

WHAT'S UP?

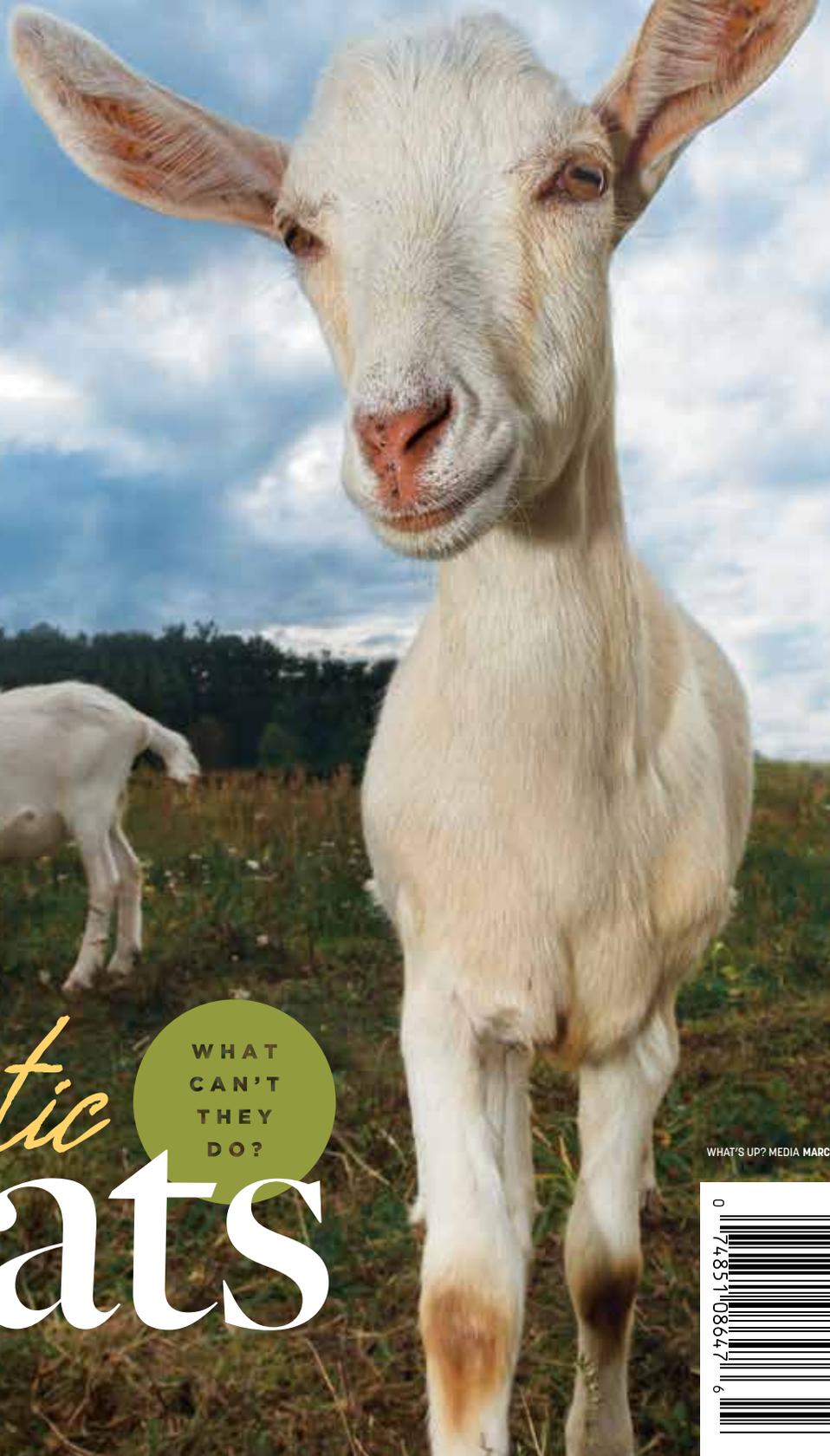
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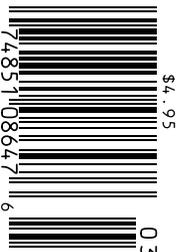


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On the Cover: We explore the myriad and amazing capabilities of local goats. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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Financial Advice
Home Resource Guide 2020

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What's Up? Online

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Meet Sonal Parikh, DMD

Dentist at Eastern Shore Dental Care

Once you knew you were interested in healthcare, why did you choose dentistry? I wanted to work with my hands as much as possible. I also have always enjoyed getting to know people on a personal level, so that I can build relationships in the community, not just with that person, but with their friends and family as well.

What brought you to ESDC? My husband is an army dentist stationed at Fort Meade. After I completed my residency at UNC, I moved here to be with him. When I interviewed at ESDC, I knew this practice was the future of dentistry - this state-of-the-art facility coupled with how amazing the Eastern Shore is, there was no question that this was the place for me.

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What skill/trait do you admire the most about Dr. Billings and/or Dr. Murphy? Dr. Billings has a wonderful way of explaining difficult concepts and takes the time to educate both our staff and his patients. On the other hand, Dr. Murphy is very efficient and my go-to doctor if there is ever an issue that needs resolving.

What skill/trait do you admire the most about one of your Dental Associates? Dr. Brotz is an efficient and focused provider with great communication skills. I appreciate that we can consult each other on a tough case or situation that may have more than one solution or an unclear answer.

If you could preach only one thing to all of your patients what would it be? Everyone preaches the importance of brushing 2-3 times a day and flossing at least once. I like to take it one step further by emphasizing the importance of using the right technique and seeing your hygienist regularly. Brushing and flossing incorrectly is only slightly better than not brushing and flossing at all - making sure you keep your hygiene appointments at the interval recommended for you is imperative for home hygiene education and so we can catch anything that may be going on before it gets worse.

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UPCOMING MARCH EVENTS ON

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13

Best Girlfriends Night Out!

Haven Ministries
Prospect Bay Country Club
6:00pm - 9:00pm | **\$65-\$100**



18

What's Up? for Happy Hour Networking

What's Up? Media
Mamma Roma
5:00pm - 7:00pm | **FREE**

21

Annapolis Oyster Roast & Sock Burning

Annapolis Maritime Museum
Annapolis Maritime Museum
12:00pm - 4:00pm | **\$15-\$85**

27

3, 10,
17, 24

What's Up? for Lunch Networking in Talbot

What's Up? Media
Washington Street Pub
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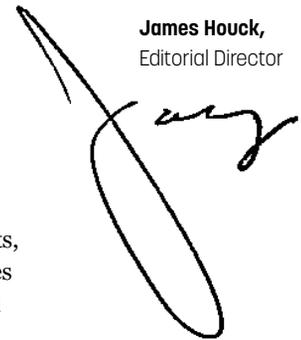
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From the editor

pool—to keep the dream alive of a more fulfilling and enjoyable living space. Our health and beauty section piggy-backs this theme (and even considers the secret benefits of a good beer—perhaps best enjoyed after all that home-work).

Often, I can be seen on my back deck in the mornings and evenings, coffee in hand in the a.m. or maybe a cold one at night, looking over the railing into the yard, the trees, the neighborhood...all the while pondering the space that I call home. “What can I do to improve it?” is a question I find myself asking over and over again. And what’s funny is that, when you think about it...what we do on the home-front becomes an extension of what we enjoy and how we are, beyond the front door. So, as I rev myself up to rake the yard clean, prep the mower for it’s first run, and draw out landscaping plans—knowing full-well I’ll utter more than a few curse words during it all—I’ll take comfort that this is a means toward a satisfying end. To enjoy the Spring season at home with a peace of mind that, in turn, frees me up to get out there and enjoy the best that our community has to offer...events, friends, camaraderie, the riches of Chesapeake Bay living...and all of it sans socks, finally.



James Houck,
Editorial Director

“You’re in Chesapeake country now!”

Ryelled with a sly grin over cheers and hollers to my buddy who was witnessing his first sock burning God-knows-how-many-years ago. Could have been 15 or so. It’s an annual rite of Spring in Annapolis and, now, at many more harbors regionwide; doffing one’s socks and tossing them into a bonfire while quaffing swills of heady beer and slurping fresh-shucked oysters. Welcoming boating season...Spring...in a most jovial way. It’s one of the many quirky and unique traditions that locals have come to love this time of year.

Seems to me, the month of March ushers in the year’s first consistent rush of celebrations: the aforementioned; the Spring Equinox; St. Patrick’s Day of course, Women’s History Month; NCAA March Madness basketball, and events...lots of events. After our winter hibernation, do we ever come out of the woodwork! And this issue of *What’s Up? Eastern Shore* highlights a number of them: speaking events, a film festival, home and garden shows, bull and oyster roasts, wildlife festivals, culinary festivals...festival this, festival that. The time is nigh to get outside and celebrate community many times over.

Beyond all this fun and celebration, there’s also work to be done. Like it or lump it, we all know it. With Spring comes cleaning, indoors and out (heck, there’s even a decluttering seminar in this month’s calendar). There’s a big focus on organizing our homes and, in turn, our lives. I know when I push on through a day of cleaning or yardwork, somehow my entire livelihood feels more at peace (if only until the kids and dog undo it all). This issue has a batch of home and garden ideas—from interior design trends to revealing signs that you may be ready for an inground

Letters to What’s Up?

Dear What’s Up?, I want to thank you for such a great January edition of Eastern Shore Magazine. I really enjoyed the well written, engaging and educational articles in the magazine. I especially enjoyed the Year of the Woman: Sirens Call (I never knew that passage of the amendment for a woman to vote came down to one vote in one State!), “Striving for 100” (what inspirational women, we can all learn from) and Disappearing Act (well written explanation about the fate of the Chesapeake Islands). I’m looking forward to the next edition and more information about Women Suffrage- it’s amazing how little is taught in schools about it. Thanks for your good work- we are all a little better for it.

—Lynn Mayo, Chestertown

Thank you Lynn Mayo for your kind words!



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

WHAT'S UP? MEDIA

upcoming events

What's Up? Media Best of Eastern Shore Party 2020

Presented by Chaney Homes
Prospect Bay Country Club
6:00pm - 9:00pm | \$60-\$100

We've found a way to make Monday sound good! Come out to Prospect Bay Country Club on Monday, May 11th for our What's Up? Media Best of Eastern Shore Party! Celebrate with the best restaurants on the shore by sampling freshly prepared food and drink all under one roof. This year's party is going coastal so wear your best seaside attire. The silent auction proceeds will benefit **Talbot Hospice**. There are VIP tickets available that will allow early access to the party, a private VIP room, unlimited drinks throughout the night, and a swag bag filled with goodies. Thank you to our presenting sponsor Chaney Homes. This is a 21+ event.

Tickets are available at whatsuptix.com



EASTERN SHORE
5/11



ANNAPOLIS
6/3

What's Up? Media Best of Party 2020

Doordan Institute Conference Center
6:00pm - 9:00pm | \$85-\$135

Kick off summer with the best party in Annapolis! Don't miss our annual What's Up? Media Best Of Party happening on June 3rd at the Doordan Institute Conference Center at Belcher Pavilion located at Anne Arundel Medical Center. Enjoy entertainment, music, and freshly prepared food and drink samples from the best local restaurants. This year's party is going coastal so wear your best seaside attire. The silent auction for this year's event will benefit **GIGI's Playhouse**. There are VIP tickets available that will allow early access to the party, valet parking, a private VIP room, unlimited drinks throughout the night, and a swag bag filled with goodies. This is a 21+ event.

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11 EVENT PICKS | 14 SOCIAL | 16 SALUTE | 18 SPOTLIGHT | 20 ATHLETE



↓ **Annual Eagle Festival**

The 19th Annual Eagle Festival will be held on Saturday, March 14, from 9 a.m. to 4 p.m. at Blackwater Visitor Center. This festival will be celebrating our national symbol, the bald eagle. This family event will include many activities, including learning about bald eagles and spotting them in the wild. For more information, visit friendsofblackwater.org.

Crabi Gras Crawfish & Muskrat Stew Fest →

Kick off March with Cambridge's Crawfish Boil & Muskrat Stew Fest. Located at Sailwinds West at Governor's Hall on March 1, locals will be celebrating muskrat skinning championships, live music from Jimmy Cole and his All-Star Band, food, libations, and more. The event has gotten so popular that it will be held indoors this year since they have outgrown the alley. Tickets are just \$5, which benefit Downtown Cambridge. For more information, see visitdorchester.org.



Heart & Music Opening Night Gala

The 10th annual Heart & Music fundraiser will be bringing together a cast to entertain and educate the community about the importance of mental health and rape crisis services. For All Seasons will be putting on a musical event in the evening and matinee performances on March 5 at the Oxford Community Center. For more information, visit forallseasonsinc.org.

ST. MICHAELS CHOCOLATEFEST

March 7 and 8 will be the 2nd annual St. Michaels ChocolateFest. Chocolate will be everywhere, from special restaurant menu items, to chocolate inspired getaway packages at the inns and bed and breakfasts. Chocolate lovers will be blown away by the chocolate sampling, as well as sampling other desserts, craft wine, beer, and spirits. For more information, visit stmichaelschocolatefest.com

Annapolis → Restaurant Week

Annapolis' 12th Restaurant Week is the first week of March this year (February 29-March 8). Make your way through Annapolis by visiting over 40 restaurants in the Annapolis area and Downtown. The participants will be offering two-course, price-fixed meals for breakfast and lunch, as well as three-course meals for dinner. For more information, and a list of participating restaurants, visit downtownannapolispartnership.org.



Photo by Ramis Head Tavern



↑ **The Clutter Solution Workshop**

Get rid of both your physical and emotional clutter on March 28 from 9 a.m. to noon at Calvary United Methodist Church in Annapolis. This workshop will help you understand how clutter may limit your life potential and happiness, how to declutter any room, what to keep and what to get rid of, and so much more because it is never about the "stuff" but about the emotional connection that we have with it. This event is \$20 online, or \$25 at the door. For more information, visit thecluttersolution.com.

HOOPERS ISLAND GUN BASH

All hunter and gun enthusiasts are invited to Hoopers Island Gun Bash at Governor's Hall at Sailwinds Park on March 8 for a chance to win a ton of cool prizes, including guns, bows, crossbows, an ATV, or a boat, plenty of food and drinks as well as side raffles. Tickets are \$45 and the event is from 11 a.m. to 6 p.m. For more information, see visitdorchester.org

Eastern Shore Bridal Show

Tickets are \$15 in advance and \$20 at the door to have everything right in front of you to put together your dream wedding. The Eastern Shore Bridal Show will have over 45 vendors offering an array of sampling and wedding inspiration. The Bridal Show will be at the Kent Island Yacht Club on March 22 from 1-4 p.m. For more information, or to buy your tickets, visit shorebridalupdate.com.

Photo by Andover Media



FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 103 OR GO TO WHATSUPMAG.COM



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TOWNE SOCIAL

Cover Your Chin for Charity Party

On January 18, Cover Your Chin for Charity held its annual Closing Ceremonies Party at the Waterfowl Building in Easton. The whimsical and entertaining event is the culmination of the annual beard growing contest that creates awareness in our community to benefit those in need. The proceeds benefit local existing 501-c3 organizations who provide support to kids, vets, and pets. This year's event raised \$30,000.

Photography by Stephen Buchanan **1.** Paul Detrich, Elexes Howard, and Rob Howard **2.** Landy Cook, Andrew Southworth, and Megan Cook **3.** Carly Callahan, John Grow, and Jess Planotulli **4.** Katie Lowman, Chad Nestel, and Billy Murdoch **5.** Joanne Buritsch, Kelli Honeycutt, and Bobby Macey **6.** Gary Skirka, Jeremy Hillyard, and Buck Davis

Mid-Shore Community Foundation's Awards Breakfast

The Mid-Shore Community Foundation's Annual Report to the Community and Awards Breakfast was held on November 22 at the Tidewater Inn in Easton. The community event, which is held each fall, ratifies the work of the Mid-Shore Community Foundation. The highlight of the event was the presentation of awards, which recognize individuals and organizations whose contributions have made a positive and substantial impact on the community.

Photography courtesy MSCF **1.** Senator Adelaide Eckhardt and award recipient Nancy Shockley **2.** Tori Brummell **3.** Nancy Shockley, Hugh Grunden, Gail Benjamin, Cristy Morrell, Walter Black, Harriett Lowery, Andrew Meehan, Kathy Bosin, Del. Chris Adams, Sen. Addie Eckhardt, and Del. Johnny Mautz **4.** Dr. Karen Salmon **5.** Award recipient Hugh Grunden and guest **6.** Buck Duncan, Harriett Lowery, and Walter Black





TOWNE SALUTE

Charlene Rhodes

Channel Marker, Inc.

By Lisa A. Lewis

After Charlene Rhodes' daughter-in-law, Amy Stoops Rhodes, passed away under tragic circumstances, Rhodes was determined to keep Amy's memory alive and honor her legacy. During a touching memorial service organized by Amy's employer, Channel Marker, Inc., a nonprofit organization that provides mental health services and support for adults and children in Caroline, Dorchester, and Talbot counties, Rhodes felt a sense of kinship with Amy's Channel Marker family. Deeply moved by the outpouring of love, she decided that she wanted to become a volunteer for the organization that had been such an important part of Amy's life. Since that time, Rhodes has become a true ambassador—working tirelessly to pay tribute to her daughter-in-law's memory.

"Amy was a wonderful, loving person who brought so much joy to the world," Rhodes says. "She was passionate about her job as a social worker/Talbot program manager at Channel Marker and loved working with her clients and helping improve their lives. Since Amy had been dating my son, Jason, for several years before they got married on October 10, 2015, she already felt like part of our family, and we adored her. But then tragedy struck, and her life was cut short. Sadly, she passed away on December 24, 2015. Amy was so young, and her future had seemed bright. She and Jason had so much to look forward to and were just starting their life together as a married couple. Everyone who knew Amy was grief-stricken, and it was difficult to imagine life without her."

Becoming a volunteer for Channel Marker helped Rhodes find some comfort and offered a way for her to honor Amy's memory. Although the organization has locations in Cambridge and Denton, the administrative office and Wellness Center are located in Easton. A courtyard at the Wellness Center showcases beautiful flowering plants as well as the Dulin-Rhodes Memorial Garden, which includes a koi pond with a waterfall/fountain feature and benches. Dedicated to the memory of Beth Dulin, a Channel Marker employee whose life was also tragically cut short, and Amy Stoops Rhodes, the garden is especially dear to Rhodes' heart. She lovingly cares for and maintains it to

"Volunteering provides a sense of satisfaction and makes me feel good. Channel Marker is such an important organization because it helps clients who are dealing with mental illness and offers them a safe space and a support network."

ensure that the area exudes a welcoming and peaceful setting for the clients. During the holidays, she even decorates the garden to make it festive. Rhodes also prepares food for Channel Marker's fundraising events and decorates the Wellness Center. She generously devotes her time and is always willing to lend a helping hand.

"Volunteering provides a sense of satisfaction and makes me feel good," Rhodes says. "Channel Marker is such an important organization because it helps clients who are dealing with mental illness and offers them a safe space and a support network. The staff is a phenomenal group of people who are so wonderful that they make volunteering easy, and I want to help them in any way that I can. But I think what makes Channel Marker truly special is how much the clients appreciate everything that the staff does to help them. They also genuinely appreciate the extra touches, such as the holiday decorations in the garden.

When a client tells me that the garden looks beautiful, I feel happy. It makes everything worthwhile.”

In addition to volunteering for Channel Marker, Rhodes is also actively involved with Amy’s Army, a volunteer nonprofit organization that she helped create along with Amy’s mother, Barbara Stoops, and Amy’s friends and family. Amy had a positive impact on so many people during her short life, and Amy’s Army strives to follow her example by providing assistance to those in need. The organization funds scholarships to Chesapeake College, Salisbury University, and Saints Peter and

Paul High School and makes contributions to Channel Marker and Camp New Dawn, a summer camp for children who are grieving the loss of a loved one. To learn more about Amy’s Army, visit amysarmymd.org.

“Charlene is a dedicated volunteer who throws her whole heart and soul into a project and brings other people along to embrace her passion,” says Debbye Jackson, executive director of Channel Marker. “The Dulin-Rhodes Memorial Garden captured Charlene’s imagination as a way to honor Amy, and she has continued to give more and more of herself to support not only Channel

Marker but also Amy’s Army. Charlene is now a permanent member of the Channel Marker family.”

Rhodes, who is retired and lives in Queenstown, has always loved volunteering and giving back to the community. She attributes her interest and dedication to her mother who set a good example and showed her the importance of helping those in need. Rhodes has also volunteered for Queen Anne’s County Fair and her children’s schools.

“Although Channel Marker came into my life as the result of a tragedy, I am grateful to be able to volunteer and assist the amazing staff and clients,”

Rhodes says. “I plan to keep volunteering, so I can help this wonderful organization continue to honor its mission. It is very important to me to carry on Amy’s legacy and make sure that she is remembered. I want to serve the community in a way that would have made her proud.”

For more information about Channel Marker, Inc., visit channelmarker.org.

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



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Photo courtesy of Compass Regional Hospice



Compass Regional Hospice Receives Accolades

Compass Regional Hospice was one of 22 grant recipients honored at the Caroline Foundation's 2019 Grants Breakfast. The grant awarded to Compass Regional Hospice will benefit its Patient Care Program. Additionally, Compass Regional Hospice's second annual Festival of Trees, held in December, raised more than \$37,000 for the organization. Throughout the three-day event, 51 trees were auctioned off and attendees enjoyed catering by Joann Redden and visits from Santa.



Left to right: Ryan Showalter, attorney, McAllister, DeTar, Showalter & Walker; Ken Kozel, president and CEO, University of Maryland Shore Regional Health; Charles Fairchild, president, Fairchild Properties, LLC; Sue Fairchild, chief financial officer, Fairchild Properties, LLC; and Hunter Fairchild, executive vice president, Fairchild Properties, LLC. Photo courtesy of University of Maryland Shore Regional Health

↑ UM SHORE REGIONAL HEALTH PURCHASES LAND TO BUILD NEW MEDICAL CAMPUS

In December, University of Maryland Shore Regional Health (SRH) purchased 9.23 acres of land in Dorchester County's Cambridge Marketplace for the construction of a new health care campus. The new site will feature a state-of-the-art building, offering 24/7 emergency care, short-stay observation care, an outpatient surgery center, diagnostic imaging and laboratory services, and more. Construction is projected to take 14 to 18 months, and UM Shore Medical Campus at Cambridge is expected to open in 2021.

STEVENSVILLE SAILOR EARNS SAILOR OF THE YEAR AWARD ↓

Cryptologic Technician (Maintenance) 1st Class Brian Rathell was named the 2019 C10F Sea Sailor of the Year. Rathell, who hails from Stevensville, is assigned to Navy Information Operations Command (NIOC) in Hawaii. He credits his family, fellow sailors, and mentors for his selection as Sailor of the Year. Established in 1972 by Chief of Naval Operations Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet, the Sailor of the Year program's purpose is to recognize and honor individual sailors who best exemplify the ideals of the professional sailor, as well as the Navy.



Photo by Mass Communication Specialist 2nd Class William Sykes

Haven Ministries Opens Additional Resource Center in Grasonville

Haven Ministries opened its second Resource Center, located at the Fisher Manor housing community in Grasonville. Much like the Centreville Resource Center, the Grasonville location offers case management services, education programs, job training, and the use of computers and office supplies. According to Haven Ministries Executive Director Krista Pettit, the new Resource Center will allow the organization to expand its reach to more people in Queen Anne's County in order to assist with individuals and families with resume writing, job searching, and budgeting. Haven Ministries' Grasonville Resource Center location is open on the second Saturday of every month from 9 a.m.-12 p.m. For more information, visit haven-ministries.org.



Tidewater Inn Opens Full-Service Luxury Spa

The Tidewater Inn opened a new full-service luxury spa this month. Known as Terrasse Spa, it includes four rooms and offers indulgences like restorative massages, rejuvenating facials, invigorating body treatments, and more. Terrasse Spa's color scheme features an array of relaxing blues and greys and includes furnishings and fixtures from Restoration Hardware. Licensed massage therapists and estheticians use high-quality brands, including Naturopathica, Waxing Kara, and CBD Care Garden. Terrasse Spa is operated by the team who manages The Spa at the Chesapeake Bay Beach Club in Stevensville and provides hospitality for hotel guests and locals alike.



Photo courtesy of CBMM

↑ CBMM SHIPWRIGHTS RESTORE OLDEST EXISTING LOG CANOE

This past winter, shipwrights at the Chesapeake Bay Maritime Museum (CBMM) began the restoration of a Chesapeake Bay sailing log canoe. The three-log canoe, known as *Glide*, was originally built around 1864 by Washington Hammond Skinner and is believed to be the oldest existing Chesapeake Bay log canoe. *Glide* was donated to CBMM in 2018 by John T. Adams, Jr. and is part of the museum's small craft collection. CBMM's shipwright staff is focused on resplining two primary log joints to increase *Glide's* strength and water-tight capabilities. Their goal is to sail the log canoe by the end of the summer before it sits on display in CBMM's Small Boat Shed.

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

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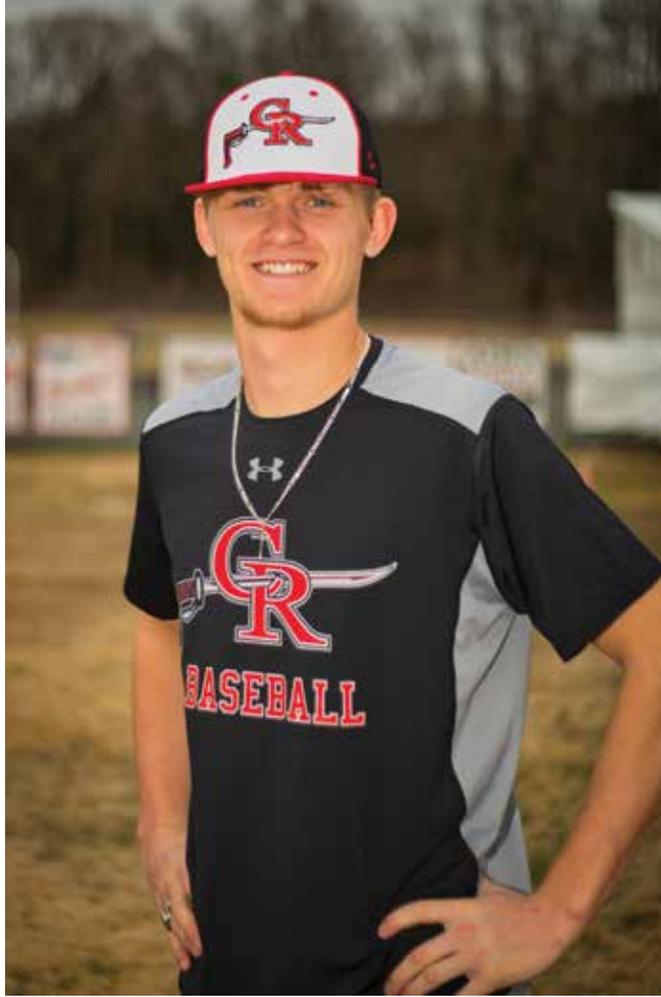
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TOWNE ATHLETE

Jackie Zebron

Colonel Richardson High School
Baseball

By Tom Worgo

Colonel Richardson senior Jackie Zebron has accomplished a lot when it comes to baseball. Zebron earned a scholarship to Division II Clarion University in Pennsylvania for his outstanding bat and glove. The centerfielder also guided Colonel Richardson to a Class 1A state championship last spring while leading the team in hitting.

But he'll face the biggest challenge of his career this spring as the Colonels' ace pitcher. "There's a lot falling on me," Zebron says. "I have to step up."

"There's not that many kids with that type of dedication. He is a speedster and gap-to-gap type of hitter."

Colonel Richardson graduated its top three pitchers. It took a lot of offseason work to prepare Zebron for the starting role, since he didn't consider himself a very good pitcher. That's why in the months since, he's worked hard to change that perception.

Working out with his brother, Jacob, who has pitched the past two summers for the Orioles' Single-A Gulf Coast League team, elevated his performance level. The Orioles drafted Jacob in the 18th round of the 2018 draft and he went on to post ERAs of 2.97 and 1.31 in his first two minor league seasons. On top of that, he's emerged as Jackie's unofficial pitching coach.

"My brother is a great resource," Jackie says. "He had some of the best stats down there of anybody in his league. He is showing me the things his pitching coach in Florida had him do. He thinks it can really help me. My brother has talked to me about mechanics and having a consistent follow through."

The brothers had intense two-hour workouts in January and February for three or four days a week. Besides mechanics, they worked on different pitch grips.

The 6-foot-2, 180-pound Jackie also trained with Jamie Evans, a former pitching consultant with the Toronto Blue Jays. Evans' program is called Velo. "It's like a weight-ball program to build up velocity," Jackie explains.

Knowing the extra offseason work Zebron put in, Colonel Richardson Baseball Coach Ryan Blanchfield is confident he'll be a standout pitcher in 2020.

"He has that drive to get better," Blanchfield says. "He can really throw strikes and fill it up. He will probably be our hardest thrower. He has decent off-speed pitches, but the most important thing is he throws strikes. He will hit his spots and mix up his off-speed pitches well. He will keep hitters off balance."

The former center fielder also proved to be a difficult out last spring when he led the team in batting average (.438), RBIs (20), runs (22), and stolen bases (12). Zebron, who batted .345 as a sophomore, only pitched in one game.

"I coach his American Legion team and he is out here at noon during the summer on his own, hitting a ball off a tee," Blanchfield says. "There's not that many kids with that type of dedication. He is a speedster and gap-to-gap type of hitter."

Zebron had some eye-catching games in 2019 in routs over Crisfield (2-2, 4 RBIs) and St. Michaels (2-for-3, 4 RBIs).

But the state championship game is what Zebron and Blanchfield will remember the most.

Zebon clubbed two doubles in the 6-0 win in May over McDonough of Charles County, including a three-run extra base hit that blew the game open. "That's as clutch a hit as you can have in your baseball career," Blanchfield says.

Zebon feels he has found the perfect school to continue his baseball career after Colonel Richardson once he graduates. Clarion is out in the country like his current high school. In addition to a rapidly improving baseball skill set, Zebon will take plenty of toughness with him to college, since he started as Colonel Richardson's quarterback on the football team for two years.

"It's feels like home," says Zebon, who carries a 3.5 grade-point average and also received interest from LaSalle University and Saint Peter's University.

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

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TOWNE INTERVIEW

Talking Terps

University of Maryland hoops star Anthony Cowan Jr. answers our questions

By Tom Worgo

Maryland senior point guard Anthony Cowan Jr.'s goal of winning a Big Ten title or going on a long NCAA basketball tournament run remains unfulfilled. Instead, early exits have been common.

Cowan will have another shot in March, and expectations are high with Maryland ranked among the best teams in the country. Even so, Cowan will leave a lasting legacy either way. He's on pace to finish among Maryland's all-time top-10 scorers. It's an impressive list that includes Len Bias, Juan Dixon, John Lucas, and Tom McMillen. All four were NBA first-round picks.

“It would be a blessing just to be able to finish with some of the best that have come through the program.”

“It would be a blessing just to be able to finish with some of the best that have come through the program,” Cowan says.

The 22-year-old declared for the NBA draft in May, but decided to return to school to chase a title and improve his stock for next year's draft. He's been nothing but consistent at Maryland. The Bowie resident has averaged in double figures every year and earned second-team All-Big Ten honors last season after averaging 15.6 points and 4.4 assists per game.

The 5-foot-10, 180-pound Cowan has started every game in his career and is aiming to become only the second player to do that during head coach Mark Turgeon's nine years. Turgeon has praised Cowan for his outstanding leadership with Maryland's youthful roster.

We recently talked to Cowan about playing so close to home, his leadership role, and the lofty expectations for the 2020 Terps.

What does it mean for you to play at Maryland since you grew up in the area?

