaping Council or other similar organizations to learn how you and your favorite landscape company can implement more Bay friendly practices (www.chesapeake-landscape.org).

No

2

PLANT NATIVE TREES, SHRUBS, AND FLOWERS

The Bay watershed loses 100 acres of forest every year. Property owners and developers like to replace foundation trees and native plants with lawn or flowering ornamentals. This decorative approach to landscaping is abetted

No 3

BECOME AN AQUACULTURE SPECIALIST

If you've lived in Chesapeake country long enough, you probably know that healthy oyster reefs are an important indication of Bay vitality. Planting oysters is a great way to learn about science in your local waterway. And parenting an oyster baby makes treasuring the Chesapeake a little more real. "If you can get a group



of families on a creek growing oysters, you can eventually develop a reef and those reefs could really help filter the water in your local creek or stream," Zolper says.

Action:

Read up on the Marylanders Grow Oysters program on the DNR website. In summer 2018, more than two million oysters were

planted in sanctuary areas by the 5,000+ growers in the program. Participants learn how to grow oysters, build an oyster cage and receive

a shell and tiny bit of spat (oyster babies), the precursor to what could become an actual oyster reef.



by nurseries that promote the sale of pretty plants over functional, Bay-friendly varieties. From the ground down, trees filter nutrients through the water table. They also stabilize soil to prevent the erosion that sends drain-clogging sediment into the Bay. That sediment can kill Bay plants and animals. From the ground up, large trees provide shade for waterways. Recent studies prove that water temperature is as closely tied to the environmental health of a stream or creek as is nutrition.

Action:

Consider planting large native shade trees. The Maryland Department of Natural Resources lists several varieties on its excellent Marylanders Plant Trees webpage. Replace scrubby ornamental bushes with native plants.

Build a rain garden or a pollination garden to attract bees, butterflies, and bats. If you can't replant your own yard, join a local conservation group in a seasonal tree planting or consult the National Wildlife Federation on how to make your yard a Certified Wildlife Habitat.



No 4

JOIN A BEACH OR STREAM CLEAN UP

JOIN A BEACH OR STREAM CLEAN UP

A beach or stream clean-up is a fun way to get down and dirty in your efforts to help the environment.

Action:

Contact local conservation groups like Maryland Coastal Bays Program, Alliance for the Chesapeake Bay, South River Federation, Alice Ferguson Foundation, and Chesapeake Bay Trust to find a clean-up near you.

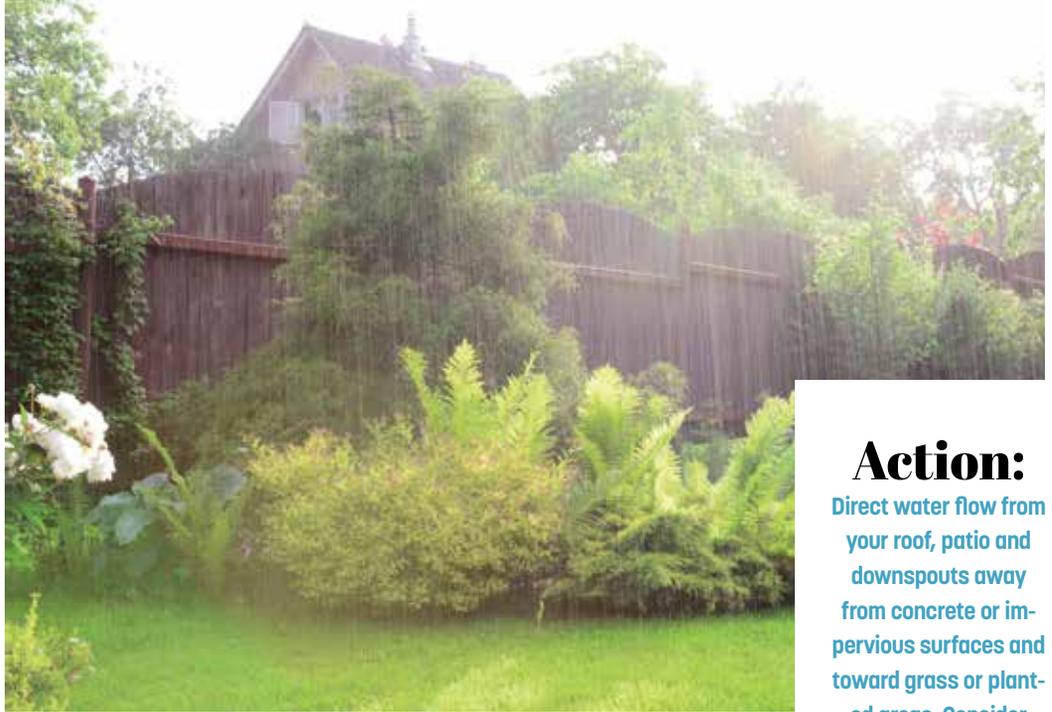
No 5

OBEY WAKE LAWS

Speeding home in your powerboat after a long day on the water may not seem like a big deal. But Zolper says many studies show that wake has a tremendous impact on erosion, grass health and survival of underwater plants and animals, especially on smaller creeks.

Action:

Obey the law: slow down. The life you save might be the Bay's!



Action:

Direct water flow from your roof, patio and downspouts away from concrete or impervious surfaces and toward grass or planted areas. Consider planting a rain garden to collect stormwater runoff. Use permeable pavers or a sustainable drainage system (SUDS) for driveways, sidewalks, and other hardscapes. Consider open-celled pavers filled with soil and vegetation that can catch up to 40 percent of the waterflow before it heads to the Bay.



No 6

PRACTICE WATER QUALITY PROTECTION

If your home is like most, rainwater hits

the roof, travels down gutters, through downspouts, onto an asphalt driveway, and into your neighborhood's storm drains. You don't overthink about what happens enroute from the clouds to the drain. But as it flows, stormwater picks up traces of pollutants such as petroleum and pesticides. Much

stormwater runoff finds its way into groundwater, streams, creeks and rivers, and eventually to the Bay, bringing all those pollutants with it. You might not be able to control aging sewer systems that contribute to major issues after rain, but you can consciously work to reduce your property's impervious surface footprint.

No 7

ATTEND AND PROMOTE BAY-FRIENDLY FESTIVALS

Have you thought about what happens to all the plastic water bottles, napkins, plates and utensils you leave behind after a carnival, fair or concert? It adds up to tons of garbage that heads to the landfill. Instead of creating more trash, why not attend greener, more sustainable festivals? Look for events that promote organic food vendors, refillable water stations, composting and recycling, and the use of technology over paper for communications.

Action:

BYO water bottle. By not purchasing single-use plastic water bottles, you can make a significant dent in the pounds

of trash that can't be recycled or that won't decompose for generations. Carpool to events. Be sure to use the "Reduce, Reuse, Recycle"

motto and to separate your event trash into garbage, recycling, and compost bins. BYO bags instead of grabbing yet another plastic bag





No 8

EDUCATE YOURSELF

There is a wealth of information about Chesapeake ecology within stepping distance from anywhere in the Delmarva region. Visit the Philip Merrill Environmental Center at Chesapeake Bay Foundation, Annapolis Maritime Museum in Annapolis, Blackwater Wildlife Refuge near Cambridge, or one of any number of excellent (and free) state park visitor centers throughout the state to learn more about local ecology and how to save it.

Action:

Visit chesapeake-bay.net to find out about museums and educational centers near you. Visit the booths of educational organizations at local fairs and festivals. Ask your community centers like churches and schools to host organizations near you. Work with an organization to make learning fun in your local community.

No 9

FOSTER ENVIRONMENTAL LITERACY

Anytime children or adults engage in environmentalism, we seem to grow even more love for the earth. By fostering a love for the plants, animals and landscapes that form the Chesapeake Bay, we can help grow a greater affinity and commitment to save it.



Action:

Do a fun, hands-on art, photography or music program focusing on Bay issues. Could your school make art from plastic? Could your children use their

phones or cameras to make a creative photo collage of your treks around the Bay? What about planting a butterfly garden or a pollinator refuge? Visit bayback-pack.com to learn more

about student-aged lessons that foster environmental awareness and advocacy. Visit your local library to find programs and books about Bay ecology, history, and conservation.

Action:

Just get outside. Enjoy a Bay-front park close to you. There are countless under-utilized city, county, state, and federal parks in Chesapeake country. Try paddle boarding, kayaking or other sport in on or around the water. There are many public car top put-in locations throughout the area. Pack a picnic, take a hike, go geocaching, take a nap in the sunshine, stroll along your favorite waterfront esplanade.

No 10

GET OUTSIDE

A visit to even the smallest of streams is a direct view into the essential purpose that water has in the life of the Bay. Besides, what is more fun than stomping in puddles, searching for tadpoles, spying tiny fish, or exploring the path a little stream takes to become a large river?



Don'ts

No

1



SWIM FOR 48 HOURS AFTER A HEAVY RAINSTORM

Operation Clear Water is a local effort to document the prevalence of Enterococci bacteria in area waterways. The presence of these bacteria indicates contamination with fecal waste, i.e. poop. The good news is that while a deluge of 1/2

inch or more can bring extremely high bacteria counts, just a few days of natural flow can bring clarity.

Action:

Be sure to check the [Operation Clear Water website](#) and the [Anne Arundel County Department of Health Recreational Water Quality Report](#) to see if waterways near you are safe.

Note: The Anne Arundel County Department of Health warns that all-natural bodies of water can contain bacteria, viruses or other harmful microorganisms and advises against swimming to any individual who has an ear infection, a perforated eardrum, open cuts, scratches or skin lesions, or a compromised immune system. Do not swim in water areas where there is a fish kill or where there are any dead animals.

No

2

PUMP OUT, DON'T DUMP OUT!

Speaking of fecal matter...the Chesapeake Bay may in theory be a drain, and it may in fact flush millions of gallons of water each day, but it is not a toilet. Most area marinas have pump out stations, many of which are free. Herrington on the Bay in southern

Anne Arundel County offers mobile pump out right to your boat, so you don't even have to dock. There are no excuses in this department: don't pollute our community treasure with your personal waste!

Action:

Please pump! Imagine what happens when hundreds of recreationists nonchalantly dump days' worth of sewage directly into the water. It adds up pretty quickly!

No

4

VIOLATE FISHING REGULATIONS

We've all seen the sad videos of osprey caught in fishing line, turtles in nets and waterfowl unable to fly for the lines wrapped around their wings. When you cut

an old line and let it drop into the water, you put wildlife at risk. It goes without saying that you diminish our resources when you take home undersize fish, keep female crabs, fish over your quota, or illegally harvest seafood.

Action:

This summer, why not try your hand at spearing a blue catfish in southern Maryland, or catching and grilling some snakehead? These two non-native species are taking over Bay rivers and inlets, jeopardizing an already precarious food chain. We hear they taste delicious!



Action:

Use environmentally friendly boat products. Demand that your local marina do the same. And please, don't top off and spill over!



No 5

UNDERESTIMATE THE POWER OF A RAIN BARREL

The force and volume of water pouring off roofs, driveways, sidewalks and streets during a quick and powerful mid-Atlantic rain-storm brings pollution, sediment and erosion to streams and rivers.

Action:

Install a rain barrel. There is a lot of talk about the cost of saving the Bay, but rain barrels are inexpensive, easy to install and provide an immediate fix. "If you can get 30 percent homes and businesses to take some kind of moderating measures [like rain barrels], if you can get the city to take some mitigating measures, it would have a tremendous and instant healthy impact on streams," Zolper says.



No 6

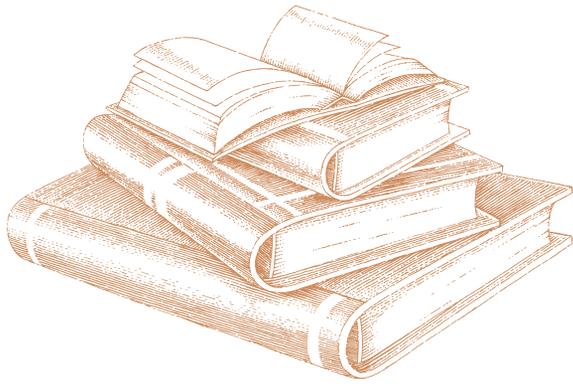
BE APATHETIC

One person can make a difference for the Bay! People naturally want to take care of a treasure they have invested in! Consider these small but important actions you could take to help the Bay.

Action:

Have your home and property assessed by an Anne Arundel County Watershed Master Steward. Learn more at aaswa.org. Follow the Watershed Stewards Academy protocol for Clean Lawn Care. Next winter, contact the Department of Natural Resources to order free native trees and plants through their Backyard Buffers program. Enjoy Chesapeake seafood! Visit a Chesapeake farm and place your dollar vote for local farm products. Volunteer! There are literally countless ways to get involved.





