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On the Cover: Fall has arrived! Celebrate the season. Design by August Schwartz. Contact *What's Up?* Eastern Shore online at WhatsUpMag.com.
 ♻️ Please recycle this mag.

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COMING UP IN
OCTOBER 2019

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What's Up? Online

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UPCOMING **SEPTEMBER** EVENTS ON

whatsuptix.com

10

Italy: A Taste of Italian Tradition Wine Dinner

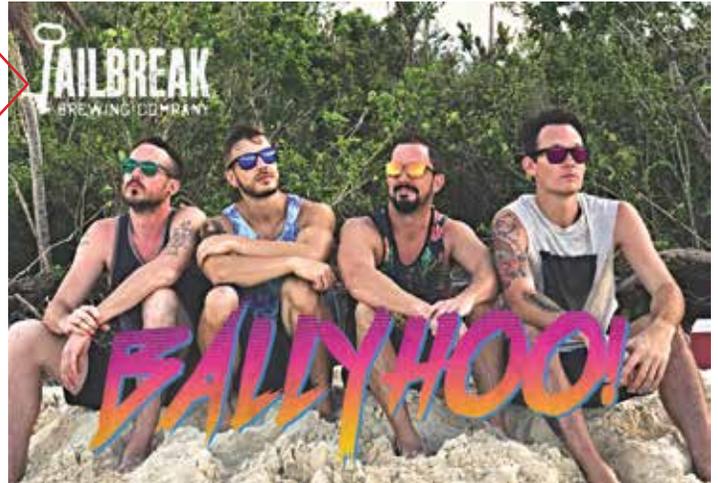
Fishpaws Marketplace
La Pasta Pizzeria
6:30pm - 9:30pm | **\$69**

14



Jailbreak's 5th Anniversary Party

Jailbreak Brewing Company
Jailbreak Brewing Company
4:00pm - 11:00pm | **\$20**



14

Hospice Cup XXXVIII

Hospice Cup
Bert Jabin Yacht Yard
11:00am - 9:00pm | **\$50 - \$150**



25

Whiskey 101 & Meet the Distiller

Fishpaws Marketplace
Fishpaws Marketplace
6:00pm - 7:30pm | **\$25**

26

Taste of the Chesapeake

Alliance for the Chesapeake Bay
Crown Plaza Annapolis Hotel
6:00pm - 9:00pm | **\$125**



14

Boatyard Beach Bash 2019

Annapolis Maritime Museum
Annapolis Maritime Museum
5:30pm - 10:00pm | **\$85**



14

Chesapeake Music Festival

Arundel Rivers Federation
Smithsonian Environmental Research Center
2:00pm - 6:00pm | **\$20**

17

Annapolis Rotaract's Putt Putt Classic 2019

Annapolis Rotaract Club
Severna Park Golf Center
6:30pm - 9:30pm | **\$50 - \$100**



27

5th Annual UWQAC Crab Feast

United Way of Queen Anne's County
Harris Crab House
6:00pm - 9:00pm | **\$20 - \$75**

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

From the publisher



Another way some people consider this month is the second “new year.” I understand what they mean by the new year reference and it derives from the back to school energy, meaning a fresh start. So, here’s to many positive fresh starts this month!

Veronica Tovey,
President + Publisher

September and back to school. Even though I haven’t had children returning to school for many years, it still seems like that to me every fall. Another way some people consider this month is the second “new year.” I understand what they mean by the new year reference and it derives from the back to school energy, meaning a fresh start. So, here’s to many positive fresh starts this month! Whether it includes a new school for your child, or something in your business or a new home, the temperatures are falling and energies rising—time to start now.

Last month I wrote about a new initiative being started by What’s Up? Media called “The Year of the Woman,” celebrating 100 years of women having the vote. The Anne Arundel County Public Schools system includes, as part of their history classes, a section on suffrage and they are going to join us on a new exciting initiative including their students. Our public library system is also joining us on a few ideas. This is going to be a lot of fun and I invite other community organizations or groups of people, who would like to celebrate this year with us, to give us a call and let us know about your event plans or idea. Do you normally have a dinner event and are you going to honor a woman? Or does your book club want to sponsor a year of women authors? Does your organization support a speaker and is this 2020 speaker on a woman’s topic? We will publicize your events for free on our page of “Year of the Woman” events.

As for this issue, make sure to see our Private School Open House Guide, and the Best of Real Estate, Home and Garden Winners starting on page 51. This is another group of winners that affects most, if not all, of us.

Some other articles that jump out to me; one is about food allergies that can kill and a more pleasant one is entitled “This is How We Maryland.” The surprising thing to me about the food article was the very large increase in people with severe allergies. So many and so severe that some restaurants are now peanut and tree nut free! “How We Maryland” is just a fun read and we all need those!

Whatever you choose to read this issue, I hope you enjoy it. In the meantime, enjoy this end of summer, beginning of fall month.



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11 EVENT PICKS | 16 SOCIAL | 18 SALUTE | 20 SPOTLIGHT | 22 ATHLETE



IRONMAN Maryland

Cheer on triathletes as they swim, cycle, and run through scenic and historic Dorchester County during IRONMAN Maryland on Saturday, September 28th, beginning at 6:45 a.m. The best place for spectators to enjoy the race is Great Marsh Park, where the race will begin, and at the finish line, located at Long Wharf Park. There is no admission fee to watch the race. The event will offer 40 qualifying spots for the 2020 Ironman World Championship in Kailua-Kona, Hawaii. For more information, visit [Ironman.com](https://www.ironman.com).

Photo by Patrick Smith

Boating Party Fundraising Gala

Join the Chesapeake Bay Maritime Museum for its signature fall gala fundraiser on Saturday, September 7th, 5:30-10:30 p.m. Enjoy an evening of cocktails, dinner, and dancing at Navy Point. Proceeds from the event support CBMM's education and boatbuilding programs. For more information, to request an invitation, or to reserve a table, visit Cbmm.org.



Photo by Tom McCall



Photo by Michael McSweeney

↑ MARYLAND SEAFOOD FESTIVAL

The Maryland Seafood Festival returns to Sandy Point State Park on Saturday, September 7th (10 a.m.–9 p.m.) and Sunday, September 8th (10 a.m.–7 p.m.). Enjoy a weekend filled with delicious seafood dishes, interactive cooking demonstrations, live entertainment, contests, activities for kids, fireworks, and much more. Be sure to check out the Chesapeake Arts Village and purchase unique goods from local artists and merchants. Tickets are \$15 for adults, \$10 for seniors and military, \$65 for individual VIP, \$120 for VIP couple, and free for kids. On-site parking is \$10. For more information, visit Abceventsinc.com.

Photo by Marc Casstall



Concours d'Elegance →

The 13th annual St. Michaels Concours d' Elegance returns to the Inn at Perry Cabin on Sunday, September 29th, 10 a.m. Enjoy a day of grand classic motor cars, antique wooden boats, fashion, and style. Peruse rare, exquisite rolling works of art, including pre-war, coach-built, and award-winning sports cars. New this year, the Chesapeake Bay Maritime Museum will host the first annual Chesapeake Bay Motoring Festival, held in conjunction with Concours d' Elegance. General admission is \$50 in advance online and \$60 at the gate, and includes entrance to the Chesapeake Bay Motoring Festival. Proceeds benefit the local chapter of the Antique Automobile Club of America. For more information, visit SMCDE.org.

UNITED WAY CRAB FEAST

Join United Way of Queen Anne's County (UWQAC) for its annual Crab Feast on Friday, September 27th, 6–9 p.m. at Harris Crab House. Enjoy all-you-can-eat crabs along with a buffet, draft beer, sodas, and waters. The event will also feature an auction, 50/50 raffle, and music from DJ Jack Wilson. Tickets are \$75 for adults and \$20 for children ages 6–12. For tickets and more information, visit Whatsuptix.com.



WINE ON THE BEACH

Rediscover the best Maryland fare during Wine on the Beach in Ocean City on Friday, September 27th and Saturday, September 28th, 11 a.m.–7 p.m. Now in its 25th year, this annual event has become an early fall tradition that celebrates the beauty of the shore with the tastes and culinary delights of Maryland. Enjoy art and craft vendors, live entertainment, regional food, and a variety of offerings from local wineries and breweries. Tickets are \$35 for adults, \$15 for ages 13–20, and free for children under 12. For more information, visit Winefest.com.

NFL Football

It's officially football season! Cheer on your favorite local football team as they host their first home games of the 2019 season on Sunday, September 15th, 1 p.m. At M&T Bank Stadium, the Baltimore Ravens will host the Arizona Cardinals; at FedEx Field, the Washington Redskins take on their division rival, the Dallas Cowboys. For a full game schedule and to purchase tickets, visit Nfl.com.

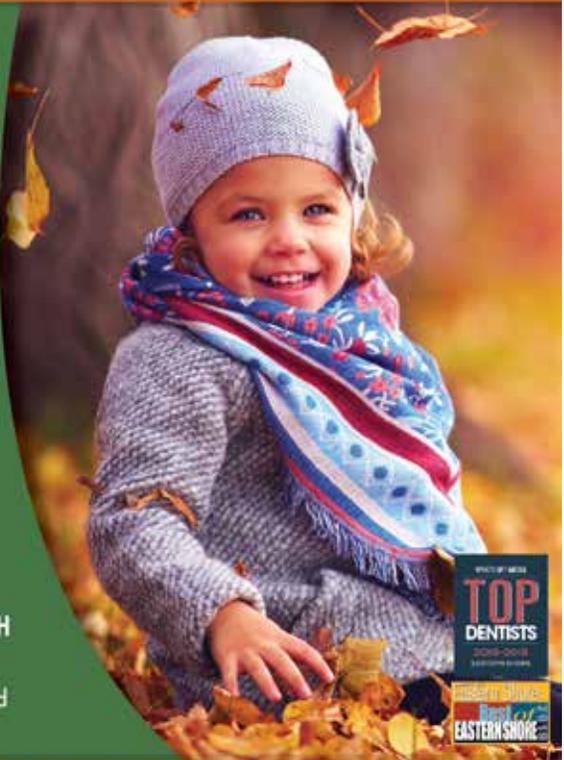
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Out of the → Darkness Walk

Suicide prevention starts with everyday heroes like you. Join the American Foundation for Suicide Prevention on Saturday, September 21st (11:30 a.m.) at Navy-Marine Corps Memorial Stadium in Annapolis or Saturday, September 28th (11 a.m.) at Idlewild Park in Easton as they walk to save lives and bring hope to those affected by suicide. Funds raised at the walk will benefit the American Foundation for Suicide Prevention. Be a part of a movement turning hope into action, and creating a culture that's smart about mental health. For more information, and to register, visit Afsp.org/Annapolis or Afsp.org/MidShoreMD.

Photo by Point Shoot Photography



CHESTERTOWN JAZZ FESTIVAL

Enjoy four exciting days of jazz and blues music Thursday, September 12th through Saturday, September 14th at the Chestertown Jazz Festival. The event takes place at five great locations: Garfield Center for the Arts, The Mainstay, Sumner Hall, Wilmer Park, and Crow Vineyard & Winery. Ticket prices and concert times vary. For more information, and a complete schedule of events, visit Chestertownjazzfestival.org.

Easton Airport Day

Easton Airport Day returns for its 11th year on Saturday, September 21st, 10 a.m.-2 p.m. Come see and hear the famous WWII Corsair and Avenger, two A-10 Warthogs, and a mass formation flyover featuring 40 aircrafts. Activities include plane rides, a jet pull contest, a classic car display, and the world-famous rubber chicken drop contest. This year's event will also showcase the airport's new Aviation Career Education initiative, which provides students the opportunity to explore careers in the aerospace industry. Admission and parking are free. For more information, visit Eastonairportday.com.



↑ RIDE FOR CLEAN RIVERS

Join ShoreRivers for a ride through the back roads of Talbot and Queen Anne's counties during the 15th Annual Ride for Clean Rivers on Sunday, September 15th, 8 a.m. Experience the beautiful scenery and rich history of the region while supporting the protection and restoration of Eastern Shore waterways. Participants have the choice between a 62-, 35-, and 20-mile course. All races will begin and end at Chesapeake College. Registration is \$70 for adults and \$15 for youth ages 18 and under. For more information, visit Shorerivers.org.

Photo by Bruce Vincl



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3



TOWNE SOCIAL

Spring Fling Gala

Cambridge Main Street hosted its annual gala event, Spring Fling, at Dorchester Center for the Arts on April 6th. Guests enjoyed heavy hors d'oeuvres and desserts provided by Jimmie and Sook's, Bistro Poplar, and T's Divine Sweets, live music and dancing with The Evolution Band led by Gil Cephas, and live and silent auctions.

Photography courtesy Cambridge Main Street
1. Jason Warfield, Renee Warfield, Grace Gonzalez, Paul Dendorfer, Katie Clendaniel, and Brian Snow
2. Grace Gonzalez grants the Marjorie S. Lednum Award to Carol Levy posthumously, accepted by Joe Ruark
3. Rev. James Whittaker, Cindy Smith, Shirley Jackson, Valerie Brown, John Burtman, and Katie Clendaniel



TOWNE SOCIAL

MSO Grand Finale

The Mid-Atlantic Symphony Orchestra concluded its 2018–2019 season with a grand finale concert, “An Ode to Humankind, Country, and Joy” on April 26th at Chesapeake College. Immediately following the concert, the MSO held a black-tie gala and gourmet four-course meal in the atrium of the Todd Performing Arts Center.

During the gala, the MSO celebrated the generosity of longtime Symphony supporters Cecilia and Robert Nobel and the Van Strum Foundation by presenting them with the first annual MSO Legacy Award.

Photography courtesy MSO **1.** The Mid-Atlantic Symphony performs **2.** Michael McHale (piano soloist) talks to gala attendees **3.** Jeffrey Parker (MSO board president) gives toast and presents the first annual MSO Legacy Award **4.** Guests enjoy the gala dinner in the atrium of the Todd Performing Arts Center **5.** Raymond Vergne (MSO Board Secretary), Rainer Bruns, & Martha Read (former MSO board member) enjoying post-concert gala **6.** Vocalists accompany the MSO





TOWNE SALUTE

Jenn Troy

Alliance for the Chesapeake Bay

By Caley Breese

Photo by Stephen Buchanan

Having grown up in a family dedicated to helping the environment, it makes sense that Jenn Troy has always felt drawn to organizations dedicated to the Chesapeake Bay and its watershed. Troy's father, Colby Rucker, owned and operated Rucker Tree Experts, was a co-founder of the nonprofit organization Scenic Rivers Land Trust (SRLT), and co-wrote the Severn River resource book *Gems of the Severn*. In 2005, SRLT approached Troy about joining its board. Troy was grateful for the opportunity to honor her late father, and served on the board for nine years, both as treasurer and vice president. Then, in 2013, Troy began volunteering with Alliance for the Chesapeake Bay, serving as the board's development committee chair. While she enjoyed her time volunteering with SRLT, in 2014, she stepped away from her board position with them and devoted herself to Alliance.

"Alliance for the Chesapeake Bay attracted me with its emphasis on partnerships between communities, businesses, government, and individuals to achieve clean water for everyone," Troy explains. "The Alliance has achieved much in its first 48 years and continues to have a big vision about [how] we are capable of working together throughout the Chesapeake Bay region."

In her position as development committee chair for the Alliance for the Chesapeake Bay Board of Directors, Troy focuses on raising funds and awareness for the organization. She's particularly passionate about several Alliance projects, including the restoration and preservation of a stream and historic cemetery at Asbury Broadneck United Methodist Church, as well as the restoration of wetlands and woodlands on the property of St. Luke's Episcopal Church in Eastport.

"Jenn brings energy and enthusiasm to every board meeting, tabling event, or trash pickup event she sets her mind to," Alliance for the Chesapeake Bay Executive Director Kate Fritz says. "Her passion for the work and people at the Alliance is contagious."

In addition to her board duties, Troy plays an important role in the Alliance's annual event, Taste of the Chesapeake, taking the time to develop partnerships and connect and communicate with other individuals and environmental organizations. The event showcases the Alliance's programs and restoration progress, and recognizes and celebrates environmental leadership award winners.

"One of the reasons I joined the board was when I went to my

first-ever Taste and I met the staff," Troy shares. "I was just incredibly moved by their passion and their knowledge. I couldn't resist joining after I'd met the staff. And I think a lot of people have that experience when they meet the staff and hear the depth of their knowledge about the projects they're working on."

Troy says the one thing that inspires her most about Alliance for the Chesapeake Bay is their dedication to the belief that the community deserves clean water and a healthy environment in which to live, and that everyone can contribute to this.

"Jenn has been a true champion for the Alliance over the last few years, always leading with positive energy and a rallying cry for others to follow her lead," Fritz says. "I greatly appreciate the passion and experience she brings, not just to her work on our board, but to the Chesapeake Bay movement as a whole. She is truly a leader within the organization, always ready to assist in whatever way is needed. Jenn is more than deserving of this recognition of her decades of volunteer work!"

This year's 2019 Taste of the Chesapeake will be held on Thursday, September 26th, 6-9 p.m., at the Crowne Plaza Annapolis. For tickets, visit whatsuptix.com. For more information on Alliance for the Chesapeake Bay, visit allianceforthebay.org.

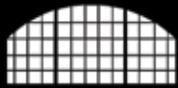
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COMPASS REGIONAL HOSPICE RECEIVES DONATION OF \$20,000

In May, Ames United Methodist Church hosted its Bluegrass by the Mill concert at the home of Denton residents Bill and Gail Towers. The event attracted music lovers from Caroline County and the surrounding area, and raised \$20,000. Proceeds benefited Compass Regional Hospice programs and hospice care in Caroline County. The lineup for the festival included performances by Flatland Drive, the Mark Templeton Band, Sonshine Band, and four-time Dove Award winners Dailey & Vincent.



Left to right: Billy Towers, Gail Towers, Charlotte Speir of Ames United Methodist Church, Kenda Leager of Compass Regional Hospice, and Elaine Nichols of Ames United Methodist Church. Photo courtesy of Compass Regional Hospice

↓ Talbot County Presents Children's Health Initiative

Talbot County Health Department (TCHD), Talbot County Public Schools (TCPS), and Talbot County Department of Social Services (TCDSS) have partnered to create a children's health initiative that addresses the impact of childhood trauma. The Talbot County government is investing \$100,000 in the 2020 fiscal year school health budget in support of the initiative. The program already has several achievements to date, including adding a social worker to county elementary schools to support high-risk students and their families. Future goals of the initiative include: concentrate on early childhood development, increase the number of students who are prepared for school, and provide early detection of behavioral problems.



Left to right: Fredia S. Wadley, MD, Health Officer, TCHD; Kelly Griffith, Superintendent, TCPS; and Linda Webb, Director, TCDSS. Photo by Amy Stewart



Photo by Geoffrey DeMerrit

↑ Kent School Celebrates 50th Graduation

Kent School celebrated the graduation of its 50th eighth grade class in early June. The 13 graduates were recognized at the commencement ceremony for their achievements and contributions to the Kent School community. Additionally, eight of the 13 graduates are children of Kent School alumni. The graduation address was delivered by alumnus Bobby Berna, class of 1986. Members of the 2019 graduating class now attend The Gunston School, the STEM Academy at Kent County High School, The Hill School, Mercersburg Academy, Oldfields School, St. Andrew's Day School, and Severn School.



Left to right: Governor of Maryland Larry Hogan, Cadet Evan Newcomer, and Lieutenant Governor of Maryland Boyd Rutherford. Photo by Alan Newcomer

LOCAL STUDENT RECEIVES THEODORE ROOSEVELT YOUTH MEDAL

Evan Newcomer, a leading petty officer first class with the United States Navy League Cadet Corps (NLCC), received the Theodore Roosevelt Youth Medal. This award is presented annually by the Navy League of the United States for outstanding performance of duty, and honors those who exemplify Roosevelt's standards of energy, spirit, competition, and fair play. Lieutenant Emilio Balay, commanding officer of Training Ship *Reina Mercedes* in Annapolis, presented the medal to Cadet Newcomer at the U.S. Navy League's annual picnic in June. Newcomer has been a part of the NLCC for three years, and is an eighth grader at Matapeake Middle School in Stevensville.

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TOWNE ATHLETE

Sarah Bowyer

Queen Anne's County High School
Lacrosse, Field Hockey, Swimming

By Tom Worgo

If a Queen Anne's County High school student needs advice on time management, they can ask senior Sarah Bowyer. Bowyer packs a seemingly impossible number of activities into a school year. She is enrolled in six advanced placement courses, which is the most a student can take in a single year. And, she's thriving with a 4.4 weighted GPA, which is good enough to be valedictorian of her class.

"I have to give up hanging out with my friends, so I can focus on academics and playing sports. I have to give up a lot of different things. I study every day of the week."

On top of all the coursework, Bowyer is playing three sports and is heavily involved in several school and community activities. "I have to give up hanging out with my friends, so I can focus on academics and playing sports," says Bowyer, who will play lacrosse and study business at Franklin & Marshall College in Pennsylvania next year. "I have to give up a lot of different things. I study every day of the week."

The school day can be grueling for Bowyer because of the challenging classes. It's a nonstop grind. "Practices and games are a much-needed mental break," she says.

With all of her time commitments, she wishes there were more hours in the day. "I really wanted to volunteer more and do things in my community," she says. "I haven't been able to do that as much as I have wanted to because of my academics."

Outside of school, Bowyer has volunteered for Meals on Wheels. Kent School children's camps, and as a Spe-

cial Olympics swim coach and Queen Anne's County Recreation lacrosse coach. At school, she's senior class treasurer and a member of the Spanish Club and the Interact Club, which does service projects for the homeless and sends food packages to underserved populations in Africa.

"She puts 110 percent into everything she does," Queen Anne's Girls Lacrosse Coach Penelope Santos-Bates says. "I've learned from her. I have two girls and I want to tell them how she takes on great things and how she is good at everything she does."

Bowyer, a three-year starter, leaves no doubt that she is a standout on the lacrosse field.

She's a valuable member of the Lions, ranking among the leaders in several statistical categories. She racked up 36 goals and 10 assists while winning 45 draws this past spring. "I would call her the quarterback and a warrior in the midfield," Santos-Bates says. "She is gritty and can sprint a full field, cause a turnover, pick up a ground ball, and get it right down the field."

Bowyer also helps Queen Anne's with her energy and competitiveness. It never seems like there is a letdown in her play. "She is a leader and the girls respect her for her intensity," Santos-Bates explains. "The girls follow her and she raises the intensity of the entire team."

The 5-foot-10 Bowyer is pretty good at field hockey,

too. She earned North Bayside Conference First Team honors in 2018 while being named team MVP. The midfielder finished the season with seven goals and five assists.

“She is the fastest player I have,” Queen Anne’s Field Hockey Coach Shana Corder says. “And with her endurance, she can play so many minutes. She is a well-rounded athlete. She could have definitely played field hockey in college.”

In the winter, Bowyer excels in the pool. She qualified for the state championships in the 100-meter freestyle and backstroke during her freshman and sophomore years.

Bowyer enjoys sports, but homework is never far from her mind. “After a game or a practice, I go home and just dive into studying,” Bowyer says.

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

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Maryland's Economy Moving at a Turtle's Pace

Momentum is at a crawl after Federal shutdown, but signs of life are emerging

By Anirban Basu



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.

While trade disputes and market volatility have captured headlines recently, many aspects of economic life remain benign. The nation has added jobs for 106 consecutive months, an all-time record. Unemployment remains near a 50-year low. Wages are expanding at their fastest pace in roughly a decade. Inflation remains low, and mortgage rates have declined to unimaginably appealing levels from the perspective of borrowers. Add in warmer weather and plentiful sunshine, and one would appear to have a recipe for rapidly expanding home sales in Maryland.

But Maryland's economy, which manifested considerable economic momentum in 2018, has demonstrated precious little capacity to expand in 2019. The 35-day federal government shutdown served as much more of an inflection point than anticipated, with federal contracting momentum interrupted and with recruitment of top talent becoming far more challenging for federal contractors and agencies alike.