It means a lot. I grew up 15 or 20 minutes away. All my friends and family come to games and see me play. I have been a huge fan of some

Maryland players and it's definitely an honor to put on a Terps' uniform.

Why did you return to school after declaring for the draft?

Everybody wants to get to the next level and realize their dream by playing in the NBA. I wanted to make sure I leave a lasting and winning legacy at Maryland, so people will remember my name. That's what I am trying to do right now.

After you finish your Maryland career, how exciting will it be to play professionally?

It will be super exciting. I not only want to continue playing basketball, but also get paid for doing it. That will be a great thing and I will be very fortunate for that. I got a sense of what it's like. My former teammates and my friends tell me about the good and bad of playing at the next level.

Maryland has been ranked in the top-10 this season. Do you and the team feel more pressure to have a breakout season?

Yes. I definitely think we invite the pressure. We are a team of competitors, so we want everyone's best shot. I love the attention. You have to do it while it lasts. You are only going to be a college basketball player one time in your life, so you have to take advantage of it.

How would you describe your leadership style? Since you're the team's only senior and 10 freshmen joined the team the past two years, have you had to step up?

I am not as loud as a lot of other leaders, but I definitely talk a lot. The thing about me is I lead by example. I am a big believer in if the people you are leading see you do something and doing it with a lot of effort, they will do the same thing. A lot of the freshmen didn't know what they were doing, so I had to make sure I was a better leader.

How would describe your relationship with coach Mark Turgeon?

We have a great relationship. I have known him for a long time—ever since I was a sophomore in high school. Our relationship grows every year. He trusts me running the team.



How important has he been in your development?

Huge. He was also a small guard who had a successful college career (at Kansas). He has taught me a lot in terms of leadership, different skills, and things a player with our height should do as a point guard. He definitely has taught me a lot.

Once you finish basketball, what do you want to do for a career?

I already graduated with a degree in communications. I studied sports broadcasting. I would really like to be a broadcaster and I want to stay in sports. I think sports broadcasting is something I can do.

Do you have a pregame routine?

I listen to music. That's my routine. I usually listen to my cousin, Marty Maw, who is a Hip-Hop artist. He is from Bowie as well. I listen to him until I have to go onto the court.

What do you do to relax after a game?

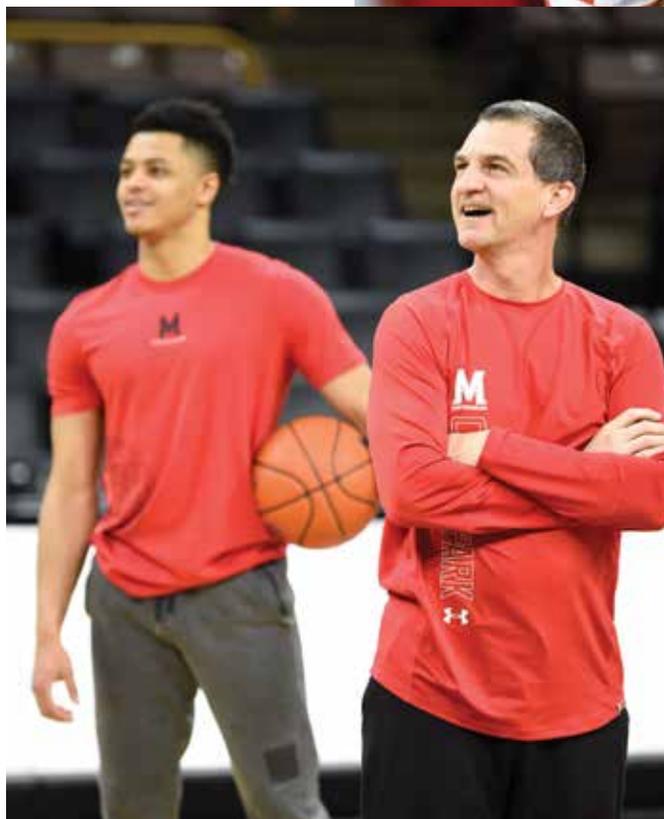
I usually go back to my room and play video games. I am a big fan of video games. I also talk to my teammates. I am a real boring guy. I don't do anything out of the ordinary. I just try to calm my body down.

What do you for fun when you are not playing basketball?

The benefit of going to Maryland is that you are close to home. It allows me to see friends and family and play with my French bulldog Drizzy.

What charities have you devoted time to?

One that sticks out the most to me is a food drive, called SOME (So Others Might Eat), we did in Washington, D.C., to help out the homeless. It was a great time and the team genuinely wanted to be there. I have also done Special Olympics every year I have been here. It's a great feeling to see the kids. I can put basketball away for a while.



The Key to Our Fortunes?

Shockingly Low Inflation

By Anirban Basu

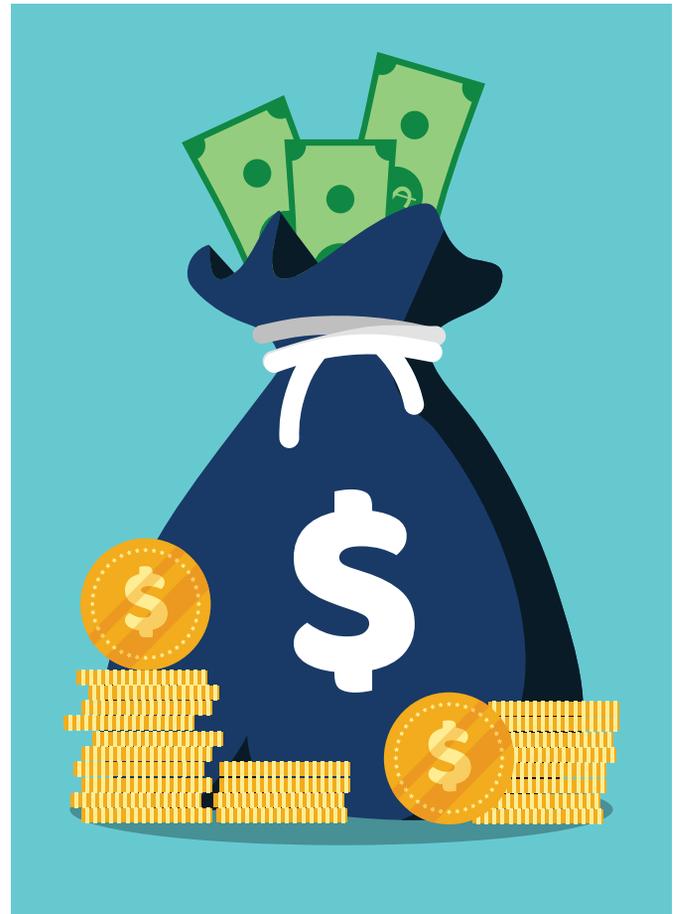
It wasn't supposed to be this good. By December 2015, the Federal Reserve had begun to ratchet up interest rates and borrowing costs in an effort to normalize monetary policy and head off emerging inflationary pressures. The prior year, unemployment had begun to dip to the point that workers across the wage spectrum were beginning to experience chunkier wage increases. The combination of ongoing job growth and faster wage increases helped perpetuate an economic expansion that had begun during the summer of 2009.

Ultimately, the Federal Reserve would raise short-term rates nine times between December 2015 and 2018. Messaging from Federal Reserve Chairman Jerome Powell and others indicated that further rate increases were forthcoming. Coming into 2019, unemployment was approaching a 50-year low—a low at which it presently sits (3.5 percent to end 2019). Based on basic economic logic, this was supposed to generate faster wage growth and additional inflationary pressure, inducing the Federal Reserve to further bolster borrowing costs. By late-2018, the average interest rate on a 30-year fixed rate mortgage had already reached 5 percent, resulting in a precipitous decline in owner-occupied housing market activity. The expectation was that 2019 would be even more problematic.

At the start of 2019, nearly a quarter of economists surveyed by the *Wall Street Journal* predicted that a recession would occur at some point during the year. At the time, it seemed like they were correct. The U.S. was manifesting substantial indications of both slowing and vulnerability.

The economy was adding an average of 163,000 net new jobs in the first half of the year. By comparison, the economy was adding 235,000 net new jobs over the same period in 2018. By mid-year, the economy was sending out signals of imminent recession, with the yield curve inverting and financial markets gyrating.

Then the unexpected occurred. Rather than pick up, inflation dissipated, in part because of a weakening global economy. Many factors have been at work. For instance, China began to expand at its slowest pace in three decades, laying



low the Asian economy and nearly driving Germany into recession. Economies in Africa and Latin America, increasingly reliant on Chinese investment, also began to languish.

The result was that rather than raising rates, the Federal Reserve cut rates three times in 2019. Not only did this reduce borrowing costs, it sent Wall Street into a tizzy, with the S&P 500 expanding 29 percent last year. Consumer spending continues to be robust, in part because of low interest rates on consumer and auto loans. Job growth also remains strong, inducing more consumers to spend, supporting the creation of additional employment opportunities in the process.

MARYLAND BOUNCES BACK

What a difference a year can make. At the start of 2019, the country was in the midst of the longest federal government shutdown in modern history. While the impact on the national economy was minimal, the same could not be said for Maryland, which due to its proximity to the nation's capital, dedicates a large portion of its workforce and economy to federal agencies and government contractors.

As a result, job growth in the Free State was stagnant for much of last year as the state's economy spun its wheels. But eventually, the state's economy gained traction, and rather than spinning its wheels, the lo-

cal economy jolted aggressively forward. The pace of job growth has been akin to the adrenalin pumping beauty of burning rubber in a Ford Mustang GT. Indeed, few states added jobs as robustly as Maryland during the latter stages of 2019.

The aggregate result of an awful first half of 2019 and a superior second half was that Maryland ranked right in the middle of U.S. states in terms of percentage job growth last year. Virtually all of the jobs added in Maryland on net have been added in the Baltimore metropolitan area, home to large-scale redevelopments in downtown Columbia, downtown Towson, Trade-point Atlantic, and along the Baltimore City waterfront.

In total, the Baltimore Metropolitan Area added 23,600 jobs in November on a year-over-year basis. This translates into an increase of 1.6 percent, ranking the region 16th among the nation's 25 largest metro areas, tied with St. Louis, MO. That ranking puts Baltimore ahead of other areas in the Mid-Atlantic and Northeast, including Boston (1.4 percent, 20th), New York (1.0 percent, t-21st), and Philadelphia (1.0 percent, t-21st). The Baltimore region's unemployment rate of 3.2 percent ranks it 17th among the same group of metropolitan areas. In short, coronavirus notwithstanding, given Maryland's newfound momentum, the outlook for the state's economy looks promising for at least the initial half of 2020.



About Anirban Basu

Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, Maryland.

In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. Basu earned his B.S. in foreign service at Georgetown University in 1990. He earned his master's in public policy from Harvard University's John F. Kennedy School of Government, and his master's in economics from the University of Maryland, College Park. His juris doctor was earned at the University Of Maryland School of Law.

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JUL Big Band Night
Saturday, July 4
Rain Date: Sunday, July 5

AUG Watermen's Appreciation Day
Sunday, August 9

SEP Charity Boat Auction
Saturday, Sept. 5
Preview Day: Friday, Sept. 4

OCT Mid-Atlantic Small Craft Festival
Friday & Saturday, October 2 & 3

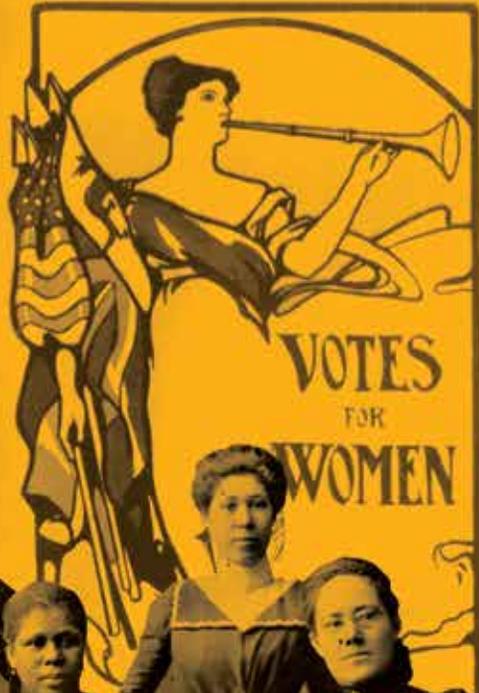
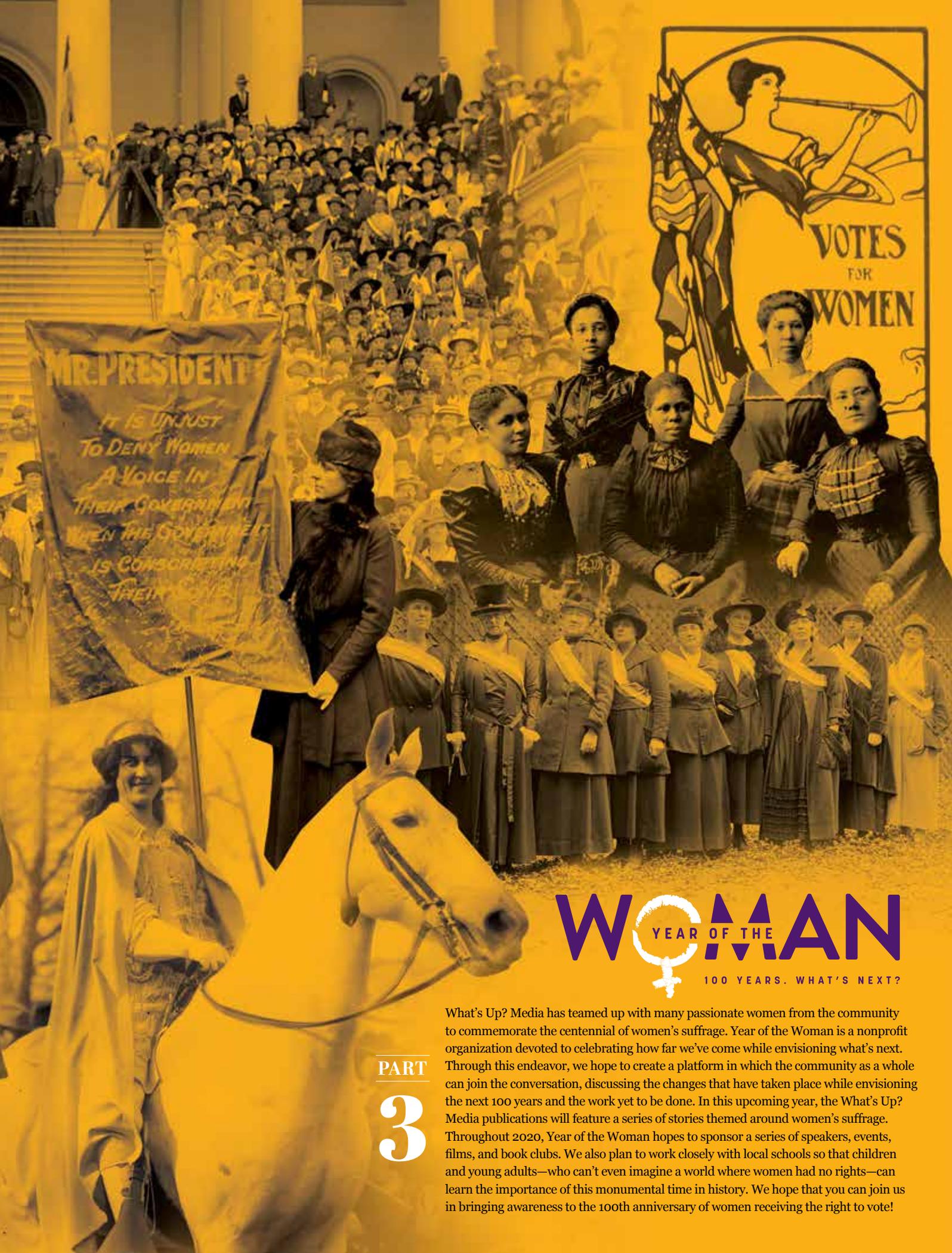
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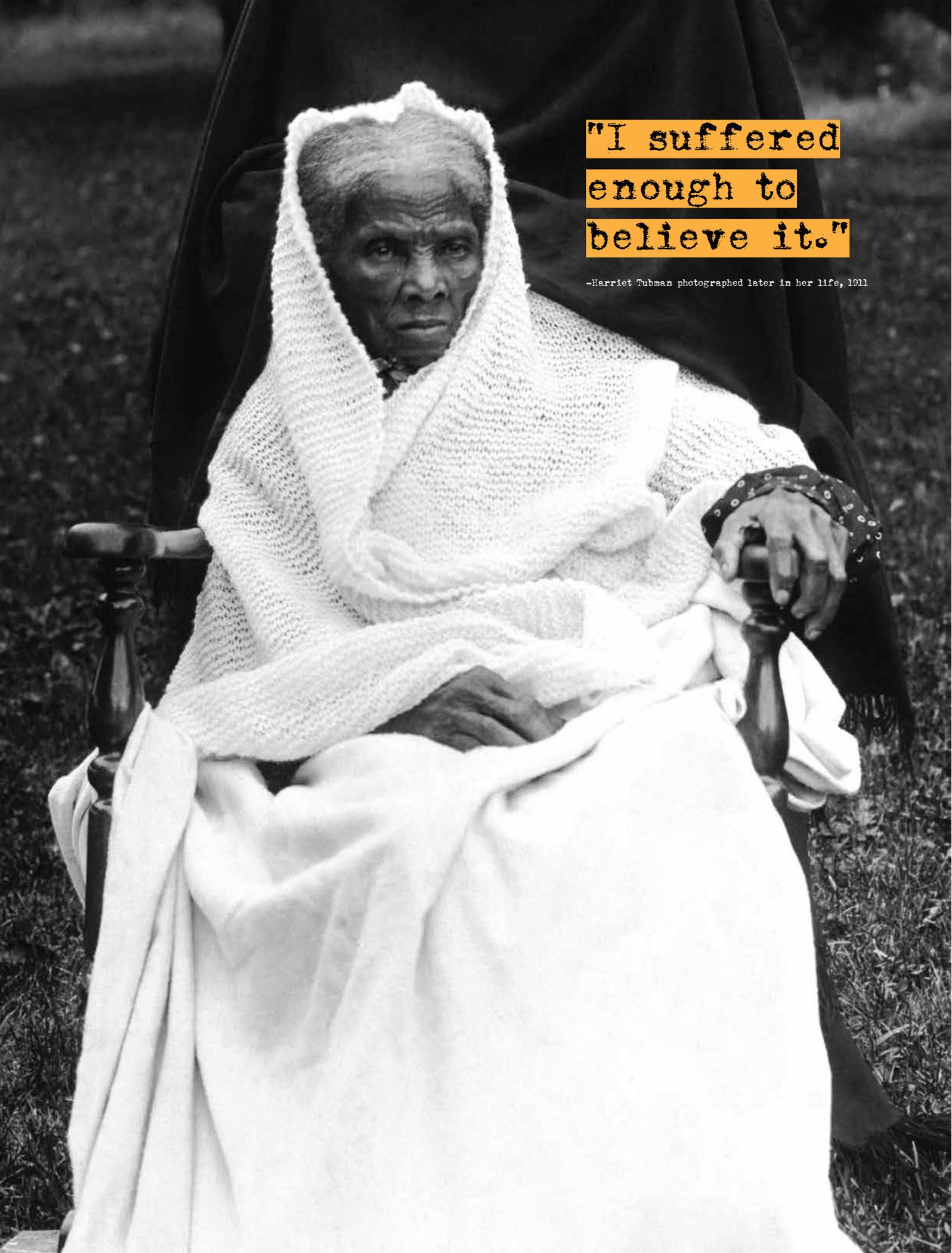
YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART

3

What's Up? Media has teamed up with many passionate women from the community to commemorate the centennial of women's suffrage. Year of the Woman is a nonprofit organization devoted to celebrating how far we've come while envisioning what's next. Through this endeavor, we hope to create a platform in which the community as a whole can join the conversation, discussing the changes that have taken place while envisioning the next 100 years and the work yet to be done. In this upcoming year, the What's Up? Media publications will feature a series of stories themed around women's suffrage. Throughout 2020, Year of the Woman hopes to sponsor a series of speakers, events, films, and book clubs. We also plan to work closely with local schools so that children and young adults—who can't even imagine a world where women had no rights—can learn the importance of this monumental time in history. We hope that you can join us in bringing awareness to the 100th anniversary of women receiving the right to vote!



"I suffered
enough to
believe it."

-Harriet Tubman photographed later in her life, 1911

Lighting the Torch of Universal Suffrage

Black suffragists blazed the trail for black men and white women to secure voting rights in the United States, all while being rejected by both groups

By Maya Davis



Sojourner Truth, circa 1870.
Photograph courtesy National Portrait
Gallery, Smithsonian Institution.

When it comes to women's history and, especially, the suffrage movement, certain names will always stand out, such as Susan B. Anthony and Elizabeth Cady Stanton. They have been highlighted many times in the annals of history. However, there are many more names, which the history books often neglect to shed light upon or give a voice. They are the lesser-known or forgotten figures of the movement. This is especially true for trailblazing African American women, including Sojourner Truth, Ida B. Wells, Mary Church Terrell, and Lillie Carroll Jackson. These women stood at the intersection of being black and being female in a society that didn't respect either classification. In Maryland, two women, Francis Ellen Watkins Harper and Harriet Tubman, also gave their voice for the cause of woman suffrage.

Frances Ellen Watkins Harper and Harriet Tubman were from the same state but came from different backgrounds. Harper, an accomplished poet, abolitionist, and suffragist was born of free parentage in 1825, in Baltimore, Maryland. Although she was born free, Harper was subjected to many of the oppressive conditions inflicted upon enslaved and free blacks living under Maryland's strict slave laws.

Her mother died when she was a young girl, leaving Harper to be raised by her uncle Rev. William Watkins. Harper was greatly influenced by her uncle who was a supporter of anti-slavery efforts and who spoke out against colonization. She, herself, would go on to become an outspoken orator, speaking out against slavery after witnessing it in the border state in which she was born. In 1856, Harper visited escaped slaves who settled in Canada. That experience was documented in a letter she wrote from Niagara Falls which stated, "Well I have gazed for the first time upon Free Land, and, would you believe it, tears sprang to my eyes, and I wept. Oh, it was a glorious sight to gaze for the first time on a land where a poor slave flying from our glorious land of liberty would in a moment find his fetters broken, his shackles loosed, and whatever he was in the land of Washington, beneath the shadow of Bunker Hill Monument or even Plymouth Rock, here he becomes a man and a brother."

In 1860, she married Fenton Harper, causing Harper to slow down on her speaking engagements. The Harpers quickly grew their family when they gave birth to a daughter, Mary. Sadly, the Harper union was short lived when Fenton Harper died in 1863 leaving his wife a widow and single mother. His death put Frances Ellen Watkins Harper back on the pulse of issues facing her people. Now, Harper was the only breadwinner in her home and needed to secure funds to provide for herself and her daughter.

Harper's life and career spanned the course of abolition and women's rights in the 19th century, essentially charting the course for her work to champion both causes. As a poet, she gave voice to the plight of enslaved communities and women. Like Frederick Douglass, Harper made a living as an orator, speaking at abolitionist events. As Harper traveled widely throughout the North and the South, she gained a fuller understanding of the issues affecting African Americans and women. She lived in Ohio before settling in Philadelphia in 1870. This new understanding shifted her oratorical lectures to focus on women's rights including suffrage. Her treatment in Ohio caused her to reflect on her condition as a woman and a widow, and she shared that experience at the 11th Annual

Frances Ellen Watkins Harper, born in Baltimore in 1825, fought for women's rights until her death in 1911.



Aunt Chloe's Politics

*Of course, I don't know very much
About these politics,
But I think that some who run 'em
Do mighty ugly tricks.*

*I've seen 'em honey-fugle round,
And talk so awful sweet,
That you'd think them full of kindness,
As an egg is full of meat.*

*Now I don't believe in looking
Honest people in the face,
And saying when you're doing wrong,
That "I haven't sold my race."*

*When we want to school our children,
If the money isn't there,
Whether black or white have took it,
The loss we all must share.*

*And this buying up each other
Is something worse than mean,
Though I thinks a heap of voting,
I go for voting clean.*

Woman's Rights Convention in 1866. "Had I died instead of my husband, how different might have been the result. By this time, he would have another wife, it is likely; and no administrator would have gone into his house, broken up his home, sold his bed, and taken away his means of support. I say then that justice is not fulfilled so long as a woman is unequal before the law."

Harper, equipped with her new position on women's rights joined various suffrage organizations. She was a member of the American Woman's Suffrage Association. During this time, she also returned to writing poetry, some of which shared her views on politics and voting from a woman's perspective: <<

In 1869, when Susan B. Anthony and Elizabeth Cady Stanton left the American Equal Rights Association because it was supporting the 15th Amendment, Harper refused to follow realizing that the two women were prioritizing the privilege of their race over that of black men.

She noted that she could not rely on white women to prioritize the concerns of their nonwhite sisters. Frederick Douglass would also part ways with the two women, instead placing his focus on the cause of Negro suffrage. Harper fought for women's rights until her death in Philadelphia on February 22, 1911.

A contemporary of Harper, Harriet Tubman is internationally known for her courageous life, liberating herself and numerous others held in bondage. However, often overlooked is the life she lived after the emancipation of slavery in the United States. While Tubman was a valorous abolitionist, she went on to become a leading champion for women's suffrage.

Born enslaved in Dorchester County under the name Araminta Ross, Tubman was greatly influenced by the women in her life. Her grandmother, Modesty, was an African. Tubman's own mother, "Rit" Green, inspired her to become self-determined. Often described as uneducated because she was not able to read or write, Tubman shone bright as a communicator with years of experiential knowledge.

In 1860, Tubman made her first speaking appearance at a suffrage meeting in Boston. She was a close friend of suffragist Lucretia Mott and was a member of Anthony and Stanton's National Woman Suffrage Association (NWSA).

During an interview in 1911, Tubman was asked "Do you really believe that women should vote?" Before responding she paused due to her surprise at the question. Her response was simply "I suffered enough to believe it." That phrase alone summed up the feelings of hundreds of black suffragists.

Endorsing the Cause

When the 15th Amendment was adopted into the U.S. Constitution in 1870 granting African-American men the right to vote, all women were excluded. While it seemed like an easy win for African American men, many tactics were put into place to prevent them from voting. Some states instituted poll taxes and literacy tests to hinder them from the polls. As a result of this exclusion, a divide was created between white women and African Americans. Various groups were formed to help push the agenda of women's suffrage. However, race kept black women at the sidelines of the larger Women's Suffrage Movement.

Southern politicians and racist women spoke out against securing the vote for black women. African American women's exclusion from white-led suffrage groups did not deter them from organizing their own separate groups. Through the formation of their own organizations, African American women could work on social issues that affected them. Among the first groups was the National Association of Colored Women (NACW), which was founded in 1896 in Washington, D.C. The motto of the NACW was "Lifting as we climb."

1913, the Alpha Suffrage Club of Chicago was founded by Ida B. Wells, as the nation's first Black women's club focused specifically on





suffrage. Wells co-founded the Alpha Suffrage Club with white suffragist Belle Squire. One of the first activities the newly formed Alpha Suffrage Club participated in was the 1913 Women's Suffrage Procession organized by suffrage leader Alice Paul in Washington, D.C., in support of a suffrage amendment to the Constitution. This event, like other suffragist affairs, was hindered by racist sentiments from southern white women who objected to African American women marching with them. As a result, organizer Alice Paul suggested that marchers be grouped, with African American women marching at the end of the parade. Fortunately, a later decision was made to have all women march with their home states meaning that African American women would not be segregated, nor marching at the end of the processional.

In November 2019, the Maryland Women's Hall of Fame recognized African American suffragist Augusta T. Chissell, who worked tirelessly towards universal suffrage but without great recognition. Although, not as well known in the African American canon as Mary Church Terrell and Ida B. Wells, Chissell had a huge impact on the cause for women's suffrage. Chissell, who was deeply embedded in Baltimore's women's clubs, used her social platform to push the voting agenda. Chissell was an active member

of the DuBois Circle, a women's club established in Baltimore. The group grew out of W.E.B. Du Bois' Niagara Movement, which was established in 1905 and was a precursor to the NAACP. Like other black women of the time, Chissell and the DuBois Circle organized and hosted political meetings at their homes and churches in Baltimore. In addition to the DuBois Circle, Chissell was an officer in Baltimore's Progressive Women's Suffrage Club.

On August 26, 1920, the 19th Amendment was enacted stating that "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex." After the 19th Amendment was ratified in 1920, black women still had to fight for basic voting rights.

Although black women were largely excluded from white suffrage organizations, they continued to champion universal suffrage for all. Their organizations did not play into segregationist ideology but instead focused on "lifting as they climbed!"

Tune in each month as we continue our "Year of the Woman" article series, and in the meantime, check out the upcoming related events at

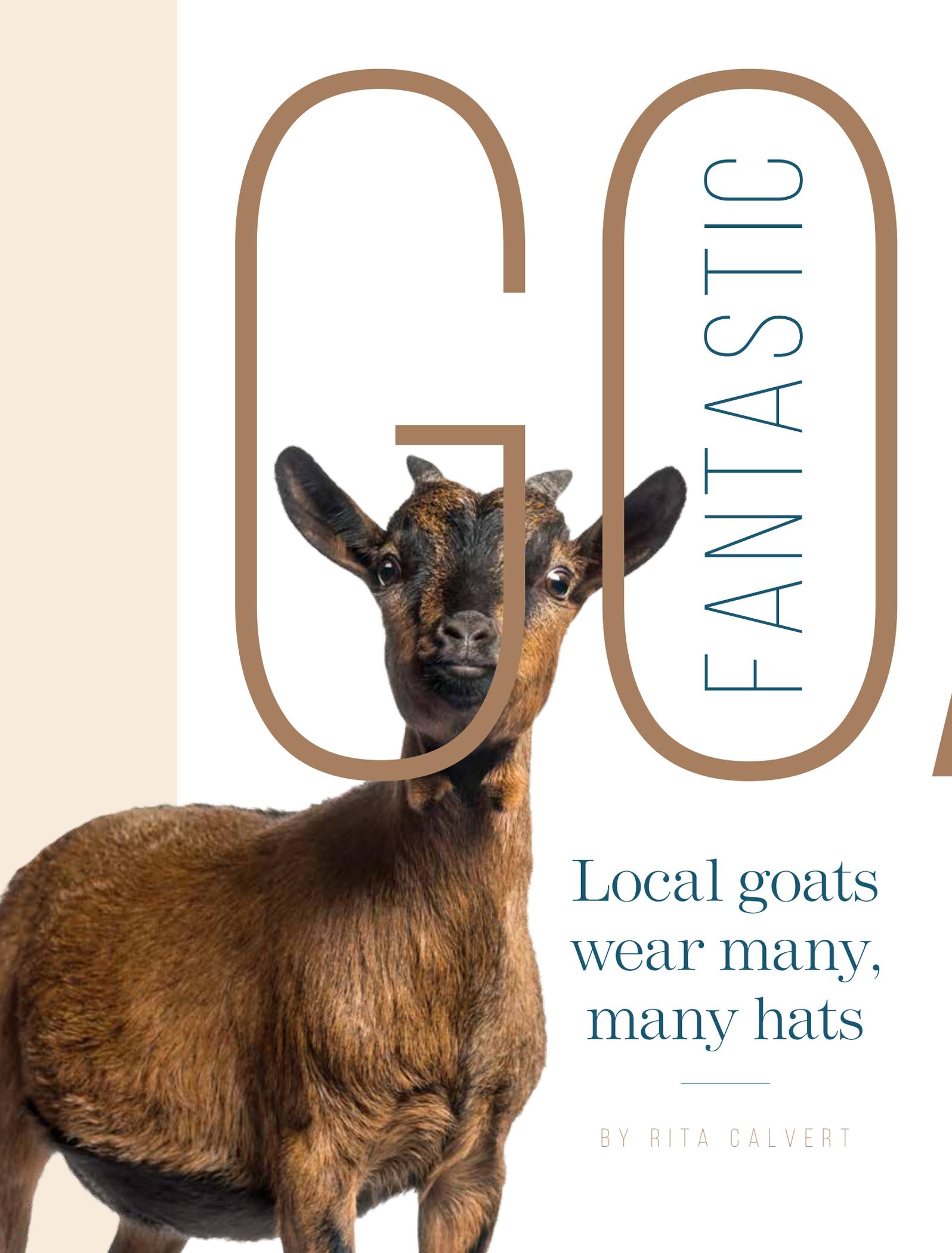
yearofthewoman.net



Portrait of Ida B. Wells (1862–1931), an African-American journalist and civil and women's rights activist.