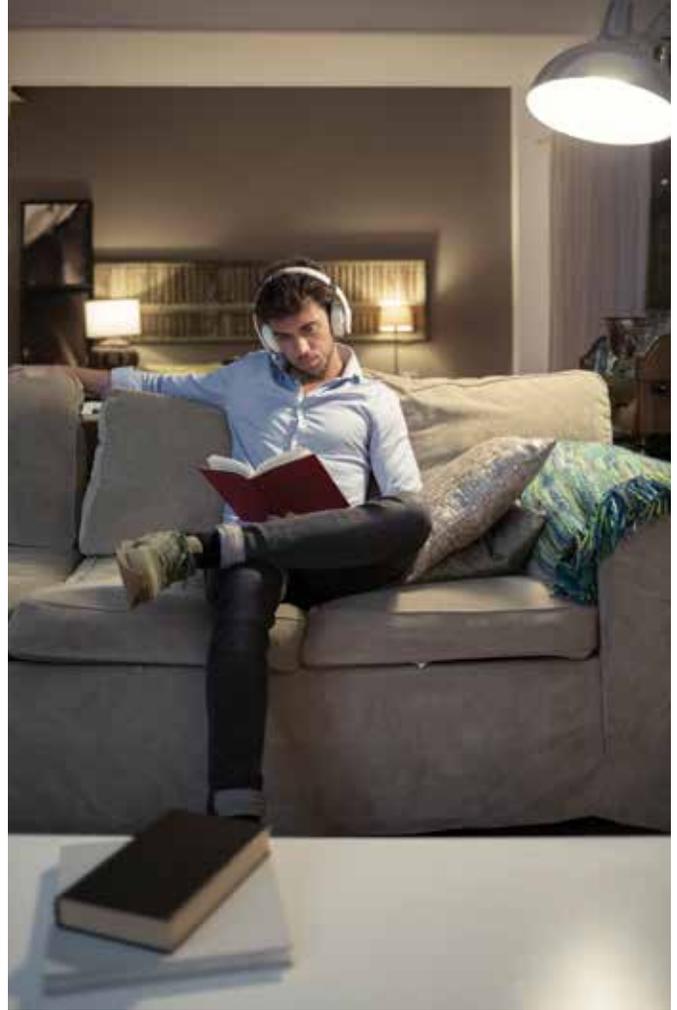
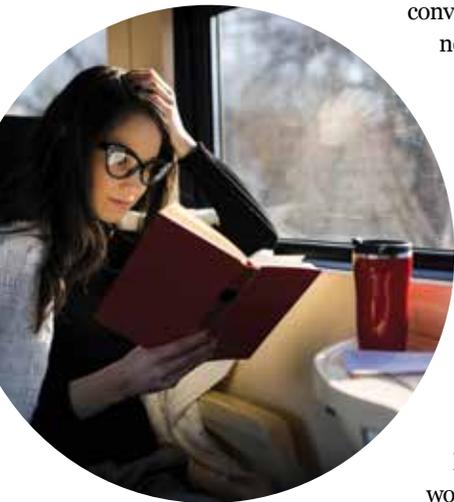
Reading

AN ESSENTIAL PLEASURE

By Gary Jobson

It is so easy to take reading for granted. Most Americans grow up learning to read at an early age and function efficiently by reading every day. Some people read fast and others read slowly. Retention of knowledge and understanding of what is going in our world is a vital ingredient in everyday life. Reading is important in every career. It is hard to imagine how hard it would be to operate if one was unable to read. To understand what that might be like, take a trip to China and try to decipher Chinese characters while driving on the busy roadways. Reading is also a special pleasure. The hardest factor is finding the time to sit down and read. For me, it is one of the great joys of life. To make the most out of reading, you need a good environment around you.

The first step is to schedule reading time. I find early mornings or after dinner to be convenient times. The morning newspaper is a good start, and then I try to read at least one article in a magazine. If you don't schedule reading time, you are missing out on an important aspect of life. Air travel, vacation time, train rides, and hanging out in the backyard are all good opportunities to focus on reading. When turbulence gets uncomfortable on an airplane, I find it helpful to focus on the words in my reading materials. The turbulence seems to go away.



To make the most of these precious moments, it helps to read in a comfortable position and atmosphere. Invest in good lighting. Whether you need reading glasses or not, it helps when you can easily see the words on a page without straining your eyes. The next step is to sit in a comfortable position. I generally read better when I am sitting up. When laying down, I sometimes doze off. Certainly, there is nothing wrong with a nap, but not at the expense of reading. Eliminating distractions is also helpful. I listen to light classic music in the background. This helps get rid of loud background noise. Beethoven's Ninth Symphony might be too energetic, so I usually play something soothing and light. Feel free to return to the same music from time to time. Turn the phone off. Once you jump away from reading, you might not return. Reading is your time to explore.

A comfortable chair, couch or bed is vital. I vary the places I read around the house. Good blood flow helps you to avoid fatigue. I like to be as relaxed as possible. The light should come over your shoulder. If there is glare bouncing off the page try adjusting the light, so that it spreads evenly across the page. Publishers should print their works with readable print. It is no fun when it is hard work to read a page. Reading glasses can be a helpful tool. A glass of water helps me to stay hydrated and focused. A blaze going in the fireplace is an excellent addition to your reading ambience.

As the years pass my interests seem to change. For a while, I was reading so much political material that I was not sleeping well at night. My anxiety ruined any chance of restful sleep.

I switched to reading about space, history, adventure, and biographies. Now I am happier. I am big on reading magazines and subscribe to many including: *Time*, *Atlantic*, *The New Yorker*, *National Geographic*, *The New York Review of Books*, *Cruising World*, *Sailing World*, *Architectural Digest*, *Lapham's Quarterly*, *Down East*, *Maine Boats*, *Homes and Harbors*, and of course, *What's Up? Annapolis*.

Every time a magazine arrives in my mailbox, I am excited. As for newspapers, I started a subscription to *The New York Times* as a freshman in high school. I have been reading *The Times* for the past 55 years. These days I really enjoy the intense competition between *The Times* and the *Washington Post*. Adding to the list I peruse *The Capital* and occasionally *The Wall Street Journal*. It might sound like a lot of reading, but scheduling a routine makes it easy.

My favorite, (and longest), time for reading is Sunday morning. We attend an 8 a.m. church service. After breakfast, I set aside a solid three hours for reading the Sunday papers (*Times*, *Post* and *Capital*). Over the years, I have developed a set routine of the order when I read each section. I can't help but conduct an unofficial competition between the papers to learn who did the best job covering the same basic story. Maybe *The Times* has an edge, but then again, they are the "newspaper of record." I particularly appreciate how complimentary graphic images are to the written narrative in newspapers these days. Yes, pictures can be worth a thousand words.

I am generally reading two books at the same time. I have long purchased hardcover books. Somehow, I think the book has more value in a hardcover format. Unfortunately, I don't read as much fiction as I would like, and instead, favor non-fiction works. I sometimes get into a series of books by specific authors. For a few years, I had a good run with Sinclair Lewis's social commentary during the early 20th Century. Walter Isaacson, Bryan Burrough, Michael Lewis, Tracy Kidder, Dava Sobel, Tom Wolfe, and Nathaniel Philbrick are a few of my favorite writers.

When I was in graduate school out on Long Island, N.Y., a new store called Barnes and Noble opened up on campus. It sold mostly textbooks back then, but the company sure has expanded. In Annapolis, I frequent the bookshops on Maryland Avenue, on Main Street, and for a hidden gem check out the classic bookstore on the St. John's College campus.

If you want to do something special, take the time to read to your children or grandchildren. They will surprise you with the most interesting questions. Younger children never seem to tire of hearing the same story over and over. The routine will encourage them to be active readers as they grow up. It pains me to see so many young people with their faces buried in the screens of cell phones. Sure, texting is important, but the larger world is missed when you rely on cell phone messages only. Books, magazines, newspapers, and brochures open up a fascinating world. Take the time to explore the world. You will be happier and more knowledgeable.



COURTNEY LAUGHLIN BREAKS THE MOLD

AS ONE OF THE 'VERY FEW' FEMALE
NHL/CAPITALS STUDIO ANALYSTS,
SHE'S ENGAGING AN UNDERSERVED
HOCKEY FANBASE **BY TOM WORG**



Growing up, hockey surrounded Courtney Laughlin. Her father, Craig, played eight years in the NHL, six of those seasons for the Washington Capitals, and another two years in Germany. For the past 28 years, he has been a popular color analyst, broadcasting their games on NBC Sports Washington.

Courtney's older brother, Kyle, also played ice hockey. "I was dragged to ice rinks," Courtney says. "My mother [Linda] said I despised it. I was like, 'Oh. I don't want to go: Another hockey tournament for my brother.' I didn't want to play and my parents never forced me to. So, I did figure skating through elementary and middle school."

Craig recalls that she simply had too much energy to just sit and watch. "She got sick and tired of sitting there with mom and me, twiddling her thumbs," her dad says. "That's until one moment when the light bulb went on and she said, 'Hey, I want to play hockey and get Dad to coach my team,' which I did for many years."

Two decades after that change of heart, hockey is now the 31-year-old's professional career and livelihood.

Courtney, a Gambrills resident, works as an NBC Sports Washington pre- and post-game studio analyst for Capitals games, hosts a weekly podcast, "Family Faceoff," with her father on Monumental Sports Network, and helps run her family's

business, Network Hockey Development Program. Network Hockey offers on- and off-ice training programs at The Gardens Ice House in June and July.

On top of all that, Courtney plays in a women's league during the summer, watches hockey on television almost every night, and talks nonstop about it with her family, friends, and coworkers. "Sometimes I get home after a game late at night and I just want to watch a movie," Craig says. "I want to take a step back, but she is 100 percent into it. She still wants to talk hockey."

Craig says he's especially proud that Courtney is carving a niche for herself in a male-dominated field. "She could break boundaries for women in hockey throughout our region and the United States," he says. "There are very few [female studio analysts]. She's trying to be that next woman who gets in the booth. I see her on the cusp of breaking through."

Courtney got her first opportunity with NBC Sports Washington (formerly Comcast Sports Network) in 2014, shortly after she earned her master's degree from Georgetown University in sports industry management with a concentration in social media and marketing.

The network took advantage of her top-notch social media skills.

"I brought the fans into the game with a social media segment," Courtney says. "It was pre-game and sometimes post-game. The segment

would be anywhere from 90 seconds to two minutes. It involved sending a Twitter question out to Caps fans and getting them to talk about the hot topics and getting them engaged in the show.”

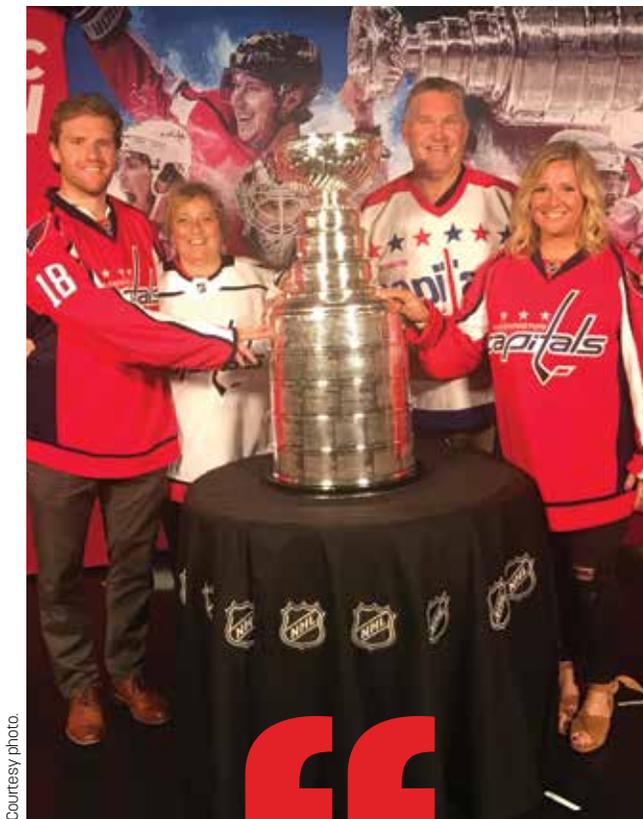
NBC Sports Washington expanded her role for the 2016–2017 season, and made her a studio analyst as one of the co-hosts of a pregame show and occasional post-game. She has continued in this capacity for the past two seasons, and is more than holding her own among the guys, giving her expert opinion.

Courtney can credit her success analyzing high-level hockey to playing and coaching college hockey at State University of New York at Potsdam and also coaching at an all-boys school, DeMatha Catholic High school in Hyattsville.

In the summer of 2013, Courtney had the rare opportunity to help out the Capitals coaching staff on the ice at their practice rink in Arlington, as the team’s prospects worked through drills at a developmental camp.

Even though Courtney walked into the studio with a lifetime of hockey experience, she still needed to learn the nuances of talking hockey on TV. The Laughlin name is very well known on the Capitals broadcasts. However, she knew she would have to prove herself and not rely on her father’s reputation.

NBC Sports Washington Executive Producer Bob Bell says she quickly connected with viewers after he hired her.



Courtesy photo.