There are many ways in which this loss of economic momentum has made itself known, including in the form of incredibly soft job creation. Between June 2018 and June 2019, only one state (Louisiana) added jobs more slowly than Maryland in

percentage terms. During this period, the Free State added a paltry 3,900 net new jobs, representing growth of just 0.1 percent. The bulk of jobs added were in the Baltimore metropolitan area. In fact, available data indicate that the balance of the state has actually lost jobs on net over the past 12 months.

Predictably, Maryland's malaise has also been apparent in the owner-occupied housing market. The softness in housing has not been universal. In much of the Sunbelt, suburbs around booming cities like Nashville, Atlanta, Orlando, and Dallas are experiencing a torrent of homebuying as Millennials, now ages 23–38, are belatedly getting married, having children, and moving to the suburbs just as their grandparents and parents did. But for these dynamics to exist, there must be sufficient job creation to allow people to save for down-payments and support enough confidence for people to chase the American dream.

In Maryland, slow job growth working in combination with anemic housing inventory in many communities has conspired to drive home sales lower. In June, home sales were down 11.4 percent relative to the same month one year earlier. Average price was up 4 percent, however, with the largest increases among a set of Eastern Shore communities: Talbot (plus 36.3 percent), Wicomico (plus 21.2 percent), Queen Anne's (plus 8.4 percent), and Caroline (plus 7.5 percent) counties. Statewide median sales price was up 3.1 percent in June on a year-ago basis.



Is Maryland's Momentum Poised to Reemerge?

In a sign of a possible turnaround both in the local housing market and in the broader economy, pending unit sales were up sharply in June (15.1 percent) in Maryland, likely a response to recent declines in mortgage rates. One can speculate that the sharp decline in mortgage rates has rendered buyers a bit less price sensitive than they had been earlier, allowing sellers to enjoy their moment at the settlement table a bit more. Low inventory also supports higher prices, including in places like Baltimore County, Carroll Frederick, Harford, Howard, Montgomery, and Prince George's counties where inventory remained below three months of supply through June. A year earlier, months of inventory statewide stood at 3.6 months. By June 2019, it had declined to 3.1 months.



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2019 Private School Open House Guide

Fall and winter dates to mark on your calendars



Compiled by Hannah Poole

If you and your children are considering private school education options, from pre-kindergarten to high school, the fall season into winter is traditionally an opportune time of the year to visit and explore the many schools that dot our region. The following list includes schools located in several counties: Anne Arundel, Caroline, Dorchester, Kent, Talbot, Queen Anne's, and a few beyond. We advise to call ahead and confirm the dates or to schedule private appointments. Within our upcoming January 2020 issues, we'll publish the regional Private School Guide, which includes winter/spring open house dates, tuition costs, average class size, and more. Enjoy perusing and possibly visiting the following schools this fall.

EASTERN SHORE CAROLINE COUNTY

The Benedictine School
14299 Benedictine Lane, Ridgely; 410-634-2112; benschool.org; Open House Dates: Call for appointment

DORCHESTER COUNTY

Countryside Christian School
5333 Austin Road, Cambridge; 410-228-0574; Open House Dates: Call for information

KENT COUNTY

Chestertown Christian Academy
401 Morgnec Road, Chestertown; 410-778-5855; chestertownchristian.org; Open House Dates: Walk In Wednesdays on the third Wednesday of each month, 10 a.m.-2 p.m.

Kent School
6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Open House Dates: Drop in or call for appointment

Radcliffe Creek School
201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Open House Dates: Call for appointment

QUEEN ANNE'S COUNTY

The Gunston School
911 Gunston Road, Centreville; 410-758-0620; gunston.org; Open House Dates: October 20th, November 17th, January 26th, and April 26th, 3 p.m.

Lighthouse Christian Academy
931 Love Point Road, Stevensville; 410-643-3034; lcaacademy.org; Open House Dates: Walk-In Wednesdays between 9 a.m. and 2 p.m. (Appointments are encouraged, but not required)

Sweet Bay Magnolia Academy at The McArdle Center
201 Love Point Road, Stevensville; 443-249-3368; mcardlecenter.com; Open House Dates: Call for information

Wye River Upper School
316 South Commerce Street, Centreville; 410-758-2922; wyeriverupper-school.org; Open House Dates: October 24th, 6:30-8 p.m.; January 26th, 2-4 p.m.; April 23rd, 6:30-8 p.m.

TALBOT COUNTY

Chesapeake Christian School
1009 N. Washington Street, Easton; 410-822-7600; chesapeakechristian.org/home; Open House Dates: Call for information

The Country School
716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; Open House Dates: October 22nd, 4-5 p.m. (Pre-K Discovery Day); October 23rd, 4-5 p.m. (Kindergarten Discovery Day); March 25th, 4-5 p.m. (Upper School Drop-In Day); April 21st, 4-5 p.m. (Pre-K Discovery Day); April 22nd, 4-5 p.m. (Kindergarten Discovery Day)

Saints Peter and Paul School
900 High Street, Easton; 410-822-2275; sspeeaston.org; Open House Dates: November 10th, 2 p.m. (High School)

ANNE ARUNDEL COUNTY GREATER ANNAPOLIS

Annapolis Area Christian School - Lower
410-519-5300; aacsonline.org; Annapolis Campus - 710 Ridgely Avenue, Annapolis; Open House Dates: November 12th, November 22nd, January 10th, and February 6th; Severn Campus - 61 Gambrells Road, Severn; Open House Dates: November 14th, November 22nd, January 8th, and February 13th

Annapolis Area Christian School - Middle
716 Best-gate Road, Annapolis; 410-846-3505; aacsonline.org; Open House Dates: October 17th, December 4th, and January 23rd

Annapolis Area Christian School - Upper
109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; Open House Dates: October 22nd and December 13th

Book of Life Academy
913 Cedar Park Road, Annapolis; 410-263-2600; bookoflifeacademy.com; Open House Dates: Call for information

Calvary Center School
301 Rowe Boulevard, Annapolis; 410-268-3812; calumc.org/calvary-center-school; Open House Dates: Call for information

Chesapeake Montessori

School 30 Old Mill Bottom Road North, Annapolis; 410-757-4740; chesapeake-montessori.com; Open House Dates: October 27th, February 2nd, and March 15th, 2-4 p.m.

Chesterton Academy of

Annapolis 351 Dubois Road, Annapolis; 410-855-3216; chester-tonacademyofannapolis.org; Open House Dates: October 22nd, 6:30-8:30 p.m.; January 20th, 9 a.m.-12 p.m.; March 26th, 6:30-8:30 p.m.

The Harbour School at

Annapolis 1277 Green Holly Drive, Annapolis; 410-974-4248; harbourschool.org; Open House Dates: Call for tour appointment

Indian Creek School - Lower

680 Evergreen Road, Crownsville; 410-923-3660; indiancreekschool.org; Open House Dates: November 6th and March 4th, 9-11 a.m.

Indian Creek School

- Upper 1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Open House Dates: November 17th, 12-2 p.m.; January 28th, 9-11 a.m. (Snow day January 30th)

The Key School

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Open House Dates: October 26th, 10 a.m.-12 p.m. (First School and Lower School); November 2nd, 10 a.m.-12:30 p.m. (Middle School and Upper School)

Montessori International

Children's House 1641 North Winchester Road, Annapolis; 410-757-7789; montessorinternational.org; Open House Dates: November 3rd and January 26th, 12-2 p.m.

Naval Academy Primary

School 74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Open House Dates: November 3rd and February 2nd, 1-3 p.m.; February 26th, 9 a.m.

St. Anne's School of

Annapolis 3112 Arundel on the Bay Road, Annapolis; 410-263-8650; stannes-school.org; Open House Dates: November 15th, 8:30-10 a.m. (Kindergarten-grade 8); November 15th, 9:30-11 a.m. (Twos-PK); March 6th, 8:30-10:30 a.m.; May 1st, 8:30-10 a.m.

Saint Martin's Lutheran

School of Annapolis 1120 Spa Road, Annapolis; 410-269-1955; stmartinsonline.org; Open House Dates: November 15th, November 16th, January 24th, and March 26th, 9 a.m.

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; Open House Dates: October 10th, 9:15-11:15 a.m.; January 16th and January 17th, 9:15-11:15 a.m.

St. Mary's Elementary

School 111 Duke of Gloucester Street, Annapolis; 410-263-2869; stmarysannapolis.org; Open House Dates: November 8th, 9 a.m.

St. Mary's High School

113 Duke of Gloucester Street, Annapolis; 410-263-3294; stmarysannapolis.org; Open House Dates: November 3rd, 2-5 p.m.

SEVERNA PARK**Severn School - Chesapeake**

Campus (Lower) 1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com; Open House Dates: October 17th and January 17th, 9 a.m.

Severn School - Teel Campus (Middle/Upper)

201 Water Street, Severna Park; 410-647-7700; severnschool.com; Open House Dates: November 6th, 7 p.m.

St. John the Evangelist

School 669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Open House Dates: November 5th, 9 a.m.-12 p.m. and 7-8 p.m.; January 29th, 9 a.m.-12 p.m. and 7-8 p.m. Information Nights: February 11th, 6:30 p.m. (Kindergarten); February 13th, 6:30 p.m. (Middle School); March 10th, 6:30 p.m. (PreK)

St. Martin's In-The-Field

Episcopal School 375-A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; Open House Dates: November 11th, 9 a.m.-12 p.m.; January 15th, 9 a.m.-12 p.m. and 5-7 p.m.; March 10th, 9 a.m.-12 p.m. and 5-7 p.m.

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Temple Beth Shalom Pre-school 1461 Baltimore-Annapolis Boulevard, Arnold; 410-757-055; annapolis-temple.org; Open House Dates: Call for information

EDGEWATER

Saint Andrew's Day School 4B Wallace Manor Road, Edgewater; 410-266-0952; standrewsum.org; Open House Dates: November 8th, January 17th, April 17th, May 1st, 9-11 a.m.

The Summit School 664 East Central Avenue, Edgewater; 410-798-0005; thesummitschool.org; Open House Dates: November 16th, February 22nd, and April 25th. Drop In Tour Dates: September 11th, October 23rd, November 13th, December 11th, January 22nd, February 5th, February 19th, March 4th, March 18th, April 22nd, May 6th, and May 20th

GAMBRILLS/ ODENTON

Odenton Christian School 8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org; Open House Dates: November 14th, 7 p.m.

School of the Incarnation 2601 Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org; Open House Dates: November 11th, 9-11 a.m.; January 25th, 10 a.m.

MILLERSVILLE

Elvaton Christian Academy 8422 Elvaton Road, Millersville; 410-647-3224; elvatonacademy.com; Open House Dates: Call for information

Rockbridge Academy 911 Generals Highway, Millersville (Main Campus); 1485 Waterbury Road, Crownsville (K-3 Campus); 410-923-1171; rockbridge.org; Open House Dates: October 14th, November 18th, January 17th (Preview Night), and March 23rd; October 8th, January 9th, and March 12th (Story Time Open House for children 6 and under)

SEVERN/ GLEN BURNIE

Archbishop Spalding High School 8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; Open House Dates: October 27th, 12 p.m., 12:30 p.m., 1 p.m., 1:30 p.m.

Granite Baptist School 7823 Oakwood Road, Glen Burnie; 410-761-1118; granitebaptistschool.org Open House Dates: Call for information

Monsignor Slade Catholic School 120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Open House Dates: November 11th, 8:30 a.m.

St. Paul's Lutheran School 308 Oak Manor Drive, Glen Burnie; 410-766-5790; stpaulsgb.org; Open House Dates: October 16th, 9-11 a.m.; November 7th, 1-3 p.m.; January 16th, 6-8 p.m.; January 30th, 9-11 a.m.; February 12th, 1-3 p.m.; March 10th, 9-11 a.m.; April 28th, 9-11 a.m.

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 Lalo Schifrin, *Mandolin Concerto*
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 Subscriptions and single tickets on sale now!
 Call 888-846-8600 or visit midatlanticsymphony.org.

Is your teen struggling in school?
 We can help...
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 ...because not all great minds think alike.
 CHANGING the LIVES of bright students with learning differences
 Open House Oct 24th 6:30-8pm
 410.758.2922 wyeriverupperschool.org

...AND BEYOND

The Boys' Latin School of Maryland 822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Open House Dates: October 20th; December 5th, April 2nd, May 14th, 8:30-10 a.m. (Campus Visits Talk & Tour)

Calvert Hall College High School 8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Open House Dates: November 3rd, 12-3 p.m.

The Calverton School 300 Calverton School Road, Huntingtown; 410-535-0216; calvertonschool.org; Open House Dates: Call for information

DeMatha Catholic High School 4313 Madison Street, Hyattsville; 240-764-2200; dematha.org; Open House Dates: November 2nd, 11 a.m.-2 p.m.

Elizabeth Seton High School 5715 Emerson Street, Bladensburg; 301-864-4532; setonhs.org; Open House Dates: November 3rd, 11 a.m.-2 p.m.; October 3rd, 7 p.m. (Prospective Parent Night)

Grace Christian School 7210 Race Track Road, Bowie; 301-262-0158; gcs-bowie.org; Open House Dates: November 4th, 9 a.m.; January 13th, February 24th, March 16th, and April 20th, 9-11 a.m.

Notre Dame Preparatory School 815 Hampton Lane, Towson; 410-825-6202; notredameprep.com; Open House Dates: October 12th, 8:30 a.m.-12:30 p.m.; November 7th, 3:45 p.m. (Mini Middle Level Tour for grades 6-8)

St. Augustine School 5990 Old Washington Road, Elkridge; 410-796-3040; staug-md.org; Open House Dates: November 11th, 10 a.m.-12 p.m.; February 2nd, 1:30 p.m.-3:30 p.m.

St. Philip Neri School 6401 S. Orchard Road, Linthicum Heights; 410-859-1212; st.philip-neri.org; Open House Dates: October 14th, 9-11 a.m.; January 26th, 10:30 a.m.-1 p.m.; April 1st, 9-11 a.m.

St. Vincent Pallotti High School 113 St. Mary's Place, Laurel; 301-725-3228; PallottiHS.org; Open House Dates: November 3rd, 2-5 p.m.



TIPS AND TRICKS FOR SCHEDULING COLLEGE VISITS

MAKE A LIST AND MAP THEM OUT. Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.

ORDER MATTERS. Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.

TIMING IS CRUCIAL. Summer may be the ideal time to plan a college visit, but that doesn't mean it's the best time. Plan your visit while school is in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.

EXPLORE ON YOUR OWN. The official campus tour will highlight the school's best features, so make sure to stray from the pack and explore parts of campus that weren't shown on the tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a lecture.

TALK TO CURRENT STUDENTS. It's your tour guide's job to give the best impression possible of their school, making them a pretty biased source. While the information your guide gives you is crucial, you may want to

secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is the nightlife like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust as a freshman?

DOCUMENT EVERY VISIT. If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.

SPEND THE NIGHT. Take advantage of overnight or shadow programs. Spending the night in a dorm or spending the day in a class will give you the most realistic view of the school you're looking at, and it will make the decision process that much easier.

VISIT THE FRESHMAN DORMS. Living on campus is generally non-optional as a freshman, so you'll want to assess the housing options. If you go on a tour, you will most likely get a sneak peek inside a dorm; most universities have several dorm locations throughout campus. In case you are allowed to choose, or have a preference, make sure to check out each dorm you could potentially be living in next year.

LOCATION MATTERS. The location of your school will be your home for the next four years, so make sure to check out the happenings off campus. It may not seem like an important factor as an incoming freshman, but you'll be glad you considered it once the novelty of campus life—and food—wears off.

KEEP AN OPEN MIND. Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.



RADCLIFFE CREEK SCHOOL

Radcliffe Creek School empowers children to reach their potential by providing them with a dynamic, personalized learning environment.



RCS is still accepting applications for the 2019-2020 school year. You are invited to our Open House on September 21st from 10:00am-12:00pm. Private tours can also be scheduled by calling (410) 778-8150.



DISCOVER. CREATE. THRIVE.
WWW.RADCLIFFECREEKSCHOOL.ORG



You Do Have a Choice

Seventeen-year-old Rachel was pregnant and alone. "When I first found out I was pregnant I was really scared. I didn't know what to do. I wasn't excited at all. Finding out you are pregnant is supposed to be one of the happiest days of your life, but for me it wasn't. I was against abortion, but I felt like that was my only choice. I actually went to Planned Parenthood three times to schedule an abortion, but I couldn't go through with it."

After visiting Choices Pregnancy Center in Easton, Rachel found out that she had more than just one option. The center did a free pregnancy test and then Rachel was given the information she needed to make a truly informed decision that was right for her. From the counseling session Rachel gained insights about the medical and surgical abortion procedures and their risks. She was also informed about prenatal development and about her other options: parenting and adoption.

A non-profit agency which relies solely on donations for financial support, Choices offers women experiencing an unplanned pregnancy true choice, without any manipulation, pressure, or judgment. Serving five counties in the mid shore area for over 25 years, Choices offers free and confidential services which include pregnancy and STD testing, sonograms and educational counseling to both mother and father. Many of the women seen at Choices are in need of obtaining medical, legal, and financial support services. Choices makes referrals as needed to trusted organizations in the

community. For those new mothers in need, Choices provides prenatal vitamins, baby clothes, diapers, formula, and other essentials."

After finding Choices, Rachel wondered "Why are these people so nice? There must be a catch. My counselor sent me emails and text messages of support and encouragement, and gave me clothes and presents for the baby. I came to the conclusion that God gave me this baby for a reason, and if He didn't think I could handle motherhood, He wouldn't have given me this child. I am so glad I made the decision to have my daughter because she is beautiful and the best baby in the world, and I love her. Choices was a big reason why I made that decision."

The clinic's medical director is Dr. John Hurley M.D., who heads a team of nurses and licensed sonographers. The counseling center is run by a team of certified pregnancy counselors, some of whom have themselves faced the tough decisions of an unplanned pregnancy, and for some, abortion was their decision. Executive Director Sharon Finecay is one person who regretted her decision to abort. "I had an abortion at and have paid the toll my entire life. I wish I had had more information and more honesty about the options available to me. I was very uninformed as to the long-term physical and emotional effects of abortion, and the real medical dangers. The shame, guilt and depression was long lasting. I did not realize how deeply I had buried my pain."

For women wishing to heal and recover from their past abortions, Choices offers a group class which leads to lasting healing. Additionally, Choices offers mentoring services for young men in the community, teaching them about the responsibilities of being a father.

Choices Pregnancy Center exists to help women know and understand all their pregnancy options. Services are free, confidential, and professional. Call 410-822-3311 to make an appointment. Visit us online at www.cpcshore.org





THIS IS HOW WE Maryland

INSIDER'S ADVICE FOR MARYLAND
LIVING; LIFE HACKS AND PRO-TIPS
FOR A RANGE OF DAILY ACTIVITIES

BY CATHERINE ROHSNER

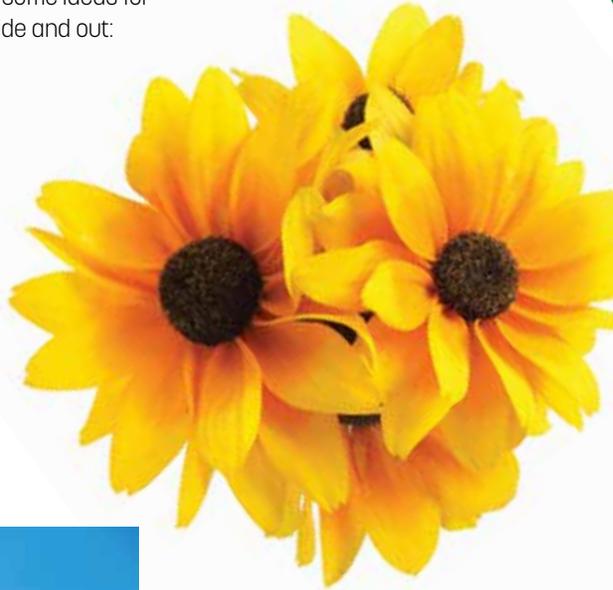
Maryland is a state rich in fine produce, historic locales, and fascinating people. Though we make a complex crowd, our common location with all its natural and cultural features makes us unanimously proud, which deserves a little attention. How can we harness the Maryland lifestyle to its best? This article features a few life hacks and pro-tips for enhancing your home and garden, traveling smoothly around the area, catching the best Maryland seafood, and getting in on great local happenings.

HOME & GARDEN

There's no place like home! Here are some ideas for the care of your habitation, both inside and out:

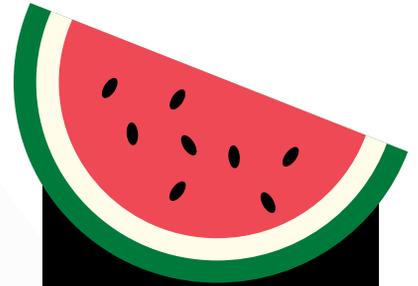
RAISE YOUR MARYLAND FLAG THE PROPER WAY

The proper way to hang your beautiful Maryland flag is to have the black and gold quarters on the upper left and lower right. The black check should be on the upper left corner while the gold check should be on the lower right. Have you been doing it right so far?



PLANT NATIVE

Besides the state's agricultural variety, Maryland has hundreds of native plant species few know about, all listed on sites such as Nativeplant-center.net, Mdflo.org, and Umd.edu. Benefits of planting a great blue lobelia, some butterfly weed, or any other native include less maintenance, as well as much-needed food and shelter for native animal and insect species.



BUY LOCAL PRODUCE

Agriculture is Maryland's largest commercial industry and comes in varied abundance: crops, livestock, horticulture, wineries and vineyards, and much more. It only makes sense to buy local and support the economy via farmers' markets or community supported agriculture programs. In our temperate climate, most crops come to harvest from mid-summer through late fall. September is a sweet spot for many fruits and vegetables, such as watermelon, squash, and sweet corn. Take advantage of the produce available and eat the harvest of the land!

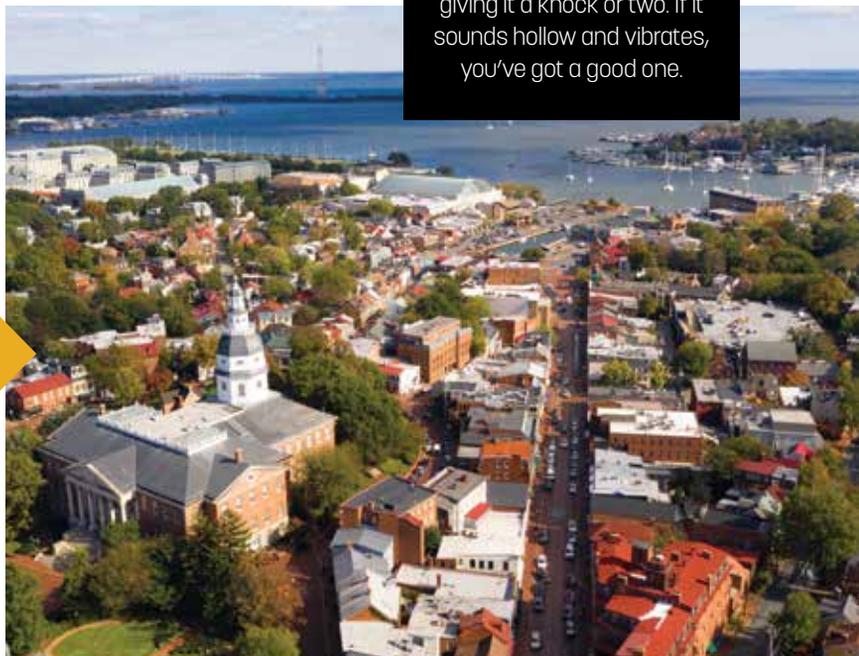
Pro-tip: Choose a good watermelon by picking one with a yellow sunspot and giving it a knock or two. If it sounds hollow and vibrates, you've got a good one.