Portrait of Augusta T. Chissell (1889–1973), photo by Maryland Historical Trust and Mark Young



FANTASTIC

Local goats
wear many,
many hats

BY RITA CALVERT

ATS

From providing milk, cheese, meat, fiber, and even therapy to foraging, browsing, and acting as mascots, goats have many varied and extensive jobs and it's a great time for these adorable ungulates, as goats are called in the science world. We can't seem to get enough of their personalities, especially with accompanying talking (i.e. bleating). Scientists have even suggested that goats could rival dogs in forming an emotional bond with their owners.

Foragers, Weed Wackers, Browsers

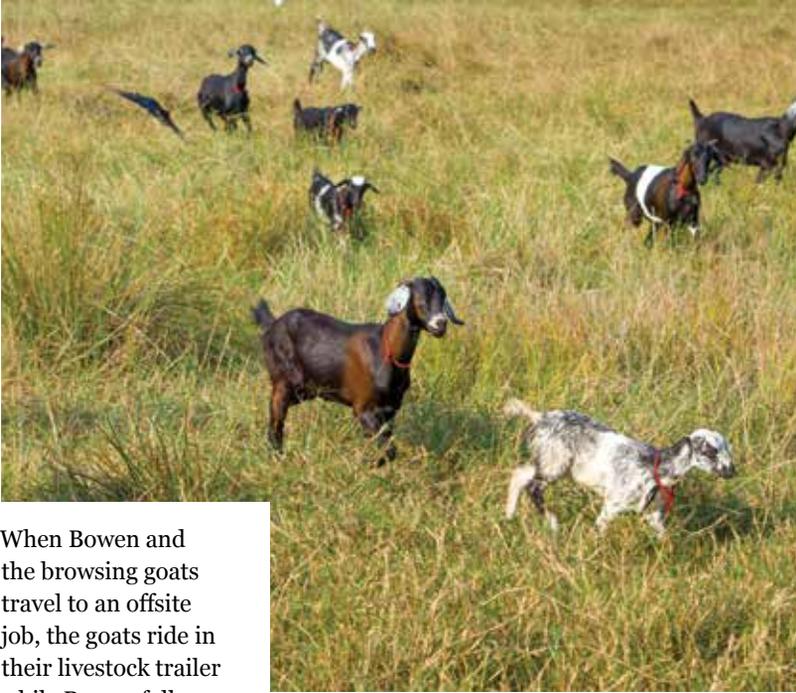
Goats are increasingly being used as an environmentally-friendly form of weed eradication, and even for devouring dry grasses to prevent forest fires, such as in the 2019 California Easy Fire. Goats helped save the Ronald Reagan Presidential Library by eating the brush, creating a fire break that slowed the flames and gave firefighters extra time to react.

Mary Bowen's farm, Prosperity Acres, in Sunderland, Maryland, is home to what she terms "the browsing goats." She calls each of her 60 goats by their own name as they control invasive species in and around Maryland, Virginia, and Washington, D.C. waterways. Bowen sets the goats up with temporary electric fencing in the area that needs to be cleared and, in a few days, the goats have devoured all the unwanted vegetation. Bowen explains, "Hiring goats for land clearing is good for your health—they are sustainable, environmentally-friendly, fun, and they create community. But most of all, their use is earth-friendly. No need for spraying herbicides. Goats browse/graze in places where mowers and humans can't go. They eat a wide range of invasive species, including poison ivy, poison oak, poison sumac, kudzu, oriental bittersweet, multiflora rose, Japanese honeysuck-



le, wisteria, knotweed, phragmites, briars, honeysuckle, and much more. Long-legged goats can stand on their hind legs and reach up to six feet for vines growing up trees."





When Bowen and the browsing goats travel to an offsite job, the goats ride in their livestock trailer while Bowen follows in her camper. When I caught up to this very busy gal, “Team Prosperity Acres” had two different jobs in Virginia and was traveling for an entire month. Bowen rents her goats to properties in environmentally-sensitive critical areas, where strict regulations prevent landowners from using herbicides.

Meanwhile, at Towson University, a crew of 18 goats was recruited from Harmony Church Farm of Darlington to effectively and safely control a weed problem around an area of native Maryland trees that’s been designated an arboretum. A unique approach here was that the goats don’t get stung by nesting yellowjackets as the volunteers did. This has turned out to be an annual job for the local goats.

From Eco-Goat Forester to Full-Fledged Farmer

Forester and conservation consultant, Brian Knox states that it is easy to see that our roadsides, open fields, woodlands, and backyards are becoming overrun with invasive species and other unwanted vegetation. That is how Eco-Goats, a division of Sustainable Resource Management, became the first goat foraging company in Anne Arundel County, where landowners can hire the goats to get rid of encroaching weeds. Also among Eco-Goats’ clients: both Historic St. Mary’s City and the American Chestnut Land Trust in Calvert County, Congressional Cemetery, and the town of Urbana in Frederick County.

Knox has been leading his teams since 2010, starting with 140 rescue “ruminants,” who often worked seven days a week. Although Eco-Goats has gone through a few herds of various sizes, a crew of 28 goats now live at Where Pigs Fly Farm in Centreville, Maryland.

To get the job rolling, Knox first offers a free visit to walk the property, evaluate needs, and answer questions. The herd is transported to the job location and stays in the trailer, while Knox, his partner Jennifer Vaccaro, and Vaccaro’s nephew inspect the area invasive species and vines suitable for the goats to eat. Low-lying plants are to be avoided as the goats can pick up parasites from the ground, so Knox and the Vaccaros take

over when the growth is not goat-appropriate. The job area is confined by a movable electrified fence with the three humans digging post-holes in whatever ground they may find. It can be backbreaking work for people while for the goats it’s a lark of a buffet! At the finish, goats and fence are removed while the goat droppings are *not*, as they become great fertilizer.

Back at Where Pigs Fly Farm, Knox and Vaccaro have become full-fledged farmers and produce vegetables and eggs for sale. For the first time, turkeys are being raised for the Thanksgiving holiday. Vaccaro says they are just charming and will keep a few each year to continue the flock.

Traveling with goats, we can only go so far... literally. That’s why Knox is now available to consult with individuals and civic groups who would like to have their own goats do the work. Profit margins are slim in the professional goat foraging business but Knox is a forester first and cares about the health of the land. His natural resource consulting firm: Sustainable Resource Management, specializing in forest stewardship, invasive species management, and education adds to the income stream. He has a special connection to the soil and plants. One of his most valuable farming skills is his ability to stop and listen to what the soil is telling him.





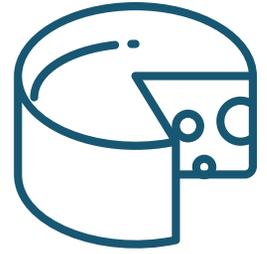
Therapy

Therapy goats can be a unique fusion between farm and hospital. Goats have a strong sense of intelligence for interaction with humans. They seem to love the attention and want to give it back. Goats' entertaining nature is among the qualities that make them excellent therapy animals. Their playfulness can bring people out of their shell, lift their spirits, and even lower blood pressure. Prosperity Acres Child Enrichment Programs allow children to have first-hand experience with young farm animals' calming effect. The farm offers Children's Day with a full menu of hands-on activities, goat snuggle/story time, a six-week Tot Goat Yoga program, and goat-themed birthday parties. Bowen also created *Nadia The Wonder Goat*, a children's book to help little ones see the caprines as friendly farm friends.

Goat Dairy

Goats tread lightly on the earth, and they bring us goat cheese! Goat milk is the most popular milk worldwide. Even though we drink cow milk almost exclusively in the States, around the globe, more people drink milk from goats than any other animal and there are good reasons. It's naturally homogenized (meaning, it doesn't separate out into layers in its original state) and not only is goat milk healthier for you, but it is also easier than cow milk for your stomach to digest. The milk is rich in protein, calcium, magnesium, phosphorus, potassium, and vitamins A, B12, C, and D.

Pam Miller of Charlottetown Farm in Freeland, Maryland, has taken her happy goat milk in decidedly upscale directions: chevre, ricotta, Crotin, and



feta are her cheeses while yogurt, Cajeta—caramel sauce, goat milk fudge, and a fantastic European-style cheesecake from silky chevre are her extra special items.



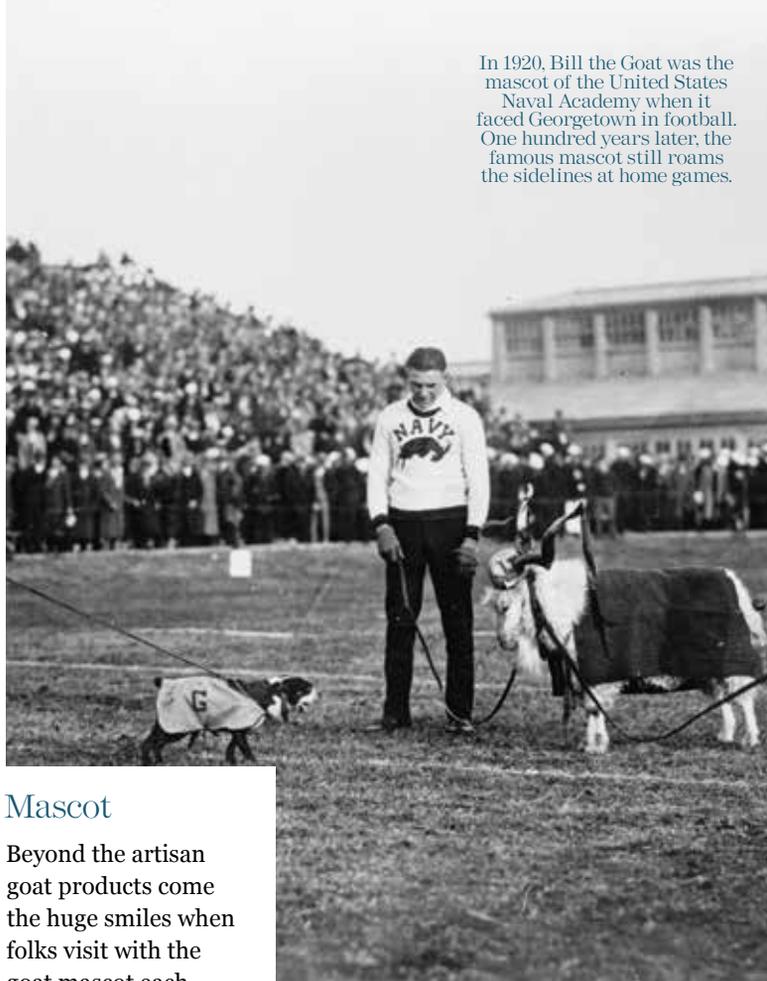
Goat Yoga

It's the exercise craze sweeping the world—goat yoga! It's yoga, but with goats and it is even a program at Congressional Cemetery, now that the many obstacles of the District's austere regulations have been trimmed. This exercise has become a rage as dozens of tiny goats happily play among the yoga mats and climb on the yogis' backs. No worries about the weight load as the sprightly kids (or baby goats) are the participants. Goat to Be Yoga is based in Sunderland, Maryland, and Amanda Bowen (yes, adult daughter of Mary Bowen) gives outdoor baby goat yoga classes right on Prosperity Acres Farm or travels to many local wineries, breweries, or any setting that fits requirements to find Zen with the kids. On the Eastern Shore, Emily's Produce offers goat yoga classes. So too does Amanda Ritter, who has always loved animals. So much so, that she is studying at the University of Delaware to become a veterinarian. In the meantime, she offers Goats for Hire: Experienced in Yoga!



Meat

What's for dinner tonight? In most of the world, *the* meat would be goat. As before, goats are browsers and will feed on tender twigs, shrubs, and pastures. However, they will not feed on tin cans and T-shirts, except possible to satisfy their curious nature. They are very particular about clean water. The browsing diet makes their meat very lean and gives it a flavor and texture somewhat like venison. This meat is a very healthy source of protein, with lower fat, fewer calories, and less cholesterol than both beef and chicken. Baby goat—called kid or cabrito—is especially tender and less-gamey flavored than lamb. Cabrito is widely consumed in hostile terrains like Africa, the American Southwest, Asia, and Latin America, or as Halal, meaning food that is permissible according to Islamic law. Cabrito is now finding popularity in upscale dining. Prosperity Acres (being all things goat) sells goat meat in sides or quarters of the animal. In Frederick, Maryland, Sycamore Spring Farm also sells goat meat.



In 1920, Bill the Goat was the mascot of the United States Naval Academy when it faced Georgetown in football. One hundred years later, the famous mascot still roams the sidelines at home games.

Mascot

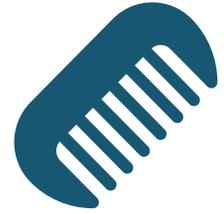
Beyond the artisan goat products come the huge smiles when folks visit with the goat mascot each spring and fall at Baltimore's Waverly Farmers Market. Pam Miller explains, "Goats just bring joy! They provide cuddles, bonding, petting, and brushing. They interact with humans much like a dog but with a lot of antics. I only take smaller, Nigerian Dwarf goats to events with people, as these particular goats are raised by 4H-ers, so they are used to being shown to and paraded around people."

Let's be clear, all goats are not alike. Meat goat breeds such as Boer or Kiko, for example, would not be

used for socializing and are not comfortable with people. Varied breeds of goats are said to have unique personalities like the long droopy-eared Nubian who is a big talker. Is it good for the goats? Miller never puts the goats in a situation where dogs are permitted as they are a predator.

Miller has had such success with her social goats interacting with humans, that she has started a company, Party Goats. You got it... those same PR goats hanging out looking sweet at birthdays, Bar Mitzvahs, or just any celebration. Miller has also discovered how much folks enjoy her goat cheese classes presented at breweries and wineries complete with pairings.

And let us not forget to mention the most famous and local mascot goat of them all—Bill the Goat of the United States Naval Academy. He is a live goat and can be seen trotting about at all the Navy home football games and many other sporting and social events of the Academy.



Fiber

To see the unusual coat of an Angora goat, look no further than the Naval Academy mascot goats. The "Bills" have always been the Angora. These are the softest, fluffiest breed of goat in the world. The Angora goat originated in the historic town of Ankara, Turkey. Most goats have two kinds of hair: long primary hairs, and short secondary curly hairs. The Angora goats lack primary hairs while their secondary hairs are closely packed and grow longer. Mohair is made from Angora wool and is used in sweaters, scarves, coats, and other products, including floor coverings and doll hair. The United States is a leading producer of mohair with Texas being the top-producing state.

It's no wonder the highly-intelligent, four-legged *Capra aegagrus hircus* has become our hero as a domesticated friend.

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QUEENSTOWN - QUEEN ANNES

154 Hogue Farm Ln. 4BR/4BA. Completed fully remodeled & nearly new home, 3,000 SQFT +/- with all bells & whistles. 2 Master bedrooms, beautiful hardwood flooring, granite counters, kitchen island, stainless appliances, tankless water heater, huge back deck, 2 car detached garage. Extra storage in basement. Wet bar, whirlpool tub. Right in the heart of Centreville only a short walk from restaurants, stores, parks, boat ramps, and schools. **\$455,000**



DENTON - CAROLINE

27264 Greenwood Rd. 3BR/1BA. Income producing Poultry Farm. Chicken houses w/many updates & currently contracted to grow for Perdue. 4 houses in total. House #1 Built in 2015 and is 40'x400' House #3 & #4 built in 2009 & are 60'x560' & have weigh scales new chore time feed lines, turbo feeders, belt for dead bird removal. House #2 40'x400' All have Tunnel doors, Radiant heat, Turbo feeders 2019. New feed pans in 2018. New alum system by Roten. **\$1,299,500**



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133 Concerto Ave. 2BR/2BA Sought-after Verdi model - open concept w/ no wasted space. Built in 2016 and barely lived in, this home is like new, & it's beautifully staged for your viewing pleasure. 2 BR on main level & possible BR on upper level (with the addition of a closet) or could be an office/hobby room. Upper level accessible from foyer/kitchen area. Spacious family room w/teiling fan, gorgeous stone fireplace and mantel - just flip a switch to operate the gas fireplace. Aley sunroom with slider to exterior and screened porch. **\$330,000**



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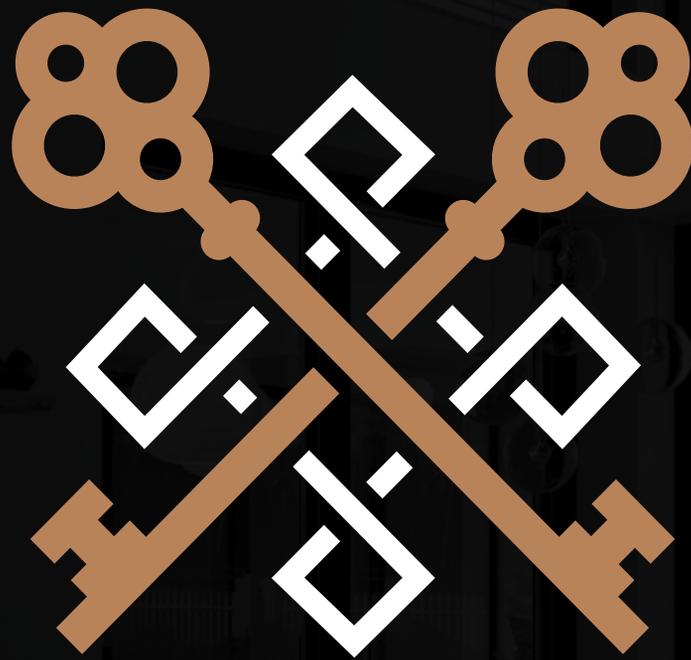
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SUZANNE PRICE-COLEMAN

Not sure about hiring a designer?

In this DIY world, we're led to believe that it's easy to transform our homes – and for some people it is. If searching through countless websites to put together a great design isn't how you want to use your time, you should consider hiring a professional. Check out the FAQs below for more info!

Why should I work with an interior designer?

Many people don't know where to start when designing their homes, or they may have made an expensive mistake they don't want to repeat. A designer makes sure your home is functional for how you live in it and reflects your taste and personality. They have relationships with exclusive vendors and can provide a custom solution, created just for you. A good designer will make the process easy for you.

Isn't working with a designer expensive?

Not necessarily. You should have a candid discussion with your designer about the amount you're prepared to invest in your design project. It is the designer's job to make sure your investment is spent in the way that yields you the greatest return. Often, a designer will have ideas that can make your money go further.

I don't know what style I want – can you still help?

An interior designer knows how to help you define your style – and it doesn't necessarily have to fit into a standard definition. Your style is unique to you, and it may incorporate elements from different styles. A good designer doesn't impose their style on you; they ask a lot of questions and do a lot of listening to figure out how your home should look and feel for you.

How do I choose the right designer for me?

Of course, you'll want to see your designer's work and find out their experience level and credentials. But equally important is a personal meeting with your designer to make sure you can work together. Do you feel comfortable with them? Is there a level of trust? You'll want to know that your designer is not only fun to work with, but will actually listen to your needs, preferences, and desires. I don't charge for the initial consultation – it's a time for us to get to know each other, determine the scope of the project, and decide if we'd like to work together.

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the art of

ORATION

by gary jobson

HOW TO FEEL AND LOOK COMFORTABLE WHILE SPEAKING IN PUBLIC

Lessons from one's youth can have a defining impact on life. For me, there was one horrifying experience in my seventh-grade class that inspired me to improve my public speaking skills. I was one of a handful of candidates running to be our home room representative to the student council. Each candidate had to get up in front of the class to make our case about why one of us should be elected. I had written out my speech and felt ready, until I got up in front of the class. I was nervous. In fact, I was scared to death. I could hardly read my written words. My voice wavered and sounded like I was out of breath. When I looked up at the class, it seemed that everyone was staring at me with their mouths open and aghast at my halting delivery, which of course, made my speech even worse. When I finished and returned to my seat, it was quiet and I was emotionally drained and distraught. I knew that I needed to work on my public speaking.

That night I told my father about my alarming performance. He listened to my sad story and offered some advice, "Speaking in public is fun. The key is to prepare in advance and then be enthusiastic about your topic. If you are enthused, your audience will respond favorably to you talk." It sounded simple, but overcoming my fear, after my traumatic speech, took a long time.

"Speaking in public is fun. The key is to prepare in advance and then be enthusiastic about your topic. If you are enthused, your audience will respond favorably to you talk."

Several years later, I was hired by our local yacht club to be a sailing instructor. Every day, I spoke to younger sailors about sailing techniques. It's hard to keep the attention of 8–15-year-olds, but I was able to connect by telling stories with a message. And, remembering my father's wise counsel, I always had an outline and spoke with enthusiasm. Over the next four summers, I taught sailing and worked on improving my public speaking routine. I kept my outlines and later turned many of my lectures into articles. These articles became the basis for several books on sailing and advanced racing techniques. Looking back, I realize that writing, public speaking, and commentating on television are all related. It is the effective communication of ideas that you want to instill in your readers, viewers, and audiences.



↑ gary jobson

Being an effective communicator is important for everyone to succeed in life, and to build a robust working career. One must be able to sell ideas, products, or services. Standing in front a large audience or even a small group and presenting your case is never easy. I started keeping track of my public appearances soon after college. At this writing, I have given over 2,800 presentations. I am no longer nervous and I learn from each engagement how to improve. Audiences are my focus groups. You can tell when a group likes your presentation, or doesn't like something. My experiences in front of live audiences are a tremendous asset when commentating on television. I knew what people enjoyed hearing about and I worked to deliver interesting narratives.

At the opening ceremony before the Olympic Games in 1996, I was the narrator with a full symphony orchestra. My role was to read a complicated script in sync with the music. I practiced my words for weeks and with the orchestra for two days. I could feel the nervous tension building when I walked onto the stage with the conductor. There were many thousands in a park waiting to hear the concert. As the conductor raised his hands to start the performance, he must have recognized my nervousness. He put his hands down, leaned over, and said, "They've all had two cocktails. You'll be fine." I instantly calmed down and off we went without a hitch.

There are many courses, books, and articles on public speaking. I have developed my own criteria that works for me. Preparation is the first step. I always spend time researching and writing an outline before every talk. I have given six graduation speeches over the years. Each time, I prepared a written speech and also had an accompanying outline. I worried that if I got nervous in front of 5,000 people, I could revert to reading my speech. I am happy to report that each time I used my outline, which I hope, made my words sound natural. The fact that I had the written version at the ready helped calm any nervousness that might have developed. When I am in front a group, I like to experiment with my routine. Here are several techniques that have helped me:

- Always look at people in the audience. By connecting directly with them, I find it easy to develop a comfortable atmosphere.
- Feel free to stray from the podium. I use a podium, or small stand for my notes, but audiences like to look at the speaker.
- Avoid distractions like overusing your hands or constantly playing with your papers. These actions take away from your message. Rubbing your hands together is another audience turn off.
- Help the person making your introduction by providing a short biography of your career. Long introductions exhaust audiences. One short story and a handful of accomplishments is appropriate.
- Try not to speak while wearing reading glasses. It reminds people of the old school teacher that seemed to hide behind the glasses. Print out your notes using large type and make sure the podium is well lit. At all costs never wear sunglasses, even if you are outside. Take the sunglasses off for your speech.
- In a long room, set up the podium in the middle of the room so you connect with the entire audience. If the podium is all the way in front of a long rectangular room, the back half will not see well, and not connect. This also helps to prevent audiences from talking during your speech.
- Use simple sentences. Never use the word, "Um" or repeat lines two or three times. Another over used word in the English language these days is, "Like." Try to avoid using trendy vernacular. Speak at a slow pace so people can understand your words.
- Never use foul language.
- Never drink alcohol before a speech. You need to focus on your words and message.
- Speak with an enthusiastic voice. If you are enthused your audience will stay with you.

When I was first hired by ESPN to commentate on the America's Cup races, I called a broadcast veteran who I had sailed with several times. The man's name was Walter Cronkite. I can still hear his voice on the other end of the phone line when he responded to my question about what I should do to be a good commentator. He told me, "Gary, make every word count. Speak clearly and slowly. Do your

“Make every word count. Speak clearly and slowly. Do your homework in advance, even though you will never use 90 percent of the information. You want to be prepared. And, if you don’t have something good to say, sometimes it’s better to just be quiet.”



Left: Griff Hall speaks at the 2019 Ignite Annapolis
Right: Sheila Johnson speaks at the 2019 Ignite Annapolis

homework in advance, even though you will never use 90 percent of the information. You want to be prepared. And, if you don’t have something good to say, sometimes it’s better to just be quiet.” This was good advice from a seasoned hand. I have followed his suggestions to this day.

My basic presentation always begins with a short story that offers a message. I may refer to the story later in my presentation. Think of a James Bond film that always starts off with some kind of action sequence. The credits come later, but the audience is hooked right up front. Thank yous and acknowledgements are better placed later in a speech. Build suspense by teasing some unique information early and revealing it later in your talk. Avoid power point presentations. Too many speakers rely heavily on power point as a crutch. To me, there is nothing worse than a speaker reading a power point to an audience. You might as well just post the speech on the Internet. Your goal should be to get the audience to listen

carefully to your words. This works best when they look at you. Agree, in advance, about the time frame for your talk. Do not go over the time limit because you are likely cutting into the next speaker’s time. It takes practice to get your timing perfected. It is better to cut a talk a little short than staying on stage too long.

The heart of any lecture is good story telling. I like to surprise people with new stories that either have an inspiring message, or offer some humor about the topic. There are times that call for a serious reflection; at a memorial service for example, or after some kind of calamity. A speaker can be somewhat upbeat, but brevity is a good policy during emotional moments.

I use a series of short films to augment my presentations when I am talking about sailing. This takes considerable effort to acquire worthy footage and edit the footage into compelling sequences. I add appropriate music to each sequence that does not overpower my words. Narrating videos live is a strong format. It

helps to memorize the words so you are not reading from notes when the films are running. I usually show about six separate films in a lecture that averages 2-8 minutes in length.

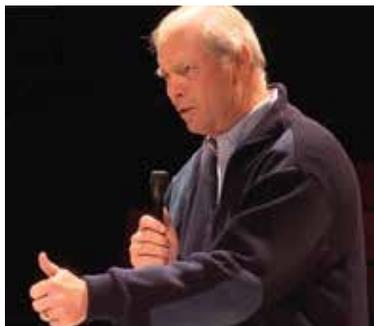
People attend lectures to learn something new and this is why research and preparation are so important. It is good practice to offer your opinion and view on issues. People may disagree with your viewpoint, but they will listen and consider your thoughts. I have had a few hecklers over the years. It can be hard to ignore a loud voice coming from the back of the room. I have invited the heckler to the stage on occasion, or let the heckler run out of steam. Happily, audiences generally do not appreciate an uninvited voice and will help you turn off the distraction.

At the end of most of my lectures, I take questions. When you answer a question, paraphrase the question in your answer, so the whole audience understands what has been asked. Always be grateful for any question. If you don't know the answer it is better to say, "I don't know," and not fake it. Someone in an audience will know if you state something that is inaccurate. Avoid asking for a show of hands. I find audiences generally don't like it as it reminds them of being back in school. Avoid reading your speech from a computer that makes an audience feel like you making a canned speech. It is absolutely essential that you write your own speeches. It is acceptable to have help and get advice, but you will always present better in your own words. It took me a long time to realize I was a better television commentator when I wrote my own material.

Clothing is a complicated issue these days. My father used to tell me, "You'll never go wrong wearing a jacket and tie." Many meetings and conventions tend to allow attendees to wear "casual" clothing. My rule of thumb is to always try to be just a little bit more dressed up than most of the people in the audience. Wearing a blazer always works.

It is a great thrill to share knowledge with an audience. It helps me learn about new topics. I like to present material that is not found anywhere else. My favorite talks are in front of a new audience that has never heard me before. No one knows what to expect. For me, it is almost as much fun as winning a sailboat race. By the way, to my great surprise, I won the election to be the home room representative to the student council in seventh grade, so my speech might not have been as bad as I thought, but it sure inspired me to work on my speaking style.

Gary Jobson is a world-class sailor, television commentator, author, speaker, board members to several national and local nonprofits, and longtime resident of Annapolis. He is the pre-eminent ambassador of sailing of the U.S.



See Speakers in Action at Ignite Annapolis #5

For the fifth time, Annapolis will play host to Ignite Annapolis, a high-energy evening of talks by people who have a burning idea—and the guts to get onstage and share it with their hometown crowd.

The event is scheduled to take place on Thursday, March 12, at Maryland Hall for the Creative Arts, with an opening reception at 6 p.m. and the program beginning at 7 p.m. The event is produced in partnership with Annapolis-based nonprofit The Friends Foundation and proceeds will benefit The Capital Gazette Memorial Scholarship Fund, benefiting students of the University of Maryland's Philip Merrill College of Journalism.

Ignite #5 will feature 17 thought-provoking speakers, each presenting for five minutes with 20 slides. The evening will be emceed by local radio DJ Rob Timm of WRNR and will include topics like civic discourse, religion, healthcare, sexual assault, race, fertility, addiction, the environment and much more.

The selected speakers (and their topics) include:

Sandy Travis Bildahl (Bravery Becomes You: On the Road Fearless and Free) • Meghan Brennan (Let's Face the Music and Dance) • Anne M. Brooks (Scars into Stars) • Felicia Barlow Clar (The Death Positive Movement: Reclaiming Our End of Life) • Chanel Compton (Black Museums Matter) • Dr. Michael Freedman (How to Survive an Apocalyptic Healthcare System) • Chris Hopkinson (1 Oyster, 50 Gallons of Water, and 200+ Miles of Paddle Boarding) • Marissa Jachman (How We Prevent Rape) • Nancy Johnson (The Unflattering Side of Fashion) • Stacy Korbela (Argue Like an Ancient Greek) • Derek Matthews (Falling Down and Getting Back Up) • Christopher McCleary (Corporate Partnerships and Public Housing) • Suzanne Ratti (The Face of Addiction) • Sherry Samuels (Nine Months & Counting) • Ermis Sfakiyanudis (Disconnected in a Connected World) • Patrick Shurney (Religion & Politics) • Carol Velandia (Language as an Equalizer)

Tickets for Ignite Annapolis #5 are \$10 and are available for purchase at www.igniteannapolis.com.