I BROUGHT THE FANS INTO THE GAME WITH A SOCIAL MEDIA SEGMENT. IT WAS PRE-GAME AND SOMETIMES POST-GAME. THE SEGMENT WOULD BE ANYWHERE FROM 90 SECONDS TO TWO MINUTES. IT INVOLVED SENDING A TWITTER QUESTION OUT TO CAPS FANS AND GETTING THEM TO TALK ABOUT THE HOT TOPICS AND GETTING THEM ENGAGED IN THE SHOW.

“I would like to see her on our air more,” Bell explains. “What I really like about Courtney is her level of confidence and her knowledge of the game. We are seeing a little more of females at the regional sports networks involved in pre- and post- shows. She is a

rare combination of a woman who has played and coached the game. You can’t say that about a lot of her other colleagues in the business who are also women.”

Before she started the podcast with her father, Courtney did an online show called “Caps

Red Line” on the Monumental Sports Network for two years. It involved a 15-minute preview of Capitals games.

“After a year of doing the show, it was just me for the second year,” she says. “I had to learn how to produce my own content.”

Courtney and her father are now focused sharply on their podcast. Craig says she basically runs the show.

“She wants to lead the podcast,” he says. “She says, ‘Dad, we have got to be here at this time,’ and I say, ‘OK, Courtney, what topics are we going to be touching on today?’”

“She tries to give me a hard time and we have disagreements and we’ll go back and forth,” he adds. “But we also have a father-daughter relationship, so we have a lot of fun with it.”

These days she also devotes a considerable amount of time as the chief executive officer of the Laughlin Family Foundation. Courtney says that her mother, Linda, was diagnosed with a rare form of uterine cancer in April 2018. They created the foundation when they realized that more information was needed about her type of disease.

“It’s a way to give back and we noticed how many other rare cancers there are that don’t get the research and funding,” Courtney explains.

In that same vein, she draws inspiration from her own family. She hopes her work on and off the ice will inspire others.

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Kitchen Trends 2019

MINIMALIST, INDUSTRIAL, OR FARMHOUSE? THESE TRENDS ARE DOMINATING KITCHEN DESIGN. WHICH IS RIGHT FOR YOU?

By Catherine Rohsner

A trend is something that comes and goes, but the kitchen design trends of 2019 may have a spark or two of something classic about them. Whether you picture going bold or quiet, light or dark, for your dream cooking center, 2019 trends boast an efficiency and creativity that go long-term.

What could your dream kitchen look like in the near future? Take cue from the following trending touches, designs, materials, appliances, and décor. We also feature two stunning, real examples of kitchen builds by local designers and builders, who answer our questions about each project, as well as what they are seeing in the industry.



Design

Kitchens of 2019 follow through with designs from the previous year: open spaces and uncluttered surfaces. These two elements create a clean and orderly atmosphere amid a busy life.



Style

Three styles dominate the 2019 horizon most for your cooking space: minimalist, industrial, and farmhouse. Materials for every part of the kitchen are available for stylish, minimalistic living. However, your choice of materials is now so vast that you can create a kitchen in whatever style you wish.





Countertop

Quartz hits the home run in countertops this year. Out with the 80s-to-early-2000s brown, apparently porous granite, and in with the almost indestructible quartz as well as concrete and terrazzo.



Appliance

Like the cabinets, appliances in black matte finish, color, or pattern strike the 2019 market. For the sake of greater counterspace, we now have tall column refrigerators and more undercounter appliances.



Backsplash

Backsplashes now come in an almost limitless variety, from marble to Teflon-coated wallpaper. Crucial to the kitchen, backsplash is the focal point around which the rest of the room is designed. Natural looks are in, and tile backsplashes now come in slabs rather than individual pieces.



Floor

Gray hardwood floors, statement floors, and floors made of reclaimed materials shine in 2019 kitchen showrooms across the country. Floors come in many materials now, and can range from muted and classy to the harmonizing and popping.



Hood

Falmec's Alba hood, "Glass Ceiling," is the newest innovation in the minimalistic hood. Similar hoods are also on the market.



Cabinet

Both dark and colorful, matte and glossy cabinets are in. White cabinets are said to never go out of style. Try mixing and matching styles to add interest.



Lighting

Pendant lighting graces the collection of trending ceiling lighting for kitchens. LED lights take the reins to illuminate ceilings, cabinets, and countertops.



Sink

The sink is no longer just your average stainless-steel sink anymore. They come in unique details, finishes, and designs to make one take a second look. Large sinks and covered sinks make for greater efficiency.



Storage

Storage is an all-important asset. Custom storage, deep drawers, and fewer upper cabinets are trends that may ultimately help you maximize precious storage space in the long run.

Décor

If you'd like some ornamentation to your countertops, adding greenery such as small plants or an herb garden will bring your kitchen more to life. Seating, such as statement stools and banquette seating, complete the room.



A Kitchen Renovated

This Annapolis-area kitchen was a complete overhaul featuring West Coast inspiration, top tier appliances and materials, and an open-floor plan, which takes advantage of the property's waterfront vista. So, what necessitated the renovation? The quality of the kitchen's previous renovation was starting to show wear; things coming apart and finishes degrading. Also, the aesthetic and closed-in kitchen area in an otherwise open plan were factors. Finally, a devastating fire at the home next door caused significant outside damage our client's home and blew out the circuitry for the double ovens. Needing to replace them got this project started.



Thus, the homeowner contracted Kenwood Kitchen & Bath Design Studio of Annapolis for the renovation. And she was able to draw on her experience renovating her previous home on the West Coast to incorporate what she liked about that kitchen and avoid things she did not. High on the list was opening the kitchen to the rest of the space and water views, a large island possibly with the cooktop, a Wolf steam convection oven, wall oven, and a Sub-Zero refrigerator. And the materials used were top tier.



“We mixed materials, finishes and textures to create a clean, light and cohesive look and Annapolitan feel,” explains Matt Simms, designer with Kenwood. “We used clean white painted cabinetry on the perimeter, a gray stained maple on the island, a gray stained rift cut oak faux beam and mantle area, mix of glass mosaic and oversized ceramic subway tile, and white and gray quartz countertops to tie it all together.”

Altogether, the open floor plan proved to be the best use of the space. And being on the top floor of this waterfront property gives a full 180-degree view of the water from almost any spot in the kitchen. By pulling in some of the color and texture from the barn door and reclaimed beam into the kitchen and fireplace, the entire space has a sense of cohesiveness that it was missing before.

Photography and information provided by Kenwood Kitchen & Bath Design Studio of Annapolis.



A Kitchen from Scratch



In this kitchen case study, the newly-built house, including the kitchen layout, was crafted in a transitional style; classic design enhanced with some new trends that are popular today. It might also be described as having a slight farmhouse feel.

Additional features that stand out include: the contrasting blue base cabinets with the white cabinets above; the cabinets to the ceiling; select glass-front cabinets to tie in colors and personality to the other décor; textured backsplash to

Some of the must-have features include: a large island, gas range, upper microwave/lower convection oven, built-in refrigerator with French doors, and ice/water dispenser in the door. All are Bosch appliances. The hood vent was uniquely disguised in this kitchen with a cabinet front to create a clean, seamless look.

A combination of materials was used to create the overall effect. “We wanted something that gave a memorable look, but also a warm approachable feel that included a mixing of colors, finishes, textures, and metals,” explains Jessica Steeves, designer with Builders Design.



give a hand-made feel; and unique pendant lights.

Steeves offers advice for those considering a kitchen renovation or new build. “Think about how you will utilize your kitchen. Is entertaining important? Think how food will be served and guests may gather. Consider how the kitchen connects to the adjoining room (in terms of traffic flow as well as décor); whether those areas are a dining space, living space, or both. Consider carefully the materials

you select in terms of ease of materials; anti-microbial surfaces, long-lasting ease of care, and maintenance. Appliance placement is important. Consider if you want an island and, if so, how you want it to function. Have fun and personalize the kitchen to your needs and likes.”

Kitchen designed by the architectural firm Sutton Yantis Associates. The selections were done by the interior designer Builders Design, who chose from cabinets and finishes from Stuart Kitchens. The property is located within a Mitchell & Best Homes single family home, located in the Two Rivers community.



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Veggies Get a Makeover:

DESIGNING A MORE ATTRACTIVE VEGETABLE GARDEN

By Janice F. Booth

We've all seen them, admired them, but were relieved they weren't the view from our bedroom window. I'm talking about vegetable gardens. Tidy rows of corn, tomatoes, onions, carrots, and pepper plants; carefully arranged straw beneath the plants; mulched paths between each row, and chicken-wire barriers guarding those tender plants from rabbits and deer. Yes, vegetable gardens are to be admired, but admit it – they're not very attractive! Who wants to look at the neighbors' staked tomato plants and rangy rows of corn stalks, no matter how delicious the produce will taste, or how many bags of vegetables are left at your door?

Do not despair. If you want to provide your table with fresh vegetables all summer long, but you don't want to lose your neighbor's goodwill; if you

want healthy, ripe tomatoes for your summer salads, and you think vegetable gardening is a labor of love, but you dread the no-nonsense appearance of rows of vegetable plants, I have a solution for you. Veggies can contribute to a lovely, lush garden as well as a delicious, inviting meal.

Here's how: Take a hint from our friends, the French. They are renowned for their *potagers*, commonly known here as kitchen gardens. A traditional kitchen garden contains some combination of four types of plants:

vegetables, herbs, fruit, and flowers. (Yes, I did say flowers; remember, you can eat marigolds, pansies, nasturtiums, and sunflower seeds, among other lovely flowers.)

The kitchen garden is a bit less formal than our workman-like vegetable gardens. The secret is design. It's all about appearances. You can still have your lettuce, your tomato plants, your beans, and carrots. Just consider grouping your plants in such a way as to produce an inviting sight for passerby and next-door neighbor.





THERE ARE THREE SECRETS TO A BEAUTIFUL KITCHEN OR VEGETABLE GARDEN, ACCORDING TO FINE GARDENING'S JENNIFER BARTLEY → LET'S CONSIDER THESE THREE GUIDELINES INDIVIDUALLY.

- 1 Include color and flowers in your garden layout plan.
- 2 Choose an attractive enclosure. It will keep unwanted visitors from taste testing your garden's bounty and provide a sense of serenity and sanctuary.
- 3 Keep your garden's vegetable beds crisp and tidy.

1 First, color. Of course, in the height of summer tomato plants are stunning with their inviting red-orange fruit. Peppers add red and yellow to the garden, too. Red cabbage, scarlet runner beans, red leaf lettuce, and ruffled arugula are impressive when they mature. Now add to your kitchen garden color palate some nasturtium. These small-blossoms in mighty gold, orange, and red are popular in salads and as garnish; they're also rich in vitamin C. And fellas, eating nasturtium blossoms is believed to help control hair loss.

After you've considered all the edible colors, think about adding a few annuals to fill-in the beds while your vegetables are growing and ripening. A few geraniums and some impatiens can liven up the beds for the early part of the summer.

Think of your veggie beds, like your flowerbeds, in three dimensions. Use some graph paper to work out your color and height design. (We've all seen those very professional diagrams in gardening books, but ours need not be quite so tidy.) Keep in mind the amount of sunlight and, if necessary, wind likely to affect each bed. Plan for your watering system too. Hopefully, you'll be able to water all your vegetable beds, but if not, do a bit of research on which vegetables need less water.

Kitchen gardens usually include herbs such as lavender, basil, sage, chives, lemon balm, and oregano.

Herbs are hardy plants, and they'll take over any flowerbed in time, given a chance. To keep your herbs in check and easily available to you, potting is a great solution. Gather a number of clay pots, and set your herbs. (You may want to label the pots, but the herbs appearances are quite distinctive as they grow.) These herb pots can make a pretty patio border, or you can place them randomly throughout the vegetable beds. Move them about based on which herbs you're cooking with or what needs more or less sun.

Grouping your vegetables by height, size, and color doesn't mean you must put all your carrots in one bed, or that those gangly corn stalks must stand together. You might have carrots or parsley as edgings of two or three beds. Interior to the edging plants may be several clumps of lettuce in a variety of colors and leaf formations. Farther in may be just the place to plant

and stake a couple of tomato plants. You'll want them in far enough so they don't spill onto the path, but close enough, so you can reach to pluck those ripened tomatoes; and don't we know, they all seem to ripen at once. Three or four corn stalks might anchor the middle of

beds, or those stalks may grow nicely near the privacy fence and beside the garage—assuming there's sufficient sunlight. One added suggestion: Keep your perennials in beds separate from your annuals. That makes fall and spring clean-up much simpler.



2 Thinking about things you do need to plan for brings us to the issue of supporting the stalks as the plants mature and the vegetables ripen. Of course, we all know we can rely on those wire-plant cages available at every hardware store. They're efficient, and if you're lucky, the plants will be lush enough to hide the wire corset beneath the foliage. Ah, but why not try something a bit more interesting?

There are some old-fashioned, fairly simple and interesting methods for staking your vegetable plants. Start

with the tepee. (Here's a great task to assign any little people in your family or curious, young, neighbor



children.) Collect sturdy, straight sticks - perhaps three or four feet long. You'll need three for each tepee, plus some sturdy cotton or hemp twine. Or, for a very authentic look, gather wild grape vines for the ties. Over each small tomato, bean, or pea plant, position three twigs, crossing one another in a three-dimensional "X" design, like the supports of a tepee. Lash the mid-point of the tepee with the twine or vine. There you have it. Pretty supports for your growing plants. (If you have engaged the help of children for the tepee making, you may want to construct the tepees away from the veggie beds, perhaps on the lawn or patio. That way, careless feet won't trample the young vegetable plants. You can later place the tepees over the plants yourself.)