TRAVEL

Travel by car is a major component of the Maryland lifestyle, and there are plenty of state sites worthy of making a trip. Here are a few ways to make parking and driving around town even smoother.

SNAG THAT PARKING SPACE: DOWNTOWN ANNAPOLIS

Navigating through and locating a parking space in historic downtown Annapolis can be difficult even for those who've frequented the city for years. Though downtown Annapolis has several parking garages and lots, a best bet is the Navy-Marine Corps Memorial Stadium lot, where you can hop aboard a shuttle to and from downtown. If you opt for a garage along upper West Street, you can save your feet the trek downtown by using the Circulator, Annapolis' blue trolley, which can transport you there and back for free.





E-ZPASS THROUGH TOLLS

An E-ZPass device is far easier to access than many people realize. In fact, your local grocery store is likely to supply them. After its first use, you must set up an E-ZPass account within seven days. The transponder is mounted to the top of your windshield and automatically pays as you drive through the toll in the E-ZPass lane. For more information, visit Ezpassmd.com. You can breeze through those tolls in no time!

MAKE A QUICK MVA TRIP

No one enjoys sitting at the MVA (Motor Vehicle Administration) for hours, waiting to get a simple driver's license renewal. Those days are no longer mandatory. First, however, you'll want to research when you're required to upgrade your license to the new REAL ID.

According to Maryland's MVA website, a Maryland driver's license must comply with the REAL ID Act by October 1st, 2020 if the individual plans to use it as identification to board a domestic flight or enter military bases and certain federal facilities.

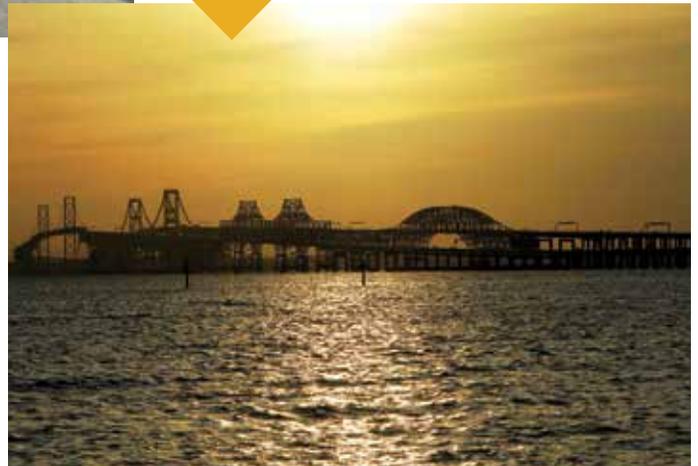
A REAL ID is easy to obtain. Schedule an appointment for a guaranteed wait of 15 minutes max and bring the proper documents. The MVA website allows you to determine if and when you need to become REAL ID compliant, check which four documents to bring, and schedule an appointment.

What if you are compliant and still need to renew your driver's license? You can renew it online or by mail.

MASTER THE BAY BRIDGE

A marvel of engineering, the Chesapeake Bay Bridge is both a daily route for some and a scenic treat for others. During the summer months, traffic on the Bay Bridge bears the effects of rush hour traffic from D.C. and can get clogged. Be mindful of wind speeds and storms before you go, and keep your eyes on the road.

Regardless of its beauty and regular traffic, the Bay Bridge is famously one of the scariest bridges in the United States. If you feel jittery about driving across, you're not alone. The Kent Island Express offers a Drive-Over service, which you can call at 410-604-0486 any time of day.



FALL FOR THE BEACH

Maryland has many options for beachgoers aside from Ocean City and Sandy Point State Park. Additionally, the fall may be the best time to go.

Pro-tip #1: September is a surprisingly nice time to go to the beach. After Labor Day, prices decrease and crowds thin out. In Ocean City, most restaurants are still open and events abound every weekend. Plus, the water is still at its warmest.

Pro-tip #2: Take advantage of the local bay and river beaches. The Chesapeake Bay and its rivers host great spots such as Matapeake Beach, Assateague State Park, and Calvert Cliffs State Park.

DINING

Food, glorious food! Make sure to get the best of each season and be mindful of the waters.

BEST TIME TO EAT CRABS

They say the best time to eat Maryland's famous crabs is September through October, especially when the moon is full. Crab season in Maryland is typically from April to November, but there's an overall consensus that September through October is prime crab-eatin' time. Is it true that crabmeat is at its finest just as the moon is waxing full? No scientific evidence has proven this verity, but we're believers nevertheless.



A NOTE ON MARYLAND'S BLUE CATFISH

Introduced into North America in the 1970s, the blue catfish is an invasive species thriving in waters from Ohio to Mexico, and is also the largest type of catfish on the continent. Blue catfish dominate the tidal Potomac River and several other Chesapeake waterways, sustained partially by Maryland's blue crabs. The best way to quell the overpopulation is a simple and enjoyable one: eat the fish. Blue catfish is delicious; more and more restaurants are serving it, and recipes are booming. Get your rod and go fishing—you may catch a 100-pounder!



BEST TIME TO EAT OYSTERS

Chesapeake country is the center for eating oysters, with oyster bars and seafood restaurants abound. Oysters are best eaten during the colder months of September through April (these are the only months that have the letter "R"—an easy trick to remember when oysters are best to eat). The summer months bring the risk of toxins and is the spawning season for the shellfish; however, today, commercial practices enable safe consumption all year long.



COMMUNITY & ENTERTAINMENT

All over the state of Maryland you can find community groups and services to join. In addition to fun and entertaining events, there are endless ways to connect with your community.



FIND COMMON-INTEREST GROUPS

Meetup.com: This nifty site connects individuals of common interests to local groups so they can meet new people, learn new things, and get out of their comfort zones. The categories range from foreign language practice to computer programming to pets. You can start a Maryland group of your own.

Adult rec leagues, free summer concert series, other weekend events, and various associations are plentiful in Annapolis, Anne Arundel County, and the Eastern Shore. What's Up? Media Community Editor Caley Breese adds, "There are always events in the region throughout the year that support dogs/animals, so if [you] have a dog, that would be a great way to meet people with common interests." You never know who you might meet in an area with so many groups and events.

SAVE A SPOT: NAVY-MARINE CORPS MEMORIAL STADIUM

The Navy stadium is Annapolis' grandest sports venue, hosting Naval Academy sports, the Chesapeake Bayhawks of Major League Lacrosse, and national and international games and events. Parking can consequently be an issue. Buying a season parking pass guarantees a parking spot. And due to the stadium's stellar renovations in 2004, any seat is ideal to watch the game. Go Navy!



FIND THE BEST SERVICE

Need intel on the best businesses in your area from readers like yourself? Look no further! What's Up? Media's got you covered with several Best Of lists in your region, including the Best of Real Estate, Home & Garden in this issue (page 51). For more lists, including Best of Food & Dining and Retail & Professional Services, visit Whatsupmag.com.

FIND SPECIAL CARE FOR YOUR LOVED ONES

Knowing where the best resources are for your family member with special needs is far from common knowledge. Thankfully, the Anne Arundel County Department of Aging and Disabilities, What's Up? Media, and the Senior Provider Group have jointly compiled a resource book, *The Anne Arundel County Directory*, which lists a multitude of organizations, agencies, and advocacy groups for those living with ADD/ADHD, Asperger's, autism, Down syndrome, and other disabilities. Visit aacounty.org/departments/aging-and-disabilities.

NAVIGATE THE MARYLAND RENAISSANCE FESTIVAL

For more than 40 years, the Maryland Renaissance Festival has hosted entertainment for the whole family and been a source of quality people-watching. Renn Fest, located on Crownsville Road in Annapolis, welcomes guests to a 15th-16th century world with jousting, music, dare devil acts, hearty fare, and plenty of artistic ware. This year, it is open every weekend from August 24th through October 20th, 2019.



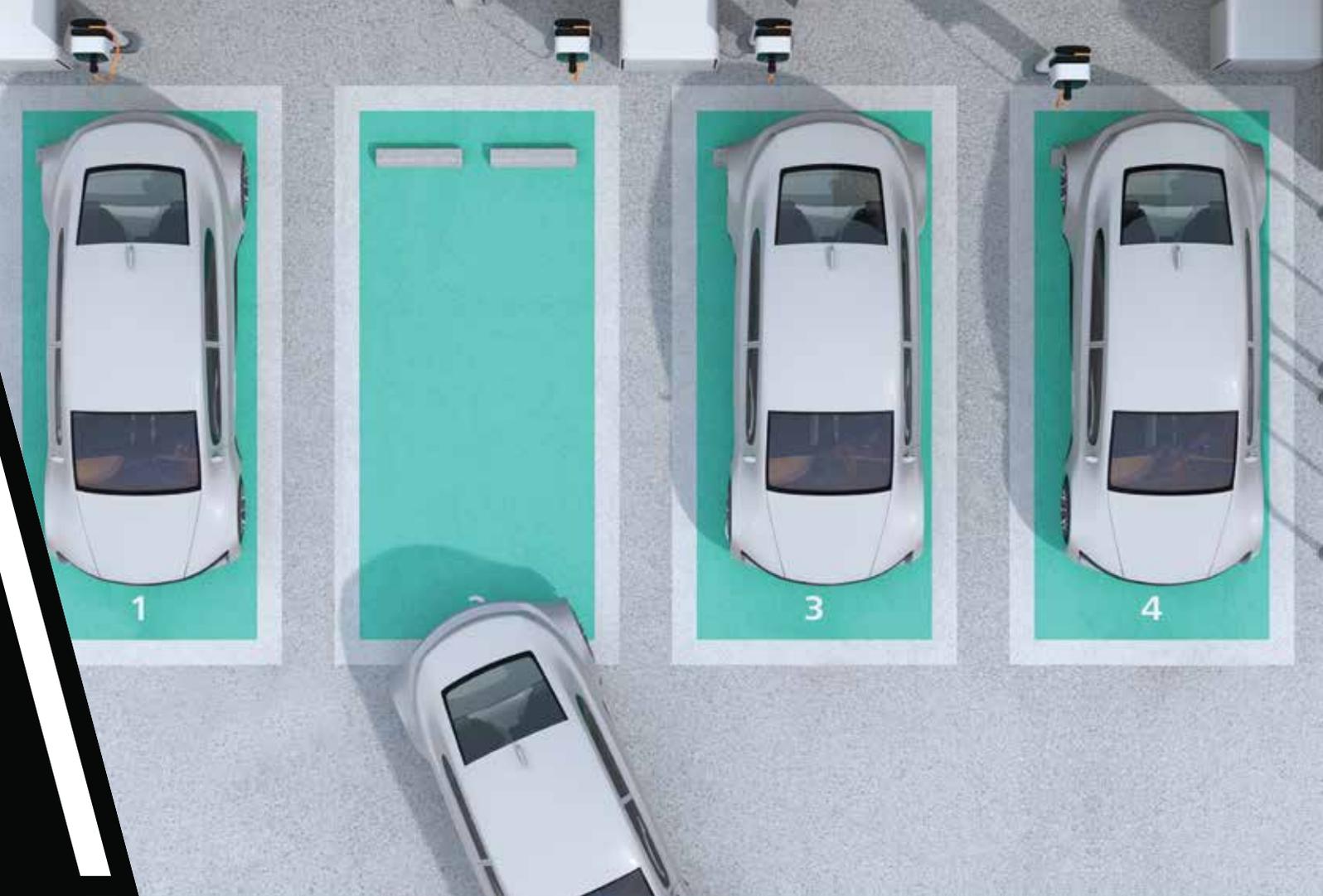
The best way to enjoy it is to follow these pro-tips: #1: Buy tickets online at rennfest.com. #2: Plan your itinerary. #3: Bring plenty of cash. #4: Wear comfortable shoes. #5: Come early in the morning during the first three weekends or in late October to beat the crowds.

YOU CAN FEEL THE

ELECT

RICITY





AS MORE AND MORE MARYLANDERS RETHINK OUR MODES OF DAY-TO-DAY
TRANSPORTATION, ELECTRIC-POWERED VEHICLES (EVs) ARE REVOLUTIONIZING (AND
OFTEN ENERGIZING) THE AUTOMOBILE INDUSTRY // **BY FREDERICK SCHULTZ**

It's that sense of anticipation when you just know something momentous is happening. A well-established consumer fact of life is that our transportation decisions are second only to where, how, and in what we choose to live. If you're familiar with the Tesla Model S, the Nissan LEAF, and the Chevrolet Volt, you already know the way has been paved for alternative choices in automotive propulsion.

As of this writing, myev.com lists 18 of the "hottest new EVs" for the 2019 and 2020 model years—hard evidence that the future is here. Strikingly, each one highlights longer ranges than previous versions, with manufacturers including three new models of Tesla, along with entries from established manufacturers of gasoline-powered cars such as Audi, Hyundai, Jaguar, Kia, Nissan, Aston Martin, Mercedes-Benz, Mini, Porsche, and Volkswagen.



“CHARGING UP”

Cruising along quietly in a battery-powered vehicle sounds like a no-brainer in the grand scheme of car ownership, but while technology is still basically in its infancy, the big challenge is how and where to find a charge when you need it. Naturally, those who choose an electric car will want to have a home charging station—think phone charger, only a much larger capacity. One issue is that the charge time varies considerably depending on the battery size, from under 30 minutes to over 12 hours. A typical 60-kilowatt hour battery takes less than eight hours, with a seven-kilowatt hour “charging point.”

But what about fretting over where to get a charge on the road? In E parlance, that’s called “range anxiety,” and according to several sources, it’s the leading reason potential buyers still don’t trust battery power over gasoline. According to the latest statistics from the U.S. Department of Energy’s Alternative Fuels Data Center, a total of 23,271 charging stations (20,304 public and 2,967 private) are operational in the United States. While California predictably leads all states in number of stations and Alaska has the fewest, Maryland has 1,867 public and 205 private charging stations in the state—and that number is projected to grow. How many will be enough, however, is still an unanswered question.

THE BIG SWITCH

While most of us still suffer “pain at the pump” as oil prices fluctuate, an increasing number of drivers are smiling as they cruise the highways fully charged in electric-powered or partially electric-powered (hybrid) vehicles. A technology once reserved only for golf carts, bumper cars, and forklifts has now forced the automobile industry to change the way it does business.

In 2018, EVs constituted only 2 percent of total auto sales in

the United States, but investment banking firm J.P. Morgan projects that by 2025, EV sales will be up to 38 percent. And according to a poll of potential car shoppers reported in January on cleantechnica.com, “34 percent of Americans expect to buy an EV in the next 10 years.”

As one might expect, online sources for information on EVs—outlining both their advantages and the possible pitfalls—are varied, depending on the information you’re after and its veracity. Among the sources consulted for this

report, we zeroed in on the Smart Energy Consumer Collaborative and its consumer guide titled *Electric Vehicles: How Much Do You Know?* published in October of last year. The guide sets out to address questions on the costs of electric-vehicles, the options available, where to purchase them, how often and how long they need to be recharged, where charging stations are, how home-charging will affect electric bills, and environmental impacts. So, here’s “where the rubber meets the road.”

PROSPECTS FOR EV TAX INCENTIVES

Despite claims that EVs are three times more energy efficient and cost about one-fourth the price of running a gas-powered car, according to Smart Energy, the up-front investment in an EV over a conventional vehicle is still substantially higher.

To help level that playing field, however, as reported on April 10th by *Forbes* magazine's Jim Gorzelany, "a bipartisan coalition introduced a bill that would extend the one-time federal tax credit for buyers of electric, plug-in hybrid, and hydrogen-powered vehicles." The bill, supported by the automobile industry, environmentalists, and EV suppliers, is called "the Driving America Forward Act."

But even if it passes both houses of Congress, the article admits, it faces a veto from the White House, where Chief Economic Advisor Larry Kudlow has already announced elimination "in 2020 or 2021" of the tax credit that had been "enacted in 2010 to help spur sales of plug-in vehicles." But, Gorzelany concludes, "things tend to change rapidly in Washington, so stay tuned."



ACCORDING TO THE LATEST STATISTICS FROM THE U.S. DEPARTMENT OF ENERGY'S ALTERNATIVE FUELS DATA CENTER, A TOTAL OF

23,271

CHARGING STATIONS ARE OPERATIONAL IN THE UNITED STATES



STATE INCENTIVES

According to Maryland EV, a nonprofit electric-vehicle education and outreach resource organized by the Baltimore-Washington Electric Vehicle Initiative, Maryland put a tax incentive in place as well, which went into effect on July 1st. The state "offers an excise tax credit of up to \$3,000 for the purchase of qualified plug-in electric vehicles."

Maryland also has an incentive in place for charging stations. The Maryland EV reports that the state's EVSE Rebate Program "offers 40 percent of purchase and installation price, up to \$700 for residential installations, \$4,000 for commercial installations, and \$5,000 for retail service stations."

How all this will translate into savings for consumers is still a gray area, but it should mean more charging stations available to ease that previously mentioned "range anxiety."

ENVIRONMENTAL IMPLICATIONS

Aside from the fact that automobile manufacturers have been reading the electric-vehicle tea leaves for years and seem to be fully on board to follow the new trend, the environmental implications seem to be just as important, if not more, to consumers.

According to Smart Energy, vehicle emissions from internal-combustion engines come in two forms: air pollution and so-called "greenhouse gases"—notably, carbon dioxide and methane. The U.S. Department of Energy estimates "11,435 pounds of emissions annually are associated with operating a gasoline-powered car, and 4,455 pounds of emissions are associated with operating an EV—about 2.5 times fewer emissions."

These numbers for EVs can increase and even "be carbon free—by taking advantage of rooftop solar and community solar options, with or without energy storage, or enrolling in 'green power' plans," Smart Energy claims.

AN ELECTRIC-VEHICLE TESTIMONIAL

As this story developed, it became obvious that one especially pertinent source of current information on EVs would be somebody who owns one. Thus, we went to Shaun, a young, local, married professional with an infant son who agreed to share some specific insights.

WHY DID YOU DECIDE ON AN EV?

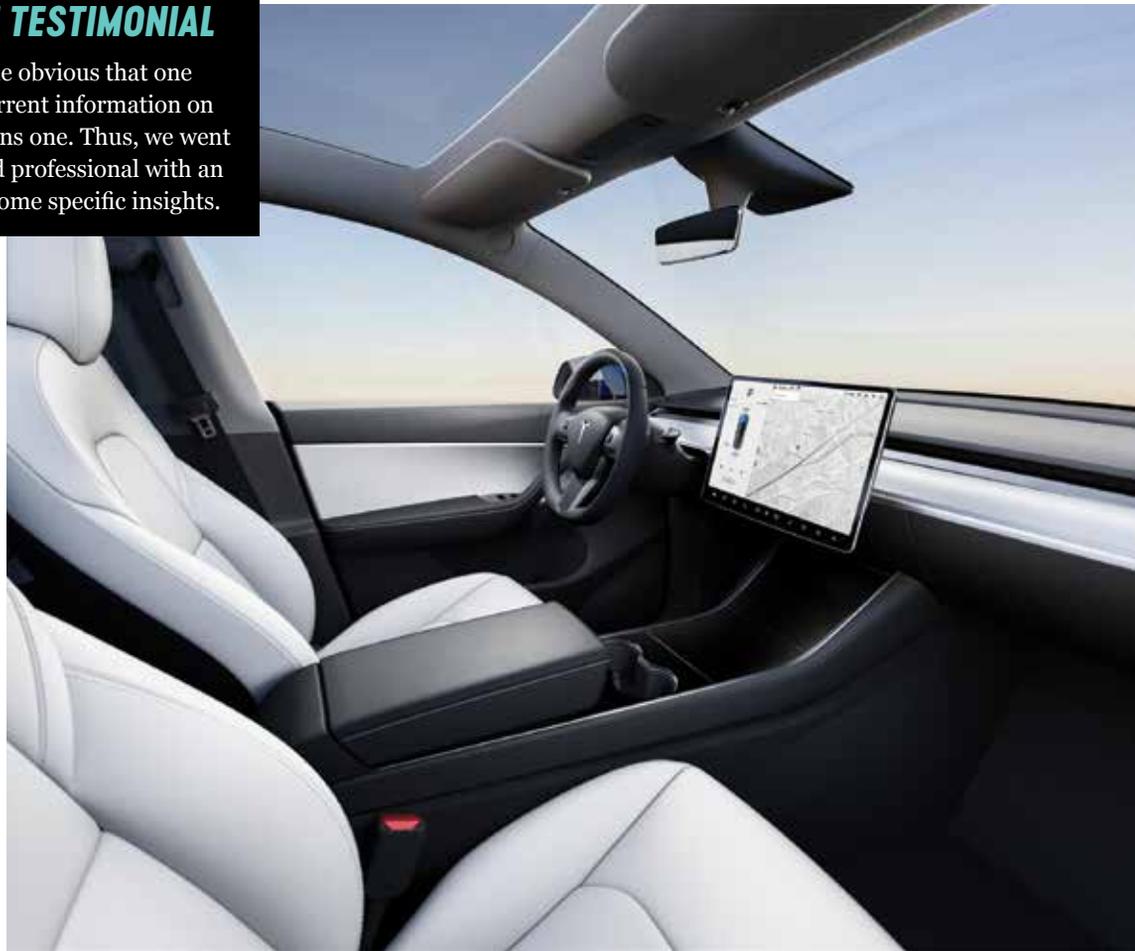
“We bought a fully electric Tesla for a few reasons: 1) We hope that the science proclaiming them as environmentally safer is accurate. 2) The cost per mile is lower, despite the higher up-front cost. 3) They have some of the best safety ratings on the road, and we had a baby on the way.” Shaun also says his family’s EV “provides a great ride,” while it’s also “pretty interesting and feature-rich.”

HOW DOES THE CAR RIDE?

“The handling is very good because of the amazingly low and distributed center of gravity provided by the in-floor batteries.”

WHAT ABOUT TIRE WEAR? “The tires stick to the pavement like glue, but this does cause them to wear a little more quickly, from what a service tech told us.”

WHAT WAS THE BIGGEST REVELATION AFTER BUYING AN EV? “Generally, we find that owning an electric car is a lot like having a smartphone on wheels, with all the benefits and frustrations that would entail. The connectivity, sensors, and other features are still often a surprising pleasure to us, but then there are times when things don’t work or we have to ‘reboot’ our car. Like any new technology—and this has a lot of new technologies—bugs are still being worked out.”





WHAT SPECIFICALLY DID YOU DISCOVER ABOUT TESLA? “Since it’s also a new-technology company, it’s still figuring out a lot of things, from supply and internal communication to car basics that older companies perfected decades ago. For instance, the motors and batteries are top-notch, but the glove box feels a little flimsy.”

HOW HAVE YOU FARED IN GETTING A CHARGE WHEN YOU’VE NEEDED IT? “You should plan to have a home charging station if you buy all-electric, then most of your charging occurs during longer trips. The large in-dash display provides a very easy-to-use charging-station overlay on the map. It will even calculate the shortest route with

the shortest number of stops for charging, and display full instructions with time and range estimates for each stop. We have not yet had to wait to use a charging station but that apparently does occur on the West Coast, where the electric-car density is higher.”

WHEN DID YOU REALLY PUT THE CAR TO THE TEST? “We recently took a trip to Québec and found that the car performed well, even over the long stretches of Québec and Maine forests that offered no charging options. It was our first time going so far with no safety net—200 miles. But the computer’s range estimates were perfect. When we stop for charging, it’s often at highway service stations or convenience and fast food stores, so we use it as an op-

portunity for a longer rest stop. Often, hotels and restaurants will even offer free charging for patrons.”

HOW WERE THE ECONOMICS OF THE TRIP? “On the nearly two-week trip from Maryland to and through Québec, to Maine, and back home, we spent \$5 on electricity (per 200 miles). That’s a huge fuel savings.”

WHAT IS THE MOST IMPORTANT FEATURE OF THE CAR TO YOU AND YOUR FAMILY? “We love the fact that our son is not in the back seat breathing in as many fumes. We hope that putting up with the higher up-front costs and some minor frustrations help to give him a better planet. Plus, it’s also pretty fun to drive!”