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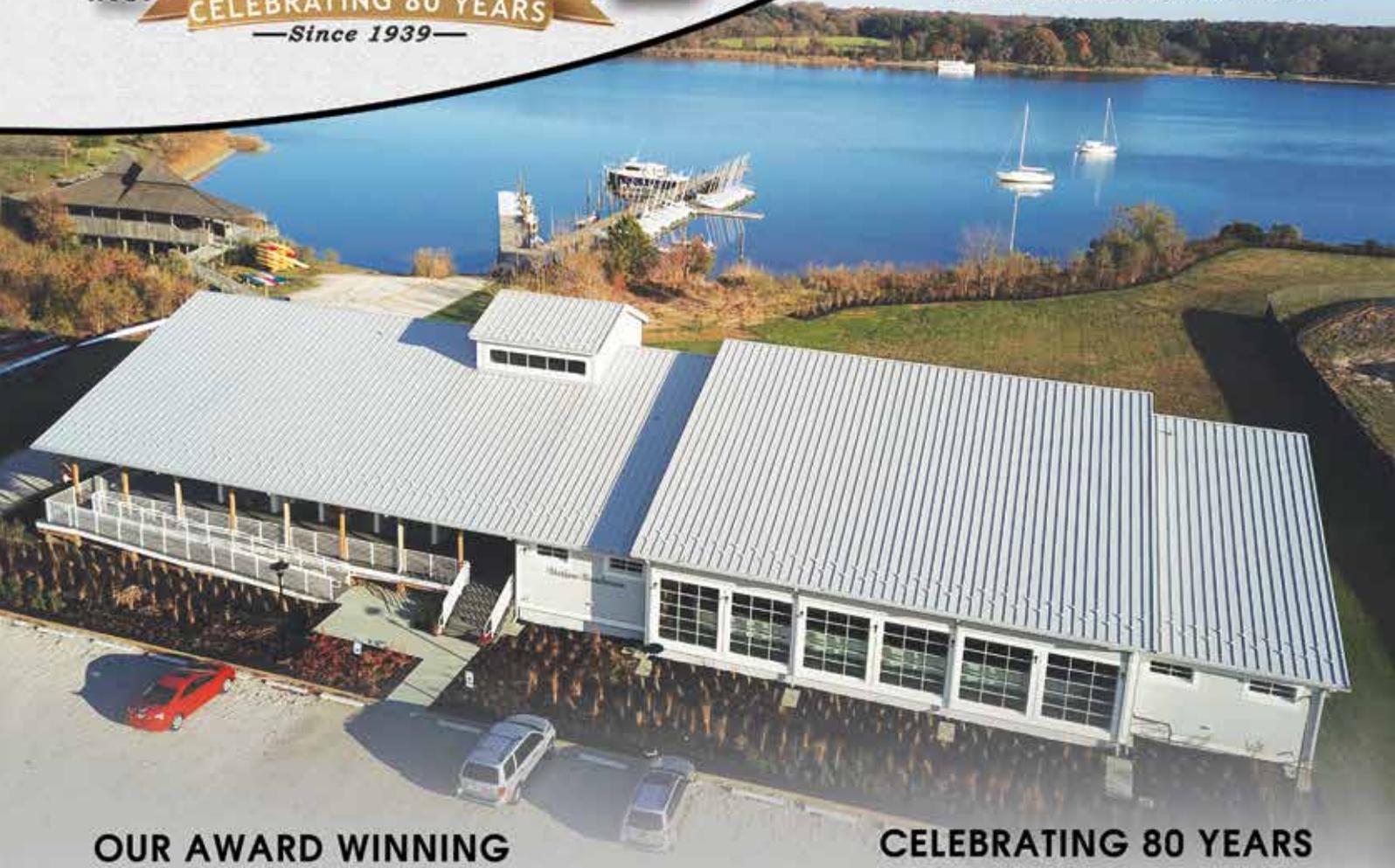
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Happy Campers

TALES AND TIPS TO ENSURE YOUR CHILDREN HAVE FOND MEMORIES OF SUMMER SLEEP-OVER CAMP

BY JANICE F. BOOTH



“IT’S BEEN 68 YEARS, AND I STILL REMEMBER MY TIME AT THE YMCA CAMP ON THE BLANCO RIVER...AND THAT’S LARGELY BECAUSE OF ONE, CHARACTER-BUILDING, LAST-NIGHT PRANK PLANNED BY THE CAMP COUNSELORS AND EXPERIENCED CAMPERS.”

So begins attorney Chuck Parson’s tale of prattle and pranks that ended with the screaming new-boys racing off to their bunks to escape the half-spider, half-gorilla that attacked them as they lounged around the campfire on their final night. “The next morning the counselors came around to our bunks to assure the first-timers that by surviving that fright-of-our-life, we 10- and 11-year-olds had crossed from boyhood to manhood that night. My self-confidence soared. There might even have been a bit of a swagger in my gait when my parents picked me up from camp.”

Sometimes, summer camp is just a week away from those endless chores at home, like making your bed and taking out the garbage. But sometimes summer sleepover camp changes the way a child sees herself—her abilities and her strength. What can grown-ups do to make a summer sleepover camp experience as positive as possible? And, what pitfalls might we guard against as we help children acquire more self-reliance through their sleep-over camping adventures?

“I think the most valuable thing I learned at camp was to ask for help,” Jessica Brodt observes. She spent a week last summer studying piano at the Kieroff Academy in Georgetown, D.C. Jessica, a junior at Broadneck High School and member of their Performing and Visual Arts Program, was encouraged by her music teacher, Yesook Suh, to apply to the renowned Kieroff Academy’s summer camp for young performers. “I learned so much, and not just about music and performing...Most of the students were from South Korea. Only four of us were Americans,” she says. “Everybody spoke Korean, or, almost everybody. I used my Google translator app a lot. The food was mostly Korean...It was very competitive. I got to attend master classes, one-on-one with world-renowned artist...The Korean students practiced all the time. There were 40 piano students and 15 pianos. It took a while for me to figure out when I could practice...I really learned not to let obstacles get me down; I learned coping skills and to be prepared for anything. For example, cold showers! There didn’t seem to be any hot water; we took cold showers. Eventually, someone figured out how to jiggle the faucets so hot water came out. Coping skills.” Jessica’s advice to summer campers, “Be prepared for anything.”

We all want those affirming experiences for our children. We want summer sleep-over camp to build confidence and provide experiences that are unique, fun, and valuable. So, now that we have a few examples of camping adventures, here are some general tips to help you and your children get the most out of that week or two away from home.

IS THIS THE RIGHT TIME?

Deciding, first, when it’s time to encourage a child to try a sleep-over camp can be a tough call. Educators and child psychologists suggest somewhere between eight and nine years old may be a good age to start sleepover camp. You are the best judge of your candidate’s comfort level with being away from familiar surroundings. Can he spend an entire day away from home, away from parents and siblings? Has she been comfortable staying overnight at a friend or relative’s? Did he introduce the idea of going away to camp? How did she react when you suggested spending a week away at camp? The answers to those questions can guide your decision about whether to move forward with a sleepover camp, or perhaps simply find a day camp that might be preparatory to next summer’s sleep-over camp adventure.

CHOOSING A GOOD FIT

Once you’ve decided whether your child is ready to leave the family for a week or possibly longer, you might want to work together with your son or daughter to research the right camp experience for her or him. Ask your child to tell you what she thinks would be fun to do at camp. Maybe he wants to hone his skills as a drummer. Or, perhaps she knows of a great soccer camp she wants to attend.

There are camps for children with physical limitations, camps for kids with diabetes, or asthma, kids in wheelchairs, or who are blind. There are camps for children mourning the loss of a parent or recovering from other traumas. Is your child interested in music or theater? Does he want to dance or paint landscapes? Perhaps she wants to learn more about birds, or edible plants, or ecology. Whatever a child’s interest, perceived or nascent, there’s a camp for that. It may prove fun to research the choices with your future camper, let her feel she has a stake in the choice. (A caution, however, on this point: If budget is a concern, be sure to prepare your child for that restriction. Provide age-appropriate guidelines for choosing a camp based on cost, distance, or any other factors you know must be considered.)



GROWN-UP RESEARCH INTO THE CAMP YOU'RE CONSIDERING

Once you've got a list, or a camp in mind, you will want to do some investigations on the matters only adults can judge. Sometimes your concerns can be quickly resolved by friends who've sent their children to a particular camp and know the camp's specifics. The reputation of some camps, particularly specialty camps, like the Kieroff Academy that Jessica attended, may be well-established. Well-established camps usually have extensive information on their web sites. You can begin your own, grown-up research with the American Camping Association's Guide to Accredited Camps: www.acacamps.org. There are often regional camp guides that provide a starting point for your investigation. You'll find local camps listed in this magazine as well.

Some of the areas you may want investigate before encouraging your child's interest in attending a particular camp: 1. What is the camp philosophy, and does it fit with your family's? 2. Who is the director? What is her/his background?

Questions about the staffing of the camp include: 1. How are staff selected? What percentage of staff return for more than one season? 2. What training is provided to camp counselors? Are all staff involved with the campers every day? 3. What is the counselor to camper ratio? **Regarding safety measures:** 1. Are there medically trained staff members? 2. How do counselors handle water safety? Hiking precautions? Weather related dangers, such as rain storms and wildfires? 3. In the event of a serious injury or medical emergency, how are campers cared for and where are they taken for emergency treatment? 4. What are the rules for counselors? For campers? And how are they enforced? 5. What are the costs? Are there additional expenses, such as fieldtrips or supply costs, that should be taken into consideration?

Once you've answered these questions to your own satisfaction, you can encourage your child's participation in the camp-finding project.

FIGURING IT OUT TOGETHER

This next step may be lots of fun and give you some fresh insights about your child. Together, create a list of qualities you and your child want for a camp experience. He might say, "I want to sleep in a tent." Or she might list, "They have to serve mac-and-cheese at least once while I'm at camp." Or maybe, scratch the mac-and-cheese and add kale and broccoli.

While your future camper is making a list, you can insert some pertinent issues of your own. For example: What's a normal daily schedule? What are the activities, and what happens if a camper doesn't want to participate in a particular activity? How do counselors handle homesickness? Discipline: What happens if there are arguments between campers? Bullying? Inappropriate language or behavior?

With the final, joint list, you can set up a phone conference with the camp's director, you, and your child participating. You're modeling for your child a great way to handle interviews for jobs, school, or any other decision involving other people and organizations.

TECHNOLOGY: CELLPHONES, IPADS, AND ELECTRONICS AT CAMP

A critical issue for you and your camper may be the camp's regulations on children's use of smartphones and computers. Before you can evaluate the camp's approach to this topic, you need a clear idea of how you think technology should be handled by the camp. And,

this may depend, in part, on the age of your camper. Camp policies for children under the age of 13 might be quite different from policies for teen campers or for specialty camps, such as computer camps, of course. Do you want your child to be able to call you at any time if she/he feels the need? Are you hoping for a cellphone decoupling period while your camper is in the wilds?

Usually, there are some natural barriers to extensive use of technology while at camp. Nature camps are often out of reach of the regional cellphone towers. Signals for phone or internet are weak or nonexistent. Kids in tents are not going to have outlets for charging cellphone and iPads. So, technology might be a non-issue.

Most camps do have a clear policy on technology, often posted on the camp's web site. What are the consequences for non-compliance? One camp warns on its web site, in several places, that any cellphone found in the possession of a camper will be confiscated *and* donated to the town's homeless shelter. Cellphones, once confiscated, will not be returned.

After you've read the policies of the camp, if you think they're wise, discuss those policies with your child. Some camps plan for certain times of day or days of the week when campers can access camp-provided computers that have Internet access, so children can email Mom and Dad rather than write a letter on that blank sheet of paper with its self-addressed, stamped envelope—the old-fashioned way.

OPENING OR EXPANDING COMMUNICATIONS WITH YOUR CAMPER

Once you and your camper have chosen the right camp, the shopping and packing get underway. While you're working together sorting clothes and packing up equipment, this is a great opportunity to encourage your young camper to talk about all sorts of things: What do you think it will be like to sleep in a lodge with five other girls? How do I know I'll like going canoeing? What if I fall in? I don't like to be in the dark; what if I can't find my way to the bathroom at night? What if you feel tired when it's time to get up in the morning?

There are all sorts of questions that may be lurking in your camper's imagination. You can help by posing "What if...?" questions. Do some problem solving and role-playing. Laughter can defuse anxiety, deflate looming dangers. While you're folding t-shirts and sorting socks, invite her to describe what she thinks will happen on the first day at camp. Ask him what he'll do if he doesn't like what's being served for breakfast. Their answers may surprise and delight you.





A FEW ODDS-AND-ENDS

Just a few final tips that don't fit into categories but may be of help as you and your child plan the summer's camping adventure:

- If you're not sure if your child will be able to sleep away from home, try a practice. Arrange a sleepover for your future camper at the home of a friend or relative. Try to make it a two-night experience. With two nights, there may be some tears that first night, but by the second night, your child may be too exhausted from having fun to miss you.
- If your child is not accustomed to being outdoors for extended periods, plan some trips to local and regional parks and bird sanctuaries. Take a hike together; eat a picnic in the woods. Go through the drill of dress-

ing appropriately, covering face and hands with sunscreen, and spraying oneself with bug repellent. If your camper knows the drill, she can gain some credibility helping fellow campers do the right things.

- For very young campers, help him or her practice the basics of self-care. Be sure he can brush his own teeth properly – using toothpaste. Allow her to lace up those hiking boots or sneakers herself. Let your child select the appropriate jacket and hat for the weather conditions. Your camper will gain confidence and experience.
- Notify the camp director of any personal, social, or health issues that may have popped-up between the time you filled out all the paperwork for your camper and the time she arrives. Did his dog die? Has she developed

an allergy to tomatoes? Are his wisdom teeth coming in, causing toothaches?

Here's an easy, stellar hint: Mail two or three letters and postcards to your camper before they leave for camp. That postcard of the Chesapeake Bay will be waiting for her on her cot. Your letter with a photo of Mom and Dad will be a real comfort to him that first night or two.

"Amy" in her "Thoughtful Parent" blog reminds us, "Summer camp builds *resilience*. Children experience 'tolerable risks' and gain skills in coping and identity-formation." She points out that young campers learn to cope with unpredictable circumstances, adapt to physical challenges, and make new friends. Visit thoughtfulparent.com for more advice.

Annapolitan Pat Patten recalls experiences long ago

and far away. "When I was a little girl, two friends and I went across the New Orleans Causeway to summer camp in Slidell, Louisiana. What I loved most was the marsh, just outside the building where we slept. We went out in boats to see the cypress trees and the ugly Garfish. Nutria pelts the Cajuns hung out to dry impressed me. We saw snakes and birds. That's where I really came to love the outdoors, even though I didn't like the dark water of the lake where we had to practice swimming. I wrote letters home with stories about our adventures."

If your child's summer, sleepover camp experience achieves these valuable goals and provides such charming memories, the resources and time you invested in providing this experience will be amply rewarded.



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A: First, I thrive when challenged. When someone tells me that something is not possible, I see it as a design challenge. Second, people need to keep an open mind and understand that there are typically multiple ways to achieve their goals. It is not helpful to get boxed into believing in only one solution. Having served on commissions where some of these regulations are written, I have been on both sides of the table. It really helps to understand both perspectives; a regulation trying to protect the greater good, and individual property owners wanting what they want.

MELANIE HARTWIG-DAVIS
HD Squared Architects, LLC

WOMEN
WHO
LEAD
US 2020



MELANIE HARTWIG-DAVIS

AIA, NCARB, LEED AP BD+C

Principal / CEO

HD Squared Architects, LLC

86 Maryland Avenue
Annapolis, MD 21401
www.HD2Architects.com

Those who truly know Melanie Hartwig-Davis reflect that as an architect activist, she has a keen intellect and earnest desire to leave the world around her a better place. She passionately advocates for resilient and sustainable design and seeks to improve the lives of others through creativity and purpose at every scale - from a community level to the homes in which we live.

Resiliency is the ability to adapt to changing conditions. Integrating resilient and sustainable design strategies ensures that communities will thrive for generations to come. Melanie believes that redevelopment, historic preservation and the improvement of existing structures should be priorities in efforts to strengthen our resiliency.

This core belief leads to success, as illustrated by being awarded the first ever Sustainability Award as well as a Merit Award from the AIA Chesapeake Bay Chapter for her Riverside project. This project responds holistically to resiliency and sustainability starting with her site design that expands the living area of the modest home (1200 sq ft) while capturing stormwater via tiered rain gardens and a planted roof. Melanie, with her team at HD Squared Architects, superbly executed the architecture and interior design at every level of detail down to the efficient fixtures and non-toxic material selections.

At a community scale, Melanie was selected to represent the Environmental Communities as an At-Large member on the AACo Citizens Advisory Committee (CAC) of the General Development Plan2040 (GDP). Melanie also advocates for forest conservation through the Conservation Committee of the Neighbors of Mayo Peninsula and through her role as a board member of the Maryland League of Conservation Voters.

Ms. Hartwig-Davis recently relocated her company to the City of Annapolis, the heart of Maryland's resiliency efforts. Melanie is a LEED Accredited Professional as well as an NCARB Certificate holder licensed in Maryland and the District of Columbia.



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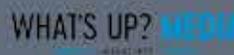
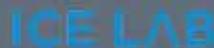


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Digging into Kent Island's Past

HOW LOCAL ARCHAEOLOGICAL EXPERTS AND ENTHUSIASTS ARE KEEPING NEARLY 400 YEARS OF HISTORY ALIVE

BY ANNE MCNULTY | PHOTOGRAPHY BY STEPHEN BUCHANAN

Archaeologist Dr. Darrin Lowery sits behind his desk in his office lined with display cases of artifacts he's found during his career. Affiliated with the University of Delaware, where he works with graduate students, and working as a research associate at the Smithsonian Institution, he has a wealth of knowledge about geology, archaeology, and history.

Born in Easton, Maryland and raised on Tilghman Island, his story begins while growing up in the '70s, when he tagged along with his father to look for artifacts on Tilghman and Poplar Islands.

"My spark came when I was 13," he says. "I was watching a program on PBS called *Odyssey*, which would be called *Nova* today. The subject dealt with [wooly] mammoth remains found in New Mexico, which were about 13,000 years old." That program greatly influenced him.

"What hooks you," he says, "is the question—'Why?' Then that cascades into many 'Whys.'" After he received his Bachelor's degree from the University of Delaware, he was ready to begin answering some of those Why questions.

"I was a newbie fresh out of school in 1990, when I began working with some of the Kent Island Heritage Society members—Bill Denny, Audrey Hawkins, Marty Gibson, and Mary White." They explored the fields and shores of the island looking for tangible evidence of its history.

He knocked on property owners' doors and convinced them to give him permission to walk their fields and farms, and he managed to explore about 100 acres daily. He walked up the fields and then back down, which averaged 15–18 miles a day.

Between 1992 and 1997, Lowery estimates that he walked every tillable acre on the island, amounting to about 60,000 acres. Along the way, he found vessel fragments, remnants of clay tobacco pipes, projectile points (spearheads and arrowheads), and three clovis points, which are prehistoric tools used 10,000–13,000 years ago. On one memorable day, he discovered 42 projectile points all found on one site.

“It was the best education I ever got,” he says of those days.

After earning a Master’s degree at Temple University, he later he returned to the University of Delaware where he earned a Ph.D. Since then, he’s conducted numerous archaeological and geological explorations. He’ll often go out by himself or sometimes with Bill Denny, using tools such as shovels, spades, or trowels.

Every official archaeological site has to be documented. This is done by marking it by state, county, and by longitude. He then takes slides of the site.

“It’s easier these days because we now have GPS,” Lowery remarks.

When discussing the artifacts that he has found, which date back to William Claiborne’s settlement in 1631, Lowery holds up a segment of a small clay pipe and then two melted blue glass beads. The beads were commonly used for trade with the native tribes—two of which were known as the Matapeakes and the fiercer Susquehannocks. The beads and other trinkets were exchanged for tobacco, corn, and beaver furs. Lowery explains that the beads most likely melted when Claiborne’s fort caught fire in October 1631.



“My spark came when I was 13. I was watching a program on PBS called *Odyssey*, which would be called *Nova* today. The subject dealt with [wooly] mammoth remains found in New Mexico, which were about 13,000 years old.”

The settlement, located on the southern end of Kent Island, quickly recovered and by 1634, it was enclosed by a palisade that included a grist mill, courthouse, trading post, and a church.

In 1638, the Calverts, who maintained that Kent Island belonged to them since they had a charter from King Charles I, took control of the Island after fighting a few naval and legal battles with Claiborne, who had insisted that the Island was part of Virginia.

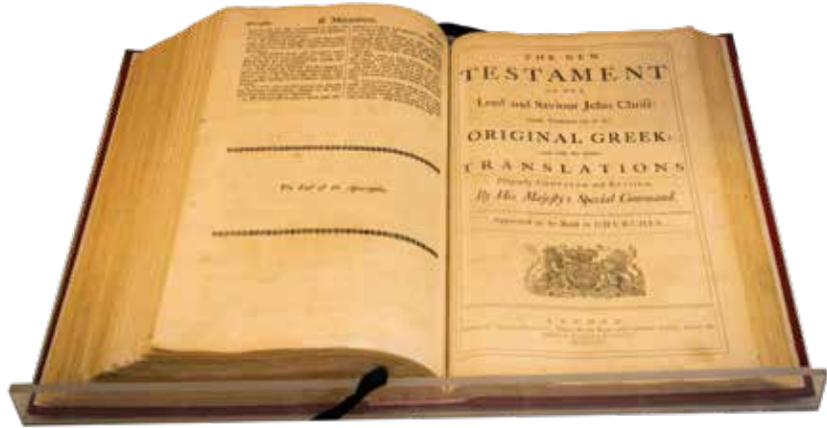
Today, no remnants of the settlement have been found. With shore erosion, whatever was left of it has most likely been swept away with the tides.



THE LAND THAT ONCE WAS EDEN

Meanwhile, the Native People, were being pushed out. Ravaged by disease and the insatiable push for land by the Europeans, they soon had no other option but to leave the Island. In her book *The Land that Was Once Eden*, author Janet Freedman, includes a letter written by James Bryan, a Revolutionary War soldier, to a friend.

"I remember the Indians; their last dwelling place was upon the northwest side of the Island near the mouth of Broad Creek, and they lived in their cabins of bark upon a small tract of woodland. They always seemed friendly. I also remember the time of their departure. They left the island near the mouth of the creek and turned their faces westward. They were the last of the Indians upon the island."



CHRIST EPISCOPAL CHURCH

The Reverend Mark Delcuze is the Rector of Christ Church located on Kent Island on Route 8. It's a spacious and modern church with a light-filled sanctuary that can accommodate 400 parishioners. It's also a far cry from the rustic building that was the first house of worship on Maryland soil, built soon after Claiborne and his settlers arrived.

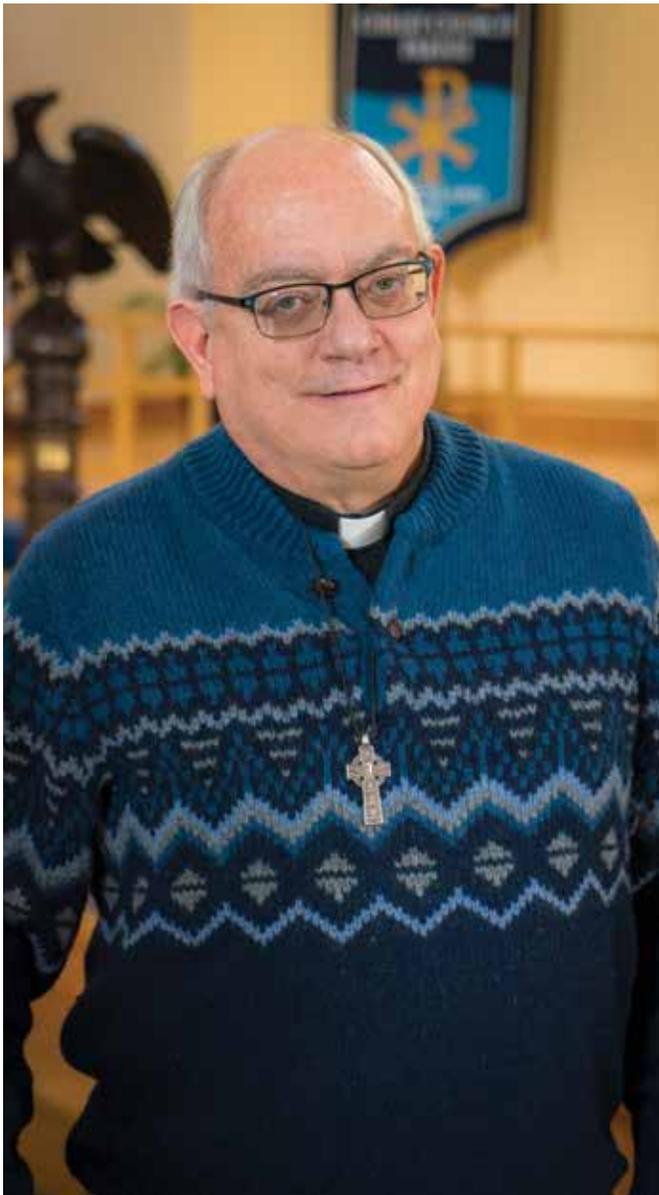
To minister to the small congregation was Claiborne's cousin, the Reverend Richard James, who accompanied him to the Isle of Kent. Soon after their arrival, the record states, "*Wee framed a church.*" He also brought along "*bibles and bookes of prayers for the howse and boates...and a black velvet cushion and black cloth for the pulpitt.*"

"It must have been like being on the moon for them," Rev. Delcuze says.

The Rev. James ministered to the congregation for three years and then left. As the settlement grew, so did the church, and in 1652 after the Calverts had chased out Claiborne, a new church was built near Broad Creek.

"During those days, everyone got around on water," Rev. Delecuz says. "Everything was tied to the waterways because there were no roads." This early church was used until 1712 when a new one was built on the same site. The 1712 church, which measured 25 feet by 40 feet, served the whole of the Island until it, too, was beyond repair. When it became quite apparent that a new church was needed, another structure was built in 1825 and was ready for occupation in 1826. Poorly built, this one didn't last long.

According to historian Reginald V. Truitt, during a lecture to the Queen Anne's County Historical Society, he stated that in 1959, a group of local citizens wanted to find the exact location and size of the 1652 church. Under the supervision of an archaeologist, the citizens were able to pinpoint where the remains of the church were buried. A digging team of 10 men shoveled up the earth and within an hour they struck the church's foundation. Also, to their great delight, they struck another foundation—the cornerstones of the 1712 church. Both of the brick foundations were for the most part, intact.





Today, however, the excavations aren't visible. "They were re-buried to protect them from the weather and from vandalism," Rev. Delcuze explains.

Along with the remains of the church are the remains of the many parishioners who were interred nearby in Broad Creek Cemetery, which was once the site of the church's burial ground. "There's been no excavations there," Rev. Delcuze explains. "We want to respect their burial sites."

One wonders about the lives of those who walked this ground so many years ago and now lie silently within it—interred in this sacred and beautiful place.

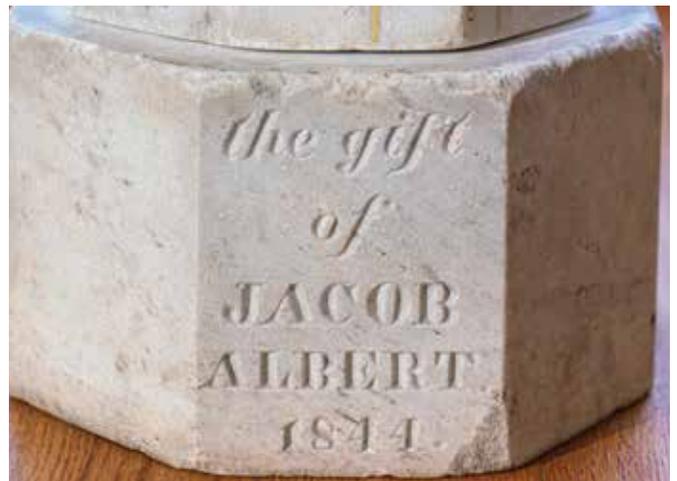
While the old churches have passed into history, a carefully preserved treasure remains. It's Christ Church built in 1880, which still stands in the middle of Stevensville. When you step into this Gothic structure built in Queen Anne style, you

first notice the thick, wooden beams arching up to the soaring ceiling. Topped by a steeply pitched slate roof and graced by stained glass windows, you marvel at the work and skill it took to build this church so many years ago. "That's because the men who built this church were boat builders," Rev. Delcuze says. "They knew how to build a solid structure."

This unique church was acquired by Queen Anne's County in 2003, which then began restoration projects. The church has been on the National Register of Historic Places since 1979. The rare 1754 Baskett Bible, 17th century communion chalice, and the baptismal font from the 1712 church have been relocated to the present church near Broad Creek, where Rev. Delcuze proudly displays them. He's also proud of the fact that he is currently serving the oldest continuous congregation in Maryland.



"That's because the men who built this church were boat builders. They knew how to build a solid structure."



KENT ISLAND HERITAGE SOCIETY

Jack Broderick, president of the Kent Island Heritage Society, enjoys nothing more than sharing his love of history with others, and you can often find him in front of a high school class impersonating a historical character. Or you might see him walking along the banks of Cox Creek looking for arrowheads and Native American tools, and he's found a number of them. "There's so much old stuff here," he says. He doesn't just read history, he looks for it.

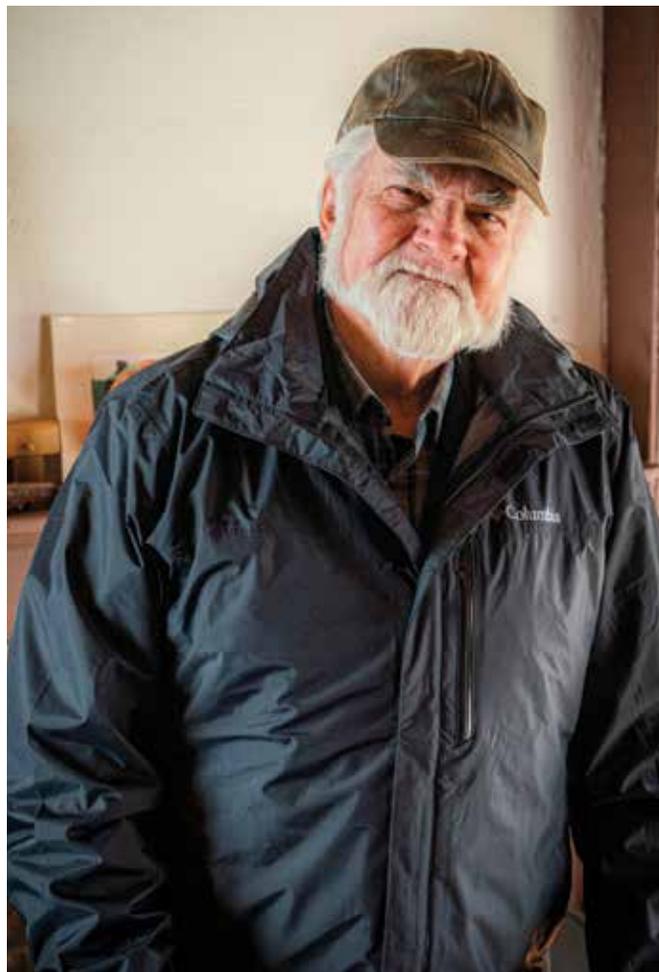
He holds up one of his treasures—an old stone that resembles a dried-up russet potato. Thousands of years ago, it was in the hand of a prehistoric human who used it to grind corn, acorns, and seeds on a stone pestle. He points out the ancient fingerprints that are etched into the stone.

Next, he brings out a perfectly preserved black arrowhead. Then he displays his oldest treasure. "It's a petrified oyster shell with a shiny black stone jutting out of it. It has to be about 20 million-years-old," Broderick says.

As he brings out the stones, he remarks that when Claiborne came to the Island, bringing metal parts with him from England to build a pinnace (a small boat), the natives were anxious to trade their corn and tobacco for some of the metal—a much better material than their stone axes, arrows, and spearheads, some of which they had to fashion by chipping off a part of a stone with a piece of deer antler. These discarded pieces are called flakes by archaeologists.

Years later, when the natives had disappeared, their heaps of oyster shells called middens, were still discovered on Kent Island farms.

One of the Society's interesting finds came when some of its members took metal detectors to the James Kirwan Farm and found tiny stamped tokens that the farm workers used as cash to buy goods at the Kirwan store.



"There's so much old stuff here" He doesn't just read history, he looks for it.