Another attractive approach to the stick supports is a dome of supple branches. Instead of stiff sticks, look for supple ones. Find three or four of the same length, probably three or four feet long if you're supporting tomatoes. Bend the supple twigs so they arch over the young plant, forming a dome. Each end of the twig will easily

poke down into the soil. It won't take long for the vines to grow up and drape over the twigs.

Carry on the natural theme in your garden by devising a "wattle" fence at some appropriate point or around the veggie beds to keep out hungry wild things. Here too is a chance to use the skills of your young Girl Scout or Boy Scout. Choose sturdy, reasonably thick and straight fence posts, approximately 36 inches long. But the height will depend on your needs and aesthetics. Set the posts into the beds equal distance apart, perhaps two feet. Next, collect supple, fairly thin branches. Forsythia and willow twigs make great weaving material, with the added advantage that you're trimming the shrub, another useful garden task. Weave the long, flexible branches between the two-foot posts, in and out. You'll find it fairly easy to move around the flowerbed's curves and irregular shape. When the wattle, aka willow or forsythia branches, begins to dry, the wattle fence will remain sturdy and amazingly effective for discouraging rabbits, cats, dogs, and other small invaders.

3 You may find your use of natural elements for staking and fencing adds a softening effect to the veggie beds, particularly as the plants begin to fill-in. Another way to naturally delineate portions of your garden is with hedges. The only caution is that they'll take a long time filling in. You'll need a long-term vision for hedges. Maryland is a perfect climate for boxwood hedges. They're easy to grow and trim. Berry bushes are another subtle fencing approach. They're harder to keep in check, tending to throw out long, spindly, sometimes prickly branches. If you're very brave or have an experienced gardener, espaliered apple and pear trees, trained along a wall or fence, create an elegant, striking border. Espalier is the training of fruit trees to grow in only two dimensions, usually supported by a trellis or against a wall.

These complex growing projects bring me an easy solution to one of our vegetable garden's awkward elements. What do we do when we start to harvest that tasty lettuce, carrots, and cabbages? Our vegetable gardens begin to look rather tired. Those unsightly vacant spaces where plants have been harvested can be dealt with. Pick up a few pretty flowers or use

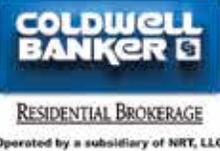
some of your herb's pots. As you harvest vegetables, fill the empty spots with pots of bright petunias or daisies, or move some of your now-flourishing herbs from the patio into those bare spots.

Like its sister the flower garden, the vegetable or kitchen garden can be attractive as well as a useful element of our landscaping.



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Osprey Point

Grasonville

By Diana Love

The purchase of a first home is a strategic move, both financially and practically. In the case of this waterside property in Grasonville, the new owners considered not only investment and affordability, but also whether the house could accommodate their expanding family, and the neighborhood and nearby communities would provide opportunities for an active yet serene lifestyle.

After looking at numerous properties in Anne Arundel and Montgomery counties, the couple instantly fell in love with the sunset views and quiet lifestyle synonymous on the Eastern Shore. “My clients loved the slower pace of life in Queen Anne’s County,” listing agent Joseph Bray of Long & Foster says. “Although the husband works in Washington, D.C. and faces a long commute, the family was so enamored with what this house offers that they were willing to embrace life on the other side of the Bay Bridge. The property is relatively new and features high quality Caruso construction, incredible sunset views, and unparalleled waterfront access. They were



Sold For: \$860,000
List Price: \$850,000
Last Sold/Price: \$805,500 (2016)
Bedrooms: 5
Bathrooms: 5
Living Space: 3,260 sq. ft.
Lot Size: .42 acres

willing to accept the longer drive in order to have a high-quality lifestyle at the end of the workday.”

Osprey Point is a small development of only 14 waterfront homes built in 2015. The builder’s construction plans focused on the western waterfront view. Two floor plans are similar in that most living spaces are oriented toward the water. This home features primary entry into a long hall that extends from the front door to the family living space beyond. The gourmet kitchen, adjoining living room and dining room are open, allowing natural light to flood these common areas. This space is anchored by two sets of French doors that flank a gas fireplace. The kitchen features cream cabinetry, stainless steel, appliances, a farmhouse sink and a center island with seating for two. The main level also features a flex room that can be used as an office, den, or playroom.

Upstairs has two suites, each with a full bath, including dual sinks, and private toilet.



Two additional bedrooms share a full bath. The laundry is located upstairs. The upstairs also features a bonus room over the garage with a waterside deck and expansive westward views.

The home is set on Marshy Creek, so it is protected from the rough waters by both Prospect Bay and Kent Narrows. This is ideal for the family's waterfront footage and deep-water pier. "This property is unique not only because it is nearly new and in great condition, but also because of the protected waterfront and that westward view," Bray says. "The family got a lot of bang for their buck when you add to the quality of the home, beautiful sunsets, and an easy paddleboard, canoe, or kayak ride over to [Kent Narrows]. They are literally minutes away from all that Kent Narrows has to offer, including great restaurants, crab shacks, marinas, and every retail store you could need."



Listing Agent: Jennifer S. Chaney, CSP, GRI, MBA of Chaney Homes, LLC, Mobile: 410-739-0242, Email: jchaney@chaneyhomes.com

Buyer's Agent: Joseph Bray, Long & Foster Real Estate, Inc., Mobile: 410-703-3403, Email: Joe@WaterfrontHomes.com



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KINTORE ON THE MILES - This house, located in the Miles River Neck, has 3-4 BR, concrete pool, pier with boat lifts and 4 ft MLW. 8 elevated and well drained acres. Perfect location for a Western Shore commute cutting significant driving time while providing easy access to Easton and St. Michaels \$1,295,000



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List Price: \$879,000
Last Sold/Price: \$440,000 (1993)
Bedrooms: 4
Bathrooms: 3.5
Living Space: 3,282 square feet
Lot Size: .18 acres

detached garage and additional street parking, first-floor master suite, a huge basement, and large, open rooms. The outside of the home is a traditional two-story design. Decorative trim on narrow porch columns and lacy curtains in the upstairs windows fit in nicely with the historic Victorian touches of neighbors and other houses

HOME REAL ESTATE

Oxford

Talbot County

By Diana Love

Anna Larkin is patient. A seasoned real estate agent who has been in the business for more than 21 years, she knows when to wait and when to pounce. When her clients found this home, they had been working with Anna for two years. “When we decided to retire to Maryland, we targeted three communities: Easton, St. Michaels, and Oxford,” say the new owners. “We worked with Anna to find a place on or close to the water. Oxford won out because it reminded us of visiting Sag Harbor, New York, and our memories of growing up on Long Island.” As her clients began a new home search, Anna knew they needed to think of practical considerations: storage, yard, and home maintenance, and, of course, a place to put their baby grand piano.

A charming village of less than 1,000 year-round residents, Oxford was laid out in 1666, making it one of the oldest towns in Maryland. The town sits on the Tred Avon River near where it empties into the Choptank River. Oxford and nearby St. Michaels, Easton, and Cambridge all enjoy a long history of maritime activity. Visitors can find local watermen unloading their catch, a fleet of sailboats playing in the rivers and on the



bay, and kayakers, canoers, and stand up paddle boarders riding into the sunset.

The new owners have a view of all this fun from their front porch. “I love the idea that you could sit with a glass of tea and chat with neighbors who stroll by on their way to Oxford Beach,” listing agent Kathleen Coates says.

Besides a bucolic view, the house also boasts a two-car

in the area. The previous owners created a beautifully landscaped yard with plenty of flowering and leafy plants to accentuate the fence and property lines. “We drove to the front of the house, saw the location and could not stop staring,” said the new owners.

The gracious porch and front door open to a tidy foyer and long hallway with access to the living room, kitchen, dining room, and first-floor

powder room. The master suite lies at the end of the hallway. Particularly lovely amenities in the main living areas include picture windows facing the water in the living room and a formal dining room, a wood burning stove and custom built-in bookcases, and a sizable laundry room. The kitchen too is charming, with terra cotta tile floors, an artistic backsplash behind the stovetop, and new appliances.

Upstairs are two bedrooms, each with their own bath, a large office and two large storage closets.

The unfinished basement level is approximately 2,600-square feet. Besides a unique amount of storage space, the basement also has a large workshop with a long handmade bench. The smooth-poured concrete floors are the ideal spot for any tinkerer.



“I love selling real estate, and I love selling Talbot County,” Coates says. “There’s no better place to live where you can bike around town, play on the water, and be surrounded by a wonderful community. This house is a unique.”

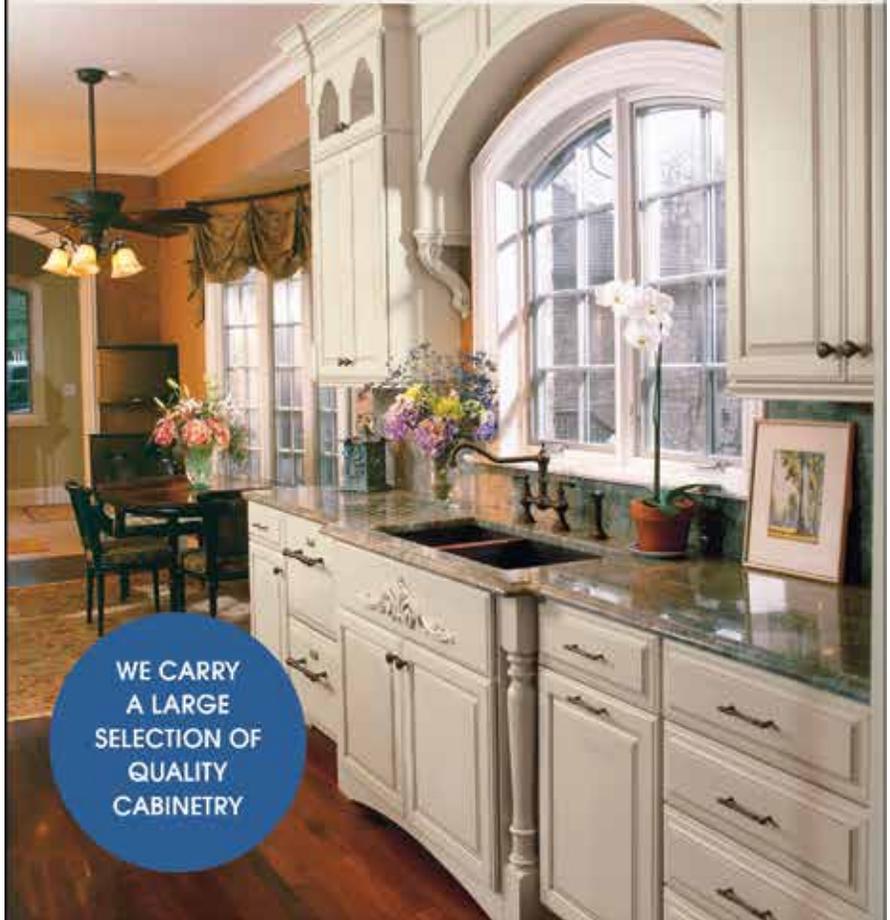
Listing Agent: Kathleen Coale, Benson and Mangold, Direct: 410-310-6703, Email: kathleen@bensonandmangold.com

Buyer’s Agent: Anna Larkin, Benson and Mangold, Phone: (410) 829-3549, Email: alarkin@bensonandmangold.com

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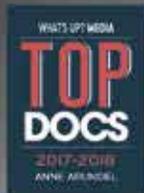
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The Hope & Hype of CBD

THIS CANNABIS COMPOUND KNOWN AS CBD WON'T GET YOU HIGH, BUT WILL IT CURE YOUR ILLNESSES?

By Kelsey Casselbury

In the blink of an eye, CBD products appeared everywhere. No longer considered just “marijuana-lite,” cannabidiol—a chemical in the cannabis plant that, unlike THC, doesn’t get you high—is now both legal (more or less), regulated by the USDA, and prolific. Of course, though, there are still some folks that raise their eyebrows in skepticism, wondering if the use of CBD oil can truly help the myriad afflictions that people claim it can, or is it mostly just hype?

WHAT IS CBD?

Marijuana, more officially known as *Cannabis sativa*, is most famous for tetrahydrocannabinol (THC), but there’s actually 104 chemical compounds in the plant, including CBD. This particular chemical doesn’t get you stoned, but it *does* affect your mind and body. Research even agrees that there’s an effect, though the studies are ongoing. The biggest ailment that CBD is supposed to assist with is anxiety, the prevalence of which seems to be growing nearly as quickly as the market for CBD-infused products.

WHAT DOES THE RESEARCH SAY?