Reduce Your Carbon Footprint on the Eastern Shore

Solar energy can help each and every one of us reduce our carbon footprint and save money on energy costs. But if you don't quite understand how solar power works then this information is meant for you.

How Solar Panels Work

The most common type of solar panel is the photovoltaic (PV) panel. These panels absorb light particles from the sun, which then flow through the semiconductive materials in the panels themselves. This creates an electrical current.

Solar power systems also include an inverter. This piece of equipment turns the direct current (or DC) produced from your panels and turns them into an alternating current (or AC) which can flow to each one of your electrical outlets.

Solar Energy Can Save Money and Help the Environment

Today's solar panels are able to collect more of the sun's particles than earlier panel models. Modern battery storage cells are also able to hold even more solar energy for longer than earlier models.

The technology used to generate solar power has come a long way. Due to these advancements, more businesses and homeowners are able to financially afford to switch to solar power in order to help the environment and save money.

If you are considering a switch to solar power, contact Sunrise Solar today. We can help you design the perfect solar power system for your home, farm, or business throughout Maryland, Delaware and New Jersey. Partner with a local company that will educate, be honest and continue a relationship with you long after your system is installed: www.SunriseSolarMD.com

SUNRISE
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6408 Church Hill Rd.
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WHEN FOOD KILLS

Anaphylactic food reactions in Maryland increased 114 percent between 2007 and 2016. What's going on, and how can deadly outcomes be avoided?

By Kelsey Casselbury

The first time Genevieve Carden tried peanut butter was very nearly her last. She was just 15 months old when her mother, on the recommendation of her pediatrician, gave her a taste—never expecting that the tiny bite of a childhood favorite would forever change how their family would go about their everyday lives. Genevieve went into such severe anaphylactic shock that she arrived at the emergency room limp, unresponsive, and so swollen that she was unrecognizable.

“We had no warning,” Genevieve’s mother, Summer Carden, recalls. “We had no experience with food allergies.” Thankfully, Genevieve, now seven, responded to an epinephrine injection administered by the hospital physicians. For the Carden family, though, nothing was ever the same.

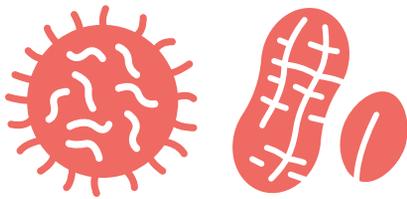
Their story, sadly, isn’t uncommon. Approximately 32 million people in America suffer from food allergies, according to Food Allergy Research & Education (FARE), including 5.6 million children under age 18. Forty percent of those children are allergic to more than one food. At the same time, a number of other conditions that likely have a biological connection—eczema (atopic dermatitis), asthma, and hay fever (allergic rhinitis)—have increased in prevalence, too.

What’s truly mystifying, however, is how food allergies appear to have skyrocketed over the past decade. The latest numbers, based on health insurance claims, estimate that anaphylactic food reactions increased 377 percent between 2007 and 2016. In Maryland, anaphylactic food reactions increased by 114 percent during that same time period.

While some 170 foods have been reported to cause an allergic reaction, there’s eight main players responsible for most reactions: milk, eggs, peanuts, tree nuts, wheat, soy, fish, and shellfish. Additionally, sesame is an emerging concern. Lawmakers in Maryland have taken action to prevent the worst outcomes when it comes to food allergies; for example, it’s one of just 12 states that requires schools to stock epinephrine, which can help prevent fatalities in schools. “The reason these fatalities hit so hard is that they’re always preventable,” surmises Gina Clowes, national director of training and outreach for FARE. “We can go back and see the mistakes that have happened.”

THE RISE OF FOOD ALLERGIES

The numbers don’t lie—there’s clearly a reason to be alarmed about food allergies. Of course, the most prevalent question is, “Why?” The answer to that is an ongoing topic of discussion. It’s a significant area of study for researchers, who have looked at possible links between food allergies and factors such as breastfeeding, Cesarean sections, diet during pregnancy, and vitamin D consumption without finding any definitive or specific connections.



As of now—and this is likely to change as research expands—there are two main theories as to why food allergies have become such an issue:

who's helmed AACPS' Food & Nutrition Services for 25 years, notes that all the meals served in the cafeteria are peanut- and tree nut-free. As part of the operation's bid process, vendors must send a nutrient label, ingredient list, and a statement verifying that the product is free from peanuts and tree nuts.

The Hygiene Hypothesis

Humans, particularly Americans, live in a world that has been rid of germs. Because of the raging battle against germs through hand sanitizer, antibacterial wipes, and other cleaning products, the immune system hasn't been trained to tell the difference between harmless and harmful irritants. "We are a clean society," says Lisa Gable, FARE CEO. "It's in a clean society that you see [food allergies] multiply." Could humans' immune systems simply be getting "bored"? Well, consider this: Research finds that people who live on farms develop fewer allergies. Exposure to farm animals also exposes a person to more germs known as endotoxins, which stimulate the immune response and decrease allergic inflammation. Additionally, the prevalence of food allergies has increased mostly in urban and first-world environments compared with rural and third-world countries.

The Food Introduction Hypothesis

Over the past three decades, pediatricians told parents to postpone introducing high-risk food allergens to children until a year of age or even later. The idea behind these guidelines was well-intentioned but had no effect on rates of diagnoses. As anyone who's had a baby in the past couple of years knows, researchers and pediatricians are beginning to throw those food introduction timelines out the window. In 2015, a landmark study, Learning Early About Peanut Allergy (LEAP), concluded that introducing peanuts to infants between four and eleven months of age—far sooner than age three, as previously recommended—dramatically decreased the likelihood of developing a peanut allergy compared with waiting until age five.

The precautions, of course, don't stop there. Other ways the department helps families with food allergies include:

Notifying cafeteria cashiers of any allergies when a student purchases food. A picture of the student and their specific allergy pops up at the point of sale, which allows staff to ensure none of the items being purchased will trigger a reaction.

Providing peanut-free or allergen-free cafeteria tables

Having Food & Nutrition Services staff regularly participate in professional training that includes education on food allergies.

Holding monthly meetings for the district's Wellness Council, which includes school nurses and the foodservice department.

Listing all ingredients for every product served or recipe made in the school on the district's website.

Although children are often the focus when food allergies are being discussed, more and more adults are developing food allergies after spending their adolescent years free from food allergies. "We have dietary trends that, I think, are exposing people on a more frequent basis to more types of allergens," Gable mulls. "We're seeing a rise in sesame allergies and asking to add it as the ninth major allergen."

It's no coincidence that sesame happens to be on the forefront of popular culinary trends, such as tahini—a paste made from sesame seeds that's a major component of hummus. Additionally, more people are reaching for plant-based proteins, which contain allergens such as soy, wheat, and egg. "Everyone who is hyper-aware is recognizing the influence of food trends," Gable says.

LIFE AND DEATH IN SCHOOLS

It's difficult for parents to control what foods might get handed to their kids at school, and that can be particularly stressful if your child suffers from a food allergy. In private preschools and daycares, bans on ultra-risky foods like peanuts help give parents a sense of relief, but neither Anne Arundel County Public Schools (AACPS) nor Queen Anne's County Public Schools (QACPS), which are managed by the foodservice company Sodexo, restrict any specific foods from entering the buildings.

That doesn't mean that food allergies aren't a top-of-mind concern for staff, particularly the head of the foodservice departments, who works with parents, teachers, nurses, and administrators to ensure safety for all students. Jodi Risse,

In addition to implementing procedures such as annual staff training and point-of-sale student identification, QACPS has made nutrition information more accessible with the Sodexo So Happy smartphone app, available for Apple and Android.

"When employees put their production sheets in, the info rolls right into the app," says Julie Hickey, RD, a dietitian for both QACPS and Talbot County Public Schools (TCPS). "The parent can pull up what's for breakfast and lunch at school, and it lists out the items and identifies the allergens." As of earlier this year, the app is also compatible

with the Amazon Echo, so parents and students can ask Alexa what's on the menu and learn about the allergens.

Of course, the impetus is not entirely on cafeteria staff or the teachers. An important part of keeping students safe is the partnership between parents and staff in implementing the 504 Plan, which outlines accommodations for students with disabilities. Under the Americans with Disabilities Act (ADA) of 1990, food allergies are considered a disability because it affects "major life activities"—e.g. eating and breathing—which means that both public and private schools must make reasonable accommodations to provide services, such as school lunch, for children with food allergies (though private religious schools are sometimes exempt).

Mom Diane Eager worked with AACPS to implement 504 Plans for both of her sons, 15-year-old Ryan, who's allergic to egg, tree nuts, and peanuts, and 12-year-old Alex, who's allergic to milk, egg, soy, peanuts, tree nuts, and shellfish. She's often concerned about her kids being given food-based rewards in the classroom. "At our 504 meetings, I give articles to the teachers that provide suggestions of what to give out instead of food," she says, also recalling that she was asked years back to speak to the PTA about food allergies.

Carden, however, decided against putting a 504 Plan in place for Genevieve, and she allows her daughter to sit at the "regular" lunch tables versus the nut-free tables. "She started school at six years, and I felt it was time she started to learn to eat safely around others, even when they were eating her allergen," Carden says. "The nut-free table, while an option, is not realistic for teaching her to protect herself."

As previously mentioned, Maryland is one of just 12 states that requires schools to stock epinephrine; the Uni-



To Ban or Not to Ban?

If peanuts and other allergens are so deadly, particularly to unsuspecting children, should they be banned from schools? The general consensus among researchers is no. Peanut-free schools aren't any safer for kids with allergies than those that allow the nut.

"I don't think peanut bans are necessary," muses Julie Hickey, RD, who has been a dietitian for 25 years and currently works with Queen Anne's and Talbot County Public Schools. "As long as precautions are in place, the parents and students need to take responsibility. If we ban it in school, it doesn't stop them from encountering it in other places."

A study published in the *Journal of Allergy and Clinical Immunology*, which reviewed rates of epinephrine administration in K-12 schools, found that schools that were said to be peanut-free had the same rate of epinephrine administration as those without peanut policies. However, having peanut-free tables in the school cafeteria did make a difference.

Jodi Risse of Anne Arundel County Public Schools shares the same opinion as Hickey. "As our children grow and experience independence, they have to deal with it," she says.

versity of Maryland stocks it on campus, too. "In Virginia, a little girl died, and that was the impetus for schools to stock epi," Clowes says. "That was not the case in Maryland, and it shouldn't have to come to that."

MAKING A CHANGE

When someone's life is so significantly impacted by food, a family member's food allergy diagnosis can be both a shock and a substantial adjustment. Such was the case for Jeff Jacobs, owner of Carrol's Creek Cafe in Annapolis, whose son is severely allergic to tree nuts. He knows firsthand the struggle that families that deal with food allergies face when attempting to eat at a restaurant and, because of that, the team at Carrol's Creek began looking at whether it was feasible for the restaurant to go peanut- and tree nut-free free.

It was, as Jacobs and his staff quickly found out, entirely possible. In February, Carrol's Creek Cafe was certified as nut-free by Kitchens with Confidence, the leading food allergen and gluten free auditor for full-service kitchens. "It's not just 'don't order nuts'—that's the easy part," Jacobs notes. "What scared us the most was what we didn't know." To combat that, the restaurant hired a consulting firm to look at all the ingredients it buys, the practices of the manufacturers that the ingredients come from, and where to go when they had to find new products.

12 states require schools to stock epinephrine. Maryland is one of them.



“The fear is so extreme that it ruins what should be a happy experience, like eating out or celebrating a birthday with a slice of cake.”

The hardest substitution to make, Jacobs recalls, was ice cream. “We used Annapolis Ice Cream and really liked having a small, craft ice cream,” he says. However, it didn’t fit the needs of the new allergen-free policy, requiring Carrol’s Creek to switch to a New York City store with ice cream that is fully nut-, peanut-, egg-, and sesame-free.

Overall, though, the process has been much easier than anticipated, and the restaurant didn’t have to raise prices to account for higher-priced ingredients, nor did the team hear any negativity from the public. “We’ve gotten amazing feedback,” Jacobs adds. “I can’t tell you how many times we’ve heard, ‘My daughter has never been to a nice restaurant before.’ It’s been great to give that to somebody.”

Maryland is one of six states that has food allergy laws in restaurants, Gable

says; it requires that a poster about food allergies be prominently placed in the staff area. She also notes that the National Restaurant Association developed a ServSafe certification for restaurants that includes training on food allergies. All restaurants in the state must have a certified food service manager on the premises during all hours of operation.

“As the number [of people diagnosed] increases, there are more reactions and there are more fatalities,” Clowes says. “We don’t need to wait for fatalities for training on food allergies.”

A NEW WAY OF LIFE

The effect a food allergy diagnosis has can’t be overstated—not only for the patient but also for their loved ones, who are constantly on guard to ensure their safety. “I remember crying the day we found out [about Genevieve’s

allergies], thinking our life would never, ever be the same again—and it hasn’t been,” recalls Carden. “From where we will be throughout the day, who will be with our daughter for each activity, who around her might have ingested peanuts or peanut butter, and where we will need to carry EpiPens for the day—this is the most important focus of our day, every day.”

On its website, (www.foodallergy.org), FARE offers the Food Allergy Field Guide for those who have been newly diagnosed with food allergies, which Clowes says is the most downloaded resource on the site. It provides information about what people need to know about food allergies, an anaphylaxis emergency care plan, food label information, advice about dining out with food allergies, and frequently asked questions.

Eager’s children are old enough to be aware of the dangers that certain foods pose to them, and they are capable of administering their own EpiPen injections. However, she says her guard never goes down because ingredients are always changing, even for non-food products, like adding tree nut oils to soaps.

“The moral of the story is be prepared—but you get caught off-guard every once in a while,” Jacobs says, recalling when they were making quesadillas with shredded cheddar cheese and happened to notice that the package said it may contain almonds. Later, he found out, the manufacturer adds nut dust to ensure the cheese doesn’t clump. What was just a regular family gathering could have turned into something much more perilous—and the panic and fear surrounding that risk is what Carden would like other people to understand.

“The fear is so extreme that it ruins what should be a happy experience, like eating out or celebrating a birthday with a slice of cake,” she says. “Knowing that for her entire life, every meal she eats and every product she tries, that she could die—it’s a heavy burden.”

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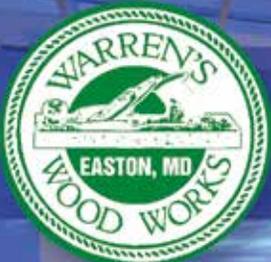
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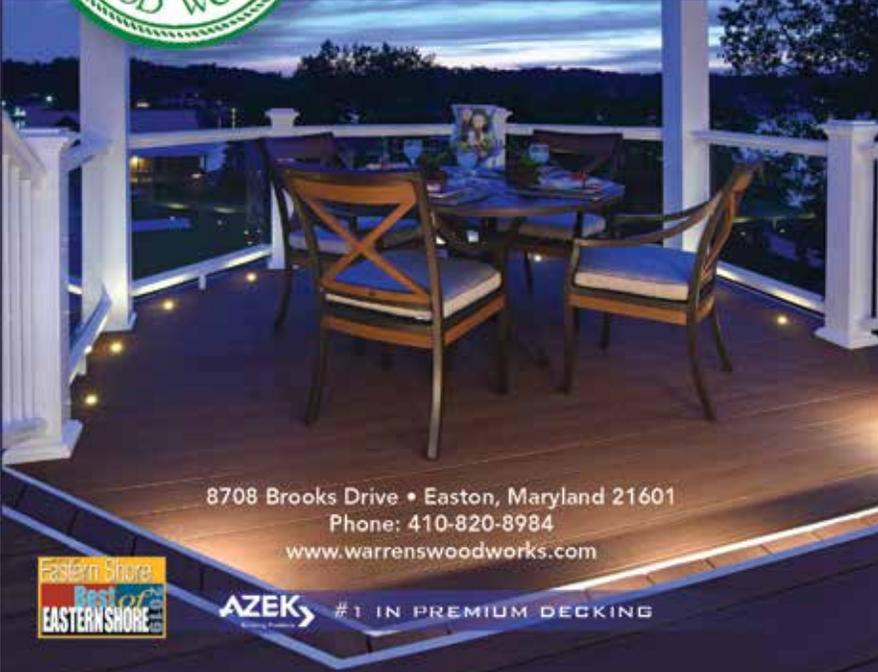


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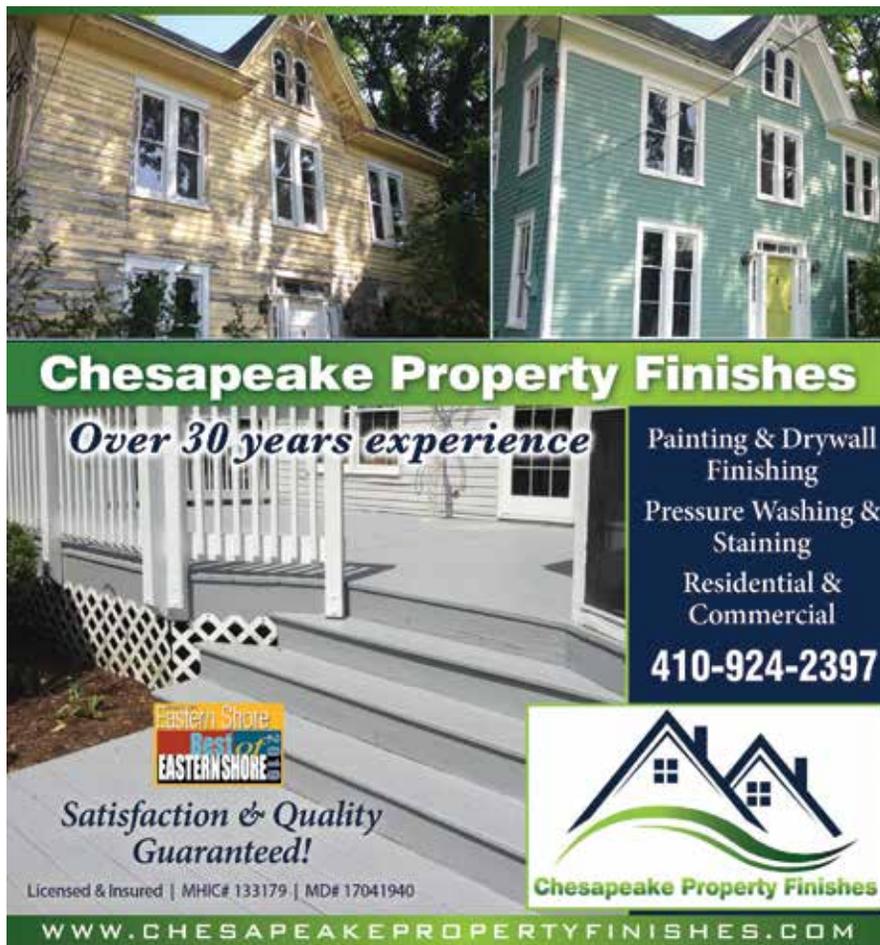
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GARDEN DESIGN

Virginia is Notable for More Than Traffic Jams

GARDENS WORTHY OF A DAY TRIP

By Janice F. Booth

Autumn is fast approaching; schools are opening, and our gardening tasks are abating...at least for a few weeks. Now's a perfect time to plan a few day trips to gardens that may inspire us as we plan next spring's garden. Some of us have been to Pennsylvania's grand gardens of the Brandywine Valley and Philadelphia's Main Line. We've explored the District's Dumbarton Oaks, Hillwood Gardens, the National Arboretum, and National Conservatory. We've taken the garden tours of Annapolis.

Now might be the time to wander down into Virginia and explore the historic and lush gardens of the south. Let me suggest some gardens with historical significance and gardens that invite the whole family, with lots for children to enjoy.

So, grab your notepad and sunhat, and let's get started.

FIRST AND MOST NOTABLE OF VIRGINIA'S HISTORIC GARDENS ARE THOSE ASSOCIATED WITH PALATIAL HOMES AND FAMOUS FIGURES WE CAN RECOGNIZE FROM OUR AMERICAN HISTORY TEXTBOOKS. I'LL MENTION BRIEFLY MT. VERNON, MONTICELLO, AND WILLIAMSBURG AND THEN MOVE ON TO OTHER, LESS-RENOWNED SITES.

Mt. Vernon House & Gardens, just outside the District of Columbia in northern Virginia, interests gardeners and history buffs alike. This National Historic Site was the residence of George Washington from 1754 on. The estate includes the restored, expansive gardens designed by our first president. There are acres of garden areas, which include vegetables, fruit, experimental botany, and flowers. An avid horticulturalist, Washington's vision for the gardens was influenced by the English landscape designer Batty Langley. Much of the estate is wheelchair accessible, and there are lots of places to stop, rest, and observe. If you haven't been, go! mount-vernion.org

Thomas Jefferson's **Monticello**, outside Charlottesville, reflects Jefferson's creativity, fascination with the horticultural sciences, and love of nature. As an added bonus, you can see the creative vision of Capability Brown, whose gardens and philosophy

of garden design moved mid-18th century England away from classicism to a romantic, and more natural appearance. Jefferson based the designs for his gardens, orchards, and wooded areas on Brown's designs. The grounds of Monticello include eight acres of orchards, which Jefferson called his "fruitery," and a thousand-foot-long vegetable terrace. Autumn is a particularly good time for a visit; the Thomas Jefferson Foundation sells seeds collected from their gardens. monticello.org



The third of these historical giants is **Colonial Williamsburg**. Founded as a settlement in 1633 and rebuilt and restored by John D. Rockefeller Jr. in 1926, the Colonial-style village includes 25 public gardens and 75 additional gardens that can be toured by appointment. There may not be much that will surprise you among the gardens, but you will get a vision of Colonial garden design. You'll probably want to spend more than a few hours—perhaps a few days touring—Colonial Williamsburg. colonialwilliamsburg.com

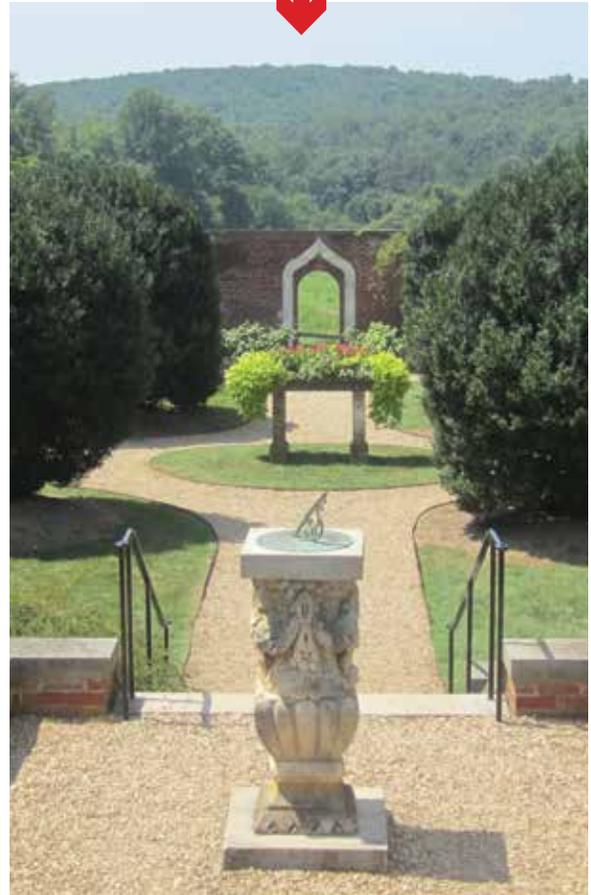


NOW THAT WE'VE GOTTEN THE FAMOUS ONES OUT OF THE WAY, LET ME SUGGEST SOME LESSER-KNOWN BUT HISTORICALLY INTERESTING GARDENS.