Kirwin, who lived from 1848–1938, served in the Maryland senate for two terms. "He was an astute businessman and farmer—a renaissance man," Broderick says. Kirwin is best remembered for using his influence to stop the federal government from designating Kent Island as an army base to test military ordnance. The base was then built at Aberdeen, Maryland.

This farm and the store the family owned now belong to the Heritage Society, along with the historic Stevensville post office and train station. One of the Society's future endeavors is to build a working blacksmith shop on the Kirwan farm and open it up to the public.

To celebrate the 350th anniversary of the founding of the "Isle of Kent," a great celebration was held in 1981. Since then, an annual Kent Island Day has been celebrated in May.

From a small fort in the wilderness to a bustling metropolis, there's still stories to tell about this island and places to look for them.



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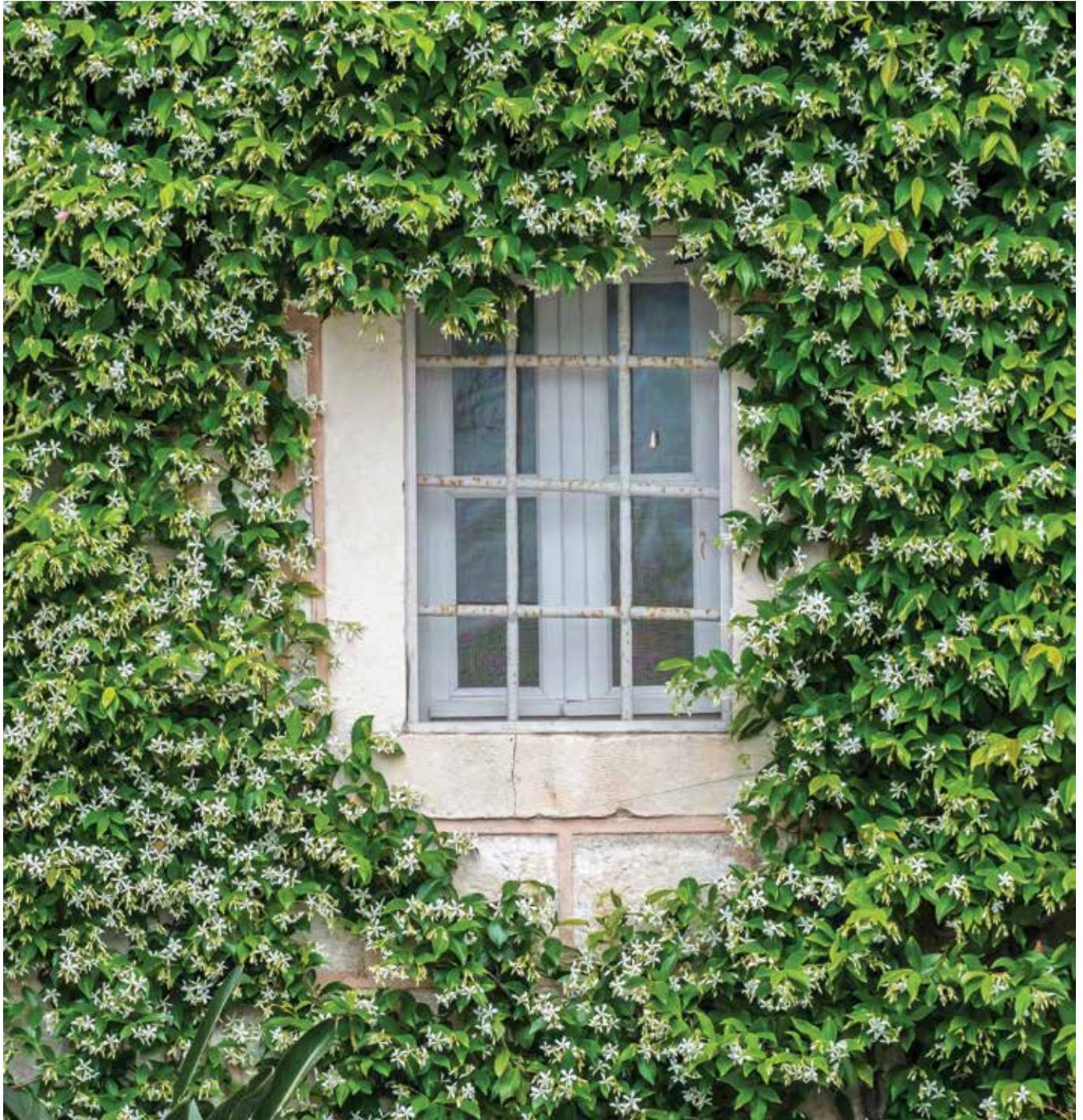
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Home & Garden

64 ULTIMATE WEEKEND RETREAT | 70 HOME DESIGN
72 IN THE SWIM! | 76 GARDEN DESIGN | 80 REAL ESTATE



Ultimate Weekend Retreat

CREATING A RIVERFRONT POOL HOUSE OASIS

By Lisa J. Gotto | Photography by Stephen Buchanan

When husband and wife Tim Grisius and Charis Zuchowski of Chevy Chase think “vacation home,” they think “Annapolis.” Recently they, with the help of an Annapolis-based team of resources, added the crowning touch to their prized weekend property along the South River.

The location of the home with its soothing river views sold the couple, but they knew they would need to put some work into the property. The interiors required some basic, mostly cosmetic updating and upgrading; the exteriors, while beautiful, were not particularly outdoor living-ready.

“Their house had no covered screened-in porch/outdoor entertainment area,” says their architect, Cathy Purple Cherry of Purple Cherry Architects in Annapolis.

Not to mention, the property did not have a pool, and with three children, 12 and younger, the Grisius family desperately wanted one. Retreating to Annapolis for weekend re-boots had been part of their lifestyle since marrying 13 years ago; the couple requiring downtime from his busy career in commercial real estate development and sales, and hers

in medicine as a surgical physician’s assistant. (This is the second Annapolis-based weekend property for the couple. Their growing family facilitated selling the first in favor of the South River residence).

Getting the desired pool, a pool house, and adjacent three-car garage was so critical, the couple said, that they had Purple Cherry come out and assess the property for that particular feasibility prior to purchasing. Once they got an affirmative professional opinion from her, they were ready to start signing—and digging.

When it came to the digging, actual construction, and requisite landscaping, the couple was relieved to find that their architect was able to offer some sound referral advice for their further research and consideration.

“Cathy has excellent connections with many, many contractors doing various aspects of building and those connections were terrific for us,” Grisius says.

Zuchowski says they chose Bayview Builders of Annapolis for the actual pool house construction.

“They were a pleasure to work with,” Zuchowski says.





CREATIVITY AND ITS CHALLENGES

Like any project of note, this one had some goals assigned to it. It needed to meld three important aspects: smart design, timeless style, and family fun.

“The primary purpose was to make sure that we had a place that was welcoming for our family and friends who were visiting, so it wasn’t too formal, but very welcoming and relaxing,” Grisius explains.

Before any of that could happen, Purple Cherry needed to assess critical area issues and the builders had to deal with the unusually high water table of the property. Due to the quirky positioning of the existing home, Purple Cherry says she knew that there was only one viable spot on the generous piece of land where she could situate structures of this nature.

“What’s unique is that it’s a very large piece of property, but the house doesn’t run left or right parallel to the water, the house runs shotgun long (perpendicular) to the water, which is very atypical,” Purple Cherry notes.

During the entire process, the couple expressed they felt well-informed and confident in all the resource providers they chose, and that their architect had their “shotgun long” situation well in hand.

“Most people who have waterfront homes want [their pool house] attached to their main house, but we could not get it attached to their house,” said Purple Cherry, who elaborated that floor plan, critical area, and buffer zone issues had to be addressed.

“So, the solution was to create a basically large entertaining pavilion and that’s what we did.”



HOMEOWNERS’ TIP

When evaluating building contractors, make time to visit some of their completed home projects, not just their websites, before making a decision.

The entire area with pool surround, pool house, three-car garage, and parking court amounted to more than 15,000 square-feet of family fun and utility space.

Along with what the space would look like, Purple Cherry was intent on making sure that what the homeowners and pool users would look at was not only aesthetically pleasing, but would have keen sight lines for more critical reasons.

“As a mother, it is important for me to have eyes on the children at all times,” she explains.

So, she placed emphasis on the visual connections within the design. The children had to be able to see and be seen from every possible vantage point.

Also, from every possible vantage point, Purple Cherry would account for optimal South River views.

“I can’t ever imagine blocking an incredible view.” And so, she did not. The structures were designed expertly with solid walls facing utility areas, or for providing cherished privacy when entertaining.

“I don’t want to have to go around a wall to see what’s going on someplace else,” she says. “That’s the reason the whole side facing the house, plus the whole side facing the water is basically all screened or glass. So, when you come out of the main house onto the big wrap-around porch, you can physically see everything going on in that pool house.”



BUILDER'S TIP

Does a high water table on your property preclude you from installing an inground pool? In some instances, this issue can be mitigated. Here's how the issue was managed for the Grisius property. "The portion of the lot where the pool was to be placed is at a fairly low elevation, so the bottom of the pool was very near the water table," explains Chris Neumann, Vice President of Bayview Builders. "Building near the water's edge, combined with loose sandy soils created a challenge to mitigate the water infiltration during construction, and created a concern for the pool's integrity. Additional structure was added underneath the pool shell to add the required stability."

COLOR SPLASH

The interior design was open plan and provided for the look of timeless style the couple desired. Its coastal, casual vibe was conceived, furnished, and decorated by Zuchowski using a palette of blue and white as a base and then adding in some corals and reds for splashes of color. The furniture is comfortably-sized, but wisely-scaled to fit the space and chosen for real-life with kids. “The pool house is waterproof!” she says laughing.

It is also one large space that opens out to the pool deck. “So, it definitely facilitates entertaining,” Zuchowski adds. “We have a summer kitchen with an outdoor grill and a power burner for cooking crabs. There is also a full kitchen inside with a beverage center. Outside there is bar seating in the summer kitchen.”

All of the things they wanted, were all of the things they received.

“Cathy was excellent about thinking about all the features we would use, so we would not have to go back up to the house and get things... from the kitchen or wherever,” Grisius explains.

The end result is plenty of relaxing weekends with family and friends on the South River, which Grisius then aptly described.

“When we’re there, we kind of feel like we’re on vacation!”

PROJECT RESOURCE LIST

Architect: Purple Cherry Architects, Annapolis; purplecherry.com
General Contractor: Bayview Builders, Annapolis; bayviewbuildersmd.com
Pool Contractor: Johnson Pools, Edgewater; jpoools.com
Cabinetry: Kitchen Encounters, Annapolis; kitchenencounters.biz
Kitchen Countertops/ Fireplace Stone/Outdoor Kitchen: In Home Stone, Annapolis; inhome-stone.com
Appliances: The Appliance Source, Annapolis; theappliancesource.com
Landscape Architect Design: Campion Hruby, Annapolis; campionhruby.com
Landscape Architect Installation: Scapes, Inc., Lothian; scapesinc.net
Lighting, Sprinkler/Irrigation Systems: Terra Nova Design, Crofton; terranovadesign.net
Bio: Engineering & Management-Bay Engineering, Inc., Annapolis; bayengineering.com



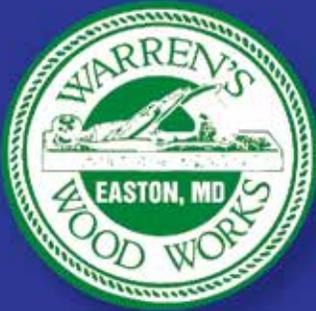
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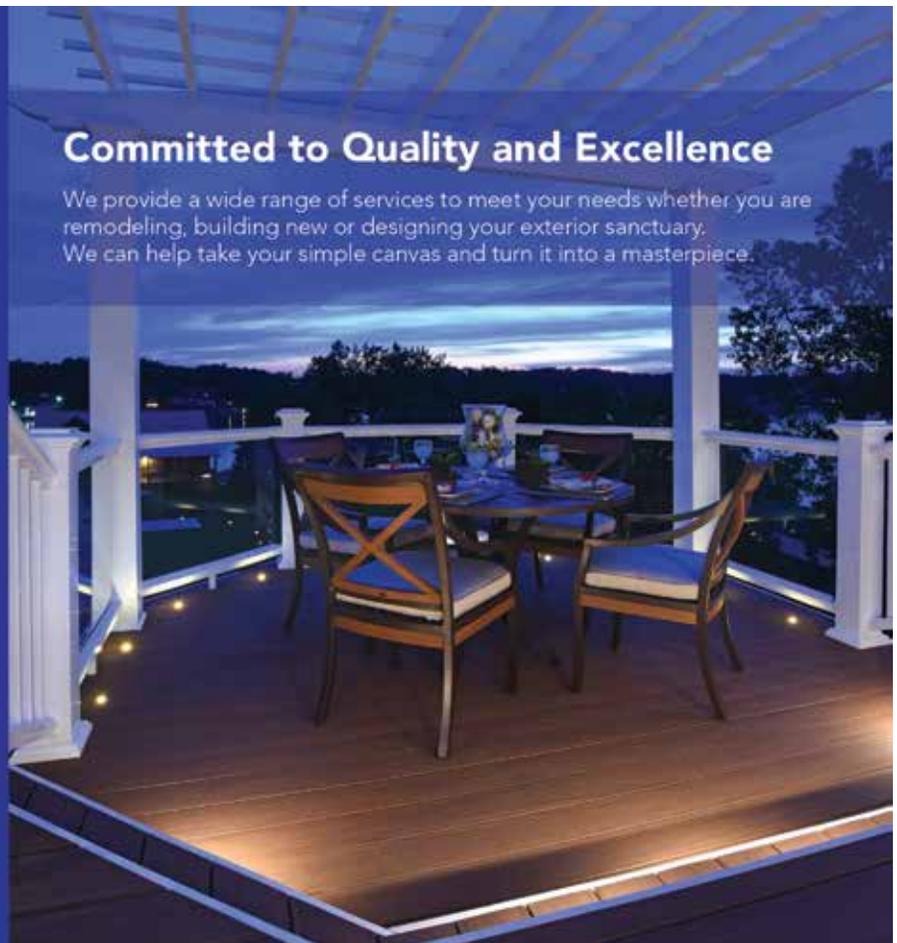


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Trending Interiors Spring 2020

NEXT-LEVEL CHESAPEAKE DECOR

By Lisa J. Gotto

Spring provides more than just a chance to open our literal windows to let more light and fresh air in, it also can open the windows of our creativity, which makes this the perfect time to re-envision the space in which we live with refreshing new elements. Here are five fab trends to try this spring!



TRANQUILITY INSPIRED

See the sea in a different way with this sophisticated sofa cushion inspired by the waterfalls of the world. Rectangular in shape, it counterbalances your curvaceous elements beautifully with a satin finish and multi-tonal shades of the sea. brabbu.com

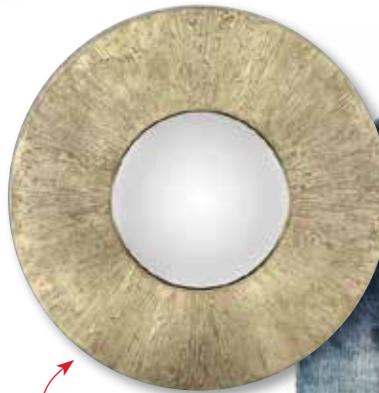
SEXY SOFA

Sensuous silhouettes with curves remain a key design trend and are simply executed in this Polara sofa from Kravet Furniture from the Michael Berman Collection. Spring is a great time of year to refresh at least one large piece of furniture in your home and this year is it's all about the sofa. kravet.com



LIKE A BREEZE

Winding and bending like the impulse of the wind, this silver leaf polished pendent-style lamp of stainless steel is an evocative commentary of your good taste. Its fluidity and curves square effortlessly with today's trends in free-flowing and unrestricted design. corbettlighting.com



A FINE FINISH

Every and any room benefits from the accessories and art you choose to hang on your walls. This substantial mirror of matte casted patterned brass blends an endless circle of style with a functional centerpiece of substance. brabbu.com



UNDERSTATED UNDERFOOT

The Pantone Color of the year, Classic Blue, fits right in with our greater Chesapeake sensibilities; it's true. But instead of going all-in with a whole wall of color, or various accent pieces to incorporate the trend, which may be overkill for this very dense hue, we suggest picking a statement piece like this handcrafted oval rug with an understated take on the trend. And the oval shape is a lovely complement to the new curvy sofa. westelm.com

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HOME DESIGN

In the Swim!

5 SIGNS YOU ARE READY FOR AN INGROUND POOL

By Lisa J. Gotto

What are two of the most popular words associated with summer? “Pool party!” But before you start buying noodles and floating chaises, there are things you should know and do before you decide to break ground on any inground pool project.

YOU HAVE SET A REALISTIC BUDGET

Never underestimate the expense of a pool in both its creation and its long-term maintenance. This is probably

the most expensive add-on you can do to a home, so think it through wisely in terms of your home’s resale value, the affect it has on the overall look of your property, and its on-going annual expenses. (The jury remains out on whether a pool adds or detracts from a home’s value.) Your initial investment, will no-doubt cost in the tens of thousands and perhaps even more depending on the type of pool you choose and the bells and whistles you wish to add.

From the get-go, you should understand that it is somewhat likely that setbacks and issues will crop up during the construction process, especially if your home is within a “critical area.” An experienced contractor will help you understand issues, such as water table heights, that you may face and what that will mean for the bottom line. A qualified contractor will also help you navigate another cost associated with pool creation; the acquisition of proper permits. Seeking the assistance of a qualified professional with knowledge of these key processes and procedures can save you money and aggravation down the line, so it is prudent to provide for these costs in your budget.

While devising that budget, remember that the extent of your pool surround has to be factored into that number.

COST BASICS

Average Range for Installation

CONCRETE: \$50,000 to \$100,000

FIBERGLASS: \$45,000 to \$85,000

VINYL LINER: \$20,000 (DIY) or \$35,000 to \$65,000

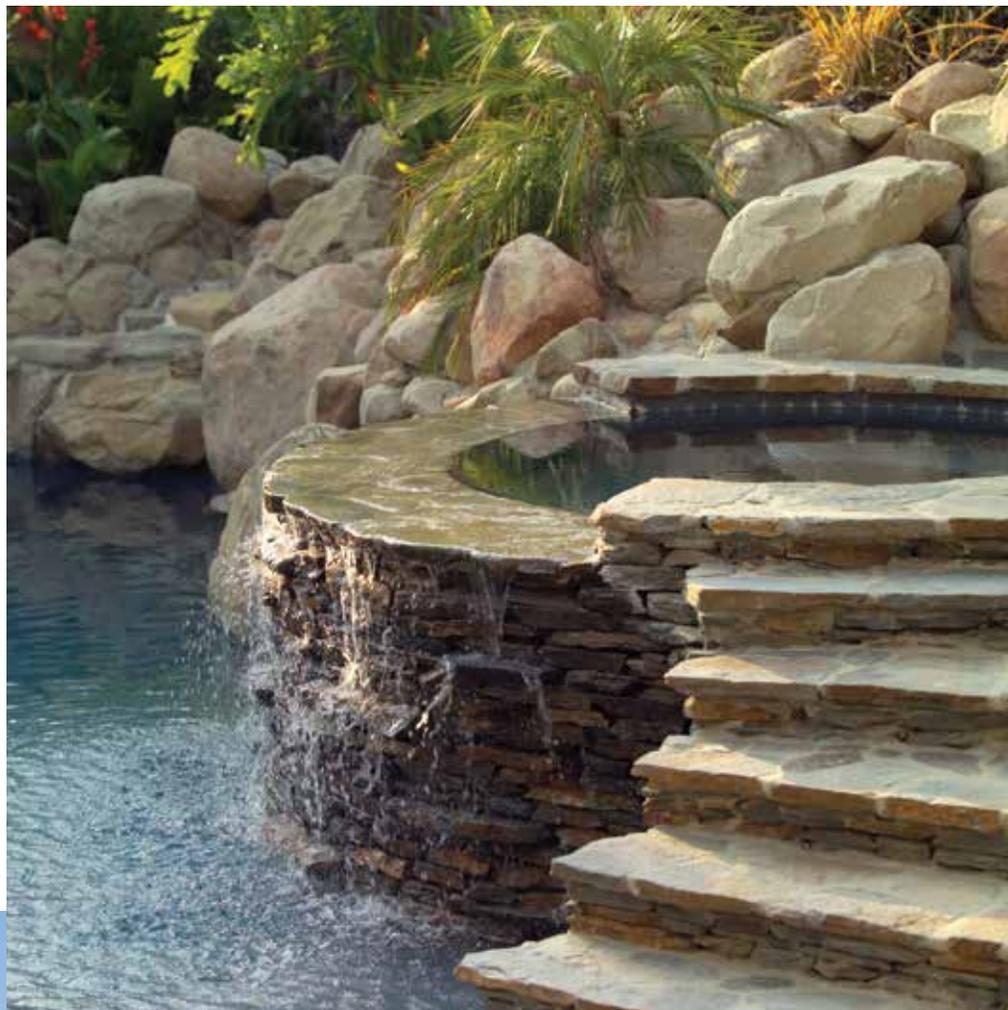
Consider that you would not wish to build a pool, if you were not prepared to also invest in the environment around it, as well. What good is having a beautiful pool if the area surrounding it is not supportive of it from an aesthetic and functional standpoint? It’s just a watery hole in the ground surrounded by dirt and mere grass, otherwise.

Do you wish to have a spa feature, as well? It is best to account and provide for this option now as it is not an easy endeavor to just add one in later.

What will you do to satisfy your responsibility to fence in the pool? This is a code requirement for every pool owner. So, plan on adding the cost of meeting this obligation in your pool budget, as well.

YOU'VE DETERMINED YOUR PROPERTY IS SUITABLE FOR AN INGROUND POOL

While your backyard may look large enough to the untrained eye, you will always need to keep in mind that every property has a property line and therefore you are required to account for the amount of setback required from your property line. This may denote how large your in-ground pool can be and, if indeed, there is enough room at all. Remember, you will need to provide a minimum six- by six-foot space, if you require some patio area. If you are planning on having an outdoor kitchen-type of space, that will require at least a 12- by 12-foot area.



YOU UNDERSTAND HOW YOUR POOL WILL BE USED

This is where thorough research followed by candid discussions with a qualified pool contractor/installer can really come in handy. These discussions will help you determine what shape of pool is right based on who will be using your pool. If total recreation and relaxation is key to you, you can probably get away with a smaller pool versus someone who is seriously into swimming laps; lap pools are longer than recreational pools. So, it would follow that if you're a lap swimmer, you would not choose a curved pool design. Remember, the size of your pool will determine what

types of activities can occur in it. It also serves to go as big as possible, since once installed, you will not be able to "upgrade" the size later.

This is also a good time to have the salt water pool versus chlorine debate with your pool pro. Probably the biggest misconception about salt water pools is that they are free of chlorine. The truth is both pools have levels of chlorine, the difference is in how the chlorine is produced or provided to the pool. Salt water pools have chlorine generators installed in them that create chlorine from the salt added to them. Basically, the primary differences are associated with cost, water feel, and time spent maintaining the pool environment.



SALT WATER

Pros & Cons

You do not need to buy and maintain chlorine tablets	chlorine from the generator
It's easier to adjust the chlorine production rate	Installation and replacement cell costs are higher
The water in a salt pool feels softer on skin; smells better than chlorine	Requires adding heavy bags of salt regularly to maintain salt and stabilizer levels
Your pool is cleaner for longer periods of time because there is a constant flow of	If spilled on your deck or lawn, salt can cause potential damage



YOU ARE READY TO MAKE INFORMED DECISIONS/CHOICES—AND MANY OF THEM

Deciding what type of pool you want is just the beginning. Initially, you will need to choose from fundamental construction materials; will your pool be made of concrete, fiberglass, or will you opt for a vinyl liner? And once that is done, you will need to decide what size and shape you wish the pool to be. Sometimes, these two big decisions are interchanged, as what shape you choose may influence what material you use. You may also wish to choose the option that helps cut down maintenance issues. For instance, some homeowners find it is easier to maintain and keep a rectangular pool clean because you can opt to build in an automatic cover that closes with

the flick of a switch. Definitely an easier alternative to having to skim the pool of leaves and debris after every summer thunderstorm.

If you have dedicated divers in the family, that is another option you may want to consider. Then you will need to decide what type of diving apparatus is right for your family: a diving board, a diving platform, or a flexible jump board (primarily recommended for pros only). There are also surface types for diving boards from which you will choose.

And there are tons of additional material choices yet to be made, especially if you are choosing a concrete pool. These include what kind of tiling you will want for around the pool, tiling for *in* the pool, for the pool edge, and what type of pool edging

you will want; curved or rectangular? It can get pretty involved, so the more you can research prior to the day the contractor asks you for your preference, the better. You can always do some web surfing and make an online mood board for your pool, so when the time comes you are ready with your ideas.

YOU UNDERSTAND THE LONG-TERM COMMITMENT OF A POOL OWNER

Every potential pool owner needs to consider their long-term commitment as far as four-season maintenance, including winterization and repairs, is concerned. Assess whether you will be the one

attending to these year-round duties or if you will have a service company contracted to address all or a portion of them.

Winterization alone can involve draining the pool, removing water from its filter, pumps, heater, bottom drains, and pipes; removing cartridges from the filter and shutting down the heater; removing the drain plugs from your pool's pump, filter, heater, and chlorinator; and adding a pool cover, among other chores. Phew! Well, you get the point!

You will need to be honest with yourself about the time, effort, and financial resources that will be required of you to have the pool you have always wanted. In other words, you must love the entire concept of being a pool owner—because looking upon a pool as a mere status symbol, for example, would be a mistake.

At the end the day, perhaps one hot summer's day, only you can answer the question, "How deep does my passion for a pool go?"



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Vines

THE GOOD, THE BAD, AND THE UGLY

By Janice F. Booth

Perhaps you've watched those charming BBC murder mysteries where all the victims live in sweet, vine-covered cottages with picket fences and mullioned windows. Or you've toured England's Cotswold or York districts and wandered beneath trellises overflowing with vining roses and dined at a picturesque pub with trumpet vines and English ivy screening the parking lot. How do the English coax those rambling roses, wisteria, and ivy to behave so well, dripping blossoms, and weaving gracefully above windows and porticos?

There's a wonderful, old book by Roy E. Biles entitled *The Complete Book of Garden Magic*, copyright 1935. First, I love the arrogance; Roy is certain he's covered it all! Everything one needs for a memorable garden can be found within the covers of his book. (If only!) But I digress. In the section of Biles's book dealing with vines, he says, "Vines have a place in garden decoration that cannot be taken by any other plant. They have the ability to produce a large quantity of flowers in the minimum of space and to hide or soften ugly materials or outlines."

That pretty well sums it up.

But, the idea of planting vines in our gardens has

tended to be received with dread, or at least hesitancy. Visions come to mind of kudzu choking out vast tracks of woodland or fat and fuzzy poison ivy slithering up trees. But Roy and I are here to tell you, "Never fear!" A lush wisteria can be trained to drape and float across the arbor near *your* deck. Disguise your neighbor's unsightly chain-link fence with trumpet vines; their shiny, dark green leaves will cover the rusty metal quickly, and you'll be delighted with the four-inch long, red, orange, and yellow trumpet-shaped blossoms from June to September.

As one element of your garden, vines are useful and relatively carefree. Wherever you need a bit of softening or filling-in, there's probably a vine that will work. If there's an unattractive architectural feature that can't be removed, disguise it with trellised vines. While most vines wind their way into your heart slowly, growing three or four feet every year, some annual vines, like morning glories, gourds, and even pumpkin vines can provide a quick rescue. You can pop them in behind the spindly, young lantana you've just planted. The morning glories will bloom and vine around that section of the garden, providing color and interest while the spindly lantana settles into its new home. At season's end, the morning glory vines can be removed easily and the area cleared so that in the spring the maturing lantana can take over its area unencumbered. How much more interesting to have had a summer of blossoms greeting the morning than an awkward, young plant sitting forlornly in the garden.





If you've decided there's a place for vines in your garden, you may want to consider the aesthetics you're looking for. In addition to the interest of the vine weaving its way up walls or around trees, there are three categories from which to choose your plants:

COLOR, FOLIAGE, FRAGRANCE

Some vines may provide several or all of these qualities, but if you have a priority, you can focus on that element.

COLOR: For example, if you've cultivated a lavender garden, the **perennial climbing hydrangea** will fill its allotted space with purple-fading-to-blue or pink blossoms from June through September. Climbing hydrangea takes care of itself in our zone, and its reddish stalks add interest to the winter garden. Of course, **perennial clematis vines** are popular in our region, and you can choose pale lilac or deep purple blooms to delight you all summer long.

FOLIAGE: If you'd rather not have the distraction of blossoms, but want lush foliage as a filler or camouflage, **Boston** and **English Ivy** are popular choices. They grow well in Zone 7, our climate range. Looking for something a bit more distinctive? The green leaves of the **Virginia Creeper**, a lover of full sun, turn bright red and gold in autumn. If it's springtime greenery you're seeking, the hardy **Kiwi Vine** can be a show stopper. I can't guarantee you'll reap a harvest of kiwi in the fall, but the vine puts out its small, spade-shaped leaves quite early in the growing season. Those leaves capture the early springtime sun and dazzle us as tiny fluttering sun catchers.

FRAGRANCE: Is there anything more delightful than the sweet or spicy fragrance of a favorite flower or plant? If you enjoy those olfactory surprises wafting in the open window or greeting you as you settle into that hammock, then planting fragrant vines here and there may be a wonder-filled delight. **Honeysuckle** springs to mind. There's the golden trumpet variety and the Dropmore Scarlet honeysuckle. This variety produces a pretty, red berry in the autumn. Their heady fragrance attracts not only the gardener and guests but the hummingbirds and butterflies as well. Another heavenly producer of scent

is the **Star Jasmine**. According to legend, 19th century herbalists recommended jasmine against headaches and migraines. And you can train a vine to encircle your bedroom window, wafting healing fragrance your way as you sleep. I can't leave this topic without a nod to the queenly **wisteria** vine. Both fragrance and lush blossoms are hallmarks of all varieties of wisteria. This splendid vine will drape over anything and provide beautiful, lavender clusters of flowers and lush foliage throughout the growing season.

CAUTIONS: Now, perhaps, I've piqued your interest, and you're thinking a vine or two might be just the ticket. I'm going to point out a few considerations when planting **perennial** vines. (No need to worry about the annuals.) The key terms here are **rhizomes** and **tendrils**. Some vines, wisteria for example, are clever reproducers. Not only do they produce graceful, slender seedpods in the autumn. They also send out **rhizomes**. Rhizomes are strong roots that travel just below the surface or





developed **tendrils**. These pretty, hardy cords of green attach themselves to surfaces, such as brick and stucco, and make their way up and across the wall or fence. These tendrils are pretty—sweet pea vines are notable for their tendrils. However, if not kept in check, the tendrils will insinuate themselves into crevices, rooflines, eaves, and windowsills, where they're definitely not welcome.