Where to begin? CBD might have the potential to treat a wide range of conditions, but the most-studied so far is epilepsy. In a game-changing decision, the U.S. Food and Drug Administration in mid-2018 approved a CBD-based drug, Epidiolex, that treats epileptic seizures. It’s the first time that the FDA has ever given the thumbs up to a prescription drug derived from marijuana. There’s also research supporting the use of CBD for:



Anxiety

THC ups the feelings of anxiety and paranoid, but CBD could reduce them in people with PTSD, social anxiety disorder, OCD, or general anxiety disorder. *(Neurotherapeutics, 2015)*

Pain relief

CBD reduced chronic pain and inflammation in rodents. *(Journal of Experimental Medicine, 2012)*

Drug withdrawal

CBD could reduce cravings in people addicted to opioids. *(Neurotherapeutics, 2015)*

Cancer

There’s evidence that CBD inhibits the growth and spread of cancer cells. *(British Journal of Clinical Pharmacology, 2012)*

↑ However, a 2017 panel from the National Academies of Sciences, Engineering, and Medicine reviewed more than 10,000 studies on cannabis and proclaimed that CBD has limited effect on anxiety.

Research also shows the potential for treating nausea, Alzheimer's disease, acne, type 1 diabetes, and schizophrenia. Of course, there's always a concern about the potential for addiction. Luckily, in a late 2017 report, the World Health Organization (WHO) wrote, "In humans, CBD exhibits no effects indicative of any abuse or dependence potential."

WHAT CBD PRODUCTS ARE AVAILABLE?

Here's the real question: These days, what CBD-infused products *aren't* available? For starters, you can take pills, chocolates, and gumdrops and apply creams, oils, and rubs. But the market is strong—predicted to reach \$22 billion by 2022—and new, unexpected options are popping up every day. For example, there's now CBD-infused sparkling water, Recess, that comes in three flavors: Blackberry Chai, Peach Ginger, and Pom Hibiscus. There's coffee—multiple brands, including Flower Power Coffee Co. and Strava—as well as drops to add to your own coffee. There are bath bombs (yes, bath bombs) mixed with CBD, as well as face cream and shampoo. There are CBD tinctures for cats and dogs.

As of December 2018, hemp-derived CBD is regulated by the USDA, but before that, consumers ran the risk that the

products they bought may or may not have the amount of CBD that the packaging claims. In 2017, researchers published in *JAMA* reviewed 84 CBD oils, liquids, and tinctures and found that just 26 of the products contained the amount of CBD that it claimed. Eighteen of the products also contained THC, the compound in cannabis that intoxicates and impairs.

WHAT ABOUT THE HYPE?

For all the research, there's still a lot unknown about CBD, including exactly how it works with the brain. Last December, *The New York Times* ran an editorial from Richard A. Friedman, a professor of clinical psychiatry and director of the psychopharmacology clinic at the Weill Cornell Medical College, in which he referred to CBD as an "expensive placebo" rather than a "panacea."

Additionally, the amount of CBD in commercial products might not really be enough to have any real effect. For example, if CBD coffee contains just 5 milligrams of THC, it probably won't do much for your anxiety, as you need to get closer to 300 milligrams for that to occur. However, placebos have power—perhaps the idea of CBD is all you might need to reap those calming effects that the compound might provide.

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Busted

SEASONAL ALLERGY MYTHS

By Kelsey Casselbury

In the spring months, Maryland's air fills with pollen, ragweed, and other seasonal allergens that leave the state's residents wheezing, sneezing, and suffering. Of course, the Old Line State doesn't have a monopoly on seasonal allergies—some 50 million people across the entire country struggle with the affliction and, according to Johns Hopkins Medicine, allergies are the sixth-leading chronic illness in the U.S. Whenever a condition affects that many people, myths are bound to propagate. Whether it's the idea that eating local honey can cure seasonal allergies or that over-the-counter nasal sprays are addictive, the health industry just can't seem to shake a few of these fictional claims.



THE MYTH: Local honey will help cure allergies. **THE TRUTH:** The pollen that causes allergies isn't the same as the pollen that bees carry from flower to flower. The idea that eating local honey can desensitize you to pollen seems logical—which is probably why this is one of the most common myths surrounding seasonal allergies—but it's pollen from trees and grasses, not flowers, that cause seasonal allergies. No scientific evidence even suggests that honey, local or not, can have an effect on sniffing.



THE MYTH: You can move to the Southwest (or any other location in the U.S.) to escape seasonal allergies. **THE TRUTH:** There are allergens everywhere, even Arizona, which is often touted as a mecca for allergy-free living. While the Southwest states might not have the same types of pollen as Maryland, you could be allergic to cactus flowers, sagebrush, or mold, all prevalent on the other side of the country. And indoor allergens, such as pet dander, can occur anywhere. In other words, don't call your realtor quite yet.



THE MYTH: If you didn't have allergies as a kid, you wouldn't have them as an adult. **THE TRUTH:** Allergies can show up at any time in your life. Too many adults suffer from seasonal allergies, claiming that it "must be a bad cold" because they never had allergies previously. However, you can develop hay fever in your 20s, 30s, or beyond. A quick way to differentiate: Colds, which typically end in about two weeks, won't cause your nose, eyes, or roof of your mouth to itch.



THE MYTH: Nasal sprays are addictive. **THE TRUTH:** The sprays aren't addictive, but they do stop working as well after a few days of continuous use. Plus, you're not crazy—your congestion does get worse when you stop using the sprays. It's called a "rebound effect," though, and it's not an addiction. You can decrease the effect by only using nasal sprays for five days or less (three days is ideal), as well as rotating through classes of sprays, including steroid sprays, antihistamine sprays, or saline sprays.



THE MYTH: The newly opened flower blossoms make allergies worse. **THE TRUTH:** As previously mentioned, it's tree pollen, not flowers, that cause seasonal allergies. Of course, the brightest culprits always get blamed, but it's actually the least inspiring of trees that cause the worst allergies—oak, birch, and maple, all of which have pollen that can travel miles by the wind. While some flowers, such as hydrangeas and roses, could be irritating for people who get up close and personal with the blossoms, they pollinate by insects, not the wind.

What You Need to Know About Emsculpt

FIRST-OF-ITS-KIND TECHNOLOGY
MAY ALLOW YOU TO CONTRACT
AWAY MUSCLE FAT

By Kelsey Casselbury

Do you hate doing crunches? Trick question—*everyone* hates doing crunches. They're hard on your back, create unhealthy tension in your hip muscles, and, truthfully, are pretty boring. Therefore, the idea that there's a way you can skip those crunches while still building abdominal muscle sounds incredible—but is it too good to be true?

Not according to research from Emsculpt, a company that manufactures a body-contouring device that was released in the fall of 2018. The device promises to use high-intensity electromagnetic energy to contract your muscles up to 20,000 times per 30-minute session to burn fat and build muscle. These are called “supramaximal contractions,” which you can't create on your own through doing any type of exercise. The device, designed by BTL Aesthetics, is typically used on the abdominal muscles, but it's also been used to target the tush and thigh muscles.

19% reduction in subcutaneous and abdominal muscle fat

16% increase in muscle mass

4.4 cm average in waist reduction

BTL Aesthetics Research Results



“The device was tested in seven unique clinical studies addressing both the abdomen and buttocks, and utilizing all four established methods of evaluation,” such as MRIs and CTs, before being released to the public, notes the company. “BTL Emsculpt delivered consistent results in muscle gain and fat loss.” BTL Aesthetics points out that the research results found an average 19 percent reduction in subcutaneous and abdominal muscle fat, 16 percent increase in muscle mass, and an average waist reduction of 4.4 centimeters.

Of course, there's no magic way to wipe away fat. Those who try out Emsculpt—which should be done for at least three months to see results—should do so in conjunction with a healthier lifestyle, which includes a nutritious diet and regular exercise. While Emsculpt can be a boon for people who suffer from milk diastasis recti, which is a condition that often occurs after pregnancy in which abdominal muscles separate, it's not ideal for everyone. Don't use the device if you have a history of cardiac issues or seizures, if you're pregnant or have a hernia, or if you have implanted devices, like a pacemaker, near the part of your body where you want to use Emsculpt.

*** The good news:** Emsculpt has been cleared by the Food and Drug Administration (FDA) to improve abs and glute muscle tone. It also takes just 30 minutes to try out a session—consider how much time you might save yourself from doing those dreaded crunches.

Fresh Take

MICROGREENS

By Kelsey Casselbury

They're not sprouts, they're not baby greens—what then, exactly, are microgreens? They're also known as micro herbs or vegetable confetti. They aren't just one type of plant but rather are the general name for a variety of tiny plants (about 1 to 3 inches tall) that pack a nutritional punch and can be used in salads, as a garnish, or blended into juices or smoothies.

The mini-plants can come from a variety of seeds, such as those from the *Brassicaceae* family, which includes broccoli, watercress, and arugula, and the *Asteraceae* family, which includes lettuce, endive, and radicchio. Because they come from a variety of plant families, the flavor of microgreens can range from neutral to spicy to slightly bitter.

Here's the great thing, though: despite their tiny footprint, microgreens are incredibly healthy. In fact, research shows that the nutrient content in microgreens can be up to nine times higher than in mature greens, like spinach and chard. The antioxidant content alone may help reduce the risk of Alzheimer's disease, heart disease, and certain cancers.



GROW YOUR OWN

Microgreens, given how trendy they are, can be expensive. However, it's easy to grow them at home in container gardens. Here's how:

1 Fill a shallow tray with about an inch of potting soil.

2 Scatter your chosen seeds over the soil evenly. You can pack them in—because you harvest them once they're a couple inches tall, the plants don't need as much space.

3 Add another inch of soil. Position the tray under a window that gets plenty of sunlight.

4 Mist the tray with water a couple times a day. The microgreens should be ready to harvest in two to four weeks.

5 To use, cut the microgreens with scissors above the soil level.

Grilled Avocado Toast with Fried Egg and Microgreens →

Serves 4

- 4 slices **sourdough bread**, thickly sliced
- 2 **avocados**, peeled and seeded
- 3 tablespoons **extra-virgin olive oil**, divided
- 4 **eggs**
- 1/4 cup **microgreens**
- Sea salt** and freshly cracked **black pepper**, to taste

Directions: Heat a grill or grill pan to medium heat. Brush each slice of bread with a 1/2 tablespoon of extra-virgin olive oil. Place the bread slices on the grill or grill pan. Grill for about 3 minutes per side, or until they have nice grill marks but aren't burned. In a medium-sized bowl, lightly smash the avocado. Leave a few chunky bits. Add salt and pepper to taste. Heat the remaining olive oil in a large nonstick skillet. Fry the eggs until the whites are set and the yolks are still runny. Divide the avocado and microgreens evenly on top of the toasts. Sprinkle with sea salt and pepper.



I.N.C. International Concepts, Men's Harrow Velvet Smoking Slippers, Navy, \$99, macys.com



When Style & Comfort Collide

By Kelsey Casselbury

No one puts on a pair of shoes in the morning and thinks, "These look sloppy and unfashionable—perfect, just what I was aiming for!" However, sometimes, the desire to stay comfortable threatens to override your inner fashionista, particularly if you have a long day of walking ahead of you. (Men, you might not admit that this is at the top of your mind, but stylish and fashionable applies to you guys, too.)

Good news: Slip-on shoes are more stylish than ever before, as well as more comfortable. Whether you need something to take on vacation to Europe—where you're bound to walk miles upon miles a day—or you just need something cute and comfy to run errands in, there's plenty of options.

I.N.C. International Concepts, Sammee Slip-On Sneakers, Light Rose, macys.com, \$89.50



I.N.C. International Concepts, Men's Outlaw Buckle Boots, Black, \$109.99, macys.com



Style & Co Louiza Perforated Slip-On Sneakers, Black, macys.com, \$49.50



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 product is now a holy grail product for me! I love every single element about it. It kept my curls intact the entire day. My hair never felt crunchy or like there was a ton of heavy product in it. The weight of your hair throughout the day can drag down your styling, along with the weather, and this product combats them both! I cannot praise it enough!" —Beauty Buzz Member Lindsey Follis, 26, Annapolis



2.

"I think that this serum is the real deal. It feels tight on the skin and you really feel it working its magic. Many women in my age group are looking for simple and quick tightening fixes, and this serum does the trick!" —Beauty Buzz Member Lara Mish, 46, Annapolis



3.

"This concealer is ideal if you want a full coverage liquid concealer to cover dark circles, redness, blemishes, and imperfections. It's moist, goes on smooth, and does not dry my sensitive skin. Love this concealer!" —Beauty Buzz Member Cathy Belcher, 66, Edgewater



4.

"I started using this as a traditional bar of soap. After being very satisfied, I even went so far to use it as a shave soap, which I found to be less irritating than my traditional shave foam. This is now my go-to for my shower routine. I feel fresh and revitalized after using this product." —Beauty Buzz Member Conor Reynolds, 25, Baltimore



1

THE SHIELD ANTI-HUMIDITY SPRAY BY AMIKA
\$25/5.3 oz.; \$10/1 oz., loveamika.com

Smooth and protect your hair without weighing it down. This vegetarian and cruelty-free anti-humidity spray fights frizz and moisturizes, leaving you with lustrous locks. To use, lightly spray on damp or dry hair before using heat. This hairspray is safe for color-treated hair.