Agecroft Gardens: While Agecroft Gardens is not technically historic itself, it is the 20th century reconstruction of 15th and 16th century English country life. In 1925, industrialist Thomas C. Williams, Jr. bought a 15th-century English manor house. He had it deconstructed, moved, and rebuilt near Richmond. The 23 acres of gardens surrounding the house are Tudor in design, and include a “knot garden,” in which boxwoods have been grown and shaped into a square knot, and another garden inspired by famed 17th-century garden John Tradescant’s designs—worth the trip for those interested in historical garden designs. agecrofthall.org

Montpelier Gardens: The family home of James Madison, fourth president of the United States, dates back to 1773. In addition to the two acres of formal gardens, there are miles of hiking trails that crisscross the estate. The nine miles of trails are not arduous, and they wander past Civil War archeological remains. Keep an eye out for birds; there are said to be more than 100 species of birds spotted in and around the gardens. montpelier.org



Gunston Hall Gardens: Virginia Declaration of Rights: Established in 1755 as George Mason IV’s ancestral home. George Mason wrote the Virginia Declaration of Rights that was eventually incorporated in the United States’ Bill of Rights. Currently, there are 550 acres of grounds replete with hiking trails where visitors are encouraged to wander. Look for the garden’s highlights, like the Boxwood Allée, or alley, planted by George Mason IV. gunstonhall.com



Berkeley Plantation: Now here’s an intriguing historical site. The first Thanksgiving in 1619 was celebrated here—just over one year before the now-famous Thanksgiving Day in Plymouth Colony. (President Lincoln signed a proclamation in 1863 establishing Thanksgiving day as a national holiday.) Two presidents were born here: William Henry Harrison, the ninth president of the United States, and Benjamin Harrison, the 23rd president. Today, you can wander over 10 acres of formal gardens, including the Boxwood garden with 100-year-old specimens. There are convenient benches where you can rest and admire the vistas. berkeleyplantation.org

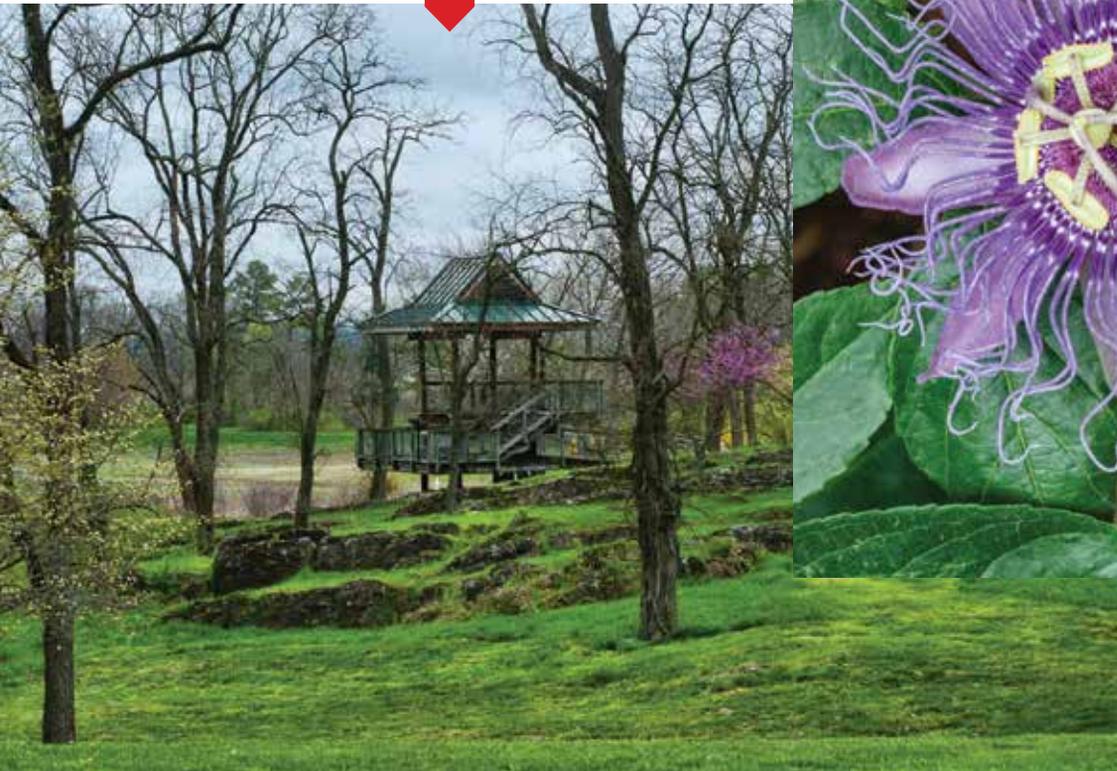


Oatlands Plantation: Established in 1789 by George Carter, the gardens of Oatlands were typical of the Tidewater region of Virginia, formal and terraced. In 1903, William and Edith Eustis purchased the plantation and began restoring the gardens to the grandeur seen today, complete with a reflecting pool, parterres, arches, and statuary. oatlands.org

THE NEXT GARDENS MAY NOT HAVE THE HISTORICAL IMPACT, BUT YOU'LL FIND THEY HAVE THEIR OWN PARTICULAR CHARMS.

Blandy Experimental Farm and State Arboretum of Virginia:

Blandy Experimental Farm is a 700-acre research field station. The arboretum, which occupies 172 acres, contains over 5,000 trees and shrubs, including a 300-tree ginkgo grove and plants from around the world. The Garden Club of Virginia manages the arboretum. Overseen by the University of Virginia, the farm offers classes and guided walks. Check their website for dates and times. blandy.virginia.edu



Norfolk Botanical Garden:

Established in 1938, the gardens include three acres of children's gardens and a "museum for plants." In addition, there are specialty gardens; Japanese, rose, and desert plants among others. Ninety-five species of birds and 30 types of butterflies have been sighted within the gardens. A tram takes visitors on guided tours around some of the 175-acres, a fun way to explore the Botanical Garden if you have a tired group. norfolk-botanicalgarden.org

Maymont Gardens and Manor: Located in Richmond, this 100-acre estate reflects the glories of the Gilded Age in America. There are bison and deer grazing in the meadows, as well as a petting zoo and nature center if you want a closer look at nature. Maymont offers carriage rides and tours of the mansion, giving you the opportunity to imagine how it might have felt to be the owner of all you survey. This garden is particularly delightful for a multi-generational adventure. There's lots of activities for the children, while the elders enjoy less strenuous encounters with the manor house and garden's treasures. maymont.org

MacCallum More Museum & Gardens: Last, but not least, this tiny jewel of a garden is a particular favorite of mine. You can wander the winding paths of the garden's six acres, and around every corner you may discover a statue, a fountain, an architectural feature, or cluster of interesting plants and shrubs to capture your imagination. Anachronistically, the museum houses a large collection of Native American artifacts purchased by the home's owner, William Hudgins. mmsg.org



Whether you're interested in garden design and want to study the 17th-century work of Tradescant or Brown's renowned 18th-century gardens, or if you simply want to admire the visions of those who loved their gardens, any of these Virginia gardens will delight and inspire you.



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KENT ISLAND REAL ESTATE EXPERTS



430 Plantation Lane
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Create your own lifestyle in this Luxury Waterfront Home on Kent Island! Floor to ceiling windows overlooking Eastern Bay. Separate guest house, total of 5 garages, custom wrought iron staircase & radiant heated floors are just a few details! Native abounds on this property, expansive views, 450' of waterfront, & private pier on 5 private acres.



1160 Thompson Creek Road
Stevensville | \$1,900,000

Beautiful Kent Island waterfront farm on 28.97 ac. Situated on a point 3,000+ ft. of waterfront and deep water 6' at pier. Soaring windows, expansive water views, Custom built by Lindal Cedar Homes, 7852 sq. ft. of living space, 4 BR's, 5.5 BA's, 4 Fireplaces & 3 car attached garage. Barn/Stall & more. Public W's.



205 Lighthouse View Drive
Stevensville | \$1,750,000

Newly renovated home on the Chesapeake Bay! Watch ships from around the world travel the Bay. Large Pictorial windows in family room & both Master Suites. Four fireplaces, new \$200,000 plus kitchen with over 2,000 sq. ft. addition to house. Beautiful extended porch with blue slate & tongue & groove ceilings. Panoramic views!



233 Wineland Way
Stevensville | \$1,450,000

Paradise at the point! Coastal living at its best, deep sheltered water, bring your sailboat! Beautiful vista looking out into Eastern Bay. Sprawling 3,450 sq. ft. home, 5 BR 5.5 BA, huge game room, Large Family rm, Completely refinished interior incl new baths, flooring, counters, roof & HVAC.



Lot 1 & Lot 2 - Parks Point
Queenstown | \$1,450,000 & \$600,000

2 Spectacular Wye River Waterfront Lots
Lot 1 - 3.81 ac. 1000' + rip rapped water frontage, Pier, Lift, Duck Blinds & underground utilities.
Lot 2 - 1.81 ac. 300' + rip rapped water frontage, Underground utilities & ready to build.



2903 Cox Neck Road E.
Chester | \$1,400,000

Custom Colonial on Crab Alley Bay in Southwind. Custom kitchen, new master BA, tile & hardwood, 5 BR's & 3.5 BA's. Flex space on the 3rd floor for exercise rm, home theater, home business, you decide! Watch sunrises, kayak or take your boat out from your pier. Beautiful built-in pool & large screened porch for outdoor living.



153 River Run
Queenstown | \$950,000

Lovely 1 Level Living on the Wye River in Governor Grason Manor. 4 BR, 2.5 BA, Master Suite w/sitting room, Updated Kitchen & private pier. Enjoy water views from 2 sunrooms.



209 Hickory Ridge Drive
Queenstown | \$725,000

Beautiful setting on Wye River w/large trees & great sunsets. One floor living 3 BR, 2 full BA, fireplace, sunroom & full unfinished basement + 3 car garages. Selling w/Lot 4 which has the home w/waterfront, pier & boat launch, totaling 1.79 acres is adjoining Lot 3 w/1.30 acres. Total acreage of combined lots is 3.09 acres.



704 Bay Drive
Stevensville | \$714,000

Looking for a home on the Bay to watch the amazing sunsets? Watch the big ships & sailboats. Entertain your friends & family, this is the spot. Grab your crab pots & throw them off the pier or grab your fishing gear & launch from your boat lift all ready to go. 2 BR & 1 BA on the 1st floor. Master Suite upstairs & possible 4th BR.



200 Sportsman Neck Road
Queenstown | \$649,000

Beautiful & completely updated home from top to bottom. One floor living is poss. in this home with 1st floor Master BR! An amazing kitchen & dining room + 3 screened porches to entertain. 294 feet waterfront on the tributary of the Wye River. Private setting with 3.5 plus acres. Kayak, or Jet ski's to explore the Wye River.



2912 Cox Neck Road
Chester | \$629,000

Well built Custom Post & Beam home to make your own! Here's your chance, a rare opportunity with water view & water access. Hardwoods, Tile, 4 bedrooms, 3.5 baths, freshly painted interior & exterior. Wide open lot 1.5 acres & the exterior of the house has that coastal feel!



213 Opera Court
Centreville | \$400,000

Premium house on a premium lot over \$100,000 of upgrades in this beautiful home. Includes Kitchen Island w/Granite, 42" cabinets, a 10 ft. addition off back of house expands the family room & master BR. Hardwood floors, stone FP, Crown moldings & more. Bach Model built in 2007. 55+ Community of Synphory Village.



11420 Kyle Court
Cordova | \$389,999

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28 A Queen Mary Court
Chester | \$215,000

Charming end unit townhouse ready for new owners! Relax on your rocking chairs on the front porch or entertain on the lake front patio, or just sit and watch the serenity of the lake from any of the 4 deck areas. Vaulted ceilings, fireplace & first floor master bedroom. Great size for down sizing & or second home.



Lot 36 Calvert Road
Stevensville | \$175,000

62 Acre Lot Only, Waterfront on Carter Creek
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Lots 20 & 21 Penny Ln. \$78,000
Lot 2 Pennick Dr. \$50,000

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HOME REAL ESTATE

Stevensville

Queen Anne's County

By Lisa A. Lewis

Luxury awaits in this two-level colonial home in Cove Creek Club that exudes classic elegance in every single detail. Boasting superior craftsmanship and architectural detailing, including dramatic ceilings, beautiful moldings, and gleaming hardwood floors, this home is truly a work of art. The property was listed on March 26th, 2019 and closed on May 17th, 2019 after only 46 days on the market.

As guests enter the home, they are greeted by an awe-inspiring foyer that leads to the beautifully designed main-level living spaces. Large arched windows bathe the home with natural light, creating a warm and welcoming atmosphere. The inviting family and living rooms are designed for style and comfort. The family room features a stunning floor-to-ceiling stacked stone fireplace and a vaulted wood ceiling that offers an open, airy feel. This beautiful space provides access to the lovely screened-in porch, which opens to the wraparound deck that overlooks the in-ground gunite pool. Lush, tall pine trees offer a sense of privacy by the pool. Whether spending time indoors or outdoors, opportunities for relaxation abound in these delightful settings.

Primary Structure Built: 1989
Sold For: \$628,300
Original List Price: \$625,000
Last Sold/Price: \$640,000 (2008)
Bedrooms: 3
Baths: 3
Living Space: 2,538 sq. ft.
Lot Size: 1.36 acres

The kitchen boasts white cabinetry, granite countertops, stainless steel appliances, an island, and a sunlit breakfast nook. The dining room, adorned with neutral paint and crown and chair rail molding, is the perfect place to share a meal with guests. Also on the main level; an office with tile flooring and deck access.

Exquisite in every detail, the master suite, which is located on the upper level, features large windows, a ceiling fan, and plush carpeting. The master bath includes a dual

sink vanity, a soaking tub, a separate shower, large windows that offer serene views of the pine trees, a skylight, and tile flooring. The upper level also provides two additional bedrooms and a hall bath.

“Listing and staging this home was an absolute pleasure,” says Jennifer Chaney of Chaney Homes (broker, owner, designer) and the listing agent for the property. “Each room was designed personally with items selected from my 4,000-square-foot



warehouse. I love creating new spaces that are unique to each listing that I market and stage. It's more than the 'sale' at this point. It's about the creation of a space that buyers will fall in love with from the first photo. I'm so fortunate to be able to manage and negotiate my client's sale, and design each listing to appeal to its target buyer."

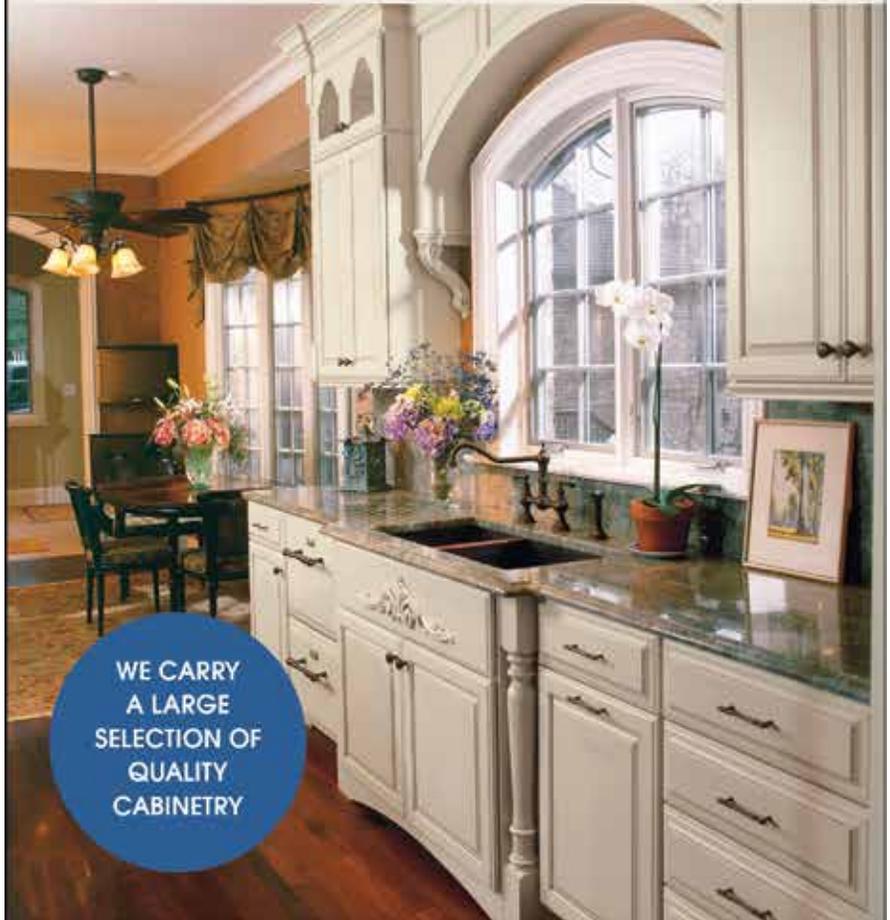
Listing Agent: Jennifer Chaney, Chaney Homes, 410-739-0242, jchaney@chaneyhomes.com, chaneyhomes.com.

Buyer's Agent: Derek Blazer, Cummings & Co. Realtors, 410-499-5404, derekblazer@gmail.com, cummingsrealtors.com.

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Easton

Talbot County

By Lisa A. Lewis

Situated on the Tred Avon River, this stunning property boasts 1,500 feet of water frontage and river views from nearly every room. The waterfront estate, which consists of a two-level main house and separate guest quarters, is an architectural masterpiece where lavish amenities abound. The property was listed on March 1st, 2018 and closed on April 19th, 2019.

Beautifully designed with meticulous attention to detail, the home features vaulted wood-beamed ceilings that add a touch of elegance. Ample windows maximize the water views and allow abundant natural light to flow throughout the interior spaces, creating a welcoming atmosphere. The awe-inspiring great room contains a wood-burning stone fireplace, built-in cabinetry and bookcases, skylights, and wall-to-wall sliding glass doors that lead to the wraparound patio and screened-in porch.



Primary Structure Built: 1986
Sold For: \$1,900,000
Original List Price: \$2,995,000
Last Sold/Price: No previous sale

Bedrooms: 7 (main house), 2 (guest quarters)
Baths: 7 full, 2 half (main house), 2 full (guest quarters)
Living Space: 7,418 sq. ft. (main house)
Lot Size: 9.69 acres

The kitchen includes ample cabinetry, Corian countertops, a center island, and recessed lighting. The breakfast room's walls of windows offer a lovely setting to enjoy casual meals, while the charming dining room is ideal for more formal occasions.

Three bedrooms are located on the main level of the home, including the master suite, which features a walk-in closet, carpeting, an en suite bathroom and a half bath, and access to the patio. The spa-like master bath

boasts a vanity, an oversized Jacuzzi whirlpool tub, and a separate shower. In addition, the home has four bedrooms on the upper level—each offering access to a balcony.

The separate guest quarters, which is connected to the two-story detached four-car garage, allow homeowners to accommodate their visitors in style. The quarters features a suite with a bedroom and a bath on the main level, and an apartment with a living room, a kitchenette, a game room, a bedroom, and a bath on the upper level. The exterior of the property includes a waterside in-ground pool, a tennis court, a private pier, and a boathouse.

“The property is stunning—a point of land overlooking the Tred Avon River with gorgeous exposure and cooling breezes,” says Cornelia C. Heckenbach of Long & Foster Christie’s, the buyer’s agent for the property. “The home was not the usual Eastern Shore design and was decorated like a lodge in Wyoming. The



open floor plan design with dramatic ceiling heights and floor-to-ceiling glass doors gave a transparent feeling that brought the outdoors inside the home. My buyers had a vision of how stunning the home could be once it was redecorated to meet today's design aspects."

Listing Agent: Chuck Mangold, Jr., Benson & Mangold Real Estate, 410-924-8832 (cell), 410-822-6665 (office), chuck@chuckmangold.com, chuckmangold.com.

Buyer's Agent: Cornelia C. Heckenbach, Long & Foster Christie's, 410-310-1229 (direct), info@CorneliaHeckenbach.com, StMichaels-MdWaterfront.com.

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Health Report

By Kelsey Casselbury

HOW PROCESSED FOODS LEAD TO WEIGHT GAIN

People who eat a diet high in ultra-processed foods, such as Cheerios, canned beef ravioli, and white bread, consume about 500 calories more per day than people who eat unprocessed foods. The findings, published in *Cell Metabolism*, came as a bit of a surprise to the researchers because the meals consumed by the two groups were designed to be matched for carbs, fat, sugar, salt, and calories. However, all participants could eat as much of the meals as they wanted—and those who ate the ultra-processed foods simply ate more than those on the unprocessed meal plan.

Participants on the unprocessed meal plan ate foods such as Greek yogurt, berries, nuts, broccoli, beef roast, and rice pilaf. Over the two-week research period, those on the ultra-processed diet gained an average of two pounds. Researchers theorized that people who consumed the processed foods ate faster, which led to overeating. Additionally, the hunger-regulating hormones decreased in those on the unprocessed meal plan. However, the study didn't take into account convenience or cost of processed versus unprocessed food.



REGULATE ANXIETY BY MANAGING GUT BACTERIA

Those who suffer from anxiety might benefit from regulating the microorganisms in their gut, suggests a review of studies published in *General Psychiatry*. The trillions of microorganisms play a number of roles in the body, affecting everything from the immune system to metabolism, but scientists have theorized they could also affect brain function through the “gut-brain axis.” Eleven of the 21 studies re-

viewed found that regulating intestinal microbiota had a positive effect on the symptoms of anxiety.

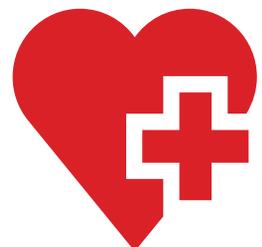
More than a third of the 14 studies that used probiotics—foods and supplements that contain “friendly” bacteria that fight harmful bacteria from settling in the gut—to regulate the microorganisms resulted in reduced anxiety symptoms, while the seven remaining studies looked at regulating the microbiota in another way. Of those, six of the studies found regulation to positively affect anxiety.

SEVEN FACTORS PREDICT HEART DISEASE RISK

People who score well in seven key indicators of heart disease risk are less likely to develop the condition, concludes a study published in *JAMA Network Open*. Improving your health in those categories helps to lower your risk.

Nearly 75,000 study participants were assessed based on their history of smoking, body weight, exercise, diet, blood sugar levels, cholesterol levels, and blood pressure over a period of four years. “Only about two percent of people in the United States and other countries meet all the ideal requirements for these seven factors,” Penn State Associate Professor Xiang Gao says in a statement from the university.

The study also examined whether any one factor was more important than the others, but found that each test indicated future CVD risk in similar ways. “This suggests that overall cardiovascular health is still the most important thing, and that one factor isn’t more important than the others,” Gao says





HEALTH & BEAUTY BEAUTY

A Return to 'Tyte' Skin

SKINTYTE USES INFRARED TECHNOLOGY TO IMPROVE THE APPEARANCE OF SAGGING SKIN

By Kelsey Casselbury

Thanks to rapidly improving technologies in non-invasive skin treatments, there are fewer reasons than ever to go under the knife in an effort to improve your skin's appearance. One of those technologies, SkinTyte, is available through a number of local providers, who gave *What's Up?* the low-down on how the procedure works and why it's a smart option for those looking to tighten up sagging skin.

SkinTyte comes from Sciton, the manufacturer behind other cosmetic laser technologies such as BroadBand Light (BBL) and JOULE X, and targets sagging skin using infrared light technology. "I've had great success with doing treatments under the chin, arms, and knees," says Renee Jamerson, MS, RN,

CNL, of Sullivan Surgery & Spa in Annapolis. "However, any area can be treated."

The technology works by heating the deeper layers of the skin while simultaneously using an advanced cooling system on the top layer. The rapid, gentle pulses of the heat contracts and partially coagulates the collagen, which then jumpstarts the healing of that collagen, as well as production of additional collagen, to give the skin a firmer appearance. "It's a great option for people who want to tighten their skin without resorting to surgery because it ... restores suppleness to skin that's loose and sagging," says Melissa Corbin, PA, of Plastic Surgery Specialists in Annapolis.