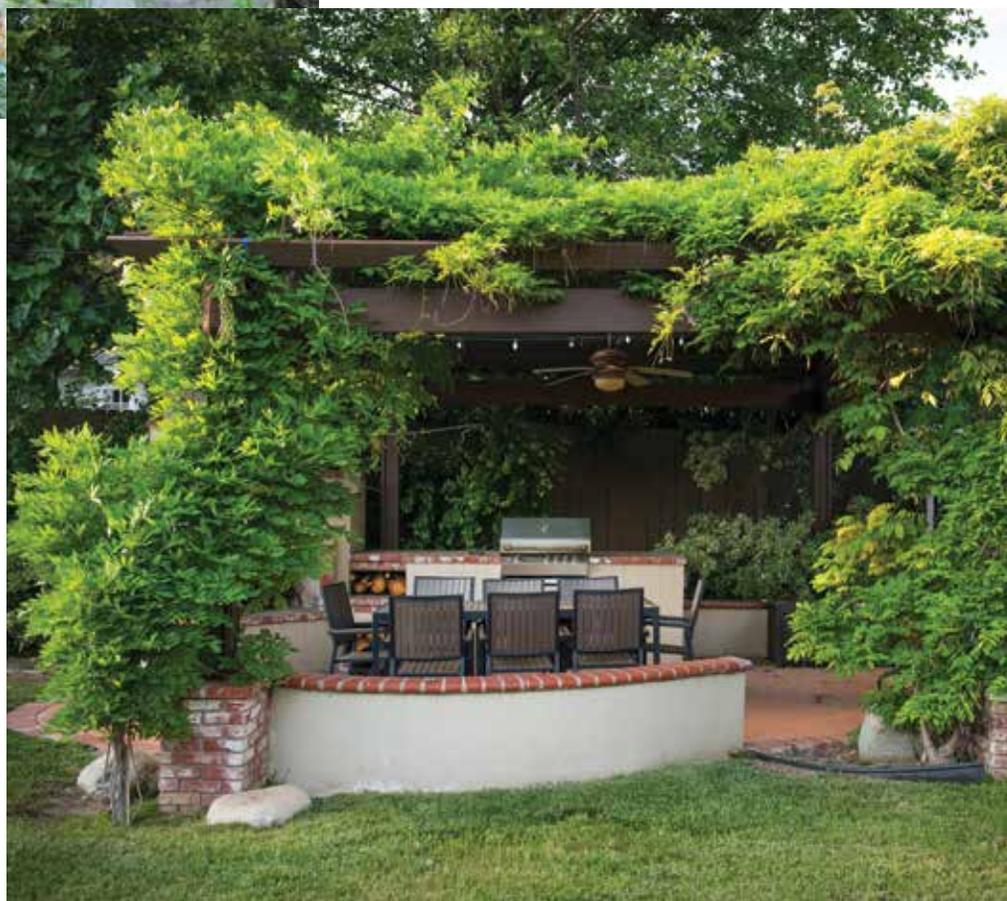
RETAINING CONTROL: Don't be dissuaded from your plans for lovely vines in your garden. There is a fairly easy solution—easy to implement, but tough to maintain. The remedy for the wandering vine is **pruning**. Vines need very little maintenance, except for one thing, pruning. There are two goals for pruning. The first is to train

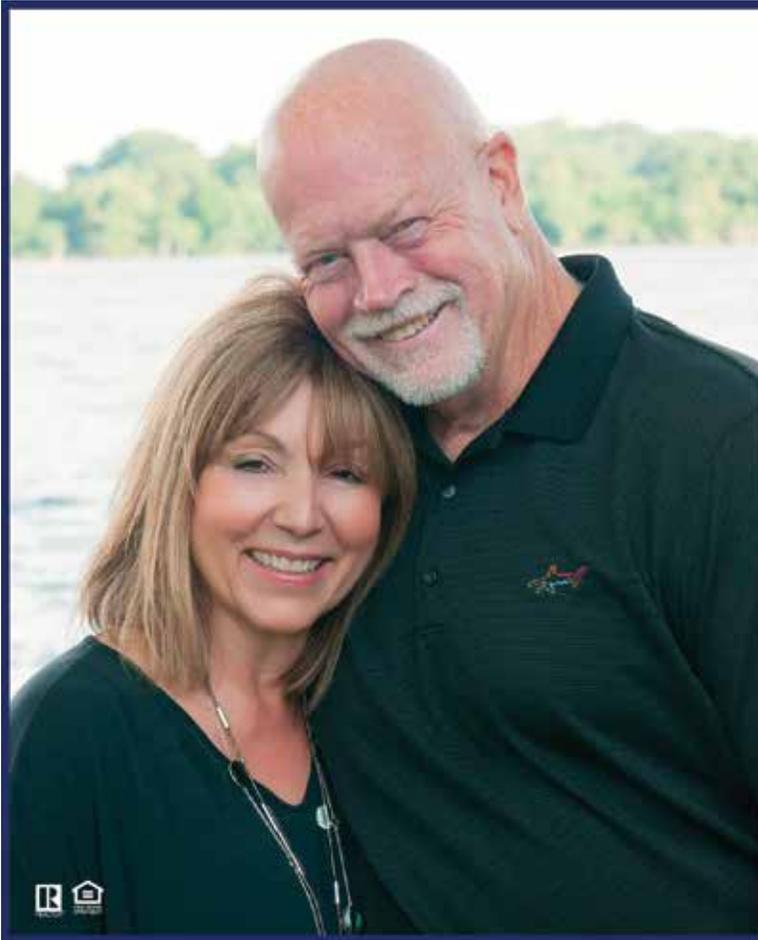
your vine to grow around or over some specific thing—around a window or over a trellis. A pair of scissors can snip off the thin, green tendril-explorers, enabling you to train the vine to grow around a window or along a fence. The second goal is to limit and contain where your vine grows. You or your gardener must remain vigilant throughout the growing season. Cut out rhizomes and snip off tendrils that are headed in the wrong direction or, in the case of those rhizomes, any direction at all. Don't let them get away from your control.

Fragrant, colorful, lush vines can add to your garden's glory. They will repay the attention you give them with stunning displays of color and heady fragrance.

even just above ground. They travel until they find a new host—a tree or fence or structure. Once the rhizome encounters the vertical support, they begin to rise—up, up, and around. Your gardener or you will need to remain vigilant for runaway rhizomes. Chopping them out won't suffice. They'll produce new vines from each broken place. You'll need to either dig up the rhizomes or use a strong weed killer if you want to contain these over-zealous travelers.

In addition, vines climb, and to do so they need some method to hold on, lacking fingers as they do. And so, some varieties of vines have





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A St. Michael's Treasure

By Lisa J. Gotto

This is surely the dream home for anyone who loves historical beauty and charm. This amazingly well-maintained and meticulously updated property on a quiet, side street in St. Michaels, offers the homeowners a great location just steps away from a vibrant town full of dining and entertainment opportunities. The exterior of this home has been expertly restored with a Victorian-inspired front porch to reflect its 1900s sensibilities, and a rustic cedar-shake shingle façade.

Inside, a gracious open floor plan, blends the best of how we live today with the grace and charm of years past. The family room off the all-white updated gourmet kitchen is absolutely stunning with a total of ten windows in a semi-circle formation looking out to a courtyard oasis that can be accessed through a set of French doors. High ceilings outfitted with skylights make this a prime area for indoor entertaining. Even the kitchen has been modified to include a series of small windows



Primary Structure Built: 1900
Sold For: \$700,000
Original List Price: \$718,000
Bedrooms: 3
Baths: 2 Full, 1 Half
Living Space: 3,002 sq. ft.
Lot Size: 0.17 acre

placed between countertop and cabinetry that look out to the backyard. All the original windows in the home have been replaced with upgraded, high-quality windows.

All the period woodwork in the home has been main-



tained and windows in the lower level living room are dressed with period-perfect indoor shutters. This room also has a lovely wood-burning fireplace original to the home with a beautifully restored mantle.

Upstairs, the master bedroom offers its own private bath, a large walk-in closet, and another fabulous wood-burning fireplace original to the home. Beautiful hardwood floors flow throughout to two other sizeable bedrooms on this floor and an additional full bathroom with dual sink feature.

The property is surrounded by mature, immaculate landscaping, and a white-stone driveway sets to the left of the home for ample parking. It sits just two to three blocks from a walking trail and waterfront park with kayak access.

Incredibly, this property also comes with a separate partially finished two-story studio space just steps from the French doors creating additional room for hobbies, office space, man cave, or she-shed, giving this home's new owners plenty of room to spare and share for years to come.

Listing Agent & Buyer's Agent: Cornelia C. Heckenbach; Long and Foster Christie's; 410-310-1229; info@CorneliaHeckenbach.com

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Primary Structure Built: 1989
Sold For: \$1,185,000
Original List Price: \$1,185,000
Bedrooms: 5
Baths: 3 Full, 2 Half
Living Space: 3,140 sq. ft.
Lot Size: 2 acres

HOME REAL ESTATE

Waterfront Living

and Entertaining at its Best

By Lisa J. Gotto

Expansive eastern bay waterfront views are the order of the day for this picturesque property in enviable Goose Point Estates in Stevensville.

“Breathtaking” says it best when walking into this bay-front beauty. Its soaring ceilings and other architecturally-pleasing details make this the place to be no matter the season. A lovely, tranquil palette of muted greens and aqua pair exquisitely with white woodwork and rich, expansive wood floors throughout much of the home. The main living area offers a white brick fireplace from floor to ceiling. An all-white kitchen with its own white brick fireplace flows effortlessly into adjacent dining and seating areas, all with that to-die-for view of the Chesapeake Bay. The main floor also offers a spacious master suite, adding that always desirable “forever-home” status. Four additional bedrooms are located on the second floor for ample room to grow or guest rooms galore!

An optimal home for entertaining, the main floor areas open up to the backyard and large in-ground pool. Every area around the pool is primed for partying the summer afternoons and evenings away. A generous covered patio area is accented with a beautiful stone planter that overlooks the pool, and there are two additional seating areas poolside for lively conversation. The pool itself overlooks a tranquil and well-landscaped koi pond, and then the eye drifts off to life-affirming



bay expanses. A boater’s dream as well, the home comes equipped with a pier and multiple boat lifts.

With its super cul-de-sac location, location, location—and all of the amenities any family could dream of—it’s little wonder the house sold to the first clients that listing agent, Jennifer Chaney of Chaney Homes, showed it to. “This home sold for its original list price on its first day on the market,” Chaney adds. Having the home situated just one hour from D.C. and 25 minutes from all the sites and happenings in Annapolis is an added amenity in anyone’s book.

“When this one came on the market, we immediately fell in love with the beautiful open water views and large lot size of this home,” the new homeowners say. “When we imagined all the memories we would make with our family and friends, we knew this had to be our forever home. It was the perfect fit for our family with two boys and a dog that all love being outdoors!”

Listing Agent: Jennifer Chaney; Broker-Owner-Designer; Chaney Homes; m. 410-739-0242; jchaney@chaneyhomes.com

Buyer’s Agent: Larry Doyle; Long & Foster Realtors; 202 Thompson Creek; Stevensville, MD; m. 301-332-7935; o. 410-643-2244

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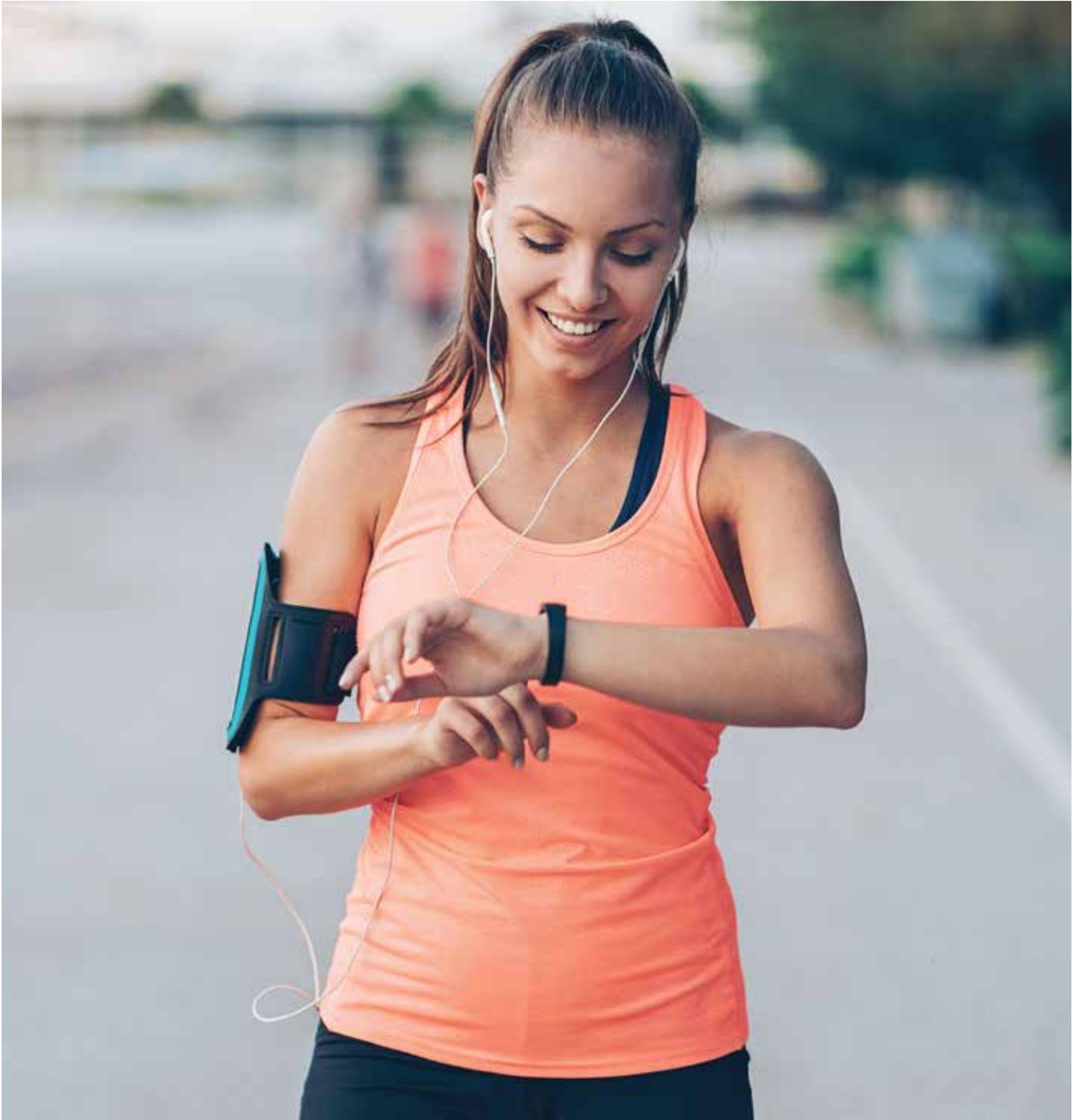
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HEALTH & BEAUTY HEALTH

Does Beer Have Secret Health Benefits?

WE'LL DRINK TO THAT THOUGHT

By Dylan Roche

On St. Patrick's Day, almost everyone is a little bit Irish. Even people with no Irish ancestry whatsoever can't help but feel a little bit in touch with the Emerald Isle.

And for most people, their way of celebrating is to enjoy a beer. In fact, St. Patrick's Day is the fourth-biggest drinking holiday in the United States after New Year's Eve, Christmas, and Independence Day. Each year, Americans consume about 13 million pints of Guinness as a way of paying tribute to Irish tradition.

And maybe—just maybe—that beer could be part of the secret behind the luck of the Irish, as research shows that beer has a few underappreciated health benefits.

The idea that beer can be healthy is not a new concept. Nearly 20 years ago, the *American Journal of the Medical Sciences* highlighted the benefits of moderate consumption as part of a healthy lifestyle. While wine usually gets all the credit for being the healthy, enjoy-in-moderation alcoholic beverage of choice, beer has just as many antioxidants as wine—it's just that the flavonoids in barley and hops are different from those in grapes. Furthermore, beer has protein and B vitamins that wine doesn't have.

So, what is it about your beer that will give a boost to your health? Let's take a look.

WHAT'S IN BEER?

Made from malted barley and hops, which give it that balance of sweetness and bitterness, beer is a fermented brew that can range in its alcohol content anywhere from 3 percent to 40 percent. That's a pretty big difference, but if you stick with a pale lager, you can usually rest assured your drink has about 5 percent alcohol.

When examining the benefits of alcohol, nearly all experts emphasize that people must be moderate in their consumption, as drinking in excess has negative health effects that will quickly negate any benefits. Moderate alcohol consumption, as defined by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, is one drink per day for women and two drinks per day for men. In the case of beer, 12 fluid ounces constitutes one drink.

That moderate amount of beer might be good for your heart. A 2018 study published in the health journal *Nutrients* examined the effects of moderate beer intake on the cardiovascular health of overweight and obese adults who were not showing other risk factors like Type 2 diabetes or hypertension. The study found that moderate intake of beer helps prevent blood lipids from building up plaque on the walls of your arteries, and there were no ill effects in terms of heart health or body weight.

That's just the beginning of what beer has to offer. Loyola University Chicago Stritch School of Medicine has deter-

mined moderate beer drinkers are less likely to develop dementia or cognitive decline, and Harvard Medical School has found that middle-aged men who drink one or two beers a day have a 25 percent less chance of developing Type 2 diabetes.

Beer is also a source of flavonoids and polyphenols, types of antioxidants found in plant foods. Beers that are rich in hops, such as pale lagers, have polyphenols that are good for kidney health and might help prevent kidney stones. Similarly, the flavonoid xanthohumol found in beer protects brain cells from oxidative damage, which might explain its benefits for cognitive health.

It's important to remember that the amount of antioxidants in beer are still relatively small compared with fruits and vegetables, so you shouldn't think of drinking as your way of fighting off disease; however, if you enjoy indulging in a beer, it's good to know there's at least a little perk to it.

In the long term, excess alcohol consumption can lead to high blood pressure and various cancers. The Academy of Nutrition and Dietetics lists other detriments like elevated triglycerides and liver damage.

So when celebrating St. Patrick's Day this month, we suggest observing responsible practices as drinking slowly, alternating drinks with water or another nonalcoholic beverage, and consuming food so they aren't taking in alcohol on an empty stomach. And always rely on a designated driver to return you home safely.

Brain Power

READING AND OTHER COGNITIVE EXERCISES
BENEFIT YOUR MIND AND BODY

By Dylan Roche

“The more that you read,
THE MORE THINGS YOU WILL KNOW.
The more that you learn,
THE MORE PLACES YOU’LL GO.”

These wise words from acclaimed children’s author Dr. Seuss in his book “I Can Read with my Eyes Shut” could easily sum up the spirit of Read Across America, an initiative driven by the National Education Association to motivate students to read.

Every year on March 2nd—Seuss’ birthday—schools, libraries, and community centers participate by offering programs that get kids to connect with the written word and celebrate the benefits of reading. As the National Education Association emphasizes, reading is important for improving language skills, developing empathy, being creative thinkers, and gaining knowledge.

But it’s not just children who benefit from reading, and it isn’t just educational benefits that readers will reap. Getting plenty of mental exercise is important for people of all ages because

it has a positive effect on many aspects of your health and well-being.

Most prevalent among those benefits is the way reading affects your cognitive health, defined by the National Institute on Aging as the ability to think, learn, and remember.

According to Harvard Medical School, forms of mental stimulation like reading are the best way for you to protect your mental abilities and ward off dementia. Mental activity is just as important for people as physical activity, and working specific cognitive functions—such as comprehending new information or remembering information—will increase your ability to perform those functions. As with other forms of strength and power, you need to use it or you might lose it.

Words Alive!, a nonprofit organization that strives to inspire commitment to reading,

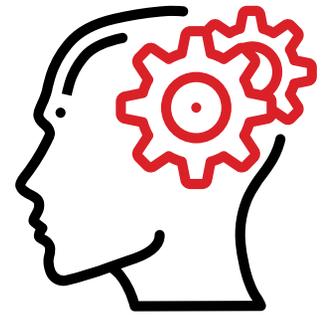
emphasizes that reading can help improve your mental health by increasing self-esteem, reducing symptoms of depression, and building better relationships. What’s known as bibliotherapy—popular in the United Kingdom and gaining traction in America—seeks to treat mild to moderate symptoms of mood-related conditions like depression and bipolar disorder by having patients read for pleasure.

By identifying with characters and their situations, readers feel less alone, experience an emotional catharsis, come to better understand their own life experiences, and gain perspective, thus making progress in their emotional healing.

But it’s not just your cognitive abilities and mental health that can benefit. Reading can be good for your physical health too. By pulling your attention away from everyday stressors, it lowers your heart rate and eases tension in your muscles, according to the University of Minnesota.

That said, the actual material you’re reading makes a big difference in whether it’s a good de-stressor. Novels and lighthearted nonfiction are good choices, whereas upsetting content—like the news—could have the exact opposite effect.

In fact, reading might help you live a longer life. Back in 2016, the Yale University School of Public Health noted a link between frequent reading and increased longevity



after observing people who read three and a half hours a week or less, people who read more frequently, and people who didn’t read. Even after researchers took into account factors like wealth, education, cognitive ability, and other variables that might give bookworms an advantage, there was still a decreased rate of mortality in those who read more frequently.

Although it is the most common, reading is hardly the only cognitive workout people can undertake. Crossword puzzles, building models, concentration games, and learning a new language are all ways to keep the mind sharp. What’s most important, according to Harvard Medical School, is that the hobby is active—that is, it requires engagement, as opposed to passive activities like watching television.

As with physical activity, you have to be challenging yourself constantly to get stronger. Most children get plenty of mental activity because they’re constantly exposed to new experiences. Reading is an activity where adults should learn to follow the example kids set and strive to become lifelong learners. Your mind and body will thank you for it.



HEALTH & BEAUTY HEALTH

Fresh Take

MAKING PIZZA A HEALTHY OPTION FOR PI DAY

By Dylan Roche

You don't have to be a math enthusiast to be excited for Pi Day on March 14th, observed because 3.14 are the first three of infinite digits in the famous mathematical constant *pi*. (Get it?)

Although the annual observation is about celebrating mathematics and numbers, many people just look forward to an excuse to enjoy pie. If you're one of them—and hey, who isn't?—you might consider pizza pie for lunch or dinner.

But eating pizza doesn't have to imply being unhealthy. Sure, most people think of pizza as junk food, and with good reason. The pizza you get from your typical delivery chain is probably a mess of white flour, overly sugared sauce, excess sodium, too much cheese, and lots of processed meat. The Cleveland Clinic even estimates that a two-serving slice of meat lover's pizza from a chain pizza restaurant could exceed a whole week's worth of your daily recommended saturated fat intake.

But pizza can be a healthy option if you do it right. This year, you can celebrate Pi Day by making a pizza at home that combines a whole-grain or vegetable crust with fresh tomato sauce and lots of vegetables on top. Do it right and here are just a few of the health benefits you'll enjoy:

FIBER: The Dietary Guidelines for Americans recommends that at least half the grains you eat should be whole grains instead of refined ones. Why? Because when you consume all parts of the grain (the bran, the germ, and the endosperm) instead of the versions that are processed to have the germ and bran removed, you're getting more fiber and nutrients. Fiber is good for helping you feel fuller faster and stay fuller longer, helping you maintain a healthy weight. It's also good for lowering your risk of heart disease and diabetes.

CALCIUM: As with other dairy products, that cheese you're topping your pizza with is full of calcium, which is important for building and maintaining strong bones. Just be careful to opt for a reduced-fat for fat-free cheese. Fat-free versions might not melt very well, but giving it a spritz of antioxidant-rich olive oil before putting it in the oven will help.

The U.S. Department of Agriculture lists 1 cup of fat-free mozzarella cheese as having

about 1,085 milligrams of calcium (about 84 percent of your daily value) for only 159 calories. That cheese is also a great source of protein, vitamin B12, and zinc.

LYCOPENE: Ever wonder what gives tomatoes their bright red color? They get it from the phytochemical lycopene, which is good for protecting both your prostate and your skin. It's also worth noting that lycopene concentrates during the cooking process, so the extended simmer you give your tomatoes on the stovetop when you're making sauce is going to make them better for your health.

And all of this is just a starting point—from here, it's all about what nutritious toppings you want to choose. Spinach? It's a great source of iron. Grilled chicken? Nice way to add protein plus vitamin B12. If you're somebody who likes plain pizza, you can still get some extra nutrients by preparing a side of salad or antipasto with lots of marinated vegetables, lean meats, and heart-healthy olives

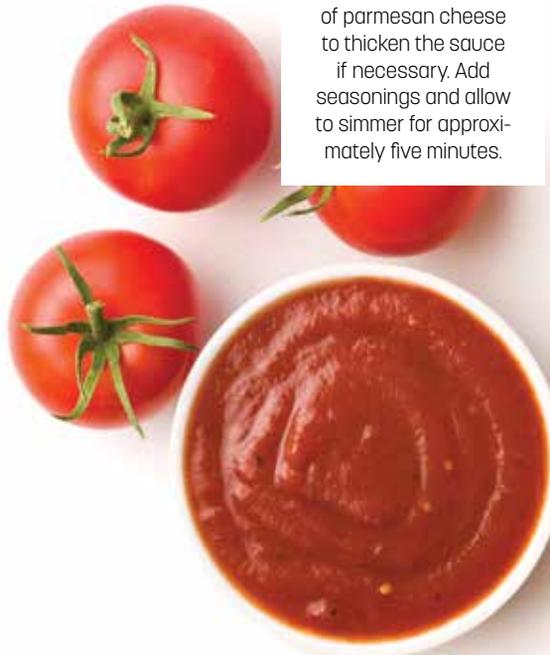
HERE ARE SOME TIPS FOR MAKING PIZZA AT HOME:

If you're feeling ambitious, make your own pizza dough and sauce. It's a hands-on family activity to get children excited about healthy eating, and it gives you greater control over the ingredients. Short on time? You can use whole-wheat dough, pita pockets, or English muffins as a crust and buy jarred tomato sauce (just be sure to get one that's low in sodium and added sugar). Once you've assembled your pizza pies, pop them in the oven at 400 degrees until the cheese is melted and bubbly.



Tomato Sauce

This version of tomato sauce is made without any added sugar, but if you want a little bit of sweetness to balance out the acidity, try adding two tablespoons of pureed carrots or carrot baby food. You'll be surprised how much the carrots can sweeten things up!



INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 clove chopped garlic
- 2 cans (approximately 14.5 ounces) tomato puree
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1 teaspoon parsley
- 1/2 teaspoon ground black pepper

DIRECTIONS:

Heat the olive oil and garlic in a saucepan over medium heat for about 30 seconds. Add tomato puree and bring to a simmer. Add more olive oil or a little bit of parmesan cheese to thicken the sauce if necessary. Add seasonings and allow to simmer for approximately five minutes.

Cauliflower Pizza Crust

Maybe you're watching your carbohydrate intake, or maybe you just want to incorporate more vegetables into your diet. Either way, making a cauliflower crust is an excellent way to adapt pizza to fit your diet.

INGREDIENTS:

- 1 large head of cauliflower
- 1 large egg
- 1 cup shredded mozzarella cheese
- 1/4 cup parmesan cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS:

Chop the cauliflower head into florets, then pulse in a food processor until you have nothing but small, rice-sized pieces. Transfer to a microwave-safe dish and microwave for 5 minutes. Remove from the microwave and allow to cool. Wrap the cooked cauliflower up in a thin towel or piece of cheesecloth and squeeze out the moisture. Combine cauliflower pieces with the egg, shredded mozzarella, parmesan, salt, and pepper. Form a pizza crust on top of a baking sheet lined with parchment paper. Bake at 400 degrees for 20 minutes, flip and bake for another 20 minutes. Remove from oven for toppings, then continue cooking until the cheese melts.



Pizza Dough

You can buy pizza dough at the store, but you'll often find that even versions marketed as whole wheat are actually made with a 50-50 ratio of whole-wheat to white flour. When you make it from home, you can use all whole-wheat flour to increase the nutritional density.

INGREDIENTS:

- 1 teaspoon rapidly rising yeast
- 1/2 cup lukewarm water
- 1/2 teaspoon salt
- 1 teaspoon olive oil
- 1 cup whole-wheat flour

DIRECTIONS:

Preheat oven to 400 degrees. Add yeast to the water, followed by salt and oil, and then slowly add in flour until it forms a dough. Move to a floured surface and knead the dough until it becomes stretchy. Prepare a baking sheet by rubbing it with olive oil and sprinkling lightly with cornmeal. Place dough in the center of the baking sheet and use your fingers to push the dough into the shape of the crust. Cover with toppings before baking for 5 to 7 minutes until the cheese melts and the crust looks nicely browned.



HEALTH & BEAUTY HEALTH

The Importance of Getting Enough Zs

DON'T UNDERESTIMATE HOW BEING EXHAUSTED AFFECTS YOUR HEALTH

By Dylan Roche

When was the last time you enjoyed a full eight hours of sleep? If it was recently, consider yourself lucky. The Centers for Disease Control and Prevention estimates that as much as 19 percent of the U.S. adult population is sleep deprived.

If you think that's no big deal, think again. To spread awareness of chronic sleep deprivation and the negative effects it can have on our health, the National Sleep Foundation observes National Sleep Awareness Week every March to help more people understand the importance of getting an adequate number of Zs.

The observance begins on the first Sunday of Daylight Savings Time—when countless individuals bemoan losing an hour of precious shut-eye—and runs through the following Saturday. This year's dates are March 8 through 14, and it just might be a good time for you and your family to reflect on some of your sleeping habits.

ARE YOU GETTING ENOUGH?

Getting enough sleep ranks right up there with eating right and exercising regularly—you have to do it for your body to function at its best. The National Sleep Foundation recommends between seven

and nine hours of sleep every night. Older adults can get away with less, whereas young adults and teenagers need a little bit more. Some people believe they can train their bodies to operate sufficiently on less sleep, but the CDC emphasizes that this is a myth.

Sleep is important because it's a state when important processes happen in your body, according to the U.S. National Library of Medicine. It's a time when the body releases hormones that help children grow and adults build muscle and repair cells. It's also when the body creates cytokines, the hormone necessary for the immune system to fight infection.

Missing out on sleep hinders you from thinking clearly and reacting quickly, which would prevent you from meeting your full potential either at your job or at school. In fact, the National Sleep Foundation estimates that between sickness and lost productivity, sleep deprivation costs the United States about \$66 billion every year.

Sleep deprivation has long-term effects on health too. People who are chronically sleep deprived face a higher risk of conditions like high blood pressure, heart disease, obesity and Type 2 diabetes.

SLEEP DEBT: WHAT'S THAT?

You might have heard about something called sleep debt, which is exactly what it sounds like. You accrue an amount of lost sleep over time and you have to compensate for it at some point. The scientific explanation behind this is that a chemical called adenosine accumulates in your bloodstream while you're awake only to be bro-

ken down by the body when you're sleeping. If there's too much adenosine built up in your bloodstream, your body's response time slows.

You therefore need to make up for the sleep you missed if your body is going to break down the adenosine, the National Sleep Foundation says, but that can be difficult to do if you're consistently missing out on rest. Think about losing an hour of sleep every weeknight—that means you have to make up five hours on Saturday and Sunday. And sleeping in can then throw off your sleep cycle come Sunday night.

That's not the worst part. If you miss two or three hours of sleep a night for three or four nights in a row, that's the same as missing a full night's sleep. Even though most people have pulled an all-nighter at some point in their lives, they might not consider how dangerous it can be in some situations.

Drowsy driving can be just as bad as drunk driving. Per the CDC, as many as 6,000 fatalities every year are a result of sleepy people behind the wheel.

HOW TO IMPROVE SLEEP

The big problem is that people get busy—they have jobs, classes, homework, chores, errands, volunteer efforts, and social obligations. Sleep is usually the first thing they'll cut back on when life gets to be too much.

In other situations, people have trouble falling asleep. They feel exhausted all day long, but as soon as they crawl into bed, their mind keeps them wide awake.



If you're somebody who fails to make sleep a priority or who struggles to fall into a deep slumber at the end of the day, there are a few ways experts recommend you can make it easier on yourself:

- Start examining your habits before bedtime. Don't nap late in the afternoon, and avoid nicotine, caffeine, and large meals late at night.
- Although exercise is good for destressing and tiring yourself out, it's best to do it earlier in the day, as late-night workouts could potentially wind you up.
- Before bed, avoid bright lights, including those from screens like your phone or TV.
- Lower the temperature in your bedroom to around 68 degrees.
- Take a warm bath or shower. Once you get out of the warm water, the drop in body temperature will make you feel sleepy.
- Read or listen to soothing music before bed in lieu of watching TV or scrolling through your phone.
- When it's time to finally turn out the lights, try earplugs or white noise, such as a fan, to drown out any background sounds. Avoid inconsistent noise, such as that from a TV or radio, which can disrupt your sleep.
- If the pressure to fall asleep stresses you out, turn your alarm clock the other way to avoid looking at it.