2

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

BOOSTER SERUM WITH HYALURONIC ACID BY NOVEXPERT

\$66/1 fl. oz., 50-ml.com

Suitable for all skin types, this lightweight, anti-aging serum is formulated with hyaluronic acid to moisturize and tighten skin. The ultra-concentrated serum smooths wrinkles and fine lines, and the hyaluronic acid works to plump skin and restore elasticity. Simply massage two to six drops of the product onto face and neck every day, morning and/or night.



3

MAGIC AWAY LIQUID CONCEALER BY CHARLOTTE TILBURY

\$32/0.13 fl. oz., charlottetilbury.com

Correct and conceal blemishes and dark circles while refreshing your skin. This vegan-friendly liquid concealer is infused with nourishing ingredients like Palmitoyl Glycine, which reduces the appearance of fine lines and wrinkles, and wild indigo extract, which helps boost skin's radiance. The buildable concealer comes with a precision sponge, which makes for easy application.



4

TEA TREE UTILITY BAR BY BEARDBRAND

\$15/5 oz., beardbrand.com

Simplify your cleansing and shaving routine with this all-in-one utility bar, which functions as body soap, shampoo, face wash, beard wash, and shave soap. This moisturizing, vegan cleansing bar is made with natural ingredients and is gentle enough for everyday use. Pack it away in a small container, and it's perfect for traveling.



Dining

70 GUIDE

Breakfast
tacos at **The
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Adam's Taphouse and Grille

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

Annie's Paramount Steak & Seafood House

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

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; Carminesnyppizzakitchen.net; Italian, pizza; lunch, dinner \$ 🍷 🍷

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbay-bridge.com; Seafood; lunch, dinner \$\$ ☎ Y 🌊 ☀

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

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 \$\$ ☎ Y 🍷 ☀ 🍷

O'Shucks Irish Pub

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

Rams Head Shore House

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

Red Eye's Dock Bar

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

Rustico Restaurant & Wine Bar

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

SandBar at Rolph's Wharf

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

Smoke, Rattle & Roll

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

Talbot County

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

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 \$ Y 🍷 ☀ 🍷

Banning's Tavern

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

Bartlett Pear Inn

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

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 \$\$ ☎ Y

Blackthorn Irish Pub

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

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 \$-\$\$ ☎ Y 🍷 ☀

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 \$\$ Y 🎵 🍷

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Crab Claw Restaurant

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

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 Y 🍷 ☀

Doc's Sunset Grille

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

El Dorado Bar & Grill

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

Foxy's Harbor Grille (Seasonal)

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

The Galley St. Michaels

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

Gina's Cafe

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

Harbour Lights

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

Harrison's Eastern Shore

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

Hill's Cafe and Juice Bar

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

Hot off The Coals BBQ

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

Hunters' Tavern at the Tidewater Inn

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

In Japan

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

Krave Courtyard

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

Latitude 38 Bistro & Spirits

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

Ledo Pizza

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

Lighthouse Oyster Bar & Grill

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

Limoncello Italian Restaurant

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

Lowes Wharf

21651 Lowes Wharf Road, 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; Mason-sredux.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; Theossteakhouse.com; Steakhouse; dinner \$\$\$ 🍷 🍴 🍷

WHEELHOUSE RESTAURANT

"Great restaurant with fabulous food and excellent service." -Kim Eshleman

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; Usushimid.com; Japanese; lunch, dinner \$\$ 🍷

Victory Garden Café

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

Washington Street Pub & Oyster Bar

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

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

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

Bay Wolf Restaurant

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

Beverly's Family Restaurant

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

Café Sado

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

The Channel Restaurant at Tolchester Marina (Seasonal)

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

China House

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

Ellen's Coffee Shop & Family Restaurant

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

Evergrain Bread Company

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

Figg's Ordinary

207 S. Cross Street #102, Chestertown; 443-282-0061; 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; breakfast, lunch, dinner \$\$\$

Harbor House (Seasonal)

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

CANVASBACK RESTAURANT & IRISH PUB

“One of the top Maryland restaurants. Everything is always fresh and delicious.” –Norma Howell WINNER!

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

Luisa's Cucina Italiana

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

Marzella's By The Bay LLC

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

New Yarmouth Café

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

O'Connor's Pub & Restaurant

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

Osprey Point

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

Pasta Plus

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

Plaza Tapatia

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

Procolino Pizza

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

Two Tree Restaurant

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

Uncle Charlie's Bistro

834B High Street, Chestertown; 410-778-3663; 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; dinner, weekend lunch and dinner, Sunday brunch \$\$

Dorchester County

Bay County Bakery and Café

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

Bistro Poplar

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

Black Water Bakery and Coffee House

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

Blue Point Provision

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

Canvasback Restaurant & Irish Pub

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

Carmela's Cucina

400 Academy Street, Cambridge; 410-221-8082; Carmelascucina1.com; Italian; lunch, dinner \$

High Spot Gastropub

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

Jimmie & Sook's Raw Bar & Grill

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

Ocean Odyssey

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

Portside Seafood Restaurant

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

RAR Brewing

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

Rock Lobstah

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

Snapper's Waterfront Café

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

Stoked Wood Fired Eatery

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

Suicide Bridge Restaurant

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

Caroline County

Harry's on the Green

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

Market Street Public House

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

WHAT'S UP? READERS' RESTAURANT REVIEW

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April Calendar

+

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

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

↓ Enjoy three fun-filled days of kite flying on the beaches of Ocean City during the Maryland International Kite Expo Friday, April 26th through Sunday, April 28th. Join world-class kite makers, kite fliers, and sport kite competitors for exhibitions, demonstrations, and activities for the whole family. For more information, visit Kiteloft.com



Photo by Jo-Ann Rasmussen

Monday

1

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1 p.m. 410-822-2787. Academyartmuseum.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. 410-742-4988. Wardmuseum.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.) 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.) Now through April 7th, 2019. 410-822-2787. Academyartmuseum.org

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

Making Our Mark: Washington Print Club at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.) Now through April 21st, 2019. 410-626-2556. Sjc.edu

Light - Water + Stone at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through May 5th, 2019. 410-778-7330. Massoniart.com

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. 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. 410-266-6287. Whatsupmag.com

Annual Spring Group Show at Troika Gallery, Easton. 10 a.m.-5:30 p.m. (Mon.-Sat.) Now through June 4th, 2019. 410-770-9190. Troikagallery.com

MUSIC

Jon Anderson at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. Marylandhall.org

Tuesday

2

SPECIAL EVENTS

ALL Course: Enlightened Philanthropy at Chesapeake Bay Maritime Museum, St. Michaels. 10-11:30 a.m. 410-745-2916. Cbmm.org

(FULL) ALL Course: A Sense of Place at Chesapeake Bay Maritime Museum, St. Michaels. 1:30 p.m.-3 p.m. 410-745-2916. Cbmm.org

MUSIC

Muse at Capital One Arena, D.C. 7:30-8:30 p.m. 202-628-3200. Capitalonearena.com

New York City Ballet at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

The Allman Betts Band at Rams Head On Stage, Annapolis. 8 p.m.-9 p.m. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

The Book of Mormon at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

SPORTS

Phillies at Nationals at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Wednesday

3

SPECIAL EVENTS

ALL Course: Don Quijote de la Mancha Part II at Chesapeake Bay Maritime Museum, St. Michaels. 9:30 a.m. 410-745-2916. Cbmm.org

ALL Book Discussion: The Woman Who Smashed Codes at Chesapeake Bay Maritime Museum, St. Michaels. 10-11:30 a.m. 410-745-2916. Cbmm.org

Boater's Safety Course at Chesapeake Bay Maritime Museum, St. Michaels. 5-9 p.m. 410-745-2916. Cbmm.org

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

Creative Odyssey at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.) Now through May 19th, 2019. 410-222-1777. Fqwp.org

The Art of Stewardship 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 April 23rd, 2019. 410-778-6300. Chestertownriverarts.net

MUSIC

The Allman Betts Band at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

The Kennedy Center Gala with Idina Menzel at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

New York City Ballet at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

The Book of Mormon at The Hippodrome Theatre, Baltimore. (See 4/2).

SPORTS

Phillies at Nationals at Nationals Park, D.C. 1:05 p.m. 202-675-6287. Nationals.com (F)

Wizards vs. Bulls at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

Thursday

4

SPECIAL EVENTS

ALL Course: How the Mild Fifties Transformed into the Wild Sixties at Chesapeake Bay Maritime Museum, St. Michaels. 1:30 p.m. 410-745-2916. Cbmm.org

Frontier Rebels: The Fight for Independence in the American West - A Talk by Dr. Patrick Spero at Washington College, Chestertown. 5:30 p.m. 410-810-7156. Washcoll.edu

Fashion for Friends at Great Gatherings, Annapolis. 6-9 p.m. 443-569-4209. Friendsilhs.org (C)

Horiculture Lecture Series at Galilee Lutheran Church, Chester. 7 p.m.-9 p.m. Qac.org

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

MUSIC

Brian Culbertson at Rams Head On Stage, Annapolis. 6:30 p.m. 410-268-4545. Ramsheadonstage.com

Annapolis Symphony Orchestra: Symphony Study at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.-7 p.m. 410-263-0907. Annapolis-symphony.org

Emily King at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Mimi Stillman, flute, and members of the Annapolis Chamber Orchestra at Washington College, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

Brian Culbertson at Rams Head On Stage, Annapolis. 9:30 p.m. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

New York City Ballet at The John F. Kennedy Center for the Performing Arts, D.C. (See 4/3).

The Book of Mormon at The Hippodrome Theatre, Baltimore. (See 4/2).

SPORTS

Yankees at Orioles at Oriole Park at Camden Yards, Baltimore. 3:05 p.m. 888-848-2473. Orioles.com (F)

Capitals vs. Canadiens at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

Friday

5

SPECIAL EVENTS

First Friday in Chestertown at Downtown Chestertown, Chestertown. 5 p.m. 443-282-0246. Kentcounty.com (F)

Kent School Golf Tournament at Chester River Yacht & Country Club, Chestertown. 9 a.m.-4 p.m. 410-778-4100. Kentschool.org

(FULL) ALL Course: The Wines of Spain and Italy at Chesapeake Bay Maritime Museum, St. Michaels. 2 p.m. 410-745-2916. Cbmm.org

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

Jon Mort - Hold These Truths at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through May 5th, 2019. 410-778-7330. Massoniart.com

MUSIC

Pat Metheny at Rams Head On Stage, Annapolis. 6:30 p.m. 410-268-4545. Ramsheadonstage.com

Sara Jones: Jazz In Bloom at Oxford Community Center, Oxford. 7:30 p.m. 410-226-5904. Oxfordcc.org

Pat Metheny at Rams Head On Stage, Annapolis. 9:30 p.m. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

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

New York City Ballet at The John F. Kennedy Center for the Performing Arts, D.C. (See 4/3).

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

The Book of Mormon at The Hippodrome Theatre, Baltimore. (See 4/2).

The Last Five Years at Wor-Wic Community College - Guerrieri Hall, Salisbury. 8 p.m. Communityplayersofsalisbury.org

SPORTS

Wizards vs. Spurs at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

Saturday

6

SPECIAL EVENTS

Wellness Weekend at Chesapeake Bay Beach Club, Stevensville. 9 a.m. Baybeachclub.com

Adkins Arboretum Arbor Day 5k at Adkins Arboretum, Ridgely. 8 a.m. 410-634-2847. Adkinsarboretum.org (F) (C)

Eastern Shore Sea Glass and Coastal Arts Festival at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

Annapolis Book Festival at The Key School, Annapolis. 10 a.m. 410-263-9231. Key-school.org (F)

EXHIBITION OPENING: Beach Finds of the Chesapeake at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

Maryland Chicken Wing Festival at Anne Arundel County Fairgrounds, Crownsville. 11 a.m. Abceventsinc.com (F)

Sip and Carve with Anita Hagan at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. 410-263-5544. Marylandhall.org

Kent School 50th Anniversary Gala at Britland Manor, Chestertown. 5-10 p.m. 410-778-4100. Kentschool.org

Eleventh Annual Splendor at Tilghman Volunteer Fire Co., Tilghman. 5 p.m. 410-886-2677. Tilghmanvfc.com

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 5 p.m. & 7 p.m. 410-222-1919. Historiclondontown.org

Night to Fight FA at Navy-Marine Corps Memorial Stadium Akerson Tower, Annapolis. 6 p.m. Burrows-hill.org (C) (TIX)

Spring Fling at Dorchester Center for the Arts, Cambridge. 6 p.m. Cambridge-mainstreet.com

Arts Council Gala 2019: Magic of the Arts at Live! Hotel and Casino, Hanover. 6:30 p.m. 410-222-2949. Whatsuptix.com (TIX) (C)

Beach Finds on the Chesapeake at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through June 29th, 2019. 410-745-2916. Cbmm.org

MUSIC

Chicago at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

Light and Spring! Season Finale at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. Marylandhall.org

Special EFX All Stars featuring Chielli Minucci at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Banda Magda at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrock-hall.org