One particular benefit of SkinTyte versus other types of skin procedures is the lack of downtime required after treatment, Jamerson notes. However, it does require multiple treatments for optimal results—four treatments spaced three to four weeks apart, as well as maintenance treatments once or twice a year. Corbin recommends using SkinTyte in combination with other skincare treatments and injectables to complement and prolong results. "We've seen absolutely wonderful results, especially in combination with other treatments," she says. "Our patients are very pleased."

Opening up About Mental Health at Work

By Kelsey Casselbury

How often have you gone out of your way to avoid showing any sign of mental health issue at work, such as racing to the bathroom for privacy when you feel an anxiety attack coming on? Mental health still carries a stigma that's often perceived as a weakness in the workplace, and the symptoms are then kept under lock and key—despite the fact that one in five people experience them.

Discrimination in the workplace based on mental health conditions is, of course, illegal, but that doesn't mean it's easy to share such personal details with a boss or coworker. However, part of creating an ideal work environment for yourself just might mean opening up and sharing your experience.

The Legalese

The Americans with Disabilities Act covers both mental and physical impairments, and this means that employees have no obligation to tell employers about a mental health disorder unless they're asking for reasonable accommodation. That accommodation—which is a legal right for workers—must be granted unless it creates an “undue hardship” for the employers. Potential accommodations could be arranging a quiet workspace for someone with sensory issues or altering a work schedule to accommodate therapy appointment for someone with Post-Traumatic Stress Disorder.

It's important to know that once the condition is disclosed, an employer has the right to ask questions and require medical documentation—but any information gleaned *must* be kept confi-

Tips for Employers

As an employer, it's likely that at least one of your employees—or many more—deals with a mental health disorder on a daily basis. Creating an environment that allows an employee to feel like their mental health isn't a liability is not just about complying with the law or being “nice,” but rather about optimally leveraging the talent of your employees and allowing them to shine to the best of their abilities. One of the most effective ways that an employer, boss, or supervisor can create a culture of understanding in the workplace is to open up about their own mental health struggles and encourage employees to come to talk when and if they feel comfortable. If an employee *does* choose to speak up, here's what to do:

Listen, don't judge.

When an employee comes to you, don't make any assumptions about the situation. Listen to what they have to say without providing any opinionated feedback.

Assume good intent.

Symptoms of mental health disorders might not be as visible as physical conditions, but they're just as real. Ask for medical documentation, but err on the side of assuming the employee is telling the truth—not just because they want to be able to work from home more often than company policy currently allows.

Keep it to yourself.

Confidentiality is not just a favor, it's the law.

Resolve the issue as partners.

Work with the employee to find an accommodation that's suitable for everyone involved, and periodically check in to make sure that everything is still going smoothly.



dential. If an employer rejects a job candidate or fires an employee, they must have objective evidence that the person is incapable of doing the job's necessary duties.

Speaking Up

The right time to disclose a mental health condition to an employer depends on a variety of factors: First, are you feeling well? The right frame of mind can help you feel calm and focused when sharing personal information. Second, does divulging serve a purpose? There are reasons to share, such as requesting accommodations, and there are reasons to stay silent. Finally, do you feel ready? It's a personal decision.

Consider your relationship with your employer to determine if you should talk to your immediate supervisor or having a conversation with human resources first. After all, the HR department is schooled in both the company policies and the laws that protect you.

Not a single person is responsible, on their own, for destigmatizing mental illness. However, being willing to open up and talk about it—even if delicate situations, such as in the office—can go a long way in making the conversations much more commonplace.

Picking the Perfect Plant-Based Milk

IF YOU'VE DECIDED TO SAY 'SO LONG' TO COW'S MILK, THERE'S PLENTY OF NON-DAIRY ALTERNATIVES

By Kelsey Casselbury

The numbers don't lie—Americans are taking a step back from dairy. Although milk and other dairy products remain a common ingredient in the average American's diet, between 1975 and 2017, per-capita consumption of cow's milk has decreased from 247 to 149 pounds per person, according to stats from the U.S. Department of Agriculture. If you're considering ditching dairy in your diet, it's not a move to make without thought. Cow's milk has remained a staple in a standard diet because of its rich nutrient profile; the beverage contains high-quality protein, calcium, phosphorus and B vitamins. Pediatricians still recommend milk for children, particularly whole milk before age 2 due to the influence of its nutrients on brain development. Everyone has their own reasons for choosing or not choosing cow's milk as a beverage. If dairy milk doesn't have a place in your diet, whatever the grounds for elimination, there are more alternatives than ever on the market, each with their own pros and cons. Here are four of the most popular:



Oat Milk

The latest and greatest—or so it seems—in non-dairy milks is oat milk, which has skyrocketed in popularity over the past several months because of its naturally sweet and milk flavor. It's similar in calories to cow's milk, but it contains more carbohydrates and fewer grams of protein (on the bright side, it has fewer grams of fat, too). Oat milk's selling point is its soluble fiber content in the form of beta-glucan, which benefits your body's cholesterol levels.

Best for: Add oat milk not only to coffee or cereal but also to light cream soups and curries in place of cow's milk.



Soy Milk

If you're looking for an alternative to dairy that has a close nutritional profile, soy milk is your best bet. Unlike many other plant-based options, soy milk provides a complete protein—meaning, it contains all of the amino acids your body requires—but it's lower in calories, fat, and carbs than cow's milk. Soy, however, is a controversial food because of concerns over its effect on the body. Rest assured, though, that research has yet to establish any link between a moderate amount of soy and potentially harmful diseases.

Best for: Because of its high protein content, soy milk works well as a dairy alternative in baking.



Almond Milk

Almond milk has long been the darling of dairy alternatives, most likely because it's the lowest-calorie option available—just a quarter of the calories compared to cow's milk. It's also lower in fat, protein, and carbs. Almond milk is mostly water—some brands contain just two percent almonds—which is why it's so light and mild, but it does contain a good amount of vitamin E, an antioxidant.

Best for: Use almond milk in desserts and smoothies, where its slightly sweet flavor profile shines.



Coconut Milk

You might be familiar with coconut milk sold in cans in a grocery store's ethnic section, but the kind you might use to replace dairy in, say, your coffee is a diluted version. The carton-clad version of coconut milk still has that rich creaminess that you might seek from whole milk, but it also features a hint of a tropical flavor—a perk to some, a drawback to others. It has fewer calories, fat, carbs, and protein than cow's milk, but the fat that it *does* contain is known as medium-chain triglycerides. This is a type of saturated fat that's a little controversial—it might decrease appetite and improve blood cholesterol, but it could also raise the level of total and "bad" cholesterol, according to research.

Best for: Add coconut milk to sauces or soups that call for cow's milk or whip it into whipped cream or puddings.



OTHER MILK ALTERNATIVES

Oat, soy, almond, and coconut milk are four of the top-selling non-dairy options, but there are so many others out there, too. If none of those work for your diet, try out a few others—cashew milk, rice milk, hemp milk, macadamia milk, or quinoa milk, all of which are currently available for purchase (or, if you're feeling intrepid, to make at home).

Fresh Take

ACAI BERRIES

By Kelsey Casselbury



When it comes to superfoods, few are talked about as much as acai berries. Pronounced “ah-sigh-EE,” these reddish-purple berries are native to Central and South America and packed with antioxidants—even more so than other types of berries, which are already known as being booming with beneficial compounds. Potential health benefits from these little gems include improving cholesterol levels and boosting overall energy, immune system, and brain function, among others. However, these berries aren’t easy to find in just a loop around your local supermarket. Rarely do grocery stores sell acai berries fresh; it’s more likely that you’ll see acai berry juice blends. As the popularity of acai berries grows, though, so does the ability to acquire them. Keep an eye out for frozen unsweetened acai berry puree packs, which can be used in smoothies, bowls, or as a topping for desserts.

Acai products show up in powder, tablet, and capsule form all the time, but be cautious—there’s little research done on the benefits of consuming the berry through these methods. The Federal Trade Commission (FTC) as of late has been cracking down on companies that market acai-derived products in a deceiving manner. As always, there’s a better way to get the potential health benefits of acai berries—by enjoying the fruit or juice in its natural form.

Acai & Chia Parfait

Serves 1

- 1 cup vanilla-flavored Greek yogurt
- 3.5 ounces frozen acai berry puree, thawed
- 1 tablespoon chia seeds
- 1/2 cup low-sugar granola
- 1/4 cup fresh fruit of choice
- 1 tablespoon pumpkin or sunflower seeds

Layer a half-cup of Greek yogurt in the bottom of a glass or jar. Add half of the thawed acai berry puree on top of the yogurt. Mix the remaining Greek yogurt with the chia seeds and layer them on top of the acai berry puree. Add the remaining puree and then the granola. Top the parfait with your choice of fresh fruit and pumpkin or sunflower seeds.

NUTRITIONAL INFORMATION (PER SERVING)
419 calories, 30 grams protein, 17 grams fat,
58 grams carbohydrates, 11 grams fiber,
26 grams sugar, 144 milligrams sodium

*Nutritional information is for estimation purposes only and may vary based on brand and weight of individual ingredients.



Break Out of Your Style Rut

FIVE WAYS TO REFRESH YOUR LOOK WITHOUT SPENDING A DIME

By Kelsey Casselbury

Even the person with a closet the size of a small bedroom occasionally thinks they have nothing to wear, despite how untrue that statement might be. This boredom with your wardrobe typically leads to less-than-inspired outfits, commonly featuring basic black leggings or boring blue jeans, that results in going about your day feeling unhappy with how you look.

When you feel like you're in a style rut, there's a temptation to pay a visit to your favorite store and break the bank on a whole new look. Thankfully for your wallet, though, breaking out of the rut doesn't require a credit card—it just means that you need to dig into your closet, get rid of what's not working and find fresh ways to style what you already have.

DO A PURGE

Go Marie Kondo on your closet or gently weed out your least-favorites—whatever your method, just get in there and pull out the items that you hate. Cleaning out your closet serves a few purposes: First, it reminds you of what's actually in your wardrobe (you might have forgotten about a few items!), and second, it allows you to better see the items that you still do love.

HOST A SWAP BRUNCH

Your friends have incredible senses of style, too, so take all those items that you weeded out of your closet and host a get-together (don't forget mimosas!) Encourage your pals to clean out their closets, too, and then invite everyone to bring the freshly laundered rejects to the party. It's like going shopping at an ultra-chic thrift shop, but you don't have to bring any money along with you.



SEEK OUT INSPIRATION

Maybe it's not that your clothes aren't fabulous. Maybe you just need a little inspiration for pairing items in a fresh way. Luckily, there are more resources than ever available from which to glean a little inspiration to spruce up your look. There's Pinterest, of course, but follow fashion influencers on Instagram and take a look at the Style Guide on the Stitch Fix website for outfit ideas and styling advice.

THINK ABOUT LAYERS

Adding layers isn't about getting too warm or too cold. Layers add interest to a ho-hum look, so if your dress just doesn't seem all that visionary, add a cardigan and a necklace for a bit more intrigue. Jeans and a blouse are much more exciting when there's a jacket and scarf layered over them.

INDULGE IN ACCESSORIES

If you find that you *must* do a little shopping, keep it low-key. Accessories are an inexpensive, fun way to give a tired outfit a new look. Think about it—a head-to-toe black ensemble isn't anything interesting, but when it's put together with a colorful, chunky necklace, fantastic heels, and the right clutch, the outfit becomes one to covet.

Food and Health Collide at National Restaurant Show

By Kelsey Casselbury



from gluten-free company Venice Bakery, which sampled grain-free pizza crusts made from beets, sweet potatoes, cauliflower, and zucchini. The company won a 2019 Food and Beverage (FABI) Award from the National Restaurant Association for these products.

All Hail the Chickpea

If one ingredient could be considered the star of the show, it just might be the humble chickpea—which, perhaps, shouldn't be considered so humble anymore. Not only was the legume itself highlighted in vegan creations, such as chickpea-based pasta and ice cream, but even its byproducts were on display. Aquafaba, which is the leftover liquid from cooked chickpeas, has been incorporated into products such as Fabanaise, a vegan mayo from Sir Kensington's, and FabaButter, a plant-based butter from Fora. The latter was also a 2019 FABI Award recipient.

"Before it's a thing, it's here." So proclaimed the signage hung across Chicago's McCormick Place as it played host to the National Restaurant Association Show in mid-May. Contributing Health & Beauty Editor Kelsey Casselbury had the opportunity to spend two days exploring the show to find out what, if the sign rings true, is about to be a *thing* in the culinary world, and discovering where those trends intersect with health and nutrition.

Plant-Based Everything

From "burgers" to "sausage" to "sushi"—yes, sushi!—every few booths seem to have signs that proclaimed plant-based, meat-free status. Crowds gathered at Impossible Foods' and Beyond Meat's booths to try out their products. In January 2019, Impossible Foods reformulated its plant-based meatballs and other products, switching from wheat protein to soy protein. The result: an impressive meatball that closely mimicked the taste and texture of beef while improving on flavor over what was sampled at the 2018 show. As for the aforementioned sushi, Ocean Hugger Foods was sampling rolls made with tomatoes in place of tuna and eggplant instead of eel—both of which were quite convincing.

Keto- and Paleo-Specific Offerings

One of the most challenging parts of a low-carb diet has long been the lack of convenient snacks, particularly for those

who dislike cooking. Well, companies are doing their part to provide a solution by offering products formulated to meet those diets' stringent requirements. Paleo muesli? Yes, that's now available from Bob's Red Mill. Keto-approved cookies? Bake City has them.

Gluten-Free Goods

With some three million people in the U.S. affected by celiac disease and a number of others who claim they feel better when they eliminate gluten from their diet, it's no wonder that the food industry is constantly looking for ways to cater to this growing population. Gluten-free pizza crusts were a frequent sight at the show. One of the most interesting offerings came

The Movement Behind Tobacco 21

RAISING THE MINIMUM AGE FOR TOBACCO PURCHASES WILL DRASTICALLY IMPROVE PUBLIC HEALTH, ADVOCATES SAY

By Kelsey Casselbury

In 1992, the government passed federal legislation that limited tobacco purchases to those age 18 and older. Nearly 30 years later, some states—all of which had their own age-based laws prior to the implementation of federal restrictions—are passing or considering laws that increase the minimum age to purchase all tobacco products to 21. In April, the Maryland legislature voted to do just that. The law, signed by Gov. Larry Hogan in May, goes into effect in October. This is another win for advocates of the “tobacco 21 movement that’s championing similar laws across the nation. As of June 1st, Maryland is one of 14 states that have raised the age for tobacco sales to 21 (though, in Maryland, members of the military are exempt), while another 15 states have implemented the same law in certain cities and counties.

Approximately one in five high schoolers in Maryland report using some sort of tobacco product regularly, while more than 35 percent say they have tried vaping pens or e-cigarettes, according to the Maryland Youth Risk Survey. The new law applies to all forms of tobacco, including cigarettes, cigars, smokeless tobacco, e-cigarettes, and vaping devices. The push to raise the minimum age for tobacco sales to age 21 stems from a number of reports that have concluded that doing so could result in significant public health benefits, including fewer tobacco-related deaths. For example, a 2015 report from the Institute of Medicine noted that increasing the age for tobacco sales would significantly reduce the number of adolescents and young adults who start smoking; reduce smoking-caused deaths; and immediately improve the health of adolescents, young adults, and young mothers. There’s a chance the law could change on a federal level (and, in this case, the military wouldn’t be exempt). In May, Senate Majority Leader Mitch McConnell introduced legislation, co-sponsored by Dem. Tim Kaine of Virginia, to increase the age for tobacco sales to 21. States that aren’t in compliance would lose federal funding from the Department of Health and Human Services’ Substance Abuse Prevention and Treatment Block Grant Awards.



Legally Speaking

A Tobacco Timeline

Source: American Journal of Public Health, July 2016

1700s	European studies conclude that pipe smoking causes lip and throat cancers.
1820s	German scientists isolate pure nicotine and identify it as a poison.
1883	New Jersey sets the first minimum age of legal access (MLA) for tobacco at 16 years. New York state follows in 1886.
1890	By this time, 26 states have MLAs that range from age 14 to 24.
1898	German scientists begin to hypothesize a link between tobacco and lung cancer.
1939	Ohio and Rhode Island are the last two states to pass MLA laws.
1953	Maryland repeals its MLA.
1964	For the first time, the Surgeon General’s report indicates that smoking causes lung cancer.
1985	The American Medical Association proposes setting the national MLA for tobacco to 21 years.
1992	The federal government sets the minimum age for tobacco sales at 18 years.
2009	President Barack Obama signs the Family Smoking Prevention and Tobacco Control Act into law, which gives the FDA the ability to regulate tobacco products for the first time in history.
2019	The Maryland legislature votes in April to raise the legal age to purchase tobacco from 18 to 21, with the exception of military members. The law goes into effect in October.

Products We Love

THIS MONTH'S PICKS FROM THE BEAUTY BUZZ TEAM

By Caley Breeze

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!)



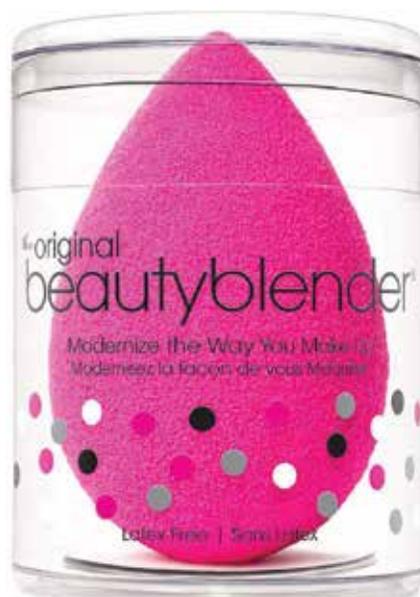
1
TOLERIANE PURIFYING FOAMING CLEANSER BY LA ROCHE-POSAY
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laroche-posay.us
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For more reviews, visit us online at [WHATSUPMAG.COM](http://whatsupmag.com)



2
VELVET AIR LIPSTICK BY ECRU NEW YORK
\$24, ecrunewyork.com
 Pucker up! Add a pop of color to your day with this velvety lipstick, available in 10 different shades. This formula glides on effortlessly, leaving a moisturized, satiny finish. Or, blend the color with your fingertips for a matte look. Go from day to night with this long-wear lipstick!

3
BODY SPRAY BY BÁLLA
\$20/6 fl. oz. on
birchbox.com,
ballaformen.com
 Whether you need a quick spritz after the gym or want to freshen up before date night, this light body spray offers a clean, woody scent and natural odor-terterents, such as aloe leaf, chamomile, and jojoba seed extract. This non-aerosol spray is free of aluminum, menthol, and parabens.



4
THE ORIGINAL BEAUTYBLENDER® MAKEUP SPONGE BY BEAUTYBLENDER®
\$20, beautyblender.com
 Blend your makeup flawlessly and effortlessly with this cult-favorite sponge applicator. The material is aqua-activated™ and provides easy, streak-free application. Use this makeup sponge with powder or liquid foundation, BB creams, concealers, or any other complexion product. Simply wet the beauty-blender®, squeeze out excess liquid, and stipple your makeup product with the sponge.



1.
 "This cleanser leaves your skin feeling clean, fresh, and comfortable with no pore-clogging residue. It also foams quickly and removes all of your makeup in one go. I love the pump applicator and the transparent bottle." –Beauty Buzz Member Cathy Belcher, 66, Edgewater



2.
 "I love this lipstick for a sultry look that I want to last. ECRU's Velvet Air Lipstick went on effortlessly to provide a natural long-lasting finish. The formula lasted all day without touch-ups. No lipliner needed! This formula provided a flawless finish that went on super easy without any fuss." –Beauty Buzz Member Lyndsie Cox, 22, Glen Burnie



3.
 "Bálla Body Spray has a fantastic aroma. It is neither too overpowering nor too faint. It's perfect—just right. I really didn't think I would use this product as much as I do, but it's become as essential as brushing my teeth in the morning. I've made my friends smell me after I've applied this body spray. That's how much I believe in this product." –Beauty Buzz Member Conor Reynolds, 26, Baltimore



4.
 "I have used other beauty sponges but this one is by far the best. It's soft and gives you a perfect application of foundation and concealer. It's easy to clean and it doesn't waste a lot of product. I don't think I will go back to using a brush." –Beauty Buzz Member Carolina Rauch, 29, Annapolis

Understanding What Pansexual Means

It was a typical evening as Amanda Brady chatted with her 16-year-old Lee, the oldest of three children. As the two sat in Lee's room talking and sharing laughs, Amanda spotted a Post-It note stuck to the wall. Small, handwritten scribbles outlined some of the goals Lee wanted to accomplish that year. One goal, in particular, stood out to Amanda. It read, "Come out as pansexual by the end of the school year."

"I was totally confused because I had no idea what pansexual meant," Brady recalls. According to the Human Rights Campaign (HRC), pansexual describes someone who has the potential for emotional, romantic, or sexual attraction of people of any gender, though not necessarily simultaneously, in the same way, or to the same degree. Soon after this, Lee asked his family to refer to him by the gender-neutral pronoun "they" while also noticeably becoming more isolated and depressed.

The Turning Point

It was during Lee's senior year of high school when the self-harming started. Lee was eventually hospitalized because of suicidal ideation. "The hospitalization was rock bottom for our family, but it was also a blessing in disguise," Brady says.

In talking with a counselor at the hospital, Lee opened up about identifying as transgender. While there, Lee, who was born female, also firmly stated that he wanted to be referred to as "he" or "they" and changed his name from Liana to Lee. "My husband and I were willing to support him in whatever he wanted to do," Brady says. "We told him that we loved him whether they were 'her' or 'him.'"

Brady, who works as a clinical director of nursing at Anne Arundel Medical Center (AAMC), was

determined to support her son and help him get through this dark time. She says her family sought therapy, got Lee treatment for depression and anxiety and found an endocrinologist to start him on testosterone. "It hurt my feelings when I found out," Brady says, "but I never said I didn't want him to be a boy. I always said I wanted him to be happy and that I would help the best way I could."

Brady also joined AAMC's Lesbian Gay Bisexual Transgender, Queer, Intersex or Asexual (LGBTQIA) Business Resource Group, a group of employees who joined together based on

shared characteristics or life experiences. She wanted to glean from other ways she could better support her son.

"The easiest part for me was when he cut his hair and started wearing male clothes because growing up, I was a tomboy," Brady says with a laugh as she reflects. "The hardest part was not knowing how to help him through the emotional state. He didn't want to open up at all because he thought we wouldn't understand."

Acceptance, Communication, and Support

Danny Watkins grew up in a small community in Allegany County and was raised in a

traditional Catholic family. He told his parents he was gay when he was 15. To his dismay, he was faced with unacceptance and was unwillingly 'outed' to the rest of his family members. Traumatized, Danny tried not to be gay for the next two years to cope with pressure at home. At age 17, his family found out he was dating a boy and the family discord from years before resumed.

"I felt very isolated and lonely," he recalls. "It's as if I were a giant air balloon that couldn't fit in any situation. I was just barely functioning and trying to get through the day. I didn't have the support I needed at home, so I relied heavily on my friends. They became my support system I needed to survive until the relationship with my family started to slowly get better over the next couple years."

Danny pursued a career in nursing, moved out at 19, and worked at an inpatient psychiatric unit. He is now the director of clinical operations at Pathways, AAMC's substance abuse and mental health treatment facility. "Working in mental health has really opened my eyes to suicidality in the LGBTQ community," he says.

Four in 10 LGBT youth say the community in which they live is not accepting of LGBT people, according to the HRC which surveyed more than 10,000 LGBT-identified youth, ages 13-17. An estimated 26 percent of LGBT youth say problems they face include not feeling accepted by their family, having trouble at school or with bullying, and coming out or being open.



Danny advises parents with an LGBTQ child to work on acceptance first. "You should always support your child and try to approach them from a non-judgmental place," he says. He also recommends keeping the lines of communication open and meeting your child's friends as important steps to take. "Reassure your child that you love them and that you support them, no matter who they are inside," he says.