However, if you know that 20 minutes have gone by and you can't fall asleep, don't force yourself—get up and do something relaxing. Stress about sleep can make this situation even worse.

Remember that occasional insomnia is normal and something most people experience from time to time. But if it happens three nights a week for more than a month, it is considered chronic insomnia. In this situation, talk with your doctor about ways you might be able to alleviate your sleeplessness.

Telehealth? What's That?

By Dylan Roche

It's not always easy to get out to visit a doctor. Sometimes it's because of a patient's condition, whereas in other cases, it might be because of hectic schedules. Whatever the reason, advances in modern technology have made it so that you don't have to be physically right there with your doctor to receive medical care.

This new trend—known as telehealth—is changing the way patients get treatment, doctors interact with other doctors, pharmacists fill prescriptions, and other aspects of the health industry. Think of it as telecommuting but for all your medical needs.

It's a broad term that can be applied in many different scenarios, but its general definition, according to the Mayo Clinic, is the use of communication technology, whether from a computer or smartphone, to access health-related services from a remote location. This could include counseling, dentistry, physical therapy, occupational therapy, or even management of a chronic disease.

The American Hospital Association explains that the popularity of telehealth has grown significantly over the past few years, and that more than half of the hospitals in the United States are using telehealth in one form or another. When a doctor checks in on patients following an in-person visit or consults a

specialist via video conferencing, that's considered telehealth. In other scenarios, surgeons can even use robot technology to perform surgery from a remote site.

The popularity of telehealth has grown significantly over the past few years, and that more than half of the hospitals in the United States are using telehealth in one form or another.

Use of telehealth makes care much more manageable, especially for people with limited mobility, people with tight schedules, or people who live in rural areas far from hospitals. Even people who live in developed communities will sometimes have trouble traveling long distances to see specialists for complex conditions, and telehealth makes it possible for them to have a virtual appointment.

Then there are cases in which a patient wears a monitoring bracelet from home and a doctor or nurse can measure their blood pressure, heart rate, or other stats from a distance. Patients can also access test results, request prescription refills, or even order medication.

Of course, telehealth does have its drawbacks, mainly that essential information from a person's medical history might not be available if they are using a web-based health service, or a diagnosis might not be as accurate as it would with an in-person interview. Furthermore, some services might not be covered by insurance.

Telehealth also faces other obstacles before it reaches its full potential. The Centers for Disease Control and Prevention, which supports telehealth projects across the country, acknowledges that information security, patient privacy, licensing, insurance reimbursement, and liability concerns are all issues that need to be addressed. Visit the CDC online at www.cdc.gov to access more resources about the legal side of telehealth as it develops.



App Happy

THE RISING TREND IN USING PHONE APPS FOR FITNESS AND WEIGHT LOSS

By Dylan Roche

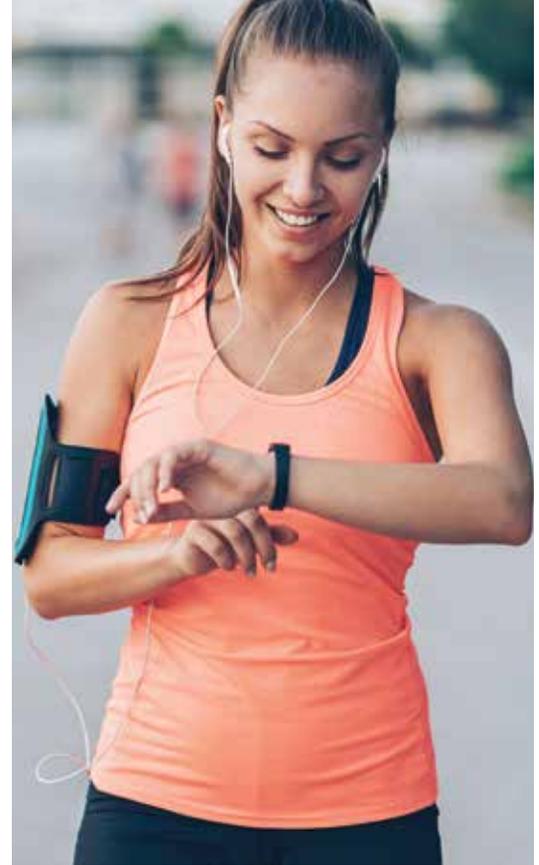
What if the secret to adopting a healthier lifestyle were right there in the palm of your hand? Well, it is—sort of. Thanks to a surge in popularity of diet- and fitness-related apps, a smartphone might be the layman's greatest tool in managing what they eat, finding the right workout, holding themselves accountable, and staying dedicated. Because let's face it: Trainers and dieticians are expensive and good accountability partners are hard to come by. Apps should never take the place of an expert professional—some people really do need the guidance of a trainer or dietician—but if you're just looking for a better way to track your progress and stay focused on your goal, one of these popular apps could help.

Remember, even though these apps are convenient, none of them should take the place of professional advice. Talk to your doctor before you start any diet or exercise routine, and if you need extra guidance, consult a trainer or dietitian who can give you some one-on-one counseling.

Here are six of the more popular apps to gain momentum recently and are projected to remain popular throughout 2020

ESQUARED-GYMS & STUDIOS: Using the same application program interface (API) as Uber, Esquared Fitness helps you find nearby gyms that don't require a membership to book one of their on-demand exercise classes. Because there are no commitments or fees to download and register with the app, you don't have to worry about any extra expense.

If you're on vacation, visiting family, taking a business trip, or moving to a new area, Esquared Fitness is an easy way to



find classes for all kinds of workouts—aerobics, yoga, dance, kickboxing, strength training, cycling, and so forth.

Just specify the type of class you're searching for, then select the class to reserve your spot and show up at the right time. You can even pay for your class through the app. It's an easy, adventurous way to stick with your workout routine when you're out of town.

MY FITNESS PAL: This is the go-to app most people use for weight loss, and with good reason! It's an easy way to keep track of the food you eat and the physical activity you do. The app's food database has about 300 million items you can search through to enter what you've eaten that day, plus you can enter what exercises you have done and for how long.

The app helps compare your calories in versus

calories out so you can meet your daily targets. But it's not just about calories—you can track your nutrients also to make sure you're getting enough protein, for example, or enough iron.

And if motivation is a big struggle, you can use My Fitness Pal's discussion forums to learn from others, swap tips, and get encouragement.

COUCH TO 5K: You've always wanted to be a runner, but you just don't know where to start. The popular Couch to 5K app has helped thousands of people in the beginning stages start a workout routine by setting manageable goals, guiding them through what they should do each day, and gradually increasing their intensity and distance until they get to where they want to be.

Couch to 5K pledges that it can help you get ready to run a 5-kilome-



ter (3.1-mile) race in only three months with just a half-hour a day, three days a week. The app customizes your own training plan and lets you log your progress, providing an easy way for you to find out how much your distance has increased, see how your pace has improved, and compare your current workout with ones you undertook previously.

STRONGLIFTS: An app that's ideal for strength trainers, StrongLifts takes all the guess work out of creating your routine. It gives you the sets, reps, weights, and rest times you need to gain strength and build muscle, and it even provides you with video instructions so that you know you're doing your lifts properly.

All you have to do is enter your current best lifts, and the app takes it from there. With the app's guidance, you can figure out how to target specific body parts, such as your biceps or your chest, and how to strive for goals like muscle building, fat loss, or weight gain. The app is also great for tracking what you did each day and measuring your progress.

SWORKIT: Sworkit is the fitness app for people who like to cross-train and try out a variety of exercises. All you have to do is let the app know your personal goal—whether it's fat loss, muscle gain, improved flexibility, increased endurance, maintained weight, or some combination thereof—and how much time you have on

a particular day, and the app will recommend the exercises you should do.

The app has about 300 unique workout routines using about 400 different exercises, so there are plenty of options to choose from. You can either create your own custom workout or let the app provide you with one.

If you need further advice, trainers are available to answer your questions, and the app even has nutrition recommendations so you can best fuel yourself through each of the different workouts.

CALORIE COUNTER-MY-NETDIARY: Tracking your diet can be overwhelming, particularly because fueling your body is about more than counting calories—it's about making sure those calories come from the right sources and that you're getting the nutrients you need to function properly. Ranked highest among diet apps by the American Journal of Preventative Medicine, Calorie Counter-MyNet-Diary lets you log what you ate to track how many calories you've consumed, what percentage of your calories come from fat, carbohydrates and protein, and how much you've consumed of vital vitamins and minerals. You can either select from the 900,000-plus foods in the app's database or scan the barcode on food packaging. You can even connect with an online community with advice from registered dietitians, online recipes and healthy tips.

Lather Up

WHAT YOU SHOULD KNOW ABOUT SUNSCREEN

By Dylan Roche

After a long winter, the first 70-degree sunny day can make you feel like you're waking up from hibernation—and it's tough to resist being outside. But before you leave the house, take a moment to remember your need for sunscreen. Caring for your skin isn't a practice you should limit to days on the beach or at the pool; it's important any time you're going to be out in the sun for a long period of time.

But not all sunscreen is the same, and all the lingo on the labels make it difficult to differentiate between all the options. More importantly, there's been some talk lately that some of the chemicals in sunscreen aren't so good for your skin after all.

WHY SUNSCREEN?

Sunscreen, sun lotion, sunblock... this topical product goes by many different names (there's a slight difference between sunscreen and sunblock, but more on that later—for now, just assume we're using them interchangeably). It protects from sunburn, skin cancer, premature aging of the skin, and other risks of overexposure, according to the Food and Drug Administration.

Sunscreen varies in its effectiveness because some products are made for broad spectrum protection while others are not, and each product has its own sun protection factor, better known as an SPF, expressed as a numeral. Broad spectrum protection is important because it screens your skin against both types of ultraviolet light: ultraviolet A (UVA) and ultraviolet B (UVB).



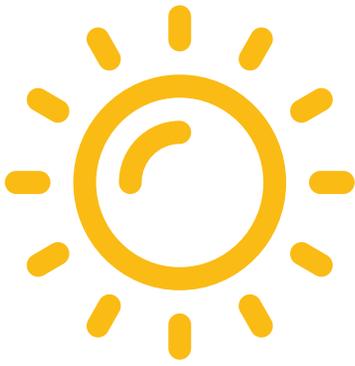
The Skin Cancer Foundation explains that both types of UV rays are harmful but in slightly different ways. UVB rays are the ones that cause skin burning whereas UVA rays tend to cause aging. Both can wreak damage on the DNA in skin cells, leading to skin cancer.

When you see the SPF number on a bottle of sunscreen, you're seeing how much ultraviolet radiation exposure is needed to get a sunburn when you're wearing that product. Basically, the higher the SPF, the more protected you are and the more sunshine it takes to damage your skin. Everyone should use a product with an SPF of at least 15, but people with fair skin who are prone to burning should go higher and choose between 30 and 50.

Remember that there's no such thing as waterproof sunscreen, only water-resistant sunscreen. Read the label to see how long after swimming or excessive sweating the sunscreen will remain effective and reapply as necessary.

CONTINUE ON PG. 94





WHAT ARE THE TYPES OF SUNSCREEN?

Now, what's the difference between sunscreen and sunblock? If you're going to get technical, sunscreen is often described as what's known as chemical protection and is made with organic ingredients. On the other hand, sunblock is a mineral protection and is made with inorganic ingredients.

Organic ingredients used in sunscreen include oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and octinoxate, all of which rub into the skin and absorb the rays.

Inorganic ingredients are zinc oxide and titanium oxide, which sit on the surface of your skin and deflect the rays. Inorganic ingredients are the ideal option for people with sensitive skin, but because they don't rub into skin the way chemical sunscreens do, they leave a white residue.

IS SUNSCREEN BAD FOR ME?

Ah, the scary question: Is something that's supposed to be good for me actually bad for me? Last year, the Food and Drug Administration proposed a rule that manufacturers must provide more data about the safety of sunscreen ingredients.



This is because the FDA found evidence that some ingredients in sunscreen may be absorbed via the skin into the body, and that research is needed to determine what consequences this might have. So far, the FDA's rule deems titanium dioxide and zinc oxide as generally recognized as safe, but information is still being sought on the ingredients ensulizole, octisalate, homosalate, octocrylene, octinoxate, oxybenzone, and avobenzone. The FDA has ruled PABA and tolamine salicylate are not safe, but these ingredients are not used in any products legally sold in the United States.

This rule from the FDA makes some people a little wary, but experts agree that sunscreen does more good than it does harm. The American Academy of Dermatology emphasizes that scientific evidence supports the use of sunscreen and any claims that the ingredients are toxic are unproven. Those who still have concerns should opt for

a mineral-based block with titanium dioxide or zinc oxide.

Furthermore, the Centers for Disease Control and Prevention discourages people from trying to DIY their own sunscreen, which has become a growing trend but does not offer the same protection as FDA-regulated products.

WHAT ARE SOME OTHER SUN SAFETY TIPS?

You might know sunscreen is good for you, but have you ever wondered whether you're applying it correctly? Dermatologists recommend putting on sunscreen 15 minutes before you head out in the sun and using about 1 fluid ounce

Dermatologists recommend putting on sunscreen

15 min.
before you head out in the sun and using about 1 fluid ounce to cover your entire body from head to toe.

to cover your entire body from head to toe. Be diligent about getting those easy-to-miss places like the back of your neck, your hairline, your ears, and the tops of your feet. Re-apply every two hours.

Extra measures of precaution include limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun is its most intense. Wear clothing and accessories that will cover your skin from the sun: long-sleeved shirts, long pants, sunglasses, and brimmed hats.

If you're being responsible in your sun exposure, be sure to share what you're doing and motivate others to do the same. The Centers for Disease Control and Prevention encourages posting photos to social media with the hashtag #SunSafeSelfie as a way of raising awareness.

And if you do suffer a sunburn? Take a cool bath to reduce the heat, moisturize to ease the dryness, and take an aspirin or ibuprofen to reduce the swelling, redness, and discomfort.



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Photo by Stephen Buchanan

WHAT'S UP? READERS
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From Number Cruncher to Pizza Master

By Rita Calvert

Photography by Stephen Buchanan

James Cronin had a dream to follow his childhood love, pizza making. He started with a food trailer at the Queenstown Outlet Mall. It wasn't an easy transition from white collar business professional to food trailer owner and operator. I got to know James and learned how difficult it is to keep all parts of the pizza wheel turning.

Keeping it simple and clean, D'Alessio's is described as fast casual, just enough time for a quick stop or as a "locals" congregating place.

Tell us your background and how the food trailer came about. Do you have a partner in this business?

I was an accountant for 10 years with my father's CPA firm. We specialized in handling automobile advertising associations. After the last recession, I decided it was time to pursue other interests. I did some small-scale home contracting for a

few years and then decided to follow my love for cooking. I've been cooking since I was about 10 or so. I started deep frying turkeys at Thanksgiving and helping my mother with our Italian Christmas dinner, making braciolo. My passion was always for pizza. After being dissatisfied with options from Annapolis to the beach, I started making my own at home about 10 years ago. My pizza was good, but I needed a high temperature oven that could easily reach and sustain 800 to 1000 degrees Fahrenheit. With my family's support, emotional and financial, I decided to build a trailer with a wood-fired oven inside in 2013. My partners in the business are my mother, father, and wife.

How entrepreneurial of you to have a thriving food truck at Queenstown Outlet Mall. There always seemed to be a need for places to grab a bite while shopping. Was it difficult to get the permits there?

We decided to set up in the outlets in Queenstown and we operated there from October of 2013 to May of 2015. We had to structure the business like a restaurant. We had to have insurance. We were paying rent to a corporate landlord and we had to deal with all the local and state regulations and codes. It was perfect training for opening a restaurant. Customers kept asking where our restaurant was, so in late 2014 we acquired a piece of property next to Stevensville middle school and started the permit process. That process, including construction from the ground up, would take two and a half years! After our lease was up in 2015, we

sold the trailer and focused all of our attention on the construction and opening of the new restaurant. We opened June 18, 2017.

Wood fire pizza is much loved. Tell us about the workings of the oven and the kind of wood you use. Why did you decide to go with the thin crust style on your pizzas?

As far as the ovens go, they are called Pompeii Ovens. They are refractory cement (fire clay) domes that have numerous layers of insulation and different types of cement and mortar capable of handling extreme temperatures. After we received the shells for the oven, I had a mason apply two coats of Portland cement, fire clay, and sand, and then high-temperature mortar and Mosaic tiles. The inside of the oven will be over 1,000 degrees, yet the outside will be 90. We start the ovens every morning by stacking the wood and hitting it with a blowtorch for a minute or two. Once the wood ignites, we push it to the back, and the fire builds until it reaches the temperature we need for cooking, which is about 800 on the bottom of the oven on the cooking surface and over 1,000 degrees at the top of the dome. The ovens come to temperature so fast because they will retain the heat from the night before. The only way we control the temperature in our ovens is with the amount of wood we put in. There is no gas assist on our ovens. We must constantly be aware of the temperature on the cooking surface because if it is too hot, it will burn the pizza, and if it's too cold, it will stick. We use a very moist dough because we're cooking at such high temperatures and that means our pizza must be thin be-

D'ALESSIO'S WOOD-FIRED PIZZA

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cause if we put a thicker crust pizza into the oven it would be burnt on the outside and still raw in the middle. The cook time can range anywhere from 90 seconds to 2 minutes. That's not long enough to get a thicker crust cooked. We also encourage people to limit their toppings because it is such a fast bake. If you overload the pizza it can cause it to be excessively moist.

Does the kind of wood influence the flavor? When did your menu expand to more than just pizza?

When it comes to wood, we prefer to use oak, but any hardwood will work as long as it is seasoned well and split to the correct size. We're cooking at such high temperatures you don't get flavor from the specific species of the wood. It is a very clean burning, hot fire as compared to a BBQ smoker, which is a very low temperature sooty smoke. We use about a cord of wood per week. We source it mainly from local landscapers and tree services. We decided to add more items to the menu about three months after we opened. We were trying to get people trained on the pizza first. We added salads, sides, sandwiches, a couple of pasta dishes, and desserts shortly after.

You've been complimented as being one of the few restaurants on Kent Island offering vegan options. How did you decide to accommodate this category?

The vegan and vegetarian options came about naturally. Our dough and sauce were already vegan, so all we needed to add was vegan cheese. One of our customers was very persistent about vegan cheese and he persuaded me to add it to the menu and it was a great



idea. And we also started with the plant-based burgers before they became a national craze. We used to sell the Impossible Burger, but have switched to the Beyond Burger because our supply was cut off due to major contracts that were signed by the manufacturers with national chains. We also offer a gluten-free crust for our pizza that is imported from Italy.

"We make an upside down or grandma pizza, which means the cheese goes down before the sauce and toppings." Tell us about this.

The upside-down or Grandma pizza refers to a pizza that has the cheese down first. Through my process of experimenting with different recipes, I found that putting the cheese down first allowed the dough to bake more and

rise slightly instead of being saturated with sauce which would give it a more raw taste. We do have a thin crust, but it will rise because we do not dock the dough, which means taking out all the air bubbles. We leave some in there and just smash the big ones with our hand or pop them during the cooking process. It gives the dough much greater flavor than just a canvas for cheese and sauce.

What is the system for your Reward Points?

If you sign up for the rewards you receive a \$5 credit for every \$50 spent. The rewards points are tracked with a phone number and there is no expiration. We also have discounts for first responders, teachers, military, and seniors if they're not interested in joining the rewards.

Crab Dip Pizza

Makes enough for two 14-inch pizzas

The crab dip is delicious enough to stand on its own but is especially decadent topping a pizza. If fresh corn is in season, roast the kernels and sprinkle over top of pizza.

Crab Dip

- 1 tablespoon olive oil
- 1/2 cup artichoke hearts in water, drained and diced
- 1/4 cup red onion, diced
- 1/4 cup red bell pepper, diced
- 2 (8 ounce) packages full fat cream cheese, softened
- 1/4 cup mayonnaise
- Old Bay Seasoning, to taste
- 1/2 teaspoon Worcestershire sauce
- Juice of 1 fresh lemon
- 1/4 cup shredded parmesan cheese
- 1 pound backfin lump crab meat, picked for shells

Pizza

- 2 14-inch pizza crusts (ready to bake)
- 1 cup shredded mozzarella cheese

Preheat oven to 350 degrees. On a sheet pan, drizzle olive oil over artichoke hearts, onion, and red pepper; toss. Bake for 15 minutes. Add cream cheese to a medium bowl and stir to soften more. Stir in mayonnaise, Old Bay, Worcestershire sauce, lemon juice, parmesan, and combine until blended. Stir in roasted vegetables and crab meat, retaining crab lumps. Preheat oven to 450 degrees. Dab spoonfuls of crab dip over each pizza shell; spread to the edges. Sprinkle each pizza with mozzarella. Bake pizza for 15-20 minutes until pizza is browned.

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

Y 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; Adamsgrillkentsland.com; Barbecue; lunch, dinner \$\$ ☎ Y 🍷

Annie's Paramount Steak & Seafood House

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Joshua's Steak & Chop House

420 Pennsylvania Avenue, Centreville; 443-262-8064, Dinner; Y 🍷

Kentmorr Restaurant

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

Knoxie's Table

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

Ledo Pizza

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

Love Point Deli

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

The Narrows Restaurant

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

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

Rustico Restaurant & Wine Bar

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

SandBar at Rolph's Wharf

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

Smoke, Rattle & Roll

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

THE WHEELHOUSE

"This is the reason to cheer, and smile. The French Dip is delicious!"
—Kendra Bramble **WINNER**

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bartlett Pear Inn

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

Bas Rouge

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

Bistro St. Michaels

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

Blackthorn Irish Pub

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

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

4016 Main Street, Trappe; 410-476-6164; coffeetrappe.com; breakfast \$

The Crab Claw Restaurant

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

"Fresh, food that never disappoints" —Sofia Madison

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; Foxysharbor-grille.com; Seafood, American; lunch, dinner \$ Y 🍴 🍷 *

The Galley St. Michaels

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

Gina's Cafe

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

Gluten Free Bakery Girl

116 N Talbot St; St Michaels; 410-693-1153 \$

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-sea.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, Sherwoo; 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 🍴

Momma Maria's Mediterranean Bistro

4021 Main Street, Trappe; 410-476-6266; mommariasbistro.com; Mediterranean; dinner \$\$

Old Brick Café

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

Osteria Alfredo

210 Marlboro Avenue, Easton; 410-822-9088; osteriaalfredo.com; Italian; lunch, dinner \$\$ 🍴 Y

Out of the Fire Café & Wine Bar

22 Goldsborough Street, Easton; 410-770-4777; Outofthefire.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; Robertmorrissinn.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; Samspizzastmichaels.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 \$ 🍴

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 \$\$ 🍴 Y

Theo's Steaks, Sides & Spirits

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

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 \$\$ 🍴 Y 🍴 🍴 🍴

Kent County

Barbara's On The Bay

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

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 \$ Y 🍴

The Channel Restaurant at Tolchester Marina (Seasonal)

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

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 \$\$ 🍴

KRAVE COUNTRYARD

"Always 'Kraving' Krave Courtyard!"
—Sally Rome

Evergrain Bread Company

201-203 High Street, Chestertown; 410-778-3333; Evergrain-breadco.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 Dinning Restaurant, Sunday Brunch \$\$ 🍷 🍷 *

Luisa's Cucina Italiana

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

Mazzella's By The Bay LLC

3 Howell Point Road, Betterton; 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; Osprey-point.com; American, Seafood; dinner, \$\$\$ 🍷 🍷 🍷

Pasta Plus

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

Plaza Tapatia

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

Procolino Pizza

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

Two Tree Restaurant

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

Uncle Charlie's Bistro

834B High Street, Chestertown; 410-778-3663; 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 \$\$\$ 🍷 🍷 🍷

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 \$ 🍷 🍷 🍷 *

Key'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 Street, 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 \$ 🍷 🍷

MOMMA MARIA'S
 MEDITERRANEAN BISTRO & BAR

AT MOMMA MARIA'S, WE HAVE SOMETHING FOR EVERYONE!
 SEAFOOD, STEAKS, PASTA & PIZZA!

Come join the fun!

VISIT US FOR "TRAPPY HOUR" MONDAY-THURSDAY FROM 4-5:55 PM
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March Calendar

+

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

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



↑ **Chesapeake Paddlers Association** wants to bring together novice kayakers to get them ready for the 2020 kayak season. This presentation, made by experienced sea kayakers, will be on March 1, from 8:30 a.m. to 4:00 p.m. at Cult Classic Brewery on Kent Island. Anyone who wants to learn more about kayaking is welcome.

Sunday

1

SPECIAL EVENTS

Crawfish Boil & Muskrat Stew Fest at Downtown Cambridge, Cambridge. 1 p.m. visitdorchester.org [F]

Gamelatron at Academy Art Museum, Easton. 10 a.m. Through April 30 academyartmuseum.org [F]

Nature Sketchers at Adkins Arboretum, Ridgely. 1 p.m. adkinsarboretum.org [F]

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

Sea Kayaking 101 Training Program at Cult Classic Brewing Company, Stevensville. 8:30 a.m. visitqueenannes.com

Wine and Food Tastings at Simpatico, St. Michaels, St. Michaels. 410-745-0345. stmichaelsmd.org

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. 10 a.m. aacofarmersmarket.com

Monster Jam at Royal Farms Arena, Baltimore. 1 p.m. royal-farmsarena.com [F]

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. 2 p.m. thecolonialplayers.org

The 39 Steps at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. annapolishakespeare.org

Wicked at The Hippodrome Theatre, Baltimore. 1 & 6:30 p.m. france-merrickpac.com

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. 2 p.m. repstage.org

MUSIC

Todd Snider at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

Monday

2

SPECIAL EVENTS

Bereaved Parent Grief Support Group at Compass Regional Hospice, Centreville. 6:30 p.m.

Chesapeake Film Festival: Harriet at Talbot County Free Library - Easton Branch, Easton. 6 p.m. [F]

Woodcarving Club at Ward Museum of Wildfowl Art, Salisbury. 1:30 p.m. wardmuseum.org

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. 10 a.m. 410-200-8019. chesapeakefineartstudio.com

City of Annapolis: Annapolis Education Commission Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 6 p.m. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

City of Annapolis: Human Relations Commission at Pip Moyer Recreation Center, Annapolis. 6:30 p.m. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. 9:30 a.m. thecom.org

Jay Fleming: Capturing the Chesapeake Bay in Photos at Chesapeake Bay Trust, Annapolis. 6:30 p.m. 410-974-2941. cbtrust.org

PERFORMING ARTS

Live Playwrights' Society at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 7 p.m. garfieldcenter.org

MUSIC

Bluegrass Jam at St. Andrew's Episcopal Church, Hurllock. 7 p.m.

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

SPORTS

Orioles Spring Training vs. Rays at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Tuesday

3

SPECIAL EVENTS

Bus Trip from St. Michaels, Md. to the Philadelphia Flower Show at Philadelphia Convention Center, Philadelphia. 12 a.m. 410-745-6073. stmichaelscc.org

eBird at Ward Museum of Wildfowl Art, Salisbury. 9 a.m. wardmuseum.org

City of Annapolis: Board of Appeals at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

PERFORMING ARTS

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

MUSIC

Cult Classic Open Mic 2020 at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097.

John Lodge of the Moody Blues at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

Wednesday

4

SPECIAL EVENTS

Drop In Art Jr at Ward Museum of Wildfowl Art, Salisbury. 10 a.m. wardmuseum.org

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

City of Annapolis: Alcoholic Beverage Control Board at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Archaeology Lab Open House at Anne Arundel County Archaeology Lab, Annapolis. 10 a.m. historiclondontown.org [F]

AAWGT's Women and Leadership Forum at Blue Heron Center, Annapolis. 6 p.m. givingtogether.org

Annapolis Horticulture Society Talk & Meeting at Annapolis Horticulture Society, Annapolis. 6:45 p.m. annapolishorticulture.org

Masterchef Junior Live! at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. modell-lyric.com

PERFORMING ARTS

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

MUSIC

John D. McRae, Tuba - Student Senior Recital at Washington College, Chestertown. 7:30 p.m. 410-778-7839. kentcounty.com

SPORTS

Washington Capitals vs. Philadelphia Flyers at Capital One Arena, 7 p.m. nhl.com

Thursday

5

SPECIAL EVENTS

Dog Walking at Adkins Arboretum, Ridgely. 10 a.m. adkinsarboretum.org [F]

Member Night: Sip & Scratch at Chesapeake Bay Maritime Museum, Saint Michaels. 5p.m. 410-745-4991. cbmm.org

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Heart & Music Opening Night Gala at Oxford Community Center, Oxford. 6 p.m. forall-seasonsinc.org [C]

Kent Island Farmer's Market at Kent Island Farmers' Market (Year 'Round), Stevensville. 3:30 p.m. 410-643-3283.

City of Annapolis: Planning Commission Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Projectile Point Workshop: The Bob Ogle Collection at Anne Arundel County Archaeology Lab, Annapolis. 3 p.m. historiclondontown.org

Play Group: Creck Critters at Chesapeake Children's Museum, Annapolis. 10:30 a.m. thecom.org

From Our Living Room to Yours: The Leroy E. Hoffberger School of Painting at Maryland Hall for the Creative Arts, Annapolis. 12 a.m. Through May 2

Unnatural Causes: Earth Day 50th Anniversary at Maryland Hall for the Creative Arts, Annapolis. 12 a.m. Through May 2

Lecture Series: LGBTQ+ History in Maryland at Historic London Town and Gardens, Edgewater. historiclondontown.org

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

MUSIC

Elizabeth Loker Concerto Competition Performance at Easton Church of God, Easton. 7:30 p.m. midatlanticsymphony.org

SPORTS

Orioles Spring Training vs. Twins at Oriole Park at Camden Yards, Baltimore. 3:05 p.m.

Friday

6

SPECIAL EVENTS

Botanical Art: Butterflies Workshop at Adkins Arboretum, Ridgely. 10 a.m. adkinsarboretum.org

Public Night: Sip & Scratch at Chesapeake Bay Maritime Museum, Saint Michaels. 6 p.m. 410-745-4980. cbmm.org

American Indian Art from the Fenimore Art Museum: The Thaw Collection at The Mitchell Gallery, St. John's College, Annapolis. 12 a.m. Through April 26. 410-626-2556. sjc.edu

Art and Story Time at Chesapeake Children's Museum, Annapolis. 10:30 a.m. thecom.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

Garfield Improv Group at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 6 p.m. garfieldcenter.org [F]

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

MUSIC

Judy Collins at Avalon Theatre, Easton. 8 p.m. avalonfoundation.org

Pat Owens Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410-757-2919. riverbayroadhouse.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. hideawayodenton.com

SPORTS

Maryland Black Bears vs. Johnstown Tomahawks at Piney Orchard Ice Arena, Annapolis. 7:45 p.m.

Washington Wizards vs. Atlanta Hawks at Capital One Arena, 7 p.m. nba.com

Saturday

7

SPECIAL EVENTS

Wine and Food Tastings at Simpatico, St. Michaels, St. Michaels (See 3/1)

St. Michaels Chocolate Fest at St. Michaels, 11 a.m. stmichaelsmd.org

Pour on the Shore at Chesapeake Bay Maritime Museum, Saint Michaels. 9 a.m. 410-745-4980. cbmm.org

Harriet Tubman Day at the Visitor Center at Harriet Tubman Underground Railroad Visitor Center, Church Creek. 9 a.m. visitdorchester.org [F]

KidSPOT at RiverArts KidSPOT, Chestertown. 9 a.m. townofchestertown.com

Chestertown Farmer's Market at Fountain Park, Chestertown. 8 a.m. townofchestertown.com

WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PUBLIC ART + BLACK VOICES + CIVIL RIGHTS

A public arts project that transforms the interior galleries of the Banneker-Douglass Museum with 16+ murals that interpret the Association for the Study of African American Life and History (ASALH) 2020 theme: African Americans and the Vote. This temporary exhibit is going on now through December 21, 2020.