PERFORMING ARTS

A Flea In Her Ear at Church Hill Theatre, Church Hill. (See 4/5)

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. 2 p.m. & 8 p.m. 410-415-3513. Annapolis-shakespeare.org

The Last Five Years at Wor-Wic Community College - Guerrieri Hall, Salisbury. 2 p.m. & 8 p.m. Community-playersofsalisbury.org

SPORTS

D.C. United vs. Los Angeles Football Club at Audi Field, D.C. 3 p.m. 202-655-2842. Dcunited.com (F)

Capitals vs. Islanders at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

Yankees at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Sunday

7

SPECIAL EVENTS

Kent County Poetry Festival at The Bookplate, Chestertown. 9 a.m. 410-778-3700. Kentcountypartscouncil.org
Talbot Restaurant Week at Talbot County, Easton. 9 a.m. 410-770-8000. Tourtalbot.org
NKF Keep Healthy Check Up at James M. Bennett High School, Salisbury. 7:30 a.m.
The Eastern Shore Bridal Show at Silver Swan Bayside & Catering, Stevensville. 1-4 p.m. 410-739-6943. Shorebridalupdate.com
Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 5 p.m. & 7 p.m. 410-222-1919. Historiclondon-town.org

MUSIC

Rhett & Link at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com
Chris Botti at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. Marylandhall.org
Hailey Reinhart at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

PERFORMING ARTS

A Flea In Her Ear at Church Hill Theatre, Church Hill. 2p.m. 410-556-6003. Churchhill-theatre.org
Junk at Arena Stage, D.C. 2 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org
New York City Ballet at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org
Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. Annapolis-shakespeare.org
The Book of Mormon at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. 410-837-7400. France-merickpac.com

SPORTS

Yankees at Orioles at Oriole Park at Camden Yards, Baltimore. 1:05 p.m. 888-848-2473. Orioles.com (F)

Monday

8

SPECIAL EVENTS

ALL Course: Brighten the Garden with Summer and Fall Bulbs at Chesapeake Bay Maritime Museum, St. Michaels. 1 p.m. 410-745-2916. Cbmm.org

MUSIC

Maddie Morton, Soprano at Gibson Center for the Arts, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

SPORTS

Athletics at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Tuesday

9

MUSIC

Scary Pockets at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

SPORTS

D.C. United vs. Montreal Impact at Audi Field, D.C. 8 p.m. 202-655-2842. Dcunited.com (F)
Wizards vs. Celtics at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitallonearena.com (F)
Athletics at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Wednesday

10

SPECIAL EVENTS

Bronze Casting Workshop at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-4 p.m. 410-745-2916. Cbmm.org

ALL Course: To See Ourselves as Others See Us at Chesapeake Bay Maritime Museum, St. Michaels. 1:30-3 p.m. 410-745-2916. Cbmm.org

MUSIC

Tab Benoit at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Athletics at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Thursday

11

SPECIAL EVENTS

Literary House & Sophie Kerr Series: Living Writers - A Reading by Rion Amilcar Scott at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. Washcoll.edu

Gallery Talk - Art of Stewardship at Chestertown RiverArts, Chestertown. 5:30 p.m. 410-778-6300. Chestertownriverarts.net

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondon-town.org

MUSIC

Kelsea Ballerini at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4911. Wicomicociviccenter.org

Annapolis Symphony Orchestra: Symphony Study at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-0907. Annapolissymphony.org

Average White Band at Rams Head On Stage, Annapolis. 8 p.m.-9 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Athletics at Orioles at Oriole Park at Camden Yards, Baltimore. 12:35 p.m. 888-848-2473. Orioles.com (F)
Shorebirds vs. BlueClaws at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Friday

12

SPECIAL EVENTS

Bay Bridge Boat Show at Bay Bridge Marina, Stevensville. 10 a.m.-5 p.m. Annapolisboat-shows.com

MEMBER PREVIEW: Deconstructing Decoys: The Culture of Collecting at Chesapeake Bay Maritime Museum, St. Michaels. 5-7 p.m. 410-745-2916. Cbmm.org

Cellars & Seedlings: Colonial Cocktails at the Gresham Estate at Historic London Town and Gardens, Edgewater. 6-8 p.m. 410-222-1919. Historiclondon-town.org

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondon-town.org

Flashlight Easter Egg Hunt at Greensboro Elementary School, Greensboro. 8 p.m. 410-479-8120. Apm.active-communities.com

MUSIC

Boney James at Rams Head On Stage, Annapolis. 6:30 & 9:30 p.m. 410-268-4545. Ramsheadonstage.com

Chesapeake College Storybook Series at Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalonfoundation.org

Brooks Williams at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalonfoundation.org

Laser Spectacular Featuring the Music of Pink Floyd at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. Marylandhall.org

The Doobie Brothers at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. 410-900-1160. Modell-lyric.com

PERFORMING ARTS

A Flea In Her Ear at Church Hill Theatre, Church Hill. (See 4/5).

A New Brain at The Colonial Players, Inc., Annapolis. 8 p.m. 410-268-7373. Thecolonialplayers.org

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 4/5).

The Last Five Years at Wor-Wic Community College - Guerrieri Hall, Salisbury. (See 4/5).

SPORTS

Shorebirds vs. BlueClaws at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)
Pirates at Nationals at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

On Stage

A Flea in Her Ear

Church Hill Theatre; Now through April 14th, 2019; \$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; Now 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.

The Last Five Years

Community Players of Salisbury; April 5th through April 13th, 2019; \$10; Communityplayersofsalisbury.org This modern musical ingeniously chronicles the five-year life of a marriage, from meeting to break-up and from break-up to meeting. An emotionally powerful and intimate one-act musical about two New Yorkers in their twenties who fall in and out of love over the course of five years

Where the Wild Things Are

Garfield Center for the Arts; April 26th through May 12th, 2019; TBA; Garfieldcenter.org; 410-810-2060 Adapted from the beloved children's book by Maurice Sendak, *Where the Wild Things Are* follows a mischievous boy named Max as he journeys to a magical new world that appears in his bedroom.

Saturday

13

SPECIAL EVENTS

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

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Seventh Annual Talbot Special Riders Spring Classic at Talbot Special Riders, Inc., Easton. 8 a.m. 410-770-5413. TSRspring-classic.homestead.com (C)

National Cherry Blossom Festival Parade at Washington D.C., Washington, D.C. 10 a.m.-12 p.m. Nationalcherry-blossomfestival (F)

EXHIBITION OPENING: Deconstructing Decoys: The Culture of Collecting at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

Talk: Maryland Women's Suffrage Movement at Dorchester Center for the Arts, Cambridge. 12:30-1:30 p.m. Dorchesterarts.org

Family Day at Chesapeake Bay Maritime Museum, St. Michaels. 1-4 p.m. 410-745-2916. Cbmm.org (F)

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 5 p.m. & 7 p.m. 410-222-1919. Historiclondon-town.org

Exhibitions



Richard Diebenkorn, *Untitled (Magician's Table)*, 1947, gouache and graphite on hardboard, 14 1/8 x 14 3/4 in. (35.9 x 37.5 cm). © Richard Diebenkorn Foundation.

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.

Matthew Moore: Post-Socialist Landscapes

Academy Art Museum; Now through April 7th, 2019; \$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.

Recent Acquisitions: Photography @ AAM

Academy Art Museum; Now through April 7th, 2019; \$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.

← Richard Diebenkorn: Beginnings, 1942–1955

Academy Art Museum; April 26th through July 14th, 2019; Opening reception: April 26th, 5:30-7 p.m.; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787 The exhibition *Richard Diebenkorn: Beginnings, 1942–1955* and its accompanying catalogue aim to present a comprehensive view of Diebenkorn's evolution to maturity, focusing solely on the paintings and drawings that precede his 1955 shift to figuration at age 33. Included in the exhibition are paintings and drawings primarily from the Richard Diebenkorn Foundation, many of which have not before been publicly exhibited.

Beach Finds of the Chesapeake

Chesapeake Bay Maritime Museum; April 6th through June 29th, 2019; Free for CBMM members, \$6-15 for non-members; Cbmm.org; 410-745-2916 *Beach Finds of the Chesapeake* explores a sampling of the different types of finds discovered by those who seek to preserve the history of our region by collecting fragments of its past.

Deconstructing Decoys: The Culture of Collecting

Chesapeake Bay Maritime Museum; April 13th through November 1st, 2019; Free for CBMM members, \$6-15 for non-members; Cbmm.org; 410-745-2916 *Deconstructing Decoys* will explore varying perspectives about decoys as art and will help guests understand how collectors "read" a decoy to determine its maker, its history, and its significance.

The Art of Stewardship

Chestertown RiverArts; April 3rd through April 23rd, 2019; Opening reception: April 5th, 5-8 p.m.; Free; Chestertownriverarts.org; 410-778-6300 Each April, Chestertown RiverArts celebrates the community's long tradition of environmental conservation by hosting The Art of Stewardship Exhibition. Artists and poets are invited to submit work that reflects a moment, experience, realization or vision of nature that inspires a new outlook or reflects on an annual, Earth themed exhibit (TBD) in collaboration with Greg Mort and the Art of Stewardship Project.

Light – Water + Stone

Massoni Gallery; Now through May 5th, 2019; Massoniart.com; 410-778-7330 The artist begins with nothing and seeks to find expression for an inner vision known only to them. For Greg Mort, this exhibition offered a thought-provoking and rewarding challenge. The twelve watercolors in Mort's new series serve as an experiment in perception, a quest for revelation, and a sojourn into the heart of human emotion. For sculptor Shelley Robzen, this journey began in the mind's eye and ended within the stone. Working exclusively in the purest white carrara marble, she has created nine sculptures for this exhibition - each one succeeds in capturing the ephemeral quality of light.

Jon Mort – Hold These Truths

Massoni Gallery; April 5th through May 5th, 2019; Opening reception: April 5th, 5-8 p.m.; Massoniart.com; 410-778-7330 The journey toward knowing, toward the goal of an objective truth, is reflected in the practice of making the drawings in this collection. The idea that deeper insight is worthwhile, that growth along the path to understanding is of value, comes into practice in the scrutiny of found objects.

Annual Spring Group Show

Troika Gallery; Now through June 4th, 2019; Free; Troikagallery.com; 410-770-9190 Featuring new masterpieces by Troika Gallery Artists, the gallery's Annual Spring Group shows open in collaboration with the return of First Friday in Easton.

Humane Society Fundraiser at Kent County Community Center, Worton. 6 p.m. 410-778-3648. Kenthumane.org (C)

Deconstructing Decoys: The Culture of Collecting at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through November 1st, 2019. 410-745-2916. Cbmm.org

MUSIC

Annapolis Opera: 31st Annual Vocal Competition at Maryland Hall for the Creative Arts, Annapolis. 10 a.m. Annapolisopera.org

Arielle at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Ramsheadonstage.com

African American Legacy & Heritage in Jazz, Blues, and Gospel at Sumner Hall, Chestertown. 7 p.m. 443-282-0023. Garpost25.org

Los Lonely Boys at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Kenny Loggins at Maryland Live! Casino, Hanover. 8 p.m. Livecasinohotel.com

PERFORMING ARTS

Trevor Noah at Royal Farms Arena, Baltimore. 8 p.m.-8 p.m. 410-347-2020. Royal-farmsarena.com

Jim Jefferies at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

A Flea in Her Ear at Church Hill Theatre, Church Hill. (See 4/5).

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/12).

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 4/6).

The Last Five Years at Wor-Wic Community College - Guerrieri Hall, Salisbury. (See 4/5).

SPORTS

Pirates at Nationals at Nationals Park, D.C. 4:05 p.m. 202-675-6287. Nationals.com (F)

Shorebirds vs. BlueClaws at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Sunday

14

SPECIAL EVENTS

Spring Boat Sale at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

Relay for Life at Washington College, Chestertown. 1 p.m. 443-603-8814. Wacrely.org (C)

MUSIC

Big Sam's Funky Nation at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Ramsheadonstage.com

The Hedgelawn Series presents soprano Taylor Hillary Boykins at The Mainstay, Rock Hall. 4 p.m. 410-639-9133. Mainstayrockhall.org

Steve Tyrell at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Queen Latifah at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

A Flea In Her Ear at Church Hill Theatre, Church Hill. (See 4/7).

A New Brain at The Colonial Players, Inc., Annapolis. 2 p.m. 410-268-7373. Thecolonialplayers.org

Junk at Arena Stage, D.C. (See 4/7).

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 4/7).