Danny also advises parents to find a good support system by joining local support groups and finding a counselor in the school or community who can provide support and resources.

Silver Lining

Brady and her husband have fully accepted their son's decision to come out as transgender. She is also observing Lee becoming more comfortable with himself. Lee is currently a freshman in college. She says he is growing facial hair for the first time. "He has really blossomed," she adds.

Even as someone who has an LGBT child, Brady admits she still doesn't know all there is to know about the community but is committed to furthering her understanding so she can continue to support her son. "If you isolate your child because you don't see eye to eye, that's a very boring and lonely existence to live," she says. "Love your child for who they are: that's the bottom line."

Anne Arundel Medical Group (AAMG) Mental Health Specialists offers care for diverse mental health needs for adults and children ages six years and older. For more information, visit myAAMG.org/mental-health-specialists.

This article is provided by Anne Arundel Medical Center.

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Dining

82 REVIEW | 84 GUIDE

Photo by Stephen Buchanan

Crab cakes at
Hemingway's



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DINING REVIEW

Dramatic Views With All The Fixings

By Rita Calvert

Photography by Stephen Buchanan

How many restaurants can claim to be a shoreline spot to take an out-of-town guest to get the overview of the gem that is the Chesapeake Bay? Hemingway's, on the eastern side of the Chesapeake Bay Bridge, presents itself as a gathering place for doing nothing more than taking in the stunning view of the bridge's two spans. Aside from the breathtaking views, visitors can enjoy music, share a bite of local seafood, or meet up for a social or business event. The décor is closely aligned with the Chesapeake Bay region, and all of the maritime art, black and white photographs, and tabletop nautical charts are tastefully placed in an airy, bright room with pristine white walls and soaring ceilings, which offer wide open space.

Hemingway's features an expansive outdoor patio which rocks with live music in the summer, so it's recommended to make a reservation. The place gets mobbed with boater and beach traffic, but the good news is that car parking is complimentary and allows for a short, picturesque walk to the entrance.

Jill, the hostess at the front who led us through the bar, was excellent as she took extra care to seat us. Pointing out the window exclaiming, "Isn't this view beautiful? I never tire of it!" She is awaiting the upcoming busy season when boats fill the pier and people gather everywhere. "It's a great energy," she says. Hemingway's attracts both boating and driving diners, a fact our waiter certainly testified to having three tables inside while serving a few on the deck at the same time.

For those wanting wine with character, there are selections in a variety of styles from California, Italy, and even Argentina. The drink menu includes seven creative signature cocktails, featuring concoctions filled with fresh ingredients such as blueberries, watermelon, and cucumber. One cocktail in particular offers a fizzy concoction of refreshing cucumber, lime, and gin. The short draft beer list gave way to a wider list of bottled beers—some go-tos and a few locally-produced.

Although we just missed the weeknight happy hour (oysters on the half shell, rockfish bites, and popcorn shrimp), we found the starters menu inviting. The Seared Ahi Tuna was almost a go, as were some of the raw bar features. For soups, Hemingway's offers three: cream of crab, vegetable crab, and their signature 50/50—a combination of the vegetable and cream. Seafood Salad Stuffed Avocado sounded divine, as did the Heirloom Tomato Burrata Caprese. This salad goes one step further than the traditional Caprese with fresh mozzarella; Burrata is a soft Italian cow milk mozzarella,



**HEMINGWAY'S
RESTAURANT**

357 Pier One Road,
Stevensville
410-604-0999;
hemingwaysbaybridge.com

with ubiquitous Yukon gold mashed potatoes. I usually avoid potatoes, but it was hard to resist a robust mound masked with their skins. Sometimes grilled vegetables are not cooked well, but the chef perfected the medley in flavor and doneness—al dente.

Loving to sample many flavors, I chose the Broiled Seafood Combo: a nice size crab cake (with jumbo lumps and little filler), four medium size scallops, about a three-ounce mahi-mahi filet, and a few medium shrimps. Mashed potatoes and the grilled vegetable combo gave color and texture to the seafood. We learned about substitutions: the restaurant is clear there will be a surcharge for any substitutions. Sure, we were up for a sweet finish! The Key lime pie is a must for those in an island mood, and there is also the famous Smith Island cake as well as a cheesecake of the day. We savored every bite of the deep, sinfully rich, flourless chocolate torte, beautifully presented

1. Heirloom Tomato Burrata Caprese 2. Shrimp, Crab, and Avocado Stack
3. Crab Cakes 4. Key Lime Pie



housing a center treasure of thicker cream. Alas, we couldn't resist the Shrimp, Crab, and Avocado Stack, served with tortilla chips. The tall and mighty mango, corn, avocado, shrimp, and crab combo was a fitting appetizer to share. While the seafood stack didn't major in backfin lumps, there was a nice sampling of chilled shrimp and crab.

Special dining entrées come on their own separate nightly menu, and regular entrées on the main menu. The main dishes offer fish, steak cuts in six-, eight-, or 12-ounces, a few different pasta dishes, and a vegan Jambalaya. There are always takers for hand-helds when you are up for a more casual meal. Hemingway's offers the obligatory list of the favorites: burgers, crab cake sandwich, turkey club, breaded chicken sandwich—nothing designy, although the Black Bean Burger was an interesting vegan-friendly item and was noted as a customer favorite. Buffalo Shrimp Tacos draw raves from the Southwestern crowd while carrying that over the top popular buffalo spice profile. One vote went for the Shrimp Imperial on the nightly special dinner menu. Seven medium shrimp were plumped full of seasoned golden crab. They were served

with drizzles of raspberry and cream, and adorned with a few fresh berries and mint. The decadent slice is a slim one, which is great for a low-carb diet.

It's a large endeavor to manage such a multifaceted business with a huge, pristine marina, incomparable views, and an impeccably kept restaurant with two dining levels catering to the public and large parties. Kudos to an establishment which can manage to make all of these elements shine. Check their website for the music schedule and bar/happy hour specials.

Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.

Dining Guide

Advertisers Listed in Red

Average entrée price
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

☎ Reservations

🍷 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2019 Winner

Queen Anne's County

Adam's Taphouse and Grille

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

Annie's Paramount Steak & Seafood House

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

Ledo Pizza

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

Love Point Deli

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

The Narrows Restaurant

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

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

Rustico Restaurant & Wine Bar

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

SandBar at Rolph's Wharf

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

Smoke, Rattle & Roll

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

ADAM'S TAPHOUSE

"The most tender fall-off-the-bone ribs. The flavor stood out and was delicious!" —Jason Thompson **WINNER!**

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bartlett Pear Inn

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

Bas Rouge

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

Bistro St. Michaels

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

Blackthorn Irish Pub

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

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Crab Claw Restaurant

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

"The entire room was so warm and welcoming, and staff was top notch. The crab cake was out of the world delicious." –Samantha Patrick

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 Downtown Grille

14 N Washington St., Easton; 410-822-7700; Docsdowntowngrille.com; American, seafood; lunch, dinner \$\$ Y

Doc's Sunset Grille

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

Eat Sprout

335 N Aurora Street, Easton; 443-223-0642; Eatsprout.com; Organic, ready-to-eat; breakfast, lunch, dinner \$ 🍷

El Dorado Bar & Grill

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

Foxy's Harbor Grille (Seasonal)

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

The Galley St. Michaels

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

Gina's Cafe

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

Harrison's Harbour Lights

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

Hill's Cafe and Juice Bar

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

Hong Kong Kitchens

210 Marlboro Avenue, Easton; 410-822-7688; Hongkongkitchen-seaston.com; Chinese; lunch, dinner \$ 🍷

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 \$\$ Y 🍷 🍷 *

In Japan

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

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 \$\$ 🍷 Y 🍷

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 \$-\$\$ Y 🍷 🍷 🍷 *

Limoncello Italian Restaurant

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

Lowes Wharf

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

Marker Five

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

Mason's Redux

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

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; Outoffthefire.com; Mediterranean, seafood; lunch, dinner \$\$ 🍷 Y

Peacock Restaurant & Lounge at Inn at 202 Dover

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

Piazza Italian Market

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

Plaza Jalisco

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

Pope's Tavern

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

Portofino Ristorante Italiano

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

Robert Morris Inn

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

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; Sampsizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ Y 🍷 🍷

Scossa Restaurant & Lounge

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

Stars at Inn at Perry Cabin

308 Watkins Lane, St. Michaels; 443-258-2228; Perrycabin.com; Seafood; breakfast, lunch, dinner \$\$\$ 🍷 Y *

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

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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

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

Two if by Sea

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

U Sushi

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

Victory Garden Café

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

Washington Street Pub & Oyster Bar

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

Kent County

Barbara's On The Bay

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

Bay Wolf Restaurant

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

Beverly's Family Restaurant

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

Café Sado

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

The Channel Restaurant at Tolchester Marina (Seasonal)

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

China House

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

Ellen's Coffee Shop & Family Restaurant

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

Evergrain Bread Company

201-203 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 \$ *

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; Harborhouse-atwortoncreekmarina.com; Seafood, American; dinner, Saturday and Sunday lunch \$\$ 🍷 🍴 🍷

Harbor Shack

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

Java Rock

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

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

Marzella's By The Bay LLC

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

O'Connor's Pub & Restaurant

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

Osprey Point

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

Pasta Plus

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

Plaza Tapatia

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

Procolino Pizza

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

Two Tree Restaurant

401 Cypress Street, 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; lunch, dinner \$\$ 🍷 🍴 🍷

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 \$\$\$ 🍷 🍴 🍷

KAY'S AT THE AIRPORT

"The waitstaff was friendly and helpful. The crab pretzel is delicious!"
-Cindy Ruark

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 \$\$ 🍷 🍴 🍷

Bombay Tadka

1721 Race Street, Cambridge; 443-515-0853; Bombaytadkamd.com; Indian; lunch, 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 \$ 🍷 🍷

Jimmie & Sook's Raw Bar & Grill

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

Kay's at the Airport

6263 Bucktown Road, Cambridge; 410-901-8844; American; breakfast, 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 Steet, Cambridge; 443-225-5664; Rarbrewing.com; American; lunch, dinner \$ 🍷

Snapper's Waterfront Café

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

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 \$ 🍷 🍴

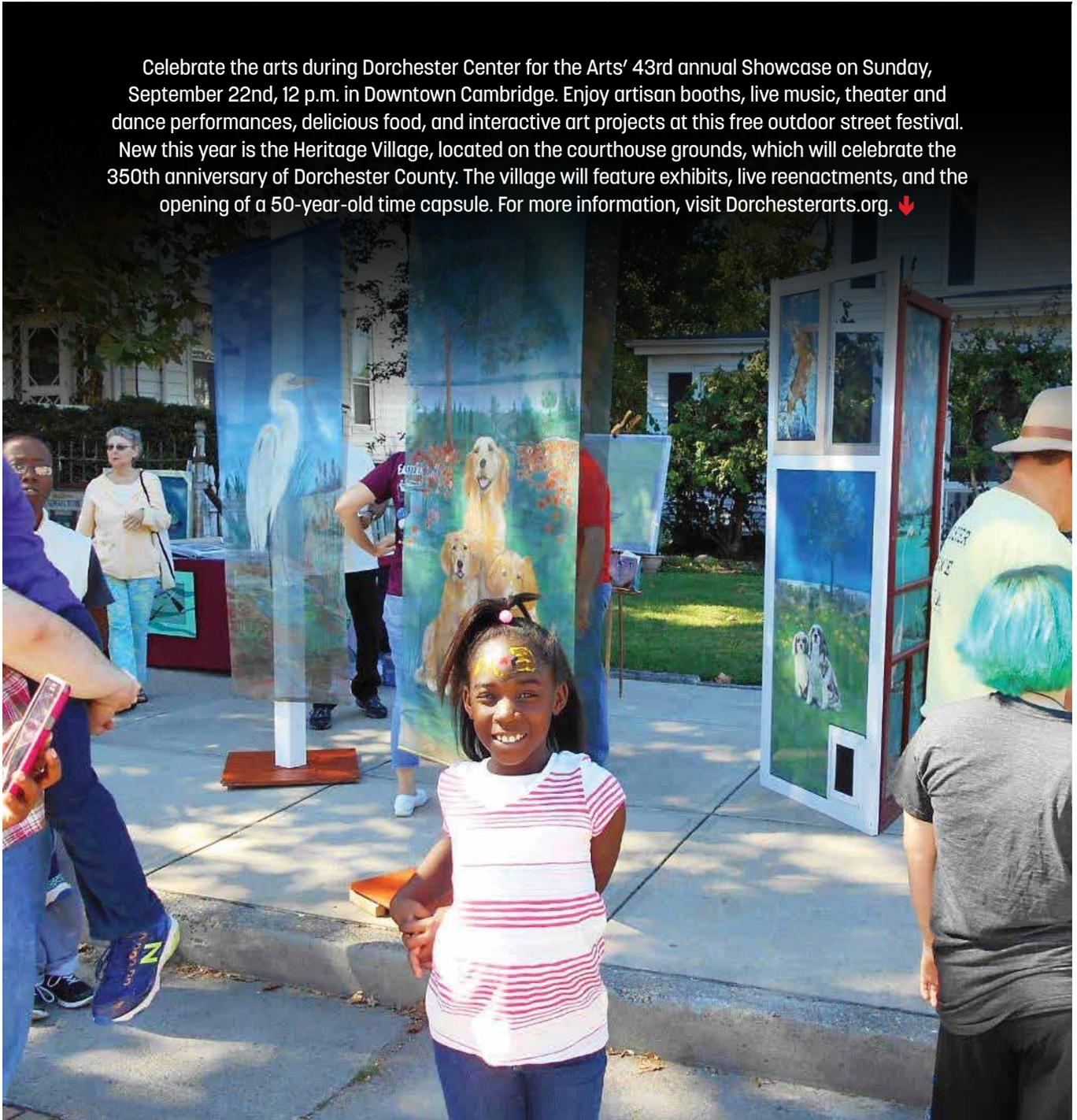
September Calendar

+

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

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

Celebrate the arts during Dorchester Center for the Arts' 43rd annual Showcase on Sunday, September 22nd, 12 p.m. in Downtown Cambridge. Enjoy artisan booths, live music, theater and dance performances, delicious food, and interactive art projects at this free outdoor street festival. New this year is the Heritage Village, located on the courthouse grounds, which will celebrate the 350th anniversary of Dorchester County. The village will feature exhibits, live reenactments, and the opening of a 50-year-old time capsule. For more information, visit Dorchesterarts.org. ↓



Sunday

1

SPECIAL EVENTS

Artists' Favorites at What's Up? Media Gallery, Annapolis. 8 a.m.-6 p.m. (Mon.-Fri.). Now through December 13th, 2019. 410-266-6287. [Whatsupmag.com](#)

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](#)

On Land and On Sea at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through March 1st, 2020. 410-745-2916. [Cbmm.org](#)

Patterns of Eastern Shore Live 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 July 28th, 2019. 410-778-6300. [Chestertownriverarts.net](#)

Chesapeake Visual Icons at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through September 29th, 2019. 410-742-4988. [Wardmuseum.org](#)

Heather Harvey: The Thin Place at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through September 30th, 2019. 410-822-2787. [Academyartmuseum.org](#)

Amze Emmons: Pattern Drift at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through September 30th, 2019. 410-822-2787. [Academyartmuseum.org](#)

James Turrell: Mapping Spaces at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through September 30th, 2019. 410-822-2787. [Academyartmuseum.org](#)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. [Marylandrenaissancefestival.com](#) (F)

Maryland State Fair at Maryland State Fairgrounds, Timonium. 10 a.m. [Marylandstatefair.com](#) (F)

First Sunday Arts Festival at Downtown Annapolis, Annapolis. 11 a.m. 410-858-5884. [FirstSundayArts.com](#) (F)

PERFORMING ARTS

Aladdin at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. & 7 p.m. 202-467-4600. [Kennedy-center.org](#)

MUSIC

Monty Alexander Jazz Festival at Avalon Theatre, Easton. 2 p.m. 410-819-0380. [Chesapeakejazz.org](#)

UB40 & Shaggy at Filene Center, Vienna, VA. 5:30 p.m. 703-255-1800. [Wolftrap.org](#)

SPORTS

Marlins at Nationals at Nationals Park, Washington, D.C. 1:35 p.m. 202-675-6287. [Nationals.com](#) (F)

Shorebirds vs. Intimidators at Arthur W. Perdue Stadium, Salisbury. 5:05 p.m. 410-219-3112. [Theshorebirds.com](#) (F)

Monday

2

SPECIAL EVENTS

A Retrospective of Portraits: Dorothy F. Newland at Troika Gallery, Easton. 10 a.m.-5:30 p.m. (Mon.-Sat.). Now through September 3rd, 2019. 410-770-9190. [Troikagallery.com](#)

Open Portrait Studio at Academy Arts Museum of Easton, Easton. 1 p.m. 410-822-2787. [Academyartmuseum.org](#)

Maryland State Fair at Maryland State Fairgrounds, Timonium. 10 a.m. [Marylandstatefair.com](#) (F)

MUSIC

Bluegrass Jam at St. Andrew's Episcopal Church, Hurlock. 7 p.m. 410-943-4900.

SPORTS

Mets at Nationals at Nationals Park, Washington, D.C. 1:05 p.m. 202-675-6287. [Nationals.com](#) (F)

Shorebirds vs. Intimidators at Arthur W. Perdue Stadium, Salisbury. 2:05 p.m. 410-219-3112. [Theshorebirds.com](#) (F)

Tuesday

3

SPECIAL EVENTS

Easton Volunteer Fire Department Blood Drive at Easton Volunteer Fire Department, Easton. 12 p.m. [Eastonvfd.org](#)

PERFORMING ARTS

Tartuffe at Reynolds Tavern, Annapolis. 7:30 p.m. 410-415-3513. [Annapolisshakespeare.org](#)

Aladdin at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. [Kennedy-center.org](#)

MUSIC

Marcia Ball at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. [Ramsheadonstage.com](#)

Mary J. Blige at Filene Center, Vienna, VA. 8 p.m. 703-255-1800. [Wolftrap.org](#)

SPORTS

Mets at Nationals at Nationals Park, Washington, D.C. 7:05 p.m. 202-675-6287. [Nationals.com](#) (F)

Wednesday

4

SPECIAL EVENTS

Centreville Farmers' Market at Acme Plaza, Centreville. 2 p.m. [Townofcentreville.org](#)

Connections: Work in a Series 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 September 29th, 2019. 410-778-6300. [Chestertownriverarts.net](#)

PERFORMING ARTS

Aladdin at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/1).

SPORTS

Mets at Nationals at Nationals Park, Washington, D.C. 1:05 p.m. 202-675-6287. [Nationals.com](#) (F)

Thursday

5

SPECIAL EVENTS

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. [Visitdorchester.org](#)

Literary House Series: A Reading by Rebecca Makkai at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. [Kentcounty.com](#)

PERFORMING ARTS

Aladdin at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/3).

MUSIC

Adam Ezra Group at Avalon Theatre, Easton. 8 p.m. 410-822-7299. [Avalontheatre.com](#)

Morrissey at Merriweather Post Pavilion, Columbia. 7:30 p.m. 410-715-5550. [Merriweathermusic.com](#)

Jennifer Hudson & The National Symphony Orchestra at Filene Center, Vienna, VA. 8 p.m. 703-255-1800. [Wolftrap.org](#)

Three Dog Night at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. [Ramsheadonstage.com](#)

SPORTS

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

Friday

6

SPECIAL EVENTS

TREES at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through October 13th, 2019. 410-778-7330. [Massoniart.com](#)

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

First Friday Gallery Walk at Downtown Easton, Easton. 5 p.m. 410-690-4395. [Discover-easton.com](#)

PERFORMING ARTS

33 Variations at Church Hill Theatre, Church Hill. 8 p.m. 410-556-6003. [Churchhill-theatre.org](#)

The Merchant of Venice at Oxford Community Center, Oxford. 6 p.m. [Shoreshakespeare.com](#)

Aladdin at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/3).

MUSIC

Emmanuel Church Concert Series at Emmanuel Episcopal Church, Chestertown. 7:30 p.m. [Emmanuelchestertownparish.org](#)

National Folk Festival at Downtown Salisbury, Salisbury. 6 p.m. 410-677-1917.

The Jerry Douglas Trio at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. [Ramsheadonstage.com](#)

The Piano Guys at Filene Center, Vienna, VA. 8 p.m. 703-255-1800. [Wolftrap.org](#)

SPORTS

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

Saturday

7

SPECIAL EVENTS

Wild Goose Chase Women's Bike Tour at Dorchester County, Cambridge. 7 a.m. 410-521-5894. [Friendsof-blackwater.org](#) (C)

Amish Country Bike Tour at Legislative Hall, Dover, DE. 8 a.m. [Amishcountrybiketour.com](#) (C) (F)

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. [Avalonfoundation.org](#)

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. [Townofchestertown.com](#)

Outdoor Art Fair at Kent Island Federation of Arts, Stevensville. 9 a.m. 410-643-7424. [Kifa.us](#)

Learn to Row on the Tred Avon at Evergreen, Easton. 9 a.m. 410-819-3395. [Escrowers.org](#)

Log Canoe Cruises at Chesapeake Bay Maritime Museum, Saint Michaels. 9:30 a.m. 410-745-4960. [Cbmm.org](#)

First Saturday in Historic Stevensville at Historic Stevensville, Stevensville. 12 p.m. [Stevensvilleartsandentertainment.org](#)

Boating Party Fundraiser at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-2916. [Cbmm.org](#) (C)

Greenland Paddle Workshop at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. [Cbmm.org](#)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. [Marylandrenaissancefestival.com](#) (F)

Maryland Seafood Festival at Sandy Point State Park, Annapolis. 10 a.m. [Abceventsinc.com](#)

PERFORMING ARTS

The Merchant of Venice at Oxford Community Center, Oxford. (See 9/6).

33 Variations at Church Hill Theatre, Church Hill. (See 9/6).

Aladdin at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/1).

MUSIC

Eleanor Ellis at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. [Mainstayrockhall.org](#)

Swampcandy at Rams Head On Stage, Annapolis. 8:30 p.m. 410-268-4545. [Ramsheadonstage.com](#)

O.A.R. w/ Andrew McMahon in the Wilderness at Merriweather Post Pavilion, Columbia. 6:30 p.m. 410-715-5550. [Merriweathermusic.com](#)

Jason Aldean & Kane Brown at Jiffy Lube Live, Bristow. 7:30 p.m. 703-754-6400. [Bristowamphitheater.com](#)

Kacey Musgraves - Oh, What a World Tour at Filene Center, Vienna, VA. 8 p.m. 703-255-1800. [Wolftrap.org](#)

SPORTS

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

Sunday

8

SPECIAL EVENTS

Wild Goose Chase Women's Bike Tour at Dorchester County, Cambridge. 7 a.m. 410-521-5894. Friends-of-blackwater.org (C)

Hoopers Island Waterman's Rodeo at P.L. Jones Marina and Boatyard, Fishing Creek. 11 a.m. 410-397-3311. Visit-dorchester.org

5th Annual CrowFest at Crow Vineyard & Winery, Kennedeville. 11 a.m. 302-304-0551. Crowvineyardandwinery.com

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

PERFORMING ARTS

The Merchant of Venice at Oxford Community Center, Oxford. 5 p.m. Shoreshakespeare.com

33 Variations at Church Hill Theatre, Church Hill. 2 p.m. 410-556-6003. Churchhill-theatre.org

MUSIC

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

Cardi B at Royal Farms Arena, Baltimore. 7:30 p.m. 410-347-2020. Royalfarmsarena.com

Gipsy Kings featuring Nicolas Reyes and Tonino Baliardo at Filene Center, Vienna, VA. 8 p.m. 703-255-1800. Wolftrap.org

SPORTS

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

Monday

9

SPECIAL EVENTS

Homeschool Day at Chesapeake Bay Maritime Museum, Saint Michaels. 10:30 a.m. 410-745-4960. Cbmm.org (F)

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

Tuesday
10

PERFORMING ARTS

Tartuffe at Reynolds Tavern, Annapolis. (See 9/3).