CHESAPEAKE FILM FESTIVAL: HARRIET

On March 2 at Talbot County Free Library—Easton Branch at 6 p.m. This just released feature film celebrates one of America's greatest heroes, Harriet Tubman, whose courage and ingenuity helped free hundreds of slaves. Sponsored by the Friends of the Library.

AAWGT'S WOMEN AND LEADERSHIP FORUM

Anne Arundel Women Giving Together is pleased to announce Maggie Gunther Osborn, Sr. Vice President and Chief Strategy Officer of the United Philanthropy Forum, as speaker for our annual Women and Leadership forum. Ms. Osborn's timely topic will be The Cost of Silence. The March 4 event (6:00 to 8:00 PM) is open to AAWGT members and the general public.

AFRICAN AMERICANS AND WOMEN'S SUFFRAGE MOVEMENT

Join the Banneker Douglass Museum on March 5 from 6 to 8 p.m. for a lecture and discussion with Asst. Professor Sharon Harley of the University of Maryland College Park, and Dr. Eveyln Higginbotham of Harvard University as we explore the important and often overlooked presence of African American women during the Women's Suffrage Movement. Voter registration will be held at this event.

WOMEN OF THE WORLD FESTIVAL BALTIMORE

On March 7 from 10 a.m. to 4 p.m. come celebrating all women who are gaining momentum to collectively make change, the WOW Festival will feature artists, writers, politicians, performers and activists to promote inclusivity, honor the strength and inventiveness of women, and actively break down societal barriers through events, workshops, lectures, debates, activities, and performances. Presented by Notre Dame of Maryland University. Admission is \$10-30.

2020 ANNE ARUNDEL COUNTY TRUST FOR PRESERVATION LECTURE SERIES

Kacy Rohn will be discussing the outstanding digital story map program she created for the Maryland Historical Trust that provides a tour highlighting the people and places of the Maryland women's suffrage movement at Robert E Kauffman Theatre, Pascal Center for the Performing Arts at Anne Arundel Community College on March 9 at 6:00 p.m. Admission is free and open to the entire community.

CHESAPEAKE FILM FESTIVAL: MAIDEN

Join The Friends of the Talbot County Free Library and the Chesapeake Film Festival on March 9, at 6 p.m. at Talbot County Free Library—Easton Branch for the showing of Maiden. The story of Maiden's upstart, defiant run at the Whitbread Round the World Race has all the elements of an epic adventure tale—50-foot waves, life and death drama, near-mutiny, thrilling victory—grounded in a perceptive group portrait of a team of courageous young women led by the remarkable, complicated Tracy Edwards.

FLY GIRLS: WOMEN AVIATORS IN WWII

On March 16 at 7:00 p.m., Bruce Kagan will be visiting the Severna Park Community Library to put on his historical presentation of the little known heroic contribution brave women made to win WWII. These women were the first female pilots of U.S. military aircraft. Their story is of women past, present, and future.

WOMEN'S RIGHTS... THE STRUGGLE FOR THE VOTE

Join Bruce Kagan once again on March 17 at either Odenton Library at 1:00 or Maryland City at Russett Community Library in laurel at 7:00 p.m for the story of key figures in the Suffrage Movement. Get a digital look at the historic homes of Elizabeth Cady Stanton and Susan B. Anthony.

CYRANO OF THE SUFFRAGISTS—A LIVING HISTORY PERFORMANCE OF ELIZABETH CADY STANTON

Mary Ann Jung will be at Eastport-Annapolis Neck Community Library March 21 at 2:00 p.m. to bring to life Elizabeth Cady Stanton's journey as a champion for Women's Rights at the same time she is busy being a mom of seven. Stanton was a speech writer for Susan B. Anthony, fought and won property rights for married women, and earned equal guardianship of children.

CLARA BARTON: RED CROSS ANGEL

Award winning actress and Smithsonian Scholar Mary Ann Jung relays the story of Clara Barton, Red Cross Angel on March 21 at the Severn Community Library at 11:00 a.m. Miss Barton was a true heroine, risking her life to help others while nursing at the Battle of Antietam. She was a passionate and moving public speaker, and became the first woman to work for the Federal Government, as well as America's first female ambassador.

COMING IN APRIL

AMENDING AMERICA: HOW WOMEN WON THE VOTE

Come down to Discoveries: The Library at the Mall on April 2 at 7 p.m. for a one-woman performance by Kate Campbell Stevenson. FREE/Open to the public. Sponsored by The League of Women Voters of Anne Arundel County.

IRON JAWED ANGELS

To celebrate 100 years of women voting, the League of Women Voters of Anne Arundel County will host a screening of Iron Jawed Angels on April 9 from 6 to 8 p.m. at the Eastport-Annapolis Neck Community Library. The film is a moving tribute to the suffragists who worked tirelessly for passage of the 19th Amendment giving women the right to vote. Not a documentary, the movie focuses on the final decade of a 70 year battle, led by the younger Alice Paul (Hilary Swank), Lucy Burns (Frances O'Connor), and the elder activist Carrie Catt (Anjelica Houston). (NR, 2004).

On Stage

Eastern Shore

The Artrageous Experience

Chesapeake College; March 22, 2:00 p.m.; \$20 for Adults, \$10 for Children; chesapeake.edu

Never before have so many live arts been presented on one stage. Artists, using hands, brushes and other objects, create visual art pieces making lines and shapes on giant canvas' while the audience is intrigued to guess what each painting will become. Lines and brush strokes become portraits of famous icons in a matter of moments. All the while, live musicians are performing popular musical styles from pop to country to Artrageous original music with Artrageous' powerful vocalists creating smooth harmonies. Artrageous dancers incorporate dance moves that the audience learned before the show and the audience can't help but dance in the aisles and at their seats.

The Philadelphia Story

Church Hill Theatre; March 20 through April 5; Prices Vary; churchhilltheatre.org

The wealthy and well-established Lord family of Philadelphia is about to welcome the cream of society into their home for the second wedding of Tracy Lord, vibrant daughter of the house, to George Kittredge, a proudly priggish up-and-coming self made coal mine manager—much to the annoyance of little sister Dinah, big brother Sandy, and ex-husband C.K. Dexter Haven, none of whom believe that George is good enough for her. Unfortunately, father Seth's philandering with a Broadway dancer causes a scandal which an unscrupulous media tycoon threatens to break—unless he can send a reporter to cover this high society wedding from the inside.

The British Invasion Experience Dinner at Wicomico Youth & Civic Center, Salisbury. 5:30 p.m. 410-548-4911. wicomicociviccenter.org

Compassion LIVE's The Roadshow Tour at Wicomico Youth & Civic Center, Salisbury. 6 p.m. 410-548-4911. wicomicociviccenter.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

The 2020 Annapolis St. Patrick's Hooley! at Susan B. Campbell Park, Annapolis. 5:30 p.m. [F]

Intro to Prenatal Fitness at Anne Arundel Medical Center Clatano Pavilion, Rotary Room, Annapolis. 9 a.m.

Spring Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 10 a.m. historiclondontown.org

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

MUSIC

Changes in Latitudes: Jimmy Buffett Tribute Show at Todd Performing Arts Center, Chesapeake College, Wye Mills. 8 p.m. 410-827-5867. chesapeake.edu

The Boneyard Jets Have Arrived at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097. cultclassic.simpletix.com

Fundraising Concert & Dance: The Fabulous Hubcaps! at St. Michaels Inn, Saint Michaels. 7:30 p.m. 410-745-6073. stmichaelscc.org [C]

High Voltage - AC/DC Tribute Band at Avalon Theatre, Easton. 8 p.m. avalonfoundation.org

The Dirty Grass Players at Rams Head On Stage, Annapolis. 8 p.m. ramshendonstage.com

Elizabeth Loker Concerto Competition Performance at Ocean View Church of Christ, Ocean View. 3 p.m. midatlanticsymphony.org

Brandt Dunn Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410-757-2919. riverbayroadhouse.com

SPORTS

Navy Men's Lacrosse vs Colgate at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Johnstown Tomahawks at Piney Orchard Ice Arena, Annapolis. 7:45 p.m.

DC United vs Inter Miami CF at Audi Field, D.C. 3:30 p.m.

Sunday

8

SPECIAL EVENTS

Hoopers Island Gun Bash at Governors Hall at Sailwinds Park, Cambridge. 11 a.m. visitdorchester.org

Wine and Food Tastings at Simpatico, St. Michaels, St. Michaels. (See 3/1)

Wine Seminar Series 2: Pairing Food & Wine at Crow Vineyard & Winery, Kennedyville. 1 p.m. 302-304-0551.

The Original Harlem Globetrotters at Wicomico Youth & Civic Center, Salisbury. 3 p.m. 410-548-4911. wicomicociviccenter.org [F]

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

Annapolis St. Patrick's Parade at Downtown Annapolis, Annapolis. 1 p.m. [F]

Spring Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 10 a.m. historiclondontown.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

MUSIC

Elizabeth Loker Concerto Competition Performance at Community Church, Berlin. 3 p.m. midatlanticsymphony.org 20192020-season

SPORTS

Orioles Spring Training vs. Yankees at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Washington Wizards vs. Miami Heat at Capital One Arena, 7 p.m. nba.com

Monday

9

SPECIAL EVENTS

Talbot County: Chamber Ambassador's Lunch at Headwaters Seafood & Grille, Annapolis. 12 p.m. talbot-chamber.org

Power of 100 Meeting at Chesapeake Bay Environmental Center, Grasonville. 6 p.m. powerof100chesapeake.com

Chesapeake Film Festival: Maiden at Talbot County Free Library - Easton Branch, Easton. 6 p.m. [F]

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

2020 Anne Arundel County Trust for Preservation Lecture Series at Robert E. Kauffman Theater, Pascal Center for the Performing Arts, Anne Arundel Community College, Arnold. 6 p.m. annearundeltrust.org

City of Annapolis: Regular Meeting of the City Council at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

B2C Mastermind at Anne Arundel Chamber of Commerce, Annapolis. 9 a.m. 703-439-7804.

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

Tom Major: Underwater Photography at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

Tuesday

10

SPECIAL EVENTS

Reading: Catherine W Carter at Adkins Arboretum, Ridgely. 3 p.m. adkinsarboretum.org

eBird at Ward Museum of Wildfowl Art, Salisbury. (See 3/3)

Leadership Anne Arundel Board Meeting at TBD, Annapolis. 8 a.m. 410-571-9798. leadershipaa.org/events/event_list.asp

City of Annapolis: Rules and City Government Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 4 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Historic Preservation Commission at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

MUSIC

Cult Classic Open Mic 2020 at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097.

Rome & Duddy- Friends and Family Acoustic Tour at Rams Head On Stage, Annapolis. 8 p.m. ramshendonstage.com

SPORTS

Orioles Spring Training vs. Braves at Oriole Park at Camden Yards, Baltimore. 6:05 p.m.

Washington Wizards vs. New York Knicks at Capital One Arena, 7 p.m. nba.com

Wednesday

11

SPECIAL EVENTS

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Nature Photography for Beginners at Adkins Arboretum, Ridgely. 2 p.m. adkinsarboretum.org

Drop In Art Jr at Ward Museum of Wildfowl Art, Salisbury. (See 3/4)

Intro to Prenatal Fitness at Anne Arundel Medical Center Sajak Pavilion, Annapolis. 6:30 p.m.

City of Annapolis: Recreation Advisory Board Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

MUSIC

Open Mic - A New Leaf at Academy Arts Museum Of Easton, Easton. 7 p.m. academyartmuseum.org

Thursday
12

SPECIAL EVENTS

Kent Island Farmer's Market at Kent Island Farmers' Market (Year 'Round), Stevensville. (See 3/5)

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Ignite Annapolis at Maryland Hall for the Creative Arts, Annapolis. 6 p.m. marylandhall.org/all-performances

City of Annapolis: Financial Advisory Commission at Annapolis City Council Chambers, City Hall, Annapolis. 7:30 a.m. 410-263-7997. annapolis.gov

City of Annapolis: Economic Matters Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 4 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Annapolis Conservancy Board at Pip Moyer Recreation Center, Annapolis. 5:30 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Transportation Committee Meeting at Mayor John T Chamber Jr Council Chambers, Annapolis. 6 p.m. annapolis.gov

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

Sante: A Taste of Baltimore at American Visionary Art Museum, Baltimore. 6 p.m. 410-494-8545. kidneymd.org

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

SPORTS

Washington Capitals vs. Detroit Red Wings at Capital One Arena, 7 p.m. nhl.com

Friday
13

SPECIAL EVENTS

Pretty in Pink: Best Girl-friends Night at Prospect Bay Country Club, Grasonville. 6 p.m. haven-ministries.org

Open Botanical Art Studio at Adkins Arboretum, Ridgely. 9:30 a.m. adkinsarboretum.org [F]

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

PERFORMING ARTS

Susannah at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. marylandhall.org

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

MUSIC

Caleb Johnson & The Ramblin' Saints (Winner of American Idol Season 14) at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramsheadonstage.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. hideaway-odenton.com

Overkill with Exhorder, Hydraform at Fillmore Silver Spring, Silver Spring. 7 p.m. fillmoresilverpring.com

SPORTS

Orioles Spring Training vs. Blue Jays at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Saturday
14

SPECIAL EVENTS

St. Paddy's Day 5K and 1 Mile Fun Run at General James F. Fretterd Community Center, Denton. 7:30 a.m. 410-479-8120. [F]

KidSPOT at RiverArts Kid-SPOT, Chestertown. (See 3/7)

Chestertown Farmer's Market at Fountain Park, Chestertown. (See 3/7)

Eagle Festival at Blackwater National Wildlife Refuge, Cambridge. 9 a.m. 410-228-2677. friendsofblackwater.org [F]

Dog Walking at Adkins Arboretum, Ridgely. 10 a.m. adkinsarboretum.org

Open Boatshop at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

Wine and Food Tastings at Simpatico, St. Michaels (See 3/1)

Talbot County: Monthly Wine Pairing at Piazza Italian Market, Easton. 5:30 p.m. talbotchamber.org

PERFORMING ARTS

Passion and Film: Voices of Light at St. Anne's Church at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

MUSIC

Hudson River Line Performing The Music of Billy Joel at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

Symphonic Pops at Jim Rouse Theatre, Columbia. 7:30 p.m. 410-465-8777. columbiarchestra.org

SPORTS

Navy Men's Lacrosse vs Johns Hopkins at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Washington Capitals vs. Chicago Blackhawks at Capital One Arena, 7 p.m. nhl.com

Sunday
15

SPECIAL EVENTS

Wine and Food Tastings at Simpatico, St. Michaels (See 3/1)

2020 B&A Marathon and Half Marathon at Severna Park High School, Severna Park. 7:30 a.m. annapolisstriders.org

King Kong at Regal at Waugh Chapel, Gambrills. 1 & 4 p.m. fathomevents.com/categories/classics

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

PERFORMING ARTS

Susannah at Maryland Hall for the Creative Arts, Annapolis. (See 3/13)

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

MUSIC

The High Kings at Rams Head On Stage, Annapolis. 12 & 8 p.m. ramsheadonstage.com

SPORTS

Washington Wizards vs. Oklahoma City Thunder at Capital One Arena, 5 p.m. nba.com

Monday
16

SPECIAL EVENTS

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Woodcarving Club at Ward Museum of Wildfowl Art, Salisbury. (See 3/2)

City of Annapolis: Audit Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 8 a.m. 410-263-7997. annapolis.gov

City of Annapolis: Housing and Human Welfare Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Public Safety Committee at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

Fly Girls: Women Aviators in WWII at Severna Park Community Library, Severna Park. 7 p.m. [F]

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

SPORTS

Washington Capitals vs. Edmonton Oilers at Capital One Arena, 7 p.m. nhl.com

Orioles Spring Training vs. Phillies at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Tuesday
17

SPECIAL EVENTS

Sophie Kerr Series: A Reading by Casey Cep at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. kentcounty.com

eBird at Ward Museum of Wildfowl Art, Salisbury. 9 a.m. (See 3/3)

Talbot County: Executive Board Meeting at Talbot County Chamber of Commerce, Easton. 4 p.m. talbotchamber.org

City of Annapolis: Maritime Advisory Board Meeting at Pip Moyer Recreation Center, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Larry Lay's 25th year Anniversary at Middleton Tavern, Annapolis. 9 p.m. 410-975-9334.

Women's Rights...The Struggle for the Vote at Maryland City at Russett Community Library, Laurel. 7 p.m. aacpl.librarycalendar.com [F]

Women's Rights...The Struggle for the Vote at Odenton Library, Odenton. 1 p.m. aacpl.librarycalendar.com [F]

SPORTS

Orioles Spring Training vs. Nationals at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Orioles Spring Training vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:05 p.m.

Wednesday
18

SPECIAL EVENTS

Drop In Art Jr at Ward Museum of Wildfowl Art, Salisbury. (See 3/4)

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Archaeology Lab Open House at Anne Arundel County Archaeology Lab, Annapolis. 9 a.m. historiclondontown.org

City of Annapolis: Finance Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 10:30 a.m. 410-263-7997. annapolis.gov

City of Annapolis: Environmental Matters Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997. annapolis.gov

Postpartum Fitness at Anne Arundel Medical Center Sajak Pavilion, Annapolis. 6:30 p.m.

Writers Block Workshop at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.

The Bachelor Live On Stage at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. modell-lyric.com

MUSIC

ZZ Ward at 9:30 Club, D.C. 7 p.m. 930.com

Billie Eilish-Where Do We Go? at Capital One Arena, 7:30 p.m.

SPORTS

Navy Women's Lacrosse vs Mount St. Mary's at Navy-Marine Corps Memorial Stadium, Annapolis. 5 p.m.

Thursday
19

SPECIAL EVENTS

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Exhibitions

9th Annual Small Works

Queen Anne's County Centre for the Arts; Through March 8th; One raffle ticket \$5 or 3 tickets for \$10; queenannescountyarts.org; 410-758-2520 The Queen Anne's county Centre for the Arts invites you to participate in our annual Small Works Exhibition opening February 7th. Your donated work will be displayed for five weeks at the Centre for the Arts. The public will have chances to win these artworks.

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

Chesapeake Bay Maritime Museum; Through April 5th, 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.

Bodyphones and Jiwa dan Raga

Academy Art Museum; Through May 31st; \$3 for non-members, free for children under 12; academyartmuseum.org; 410-822-2787 The Academy Art Museum *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.

Kent Island Farmer's Market at Kent Island Farmers' Market (Year 'Round), Stevensville. (See 3/5)

Talbot County: Board of Directors Meeting at Talbot County Chamber of Commerce, Easton. 4 p.m. talbotchamber.org

TCCC Annual Chairman's Luncheon at Talbot County Club, Easton. 4 p.m. talbot-chamber.org

Conversations on Leadership with Griff Hall - Save the Date at TBD, Annapolis. 8 a.m. 410-571-9798. leadershipaa.org

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

City of Annapolis: City Council Work Session at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997 x7745. annapolis.gov

Adam Sandler at Live! Casino & Hotel, Hanover. 8 p.m.

MUSIC

10,000 Maniacs at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. rams-headonstage.com

Friday

20

SPECIAL EVENTS

Krendl Magic Dinner & Show at Wicomico Youth & Civic Center, Salisbury. 5:30 p.m. 410-548-4911. wicomicociviccenter.org [F]

Scotch and Cigars Dinner at Pusser's at Pusser's Caribbean Grille, Annapolis. 6:30 p.m. 410-626-0004. pussersannapolis.com

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

Masterworks 4 at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org/all-performances

Annapolis Mothers of Multiples Purse Bingo at The Severna Park Elks, Severna Park. 6 p.m. 410-279-9274. [C]

PERFORMING ARTS

Philadelphia Story at Church Hill Theatre, Church Hill. 8 p.m. churchhilltheatre.org

MUSIC

Open Mic Night at Overflow Cafe at Overflow Cafe, Cambridge. 6 p.m. visitdorchester.org

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. hideaway-odenton.com

USNA Pipes and Drums Spring Concert at Mahan Hall, United States Naval Academy. 7 p.m. 410-293-8497. navyperforms.showare.com

Robert DiLutis, clarinet at Annapolis Symphony, Annapolis. 8 p.m.

SPORTS

Maryland Black Bears vs Wilkes-Barre/Scranton Knights at Piney Orchard Ice Arena, Annapolis. 7 p.m.

Washington Capitals vs. Ottawa Senators at Capital One Arena, 7 p.m. nhl.com

Saturday 21

SPECIAL EVENTS

early Blooms, Songbirds, & Spring Frogs Soup n' Walk at Adkins Arboretum, Ridgely. 11 a.m. adkinsarboretum.org

Chart Navigation at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

Drop in Art at Ward Museum of Wildfowl Art, Salisbury. 10 a.m. wardmuseum.org

Chestertown Farmer's Market at Fountain Park, Chestertown. (See 3/7)

KidSPOT at RiverArts Kid-SPOT, Chestertown. (See 3/7)

Wine and Food Tastings at Simpatico, St. Michaels (See 3/1)

Annapolis Oyster Roast & Sock Burning at Annapolis Maritime Museum, Annapolis. 4 p.m. amaritime.org

Postpartum Fitness at Anne Arundel Medical Center Clatanoft Pavilion, Rotary Room, Annapolis. 9 a.m.

Cyrano of the Suffragists -- A Living History Performance of Elizabeth Cady Stanton at Eastport-Annapolis Neck Community Library, Annapolis. 2 p.m.

Gigi's Playhouse "Seas" the Day Gala at Annapolis Marriott Waterfront Hotel, Annapolis. 6 p.m. 410-517-7474. gigisplayhouse.org [C]

Masterworks 4 at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org

Harlem Globetrotters - Pushing the Limits at Capital One Arena, 1 p.m. [F]

Clara Barton: Red Cross Angel at Severn Community Library, Severn. 11 a.m. acpl.librarycalendar.com

PERFORMING ARTS

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

MUSIC

Philip Dutton The Music of Allen Toussaint at Sumner Hall, Chestertown. 7 p.m. 443-282-0023. kentcounty.com

Walter Trout at Rams Head On Stage, Annapolis. 12 p.m. ramsheadonstage.com

The Idles of March Featuring Jim Peterik at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

Robert DiLutis, clarinet at Annapolis Symphony, Annapolis. 8 p.m.

Pretty Big Deal Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. riverbayroadhouse.com

SPORTS

Navy Men's Lacrosse vs Holy Cross at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Wilkes-Barre/Scranton Knights at Piney Orchard Ice Arena, Annapolis. 7 p.m.

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, 7 p.m. nba.com

Sunday

22

SPECIAL EVENTS

The Eastern Shore Bridal Show at Kent Island Yacht Club, Chester. 1 p.m. shorebridalupdate.com

Chart Navigation at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

The Artrageous Experience at Todd Performing Arts Center, Chesapeake College, Wye Mills. 2 p.m. 410-827-5867. chesapeake.edu [F]

Wine and Food Tastings at Simpatico, St. Michaels, St. Michaels (See 3/1)

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

ArtFest at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. marylandhall.org

The Bachelor Live on Stage at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. mgmnationalharbor.com

PERFORMING ARTS

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

MUSIC

Resonance Concert: Emily Daggett Smith, Violin at St. Paul's Church Parish Hall, Chestertown. 3 p.m. 443-480-8291. kentcounty.com

The Fifth Dimension at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. rams-headonstage.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

Sports

Orioles Spring Training vs. SPORTS at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Monday

23

SPECIAL EVENTS

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

Sports

Orioles Spring Training vs. SPORTS at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Washington Wizards vs. Boston Celtics at Capital One Arena, 7 p.m. nba.com

Tuesday

24

SPECIAL EVENTS

eBird at Ward Museum of Wildfowl Art, Salisbury. (See 3/3)

MUSIC

AI Di Meola VIP Meet and Greet at Rams Head On Stage, Annapolis. 5:30 p.m. ramsheadonstage.com

AI Di Meola - Across the Universe: Legacy and Record Release Tour at Rams Head On Stage, Annapolis. 8:30 p.m. ramsheadonstage.com

David-A Good Time Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

SPORTS

Washington Capitals vs. St. Louis Blues at Capital One Arena, 7 p.m. nhl.com

Wednesday

25

SPECIAL EVENTS

Drop In Art Jr at Ward Museum of Wildfowl Art, Salisbury. (See 3/4)

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Do We Really Need the Rain? at Tawes Garden, Annapolis. 11 a.m. tawesgarden.org [F]

MUSIC

Monthly Open Mic Night at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 7:30 p.m. garfieldcenter.org

Charles Esten at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramsheadon-stage.com

SPORTS

Navy Women's Lacrosse vs Lafayette at Navy-Marine Corps Memorial Stadium, Annapolis. 6 p.m.

Washington Wizards vs. Phoenix Suns at Capital One Arena, 7 p.m. nba.com

Thursday

26

SPECIAL EVENTS

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Kent Island Farmer's Market at Kent Island Farmers' Market (Year 'Round), Stevensville. (See 3/5)

Coastal Kids Consignment Sale at Coastal Kids Consignment, Salisbury. 5 p.m. talbotparks.org

Annapolis Film Festival at Maryland Hall, Annapolis. annapolisfilmfestival.com

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

City of Annapolis: Commission on Aging at Annapolis City Council Chambers, City Hall, Annapolis. 11 a.m.

Taste of Crofton 2020 at Knights of Columbus, Bowie. 6 p.m.

MUSIC

Abbarama (tribute) at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

SPORTS

Orioles vs. Yankees Home Opener at Oriole Park at Camden Yards, Baltimore. 3:05 p.m.

Washington Capitals vs. New York Rangers at Capital One Arena, 7 p.m. nhl.com

Friday

27

SPECIAL EVENTS

Botanical Art: Pen and Ink at Adkins Arboretum, Ridgely. 10 a.m. adkinsarboretum.org

Coastal Kids Consignment Sale at Coastal Kids Consignment, Salisbury. 9 a.m. talbotparks.org

LAA 101 at TBD, Annapolis. 8:30 a.m. 410-571-9798. leadershipaa.org

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

PERFORMING ARTS

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

MUSIC

James McMurry at Avalon Theatre, Easton. 8 p.m. avalonfoundation.org

Men's and Women's Glee Clubs Spring "Home" Concert at US Naval Academy - Main Chapel, Annapolis. 7 p.m. 410-293-8497. navyperforms.showare.com

Keven Pollock Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. riverbayroadhouse.com

Hollywood Nights - A True Bob Seger Experience at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramsheadonstage.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. hideawayodenton.com

Lil Mosey - Certified Hitmaker North American Tour 2020 at Fillmore Silver Spring, Silver Spring. 8p.m. fillmoresilver-spring.com

SPORTS

Maryland Black Bears vs Northeast Generals at Piney Orchard Ice Arena, Annapolis. 7 p.m.

Saturday

28

SPECIAL EVENTS

Wine and Food Tastings at Simpatico, St. Michaels. (See 3/1)

Coastal Kids Consignment Sale at Coastal Kids Consignment, Salisbury. 9 a.m. talbotparks.org

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

KidSPOT at RiverArts Kid-SPOT, Chestertown. (See 3/7)

Chestertown Farmer's Market at Fountain Park, Chestertown. (See 3/7)

The Clutter Solution Workshop at Calvary United Methodist Church, Annapolis. 9 a.m. 410-507-7924. The-ClutterSolution.com

Neighborhood Leadership Academy - Session 3 at TBD, Annapolis. 10 a.m. 410-571-9798. leadershipaa.org/events/event_list.asp

Comedy Show at Riverbay Roadhouse, Annapolis. 6 p.m. 410-757-2919. riverbayroadhouse.com

City of Annapolis: Port Wardens Meetings at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m.

Baltimore Heart Ball at The Hippodrome Theatre, Baltimore. 12 a.m. dhambaltimore.org [C]

PERFORMING ARTS

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

MUSIC

Caroline Oltmanns, Piano at Washington College, Chestertown. 7:30 p.m. 410-778-7839. kentcounty.com

Kat Edmonson at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

SPORTS

Navy Women's Lacrosse vs Colgate at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Northeast Generals at Piney Orchard Ice Arena, Annapolis. 7 p.m.

Orioles vs. Yankees at Oriole Park at Camden Yards, Baltimore. 4:05 p.m.

Washington Wizards vs. Los Angeles Lakers at Capital One Arena, 8 p.m. nba.com

Sunday

29

SPECIAL EVENTS

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

Wine and Food Tastings at Simpatico, St. Michaels. (See 3/1)

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

PERFORMING ARTS

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

MUSIC

Maysa: 25th Anniversary of First Studio Album at Rams Head On Stage, Annapolis. 5:30 & 8:30 p.m. ramsheadonstage.com

SPORTS

Orioles vs. Yankees at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Monday

30

SPECIAL EVENTS

Bird Identification: From Coo to Who Cooks for you at Adkins Arboretum, Ridgely. 8:30 a.m. adkinsarboretum.org [F]

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. (See 3/2)

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

SPORTS

Orioles vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:35 p.m.

Tuesday

31

SPECIAL EVENTS

eBird at Ward Museum of Wildfowl Art, Salisbury. (See 3/3)

City of Annapolis: Art in Public Places Commission Meeting at Pip Moyer Recreation Center, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

SPORTS

Orioles vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:35 p.m.

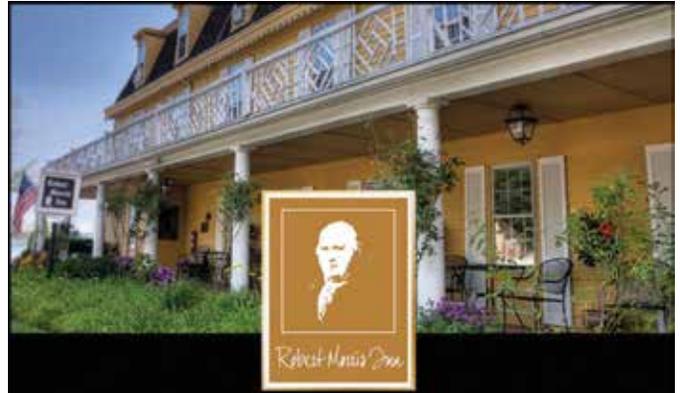
Washington Capitals vs. Toronto Maple Leafs at Capital One Arena, 7 p.m. nhl.com

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Where's Wilma?

FIND WILMA AND WIN!

Spring is finally on its way, and so are warmer temps and longer days! Get in the warm-weather spirit by reading "Happy Campers," which features some summer camp tips and nostalgic tales. Break out your favorite green outfit and follow Wilma over to the calendar to find a fun spot to celebrate St. Patrick's Day. Life becomes busy, so make sure you relax and take a breath of fresh air every once in a while!

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

Congratulations to this month's winner: Marie Stevanus of Cambridge, who won a gift certificate to Fisherman's Crab Deck!

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



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Entries must be received by March 31, 2020. 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.

98 Cannon Riverfront Grille.....	96, 111
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Accurate Asphalt LLC.....	79
Annapolis Auto.....	17, 21
Anne Arundel Gastroenterology Associates.....	25
Aqua Pools.....	BC
Bay East Title Company LLC.....	53
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Chaney Homes.....	LREP
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Discover Easton.....	56, 96
Djawdan Center for Implant and Restorative Dentistry.....	1
Drs. Walzer Sullivan & Hlousek PA.....	3
Eastern Shore Dental Care.....	5
Eastern Shore Title Company.....	111
Godwin's Painting Services.....	46
Haven Ministries.....	13
HD Squared Architects LLC.....	WWLU
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Radcliffe Creek School.....	53
Rainbow International Restoration.....	46
Range & Reef.....	111
Robert Morris Inn.....	110
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Safe at Home Senior Care.....	110
South River Flooring.....	81
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Suzanne Coleman Design.....	LREP
Trippe Gallery.....	19
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