SPORTS

Pirates at Nationals at Nationals Park, D.C. 1:35 p.m. 202-675-6287. Nationals.com (F)

Shorebirds vs. BlueClaws at Arthur W. Perdue Stadium, Salisbury. 2:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Monday
15

MUSIC

Mainstay Monday featuring Joe Holt and guest Sue Matthews Boykins at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

The Dimmer Twins at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Shorebirds vs. Intimidators at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Tuesday
16

SPECIAL EVENTS

Homeschool Day at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m.-4:30 p.m. 410-745-2916. Cbmm.org (F)

Enrico David: Gradations of Slow Release at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. daily. Now through September 2nd, 2019. 202-633-1000. Hirshhorn.si.edu

PERFORMING ARTS

Derek Hough Live! at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

SPORTS

Shorebirds vs. Intimidators at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Giants at Nationals at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Wednesday
17

SPECIAL EVENTS

Sophie Kerr Lecture Series: A Talk by Gene Demby at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. Washcoll.edu

Ninth Annual Empty Bowls at Christ United Methodist Church, Chestertown. 5 p.m. 410-778-6300. Chestertown-riverarts.net (C)

MUSIC

World Music Concert at Washington College, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

The Church at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Shorebirds vs. Intimidators at Arthur W. Perdue Stadium, Salisbury. 10:35 a.m. 410-219-3112. Milb.com/shorebirds (F)

Giants at Nationals at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Thursday
18

SPECIAL EVENTS

Congestion Ahead: Rerouting at Chesapeake Bay Beach Club, Stevensville. 9 a.m.-4 p.m. 410-690-4603. Eslc.org

ALL Course: Genealogy 101 at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m.-12 p.m. 410-745-2916. Cbmm.org

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

Reanna Sherman, Soprano at Gibson Center for the Arts, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

PERFORMING ARTS

Rob Schneider at Rams Head On Stage, Annapolis. 6 p.m. & 9 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Giants at Nationals at Nationals Park, D.C. 1:05 p.m. 202-675-6287. Nationals.com (F)

Friday
19

SPECIAL EVENTS

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

MUSIC

The Dirty Grass Players at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalon-foundation.org

Glenn Hughes at Rams Head On Stage, Annapolis. 8:30 p.m. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Derek Hough at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/12).

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 4/5).

Red at Compass Rose Theatre, Annapolis. 8 p.m. 410-980-6662. Compass-rose.org

SPORTS

Twins at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Saturday

20

The Trippe Gallery



Photographs Paintings Sculpture

23 N Harrison Street Easton

410-310-8727 thetrippegallery.com



Mark your calendar!

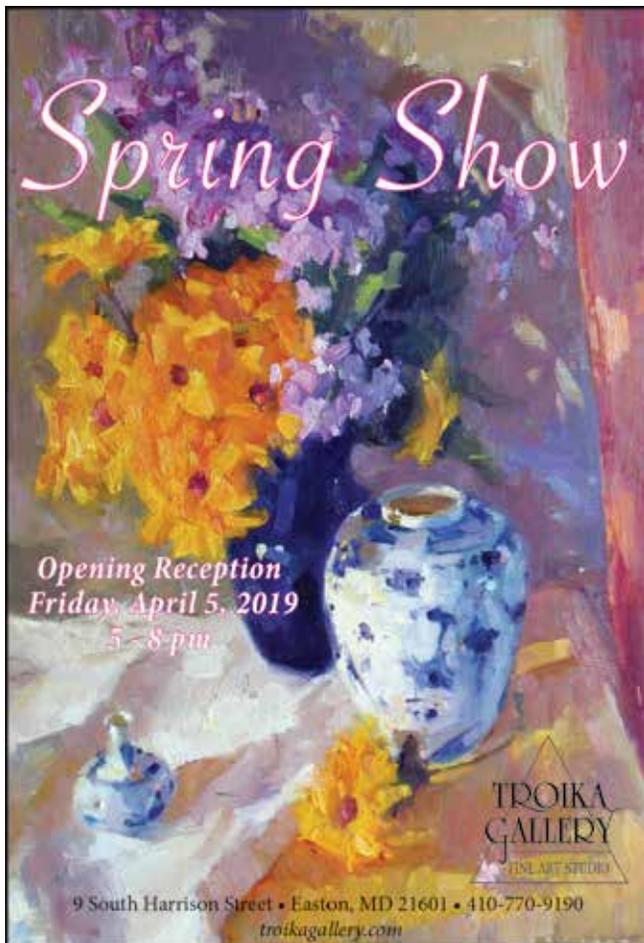
2019 Festivals & Special Events at CBMM

- 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.
Chesapeake Bay Maritime Museum | St. Michaels, MD



SPECIAL EVENTS

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Spring Plant Sale at Historic London Town and Gardens, Edgewater. 9 a.m. Historiclondon-town.org

Earth Day at Spocott Windmill & Village at Spocott Windmill, Cambridge. 10 a.m.-3 p.m.

Spring Equine Festival at Caroline County 4-H Park, Denton. 10 a.m.-3 p.m. Couragousheartshorsemanship.com

Bluegrass Block Party at Main Street - Chestertown, MD, Chestertown. 12 p.m. 410-778-2991. Mainstreetchestertown.org

Tuckahoe's Annual Easter Egg Hunt at Tuckahoe State Park, Queen Anne. 1 p.m. (F)

MUSIC

Jesse Garron's Tribute to Elvis Dinner Theatre at Wicomico Youth & Civic Center, Salisbury. 6:45 p.m. 410-548-4911. Wicomicociviccenter.org

Frank Salivan & Dirty Kitchen at Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalonfoundation.org

Yong Hi Moon, Piano at Gibson Center for the Arts, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

Jenn Grinels at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalonfoundation.org

Zack Lambert Quartet (Mainstay Scholarship Winner) at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstay-rockhall.org

Tommy Castro & The Painkillers at Rams Head On Stage, Annapolis. 8:30 p.m. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/12).

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 4/6).

Red at Compass Rose Theatre, Annapolis. 2 p.m. & 8 p.m. 410-980-6662. Compassrose.org

SPORTS

Twins at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

SPECIAL EVENTS

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 5 p.m. & 7 p.m. 410-222-1919. Historiclondon-town.org

MUSIC

Secret Society at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/14).

Pride and Prejudice at Annapolis Shakespeare Company, Annapolis. (See 4/7).

Red at Compass Rose Theatre, Annapolis. 2 p.m. 410-980-6662. Compassrose.org

SPORTS

D.C. United vs. New York City FC at Audi Field, D.C. 4 p.m. 202-655-2842. Dcunited.com (F)

Twins at Orioles at Oriole Park at Camden Yards, Baltimore. 1:05 p.m. 888-848-2473. Orioles.com (F)

Monday

22

SPECIAL EVENTS

ALL Course: Classic Motor Museum of St. Michaels at Chesapeake Bay Maritime Museum, St. Michaels. 9:30 a.m. 410-745-2916. Cbmm.org

(FULL) ALL Course: Italian Cheese Tasting at Chesapeake Bay Maritime Museum, St. Michaels. 1:30 p.m. 410-745-2916. Cbmm.org

MUSIC

Kris Kristofferson at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

White Sox at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Shorebirds vs. Tourists at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Sunday

21

Tuesday

23

SPECIAL EVENTS

2019 Talbot County Garden Symposium at The Milestone, Easton. 9 a.m. 410-822-0100. Themilestoneeventcenter.com

MUSIC

PJ Masks Live! at Wicomico Youth & Civic Center, Salisbury. 6 p.m. 410-548-4911. Wicomicociviccenter.org

50 Years Of Jethro Tull at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Shorebirds vs. Tourists at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds

White Sox at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com

Wednesday

24

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

MUSIC

Kris Kristofferson at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Shorebirds vs. Tourists at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

White Sox at Orioles at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Thursday

25

SPECIAL EVENTS

RiverArts Paint the Town at Downtown Chestertown, Chestertown. 9 a.m. Chester-townriverarts.net

Archaeology Lab Night: Projectile Point Identification Workshop at Historic London Town and Gardens, Edgewater. 6 p.m. 410-222-1919. Historiclondontown.org

PERFORMING ARTS

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/12).

Red at Compass Rose Theatre, Annapolis. 7 p.m. 410-980-6662. Compass-rose.org

SPORTS

Shorebirds vs. GreenJackets at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Friday

26

SPECIAL EVENTS

Adkins Arboretum Spring Open House and Plant Sale at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. Adkinsar-boretum.org

Annapolis Spring Sailboat Show at Annapolis City Dock, Annapolis. 10 a.m.-6 p.m. 410-268-7601. Annapolis-boatshow.com

ALL Course: Understanding Our Strange Universe at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m. 410-745-2916. Cbmm.org

MUSIC

Hey 19: A Tribute to Steely Dan at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Count Basie Orchestra at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalon-foundation.org

Leslie Odum, Jr. with the BS0 at Joseph Meyerhoff Sym-phony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

PERFORMING ARTS

Jay Lena at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kenne-dy-center.org

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/12).

Ballet Theatre of Maryland: Innovations 2019 at Mary-land Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-224-5644. Balletmary-land.org

Red at Compass Rose The-atre, Annapolis. (See 4/19).

Where the Wild Things Are at Garfield Center for the Arts, Chestertown. 8 p.m. 410-810-2060. Garfieldcenter.org (F)

SPORTS

Shorebirds vs. GreenJackets at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Padres at Nationals at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Saturday

27

SPECIAL EVENTS

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Bring Your Own Motor (BYOM) at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m. 410-745-2916. Cbmm.org

Fifth Annual Riva 5K Run and Walk at Reichardt Park, Riva. 9 a.m. Whatsuptix.com (F) (TIX)

Chicone Village Day at Hand-sell National Register Historic Site, Vienna. 10 a.m. 410-228-7458. Restorehandsell.org

Annapolis Spring Sailboat Show at Annapolis City Dock, Annapolis. 10 a.m.-6 p.m. 410-268-7601. Annapolis-boatshow.com

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

Winefest at St. Michaels at St. Michaels. 12 p.m. Wine-feststmicahls.com

Annapolis Cup Croquet Match at St. John's College, Annap-olis. 1 p.m. Sjc.edu/croquet

Denim & Diamonds at Anne Arundel Medical Center, Annapolis. 6 p.m. Amcdeni-mandiamonds.org (C)

25th Annual Oxford Day at Town of Oxford, Oxford. 6 p.m. Oxfordday.org (F)

MUSIC

Queen Anne's Chorale Spring Concert at Todd Performing Arts Center, Wye Mills. 7 p.m. 410-827-5867. Qachorale.org

Lisa Loeb at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadon-stage.com

Lula Wiles at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrockhall.org

PERFORMING ARTS

Ballet Theatre of Maryland: Innovations 2019 at Mary-land Hall for the Creative Arts, Annapolis. 7 p.m. 410-224-5644. Balletmary-land.org

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/12).

Love, Loss and What I Wore at University Of Maryland Eastern Shore, Princess Anne. 2 p.m. 410-621-2355. Communityplayersofsalis-bury.org

Red at Compass Rose The-atre, Annapolis. (See 4/20).

Where the Wild Things Are at Garfield Center for the Arts, Chestertown. (See 4/26). (F)

SPORTS

Padres at Nationals at Nationals Park, D.C. 4:05 p.m. 202-675-6287. Nationals.com (F)

Shorebirds vs. GreenJackets at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

P.Y.G. or The Mis-Education of Dorian Belle at Studio Theatre, D.C. (See 4/7). (F)

Sunday

28

SPECIAL EVENTS

Annapolis Spring Sailboat Show at Annapolis City Dock, Annapolis. 10 a.m.-6 p.m. 410-268-7601. Annapolis-boatshow.com

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

Community Art Exhibition at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.). Now through May 12th, 2019. 410-626-2556. Sjc.edu

MUSIC

Sail On: The Beach Boys Tribute at Rams Head On Stage, Annapolis. 8 p.m.-9 p.m. 410-268-4545. Rams-headonstage.com

PERFORMING ARTS

A New Brain at The Colonial Players, Inc., Annapolis. (See 4/14).

Come From Away at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. 410-837-7400. France-mer-ricpkac.com

Red at Compass Rose The-atre, Annapolis. (See 4/21).

Where the Wild Things Are at Garfield Center for the Arts, Chestertown. 2 p.m. 410-810-2060. Garfieldcenter.org

SPORTS

Padres at Nationals at Nationals Park, D.C. 1:35 p.m. 202-675-6287. Nationals.com (F)

Shorebirds vs. GreenJackets at Arthur W. Perdue Stadium, Salisbury. 2:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

SPECIAL EVENTS

Lecture: Beach Finds of the Chesapeake at Chesapeake Bay Maritime Museum, St. Michaels. 5 p.m. 410-745-2916. Cbmm.org

SPORTS

Cardinals at Nationals at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Tuesday

Monday 29 Tuesday 30

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Where's Wilma?

FIND WILMA AND WIN!

Spring has sprung! Now that the colder weather is fading and the flowers are blooming, we get to spend more time outdoors, so why not take up an outdoor hobby? Follow Wilma as she takes you through "Veggies Get a Makeover: Designing a More Attractive Vegetable Garden," and learn all about creating a vegetable garden. As great as it is to spend time outside, seasonal allergy sufferers may feel differently. Head over to the Health & Beauty section to read up on some seasonal allergy myths, and learn the truth about what to do if you're wheezing and sneezing throughout the spring months. Trade your snow boots in for some rainboots, and let's celebrate our beautiful planet!

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: Jen McColigan of Chestertown, who won a gift certificate to Fisherman's Crab Deck!

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



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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 April 30th, 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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University of Maryland Shore Regional Health.....	IBC

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