SPORTS

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

Wednesday
11

SPECIAL EVENTS

Centreville Farmers' Market at Acme Plaza, Centreville. 2 p.m. Townofcentreville.org

SPORTS

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

Thursday
12

SPECIAL EVENTS

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

Open Boatshop at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org

MUSIC

Chestertown Jazz Festival at Downtown Chestertown, Chestertown. 12 p.m. Chestertownjazzfestival.org

Thursdays in the Park at Millstream Park, Centreville. 7 p.m. 410-758-2520. Queenannescountymuseum.com

Chestertown Jazz Fest Kick-off with the LARRY McKenna Quartet! at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrockhall.org

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

SPORTS

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

Friday
13

SPECIAL EVENTS

Symposium on Building the New Maryland Dove at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

Friday Night Cruise-In at Historic Downtown Easton, Easton. 6 p.m. Dentonmaryland.com

PERFORMING ARTS

The Merchant of Venice at Centreville Wharf, Centreville. 6 p.m. Shoreshakespeare.com

33 Variations at Church Hill Theatre, Church Hill. (See 9/6).

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. 8 p.m. 410-268-7373. Thecolonialplayers.org

MUSIC

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

SPORTS

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

Saturday
14

SPECIAL EVENTS

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

Canoe/Kayak Bass Fishing Tournament at Dorchester County Visitor Center, Cambridge. 6 a.m. Visitdorchester.org

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

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Log Canoe Cruises at Chesapeake Bay Maritime Museum, Saint Michaels. 9:30 a.m. 410-745-4960. Cbmm.org

27th Annual Native American Festival at Ball Field, Vienna. 10 a.m. 410-228-0216. Turtletracks.org (C) (F)

Kent Goes Purple Community Jamboree at Worton Park, Worton. 1 p.m. 410-778-1948. Kentparksandrec.org (F)

Full Harvest Moon Paddle at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org (F)

An Evening at Versailles with Benjamin Franklin at Wye River Upper School, Centreville. 7 p.m. 410-671-5317. Qoalf.org

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

Hospice Cup XXXVIII at Bert Jabin Yacht Yard, Annapolis. 11 a.m. 410-919-8393. Whatsuptix.com (C) (TIX)

Boatyard Beach Bash 2019 at Annapolis Maritime Museum, Annapolis. 5:30 p.m. 410-295-0104. Whatsuptix.com (C) (TIX)

PERFORMING ARTS

The Merchant of Venice at Centreville Wharf, Centreville. (See 9/13).

33 Variations at Church Hill Theatre, Church Hill. (See 9/6).

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/13).

MUSIC

Dweezil Zappa "Hot Rats & Other Hot Stuff" at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

Bob Sima at Rams Head On Stage, Annapolis. 12:30 p.m. 410-268-4545. Rams-headonstage.com

Chesapeake Music Festival at Smithsonian Environmental Research Center, Edgewater. 2 p.m. 410-224-3802. Whatsuptix.com (C) (TIX)

On Stage

Circle Mirror Transformation
Garfield Center for the Performing Arts; Now through September 8th, 2019; Prices vary; Garfieldcenter.org; 410-810-2060 Playwright

Annie Baker weaves the tale of four lost New Englanders who enroll in a six-week-long community-center drama class. While they experiment with harmless games, hearts are quietly torn apart and tiny wars of epic proportions are waged and won. A beautifully crafted diorama, a petri dish in which we see (with hilarious detail and clarity) the antic sadness of a motley quintet.

33 Variations

Church Hill Theatre; September 6th through September 22nd, 2019; \$10-20; Churchhilltheatre.org; 410-556-6003 (C)

Variations examines the creative process of Ludwig van Beethoven's "Diabelli Variations" and the journey of Katherine Brandt, a musicologist determined to understand why the composer was driven to write 33 distinct variations on a single, simple theme.

Del Florida // Changing Scene // Deaf Scene at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097. Cultclassicbrewing.com

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

KIX at Rams Head Live!, Baltimore. 9 p.m. 410-244-1131. Ramsheadlive.com

SPORTS

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

Sunday

15

SPECIAL EVENTS

Ride for Clean Rivers at Chesapeake College, Wye Mills. 8 a.m. 443-385-0511. Shorerivers.org (C)

Log Canoe Cruise at Chesapeake Bay Maritime Museum, Saint Michaels. 9:30 a.m. 410-745-4960. Cbmm.org

Native American Festival at Town of Vienna, Vienna. 10 a.m. 410-228-0216. Turtletracks.org (F) (C)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

PERFORMING ARTS

33 Variations at Church Hill Theatre, Church Hill. (See 9/8).

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. 8 p.m. 410-268-7373. Thecolonialplayers.org

MUSIC

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

SPORTS

Ravens vs. Cardinals at M&T Bank Stadium, Baltimore. 1 p.m. Baltimore Ravens.com (F)

Redskins vs. Cowboys at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com (F)

Exhibitions

Heather Harvey: The Thin Place

Academy Art Museum; Now through September 30th, 2019; \$3 for non-members, free for children under 12; Academyartmuseum.org;

410-822-2787 Visual artist Heather Harvey works at the overlap between objective and subjective experience. Her work often begins with straightforward material facts or scientific data as a tool to get at more ineffable experiences that are difficult to describe, document, or categorize. The title of her exhibition, *The Thin Place*, is a Celtic term for locations with heightened permeability, where divides between living and dead, heaven and earth, commonplace and other worldly seem to collapse and coexist.

Chesapeake Visual Icons

Ward Museum, Salisbury University; Now through September 29th, 2019; Prices vary; Wardmuseum.org

The area surrounding the Chesapeake Bay has a distinct visual appeal that is centered on the iconic images of the bay, its people, and the incredibly diverse bounty of both water and land. This exhibit features historical pictures that have shaped the wider understanding of the Chesapeake. Paired with the historical images, contemporary photographers will display works that feature the Chesapeake through both cultural and environmental perspectives, offering a powerful sense of where we have been and where we are.

James Turrell: Mapping Spaces

Academy Art Museum; Now through September 30th, 2019; \$3 for non-members, free for children under 12; Academyartmuseum.org;

410-822-2787 For over half a century, the American artist James Turrell has worked directly with light and space to create artworks that engage viewers with the limits and wonder of human perception. Turrell's group of prints, *Mapping Spaces*, were created in 1987 as Chambers and Cross Sections of the Roden Crater. Located in the Painted Desert region of Northern Arizona, Roden Crater is an unprecedented large-scale artwork created within a volcanic cinder cone by light and space and the culmination of the artist's lifelong research in the field of human visual and psychological perception.

↓ Connections: Work in a Series

Chestertown RiverArts; September 4th through September 29th, 2019; Opening reception: September 6th, 5-8 p.m.; Free; Chestertownriverarts.org; 410-778-6300

It has been said that creating a series allows each individual piece to stand on its own while simultaneously relating to the rest of the others in some manner. This exhibit is not about repetition but rather about being able to explore issues, themes, compositions, form, or concepts in progressively deeper and relational ways.



Lindsay Mullen, *Cathedral of Light*, oil

↑ TREES

Massoni Gallery; September 6th through October 13th, 2019; Massoniart.com; 410-778-7330

This exhibition will feature artwork by Vicco von Voss, Grace Mitchell, Simma Liebman, Patrick Henry, Joe Dickey, Paula Shalan, Eve Stockton, Katherine Cox, Heidi Fowler, Linda Richards, Stuart Cawley, Mark Gardner, Takashi Ichihara, Vanna Ramirez, Lindsay Mullen, Lisa Lebofsky, Zemma Mastin White, Marcy Dunn Ramsey, Emily Kalwaitis, and special guests.

Deconstructing Decoys: The Culture of Collecting

Chesapeake Bay Maritime Museum; Now 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.

Dorothy F. Newland: Portraits from a Life Well Painted

Troika Gallery; Now through September 3rd, 2019; Free; Troikagallery.com; 410-770-9190

Troika Gallery presents *Portraits from a Life Well Painted*, a retrospective by the late Dorothy F. Newland, an owner of Troika. The exhibition will feature multiple years of portraiture reflecting the masterful hand of this gifted and award-winning portrait artist.



Steve Rogers, *Crow*

**On Land and On Sea:
A Century of Women in the
Rosenfeld Collection**

Chesapeake Bay Maritime Museum; Now through March 1st, 2020; Free for CBMM members, \$6-15 for non-members; Cbmm.org; 410-745-2916 *On Land and On Sea: A Century of Women in the Rosenfeld Collection* features the work of Morris and Stanley Rosenfeld, who created the world's largest and most significant collection of maritime photography. The iconic photos featured in this exhibition are recognizable to the general public and are treasured by boating enthusiasts. *On Land and On Sea* reveals the social and historical context of women over the better part of the 20th century through the lenses of the Rosenfelds' cameras.

Amze Emmons: Pattern Drift

Academy Art Museum; Now through September 30th, 2019; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787 Amze Emmons is a Philadelphia-based, multi-disciplinary artist with a background in drawing and printmaking. This exhibition marks an important moment in surveying the last 15 years of Emmons' powerful artistic exploration, technical experimentation and critical thinking about the role of print in contemporary society.

Bodyphones and Jiwa dan Raga

Academy Art Museum; September 20th through May 31st, 2020; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787 The Academy Art Museum presents *Bodyphones and Jiwa dan Raga*, immersive installations by Aaron Taylor Kuffner (1975). The Gamelatron Project exposes us to the rich and profound nature of resonance and its effect on the psyche. It strives to create harmony in the tension of fusing the east and the west, the modern and the ancient. The Gamelatron's contrasting materials and mechanisms tell us a story of globalization and modernization.

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

Monday
16

MUSIC

Mainstay Monday featuring **Joe Holt** and guests **Max Murray** and **Frank Russo** at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstay-rockhall.org
In The Vane Of.. at Rams Head On Stage, Annapolis. 7 p.m. 410-268-4545. Rams-headonstage.com

Tuesday
17

PERFORMING ARTS

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

MUSIC

Jake Shimabukuro at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com
The B-52s at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

SPORTS

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

Wednesday
18

SPECIAL EVENTS

Centreville Farmers' Market at Acme Plaza, Centreville. 2 p.m. Townofcentreville.org

PERFORMING ARTS

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

MUSIC

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

SPORTS

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

Thursday
19

SPECIAL EVENTS

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org
What's Up? Media Party for the Arts: Artists Favorites at What's Up? Media, Annapolis. 5:30 p.m. 410-266-6287. Whatsuptix.com (TIX)

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/13).
Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

MUSIC

Songs From the Road Band at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com
NSO at Wolf Trap: Jennifer Hudson at Wolf Trap National Park for the Performing Arts, Vienna. 8 p.m. 202-467-4600. Kennedy-center.org

SPORTS

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

Friday
20

SPECIAL EVENTS

Putting A Roof Over Homelessness Golf Tournament at Prospect Bay Country Club, Grasonville. 9 a.m. 410-490-0925. Haven-ministries.org (C)

Bodyphones and Jiwa dan Raga at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through May 31st, 2020. 410-822-2787. Academyartmuseum.org
Pull! For the Arc at Pintail Point, Queenstown. 8:30 a.m. 410-269-1883. Thearccc.org (C)

Treasures of the Earth Gem, Mineral & Jewelry Show at Roland E. Powell Convention Center, Ocean City. 12 p.m. 804-642-2011. Treasuresofhearth.com

Pemberton 24 - Festival of 5Ks at Pemberton Historical Park, Salisbury. 4 p.m. 410-548-4900 x108. Pembertonpark.org

Movie Night At The Garfield Presents: The Little Princess at Garfield Center for The Arts, Chestertown. 7 p.m. 410-810-2060. Garfieldcenter.org (F)

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/13).
33 Variations at Church Hill Theatre, Church Hill. (See 9/6).
The Wendi & Justin Comedy Show at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

MUSIC

Gina Chavez Duo at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com
NSO at Wolf Trap: Jennifer Hudson at Wolf Trap National Park for the Performing Arts, Vienna. 8 p.m. 202-467-4600. Kennedy-center.org
Banda MS - Sinaloense Tour at Capital One Arena, D.C. 8 p.m. 202-628-3200. Capitalonearena.com

SPORTS

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

Saturday
21

SPECIAL EVENTS

Alpaca Festival at Outstanding Dreams Farm, Preston. 410-829-2012. Outstanding-dreamsfarm.com

Kent Island Beach Cleanup's International Coastal Cleanup at Queen Anne's County, Annapolis. 8 a.m. 410-458-1240. Kentislandbeachcleanup.com (C) (F)

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

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Run the Vineyard - Crow 5k at Crow Vineyard & Winery, Kennedyville. 9 a.m. Crowvineyard.com

Easton Airport Day at Easton Airport, Easton. 10 a.m. Eastonairportday.com (F)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

PERFORMING ARTS

33 Variations at Church Hill Theatre, Church Hill. (See 9/6).

Marshal Manlove At Wicomico Youth & Civic Center - Midway Room at Wicomico Youth & Civic Center, Salisbury. 5 p.m. 410-548-4911. Wicomicoivcccenter.org

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/13).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. & 7:30 p.m. 202-467-4600. Kennedy-center.org

MUSIC

Music on the Nanticoke Concert at Vienna Waterfront Park, Vienna. 4 p.m. 443-239-0813.

Groovefest Music Festival at Downtown Cambridge, Cambridge. 5 p.m. 443-477-0843. Downtowncambridge.org

Rebel Soul returns to Cult Classic at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097. Cultclassicbrewing.com

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

Chesapeake Bay Maritime Museum, St. Michaels, MD

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Fri-Sat, October 4-5, 2019



Hundreds of amateur and professional boat builders and enthusiasts come from all over the region to display their skills, kayaks and canoes.

410-745-2916 | cbmm.org/mascf

SEPTEMBER EVENTS

Monday

23

SPORTS

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

Redskins vs. Bears at FedExField, Landover. 8:15 p.m. 301-276-6800. Redskins.com (F)

Sunday

22

SPECIAL EVENTS

Dorchester's 350th Anniversary Celebration at High Street, Cambridge. 12 p.m. 410-228-1000. Visitdorchester.org

Dorchester Center for the Arts Showcase at High Street, Cambridge. 12 p.m. 410-228-7782. Dorchester-arts.org (F)

9th Annual Ridgely Car Show at Martin Sutton Park, Ridgely. 9 a.m.

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

PERFORMING ARTS

33 Variations at Church Hill Theatre, Church Hill. (See 9/8).

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/15).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/21).

MUSIC

North Sea Gas at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

Judy Collins at Rams Head On Stage, Annapolis. 4:30 p.m. 410-268-4545. Rams-headonstage.com

Chris Brown - Indigoat Tour 2019 at Capital One Arena, D.C. 6:30 p.m. 202-628-3200. Capitalonearena.com

SPORTS

D.C. United vs. Seattle Sounders FC at Audi Field, D.C. 8 p.m. Dcunited.com (F)

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

Tuesday

24

PERFORMING ARTS

Garfield Improv Group at Garfield Center for the Arts, Chestertown. 8 p.m. Garfield-center.org

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

MUSIC

Magic City Hippies at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

SPORTS

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

Wednesday

25

SPECIAL EVENTS

Centreville Farmers' Market at Acme Plaza, Centreville. 2 p.m. Townofcentreville.org

Open Mic Night at the Garfield at Garfield Center for the Arts, Chestertown. 7:30 p.m. Garfieldcenter.org

PERFORMING ARTS

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

SPORTS

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

Thursday

26

SPECIAL EVENTS

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

Taste of the Chesapeake at Crowne Plaza Annapolis Hotel, Annapolis. 6 p.m. 443949-0575. Whatsuptix.com (C) (TIX)

Ta-Nehisi Coates - THE WATER DANCER Book Tour at Lincoln Theatre, D.C. 5:30 p.m. 202-888-0050. Theincolindc.com

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/13).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

MUSIC

Wynonna Judd & The Big Noise at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

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

Miranda Lambert at Royal Farms Arena, Baltimore. 7 p.m. 410-347-2020. Royal-farmsarena.com

SPORTS

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

Friday

27

SPECIAL EVENTS

5th Annual UWQAC Crab Feast at Harris Crab House, Grasonville. 6 p.m. 410-643-6288. Whatsuptix.com (C) (TIX)

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PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/13).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

MUSIC

From Movie Themes to Classics at Chesapeake College, Wye Mills. 7:30 p.m. 888-846-8600. Midatlanticsymphony.org

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

SPORTS

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

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/13).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/17).

MUSIC

Billy Price Band at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrock-hall.org

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

SPORTS

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

MUSIC

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

Sunday in the Country at Merriweather Post Pavilion, Columbia. 2 p.m. 410-715-5550. Merriweathermusic.com

SPORTS

Ravens vs. Browns at M&T Bank Stadium, Baltimore. 1 p.m. Baltimore Ravens.com (F)

Indians at Nationals at Nationals Park, Washington, D.C. 3:05 p.m. 202-675-6287. Nationals.com (F)

Monday

30

MUSIC

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

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

Saturday

28

SPECIAL EVENTS

IRONMAN Maryland at Great Marsh Park, Cambridge. 6:45 a.m. Ironman.com

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

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Skin-on-Frame Kayak Workshop at Chesapeake Bay Maritime Museum, Saint Michaels. 8:30 a.m. 410-745-4960. Cbmm.org

Frederick Douglass Day at Easton, Easton. 10 a.m. Frederickdouglasshonorsociety.org (F)

Elf Classic Yacht Race Spectator Cruise at Chesapeake Bay Maritime Museum, Saint Michaels. 10:30 a.m. 410-745-4960. Cbmm.org

Mid-Shore Out of the Darkness Walk at Idlewild Park, Easton. 11 a.m. Afsp.org/MidShoreMD (C)

Sunday

29

SPECIAL EVENTS

Osprey 5K and Fall Festival at Kent School, Chestertown. 9 a.m. 410-778-4100. Kentschool.org

13th Annual St. Michaels Concours d' Elegance at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 443-262-5916. Smcde.org (C) (F)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

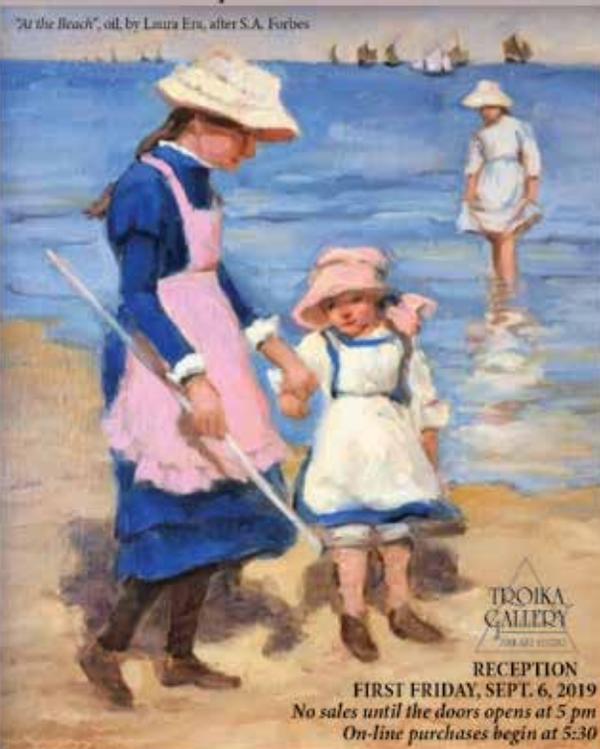
PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Inc., Annapolis. (See 9/15).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 9/21).

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Where's Wilma?

FIND WILMA AND WIN!

Leaves are changing, the temperature is cooling down, and summer is coming to an end. But fear not! There's plenty of fall fun to look forward to: football, all things pumpkin, cozy sweaters, and tons more. Wilma will take you on a tour of the calendar where you can find some awesome activities to start the new season. Check out "When Food Kills" to stay in-the-know about children and food allergies, and don't forget to peruse the list of schools in our Private School Open House Guide. Let's make this September a great one!

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: Daryl L. Weaver of Easton, 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 September 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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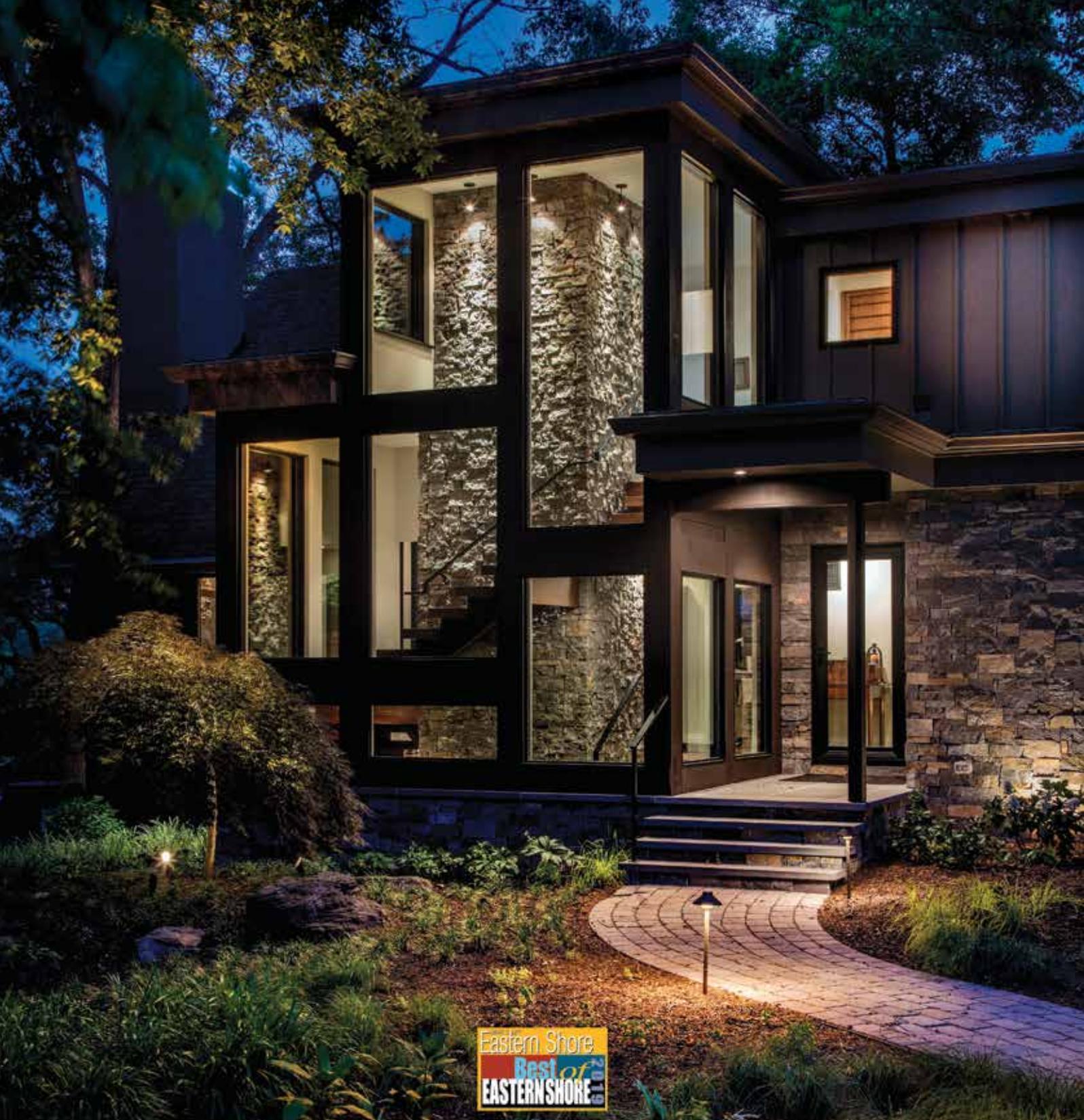


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